

Finding Aid to The HistoryMakers® Video Oral History with Dr. Lillian M. Beard

Overview of the Collection

Repository:	The HistoryMakers®1900 S. Michigan Avenue Chicago, Illinois 60616 info@thehistorymakers.com www.thehistorymakers.com
Creator:	Beard, Lillian M.
Title:	The HistoryMakers® Video Oral History Interview with Dr. Lillian M. Beard,
Dates:	November 20, 2003
Bulk Dates:	2003
Physical Description:	6 Betacame SP videocassettes (2:39:40).
Abstract:	Medical professor and pediatrician Dr. Lillian M. Beard (1943 -) is a widely sought after medical expert, serving as associate professor of medicine at George Washington School of Medicine and Howard University College of Medicine, and as a contributing editor to Good Housekeeping Magazine. Beard was interviewed by The HistoryMakers® on November 20, 2003, in Potomac , Maryland. This collection is comprised of the original video footage of the interview.
Identification:	A2003_272
Language:	The interview and records are in English.

Biographical Note by The HistoryMakers®

Pediatrician, author and civic leader Dr. Lillian McLean Beard was born Lillian McLean in Brooklyn, New York. Beard attended P.S. 67, graduated from Brooklyn's Midwood High School in 1961 and went on to Howard University, where she was mentored by Dr. Ruth Lloyd. In 1965, Beard graduated with a B.S. from Howard University and received her M.D. from Howard University College of Medicine in 1970. Completing her pediatric internship and residency at Children's Hospital National Medical Center in 1973, Beard worked as a Community Pediatrics Fellow sponsored by the Program for Learning Studies and the Comprehensive Health Care Program of the Child Health and Development Department at George Washington University. Between 1973 and 2000, Beard received eight Physician Recognition Awards from the American Medical Association.

As a practicing pediatrician in Silver Spring, Maryland, Beard works as an associate clinical professor of pediatrics at George Washington School of Medicine and Health Sciences and an assistant professor at Howard University College of Medicine. As a fellow of the American Academy of Pediatrics, Beard has held a number of leadership positions with the American Academy of Pediatrics, the National Medical Association and the American Medical Women's Association.

Sought after by the media, Beard serves as a medical expert for ABC TV-7 and Newschannel 8, as well as a contributing editor to *Good Housekeeping Magazine*. She writes a monthly "Ask Dr. Beard" column. Her recently published *Salt In Your Sock and Other Tried-and-True Home Remedies* features medically sound holistic treatments for a variety of ailments. A member of the National Medical Association Hall of Fame, and one of the *Washingtonian Magazine's* "Top Doctors", Beard lives in Maryland with her husband, Judge DeLawrence Beard. She is profiled in the 1998 *Women of Courage, Volume II*.

Scope and Content

This life oral history interview with Dr. Lillian M. Beard was conducted by Larry Crowe on November 20, 2003, in Potomac, Maryland, and was recorded on 6 Betacame SP videocassettes. Medical professor and pediatrician Dr. Lillian M. Beard (1943 -) is a widely sought after medical expert, serving as associate professor of medicine at George Washington School of Medicine and Howard University College of Medicine, and as a contributing editor to Good Housekeeping Magazine.

Restrictions

Restrictions on Access

Restrictions may be applied on a case-by-case basis at the discretion of The HistoryMakers®.

Restrictions on Use

All use of materials and use credits must be pre-approved by The HistoryMakers®. Appropriate credit must be given. Copyright is held by The HistoryMakers®.

Related Material

Information about the administrative functions involved in scheduling, researching, and producing the interview, as well as correspondence with the interview subject is stored electronically both on The HistoryMakers® server and in two databases maintained by The HistoryMakers®, though this information is not included in this finding aid.

Controlled Access Terms

This interview collection is indexed under the following controlled access subject terms.

Persons:

Beard, Lillian M.

Crowe, Larry (Interviewer)

Stearns, Scott (Videographer)

Subjects:

African Americans--Interviews

Beard, Lillian M.--Interviews

Organizations:

HistoryMakers® (Video oral history collection)

The HistoryMakers® African American Video Oral History Collection

Occupations:

Pediatrician

HistoryMakers® Category:

MedicalMakers

Administrative Information

Custodial History

Interview footage was recorded by The HistoryMakers®. All rights to the interview have been transferred to The HistoryMakers® by the interview subject through a signed interview release form. Signed interview release forms have been deposited with Jenner & Block, LLP, Chicago.

Preferred Citation

The HistoryMakers® Video Oral History Interview with Dr. Lillian M. Beard, November 20, 2003. The HistoryMakers® African American Video Oral History Collection, 1900 S. Michigan Avenue, Chicago, Illinois.

Processing Information

This interview collection was processed and encoded on 5/30/2023 by The HistoryMakers® staff. The finding aid was created adhering to the following standards: DACS, AACR2, and the Oral History Cataloging Manual (Matters 1995).

Other Finding Aid

A Microsoft Access contact database and a FileMaker Pro tracking database, both maintained by The HistoryMakers®, keep track of the administrative functions involved in scheduling, researching, and producing the interview.

