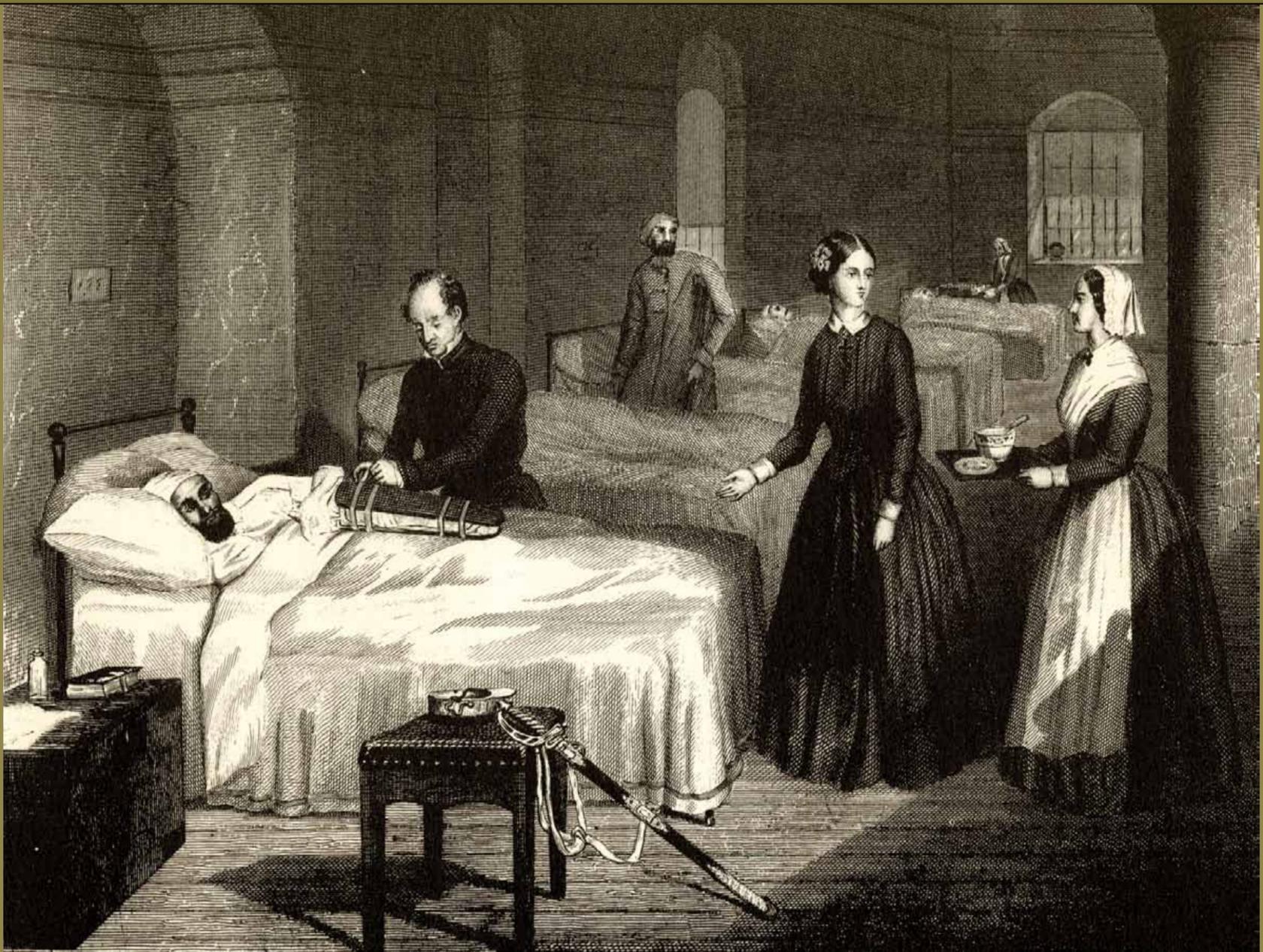


FLORENCE NIGHTINGALE



“MISS NIGHTINGALE IN THE HOSPITAL AT SCUTARI”

Following her training as a nurse in both Germany and France, Florence Nightingale worked diligently at London’s Institution for the Care of Sick Gentlewomen, yet still felt a certain longing for a higher purpose. Her moment arrived in 1854 when Britain, France and the Ottoman Empire declared war on Imperial Russia, thus beginning the Crimean War. As British casualties mounted, the army was caught unprepared. Nightingale volunteered her services to the army hospitals, to which Sidney Herbert, the Minister at War, agreed. After recruiting a small regiment of fellow nurses, Nightingale and her team were stationed in the Scutari field hospital. There she would radically overhaul the army’s medical system.



ALABAMA MUSEUM
OF THE
HEALTH
SCIENCES



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N E R V
CARTER'S
LITTLE
NERVE
OUS PERSONS
WHO CANNOT
SLEEP AND
WHO ALSO
SUFFER FROM
DYSPEPSIA

FLORENCE NIGHTINGALE

me about the very thing that I do, to you.
I have been hearing of
the great distress in Panjam
- particularly of the State
of the tanks. & the Cholera
Supervising -
They do want Sanitary
Supervision.

LETTERS TO INDIA

Following the India Mutiny of 1857, Florence Nightingale's attentions turned to conditions of the British forces in India and to the sanitation within Indian towns. Utilizing her influence within the British government, Nightingale established herself as a key figure with the Royal Commission on the Sanitary State of the Army in India, which was formed in 1859. From this position, Nightingale was able to act upon her abiding concern for

the health and welfare of others, using the resources of the British Empire to improve the public health and sanitary conditions in colonial India. During this time, Nightingale began corresponding with Dr. Hewlett, who served as the sanitary commissioner of Bombay for an extensive period. For Nightingale, Hewlett was a respected ally "on-the-ground" through which she could pursue her goal of caring for the vulnerable populations of India.

CARTER'S
LITTLE
NERVE
PILLS

WHO CANNOT SLEEP AND WHO ALSO SUFFER FROM DYSPEPSIA, SHOULD USE

CARTER'S
LITTLE NERVE PILLS,
Made specially for Nervous and Dyspeptic Men and Women.
These Pills are intended for every person

154 Main St., Mid

POST PAID BY

LKS
LITTLE
LIVER
PILLS.

ALABAMA MUSEUM
OF THE
HEALTH
SCIENCES

We Mean Cured, Not Merely Relieved

BURNETT'S COO

A compound of Cocoa-bu

Promotes the hair from fall

Promotes the healthy skin

It is not greasy or sticky

Leaves no disagreeable od

Keeps the skin white

FLORENCE NIGHTINGALE



THE LADY WITH THE LAMP

Florence Nightingale's actions drew the attention of the public and England's monarch, Queen Victoria. When the Crimean War ended in 1856, Nightingale returned to England both a hero and a celebrity. Her reforms had led to a drastic decrease in the mortality rates within the hospitals, and her tireless care for the sick and wounded earned her the endearing title of "Lady with the Lamp" because of her nightly walks through the hospital wards when she carried such a lamp. It was this display of tireless commitment, kindness and skill which overturned the old stereotypes of nursing and enshrined it as the respectable profession it is today. The "lamp" continues to be used in nursing schools for pinning ceremonies and when students take the Nightingale Pledge.

A collage of historical medical advertisements and logos. On the left, there is a vertical advertisement for 'SERRAVALLO'S TONIC' with decorative borders. In the center, there is a circular logo for 'ALABAMA MUSEUM OF THE HEALTH SCIENCES' featuring a mortar and pestle. To the right, there is a large advertisement for 'MIDDLETOWN'S' medicine, with the text 'We Mean Cured, Not Mere' and 'And Can Prove What We'.

FLORENCE NIGHTINGALE



REPLICA OF FLORENCE NIGHTINGALE'S CAP

By the age of 24, Florence Nightingale had decided that she would become a nurse, but during that time, nursing was considered to be an undesirable vocation for a woman of Nightingale's status and education; most nurses were poor, unskilled, and were associated with "immoral" behavior. This apprehension drove her to meet with the well-known philanthropist, Dr. Samuel G. Howe, and ask: "If I should determine to study nursing, and to devote my life to that profession, do you think it would be a dreadful thing?" The doctor did not think it would be a dreadful thing; unfortunately, her parents did. Florence, however, would not be denied, and in 1851 she finally secured her parents' permission.

TRADE MARK
LITTLE
NERVE
PILLS
LITTLE NERVE PILLS.

WHO ALSO
SUFFER FROM
DYSPEPSIA,
SHOULD USE
CARTER'S



ALABAMA MUSEUM
OF THE
HEALTH
SCIENCES

CARTER'S
LITTLE
LIVER
PILLS.

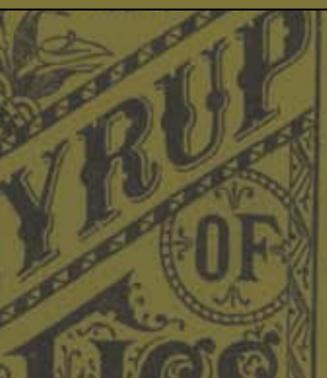
FLORENCE NIGHTINGALE



NIGHTINGALE TRAINING SCHOOL AT ST. THOMAS' HOSPITAL

When Florence Nightingale returned home from Crimea in 1856, she had already received a public subscription fund to continue her education of nurses in England. Though she devoted the next few years to the Royal Commission investigating health in the British Army, Nightingale turned her attention back to nursing education in 1860 with the founding of the Nightingale Training School at St. Thomas'

Hospital. Women recruited for the school were mostly of lower-middle-class backgrounds, drawn from a pool of morally conscious school teachers and superintendents. Most of their education involved practical, supervised ward work, supplemented with some lecturing. Upon graduation, many of the students staffed British hospitals, and others spread the Nightingale education system to other countries.