Detailed Description of the Collection

Series I: Original Interview Footage

Video Oral History Interview with Dr. Lillian M. Beard, Section A2003_272_001_001, TRT: 0:29:00 ?

Dr. Lillian M. Beard was born on November 15, 1943 in New York, New York. Her mother, Woodie Durden McLean, was from Swainsboro, Georgia. McLean's father was a land-owning businessman and her mother was a graduate of Spelman College in Atlanta, Georgia. McLean's twin brothers were born prematurely in 1903 and incubated in a jar next to the fireplace. Beard's father,

Johnie Wilson, moved with his brothers from Georgia to Washington, D.C. to start a taxi driving business to support their widowed mother. Beard's parents met on a train to Georgia. McLean was a fashion designer in New York City who had extravagant fashion shows with different performers. She gave up her fashion career in 1952 and became a civil servant. Wilson joined the service during World War II and later worked for the U.S. Naval Research Laboratory in D.C. He was a strong community activist who was radical in his beliefs and butted heads with conservative Beard. Beard was married in Concord Baptist Church of Christ in Brooklyn, New York.

Video Oral History Interview with Dr. Lillian M. Beard, Section A2003_272_001_002, TRT: 0:28:50 ?

Dr. Lillian M. Beard spent most of her childhood in Brooklyn, New York City with her mother, but visited her father and paternal grandmother in Washington, D.C. during school breaks. Beard's mother had a very active social life, which Beard and her younger sister were a part of as children. If they were not going to events in the city, they would have dinner parties in their home. They were also avid Scrabble players. Beard was brought up to politely express her opinions and ask questions, which caused issues when she visited her maternal grandfather in Georgia, who found it impolite for children to speak their mind. Beard attended P.S. 67 until eighth grade. After reviewing city high school rankings, her mother determined that Beard should attend the out-of-district Midwood High School. Beard was accepted after earning a high score on an IQ test. Beard entered Midwood in 1957 where she was one of only two African Americans students and met her best friend, who was Jewish and whose father was a pediatrician.

Video Oral History Interview with Dr. Lillian M. Beard, Section A2003_272_001_003, TRT: 0:29:20 ?

Dr. Lillian M. Beard remembers her teacher at P.S. 67 in Brooklyn, New York City who told her to hold fast to her dreams, and her teacher at Midwood High School in Brooklyn who encouraged classroom discussion. She was active in many extracurricular activities at Midwood. In 1961, Beard graduated in the top 5 percent of her class and despite receiving scholarships to colleges in New York state, decided to attend Howard University in Washington, D.C., against her mother's wishes. Beard's life-long ambition was to become a physician; like many aspiring medical students at Howard, she majored in zoology. She was excited to be with other African Americans and had a very active social life but was able to maintain high grades to keep a scholarship she won. Upon graduation, she decided to attend Howard University College of Medicine. While in D.C., she reconnected with her father. Beard was exposed to civil rights leaders through her Brooklyn pastor, HistoryMaker Reverend Gardner Taylor.

Video Oral History Interview with Dr. Lillian M. Beard, Section A2003_272_001_004, TRT: 0:30:30 ?

Dr. Lillian M. Beard was taught by Dr. William Montague Cobb and Dr. Ruth Lloyd, who became her mentor and friend, at Howard University College of Medicine in Washington, D.C. She reflects on never giving up on her studies and the preparedness she felt after graduating in 1970. Beard chose to practice pediatrics because of the opportunity for long-term involvement in a patient's life and the influence of her best friend's father, a pediatrician in Brooklyn, New York City. Beard completed her residency at Children's National Medical Center, then shared a practice with HistoryMaker Dr. Bette Catoe for twenty-eight years. She later joined Children's Pediatricians and Associates in Silver Spring, Maryland. Beard talks about the wisdom in medical folklore; using

vaccines to treat life-threatening childhood illnesses; and the new threats to children's health: obesity—caused by the poor health and inactivity of many children, and rage—caused by exposure to violence through TV and videogames.

Video Oral History Interview with Dr. Lillian M. Beard, Section A2003_272_001_005, TRT: 0:30:30 ?

Dr. Lillian M. Beard expresses the importance of quality time and nurturing children as a parent, or anyone in direct contact with children. In 2003, Beard authored a book entitled, 'Salt in Your Sock: and Other Tried-and-True Home Remedies,' which is a collection of treasured family recipes for wellness from cultures all over the world that have been passed down orally through many generations. Her book is meant to showcase the resourcefulness of past generations who used household items for remedies; the book should complement advice from a doctor, not replace it. Beard talks about mothers who are opting for fewer pain relievers during childbirth and explains what makes pediatrics unique is the opportunity to follow a patient from birth to early-adulthood. She describes her hopes for the African American community, reflects upon her legacy, considers what she would have done differently, describes how she would like to be remembered and narrates her photographs.

Video Oral History Interview with Dr. Lillian M. Beard, Section A2003_272_001_006, TRT: 0:11:30 ?

Dr. Lillian M. Beard narrates her photographs.