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and Sick-headaches and dis
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L. DIRECTIONS AND DESC



ALABAMA MUSEUM
OF THE
HEALTH
SCIENCES

DYSPEPSIA,
SHOULD USE

CARTER'S
NERVE PILLS,

Made especially for Nervous and
Dyspeptic Men and Women.

54 Main St., MI



We Mean Cured. No

FLORENCE NIGHTINGALE

Dec 2/85
10, SOUTH STREET,
PARK LANE. W.

My dear Sir

You are aware of Lady Dufferin's scheme for "reaching" the native "female" "population" of India, in order to "teach the most ordinary facts relating to health & the women themselves, & to the young girls in schools."

You have kindly offered to give your invaluable help in this important matter which must be begun quite from the beginning:

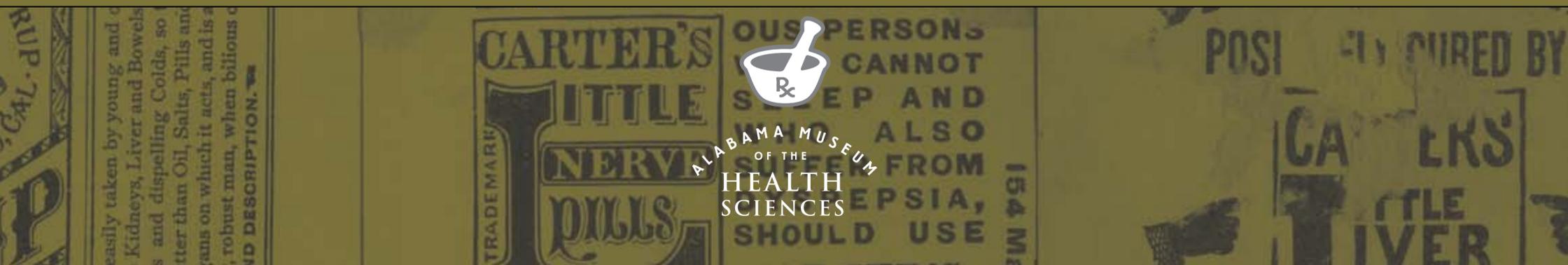
By Surgeon Genl. Dr. Hewlett
& Sanitary Commissioner for Bombay

The advice you would give on these points would be simply priceless. Success to the endeavours to get the women of India on our side. And success to all your noble endeavours in the great cause of sanitary progress in India which have wrought such great results as to be almost a revolution to the right way. May believe me ever yours faithfully
Florence Nightingale

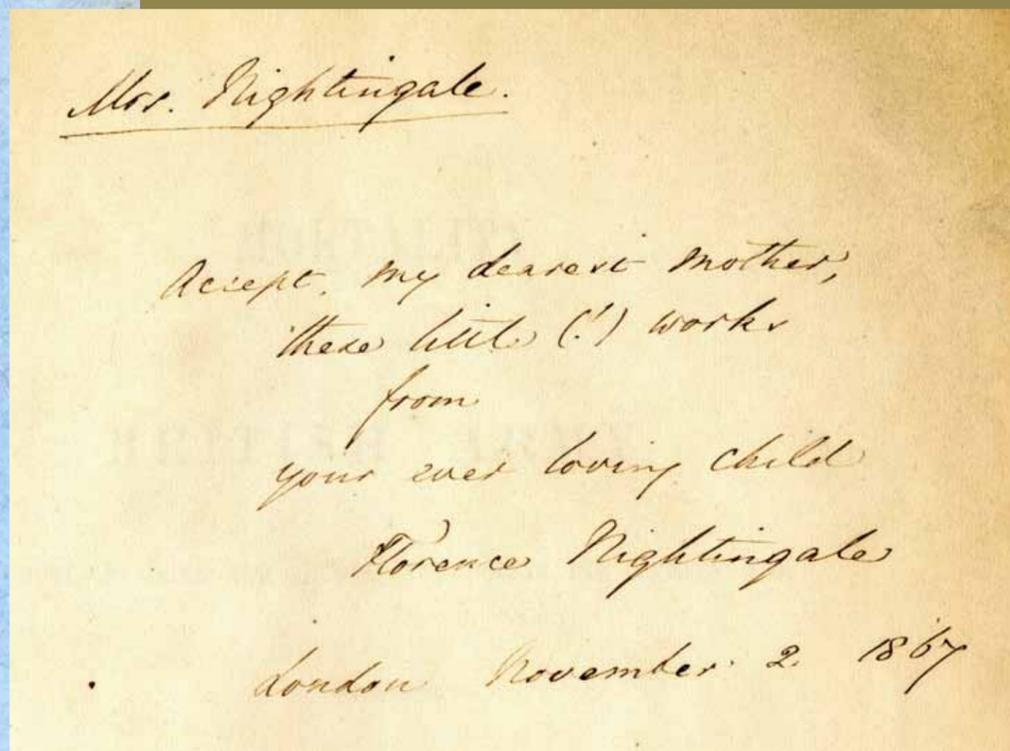
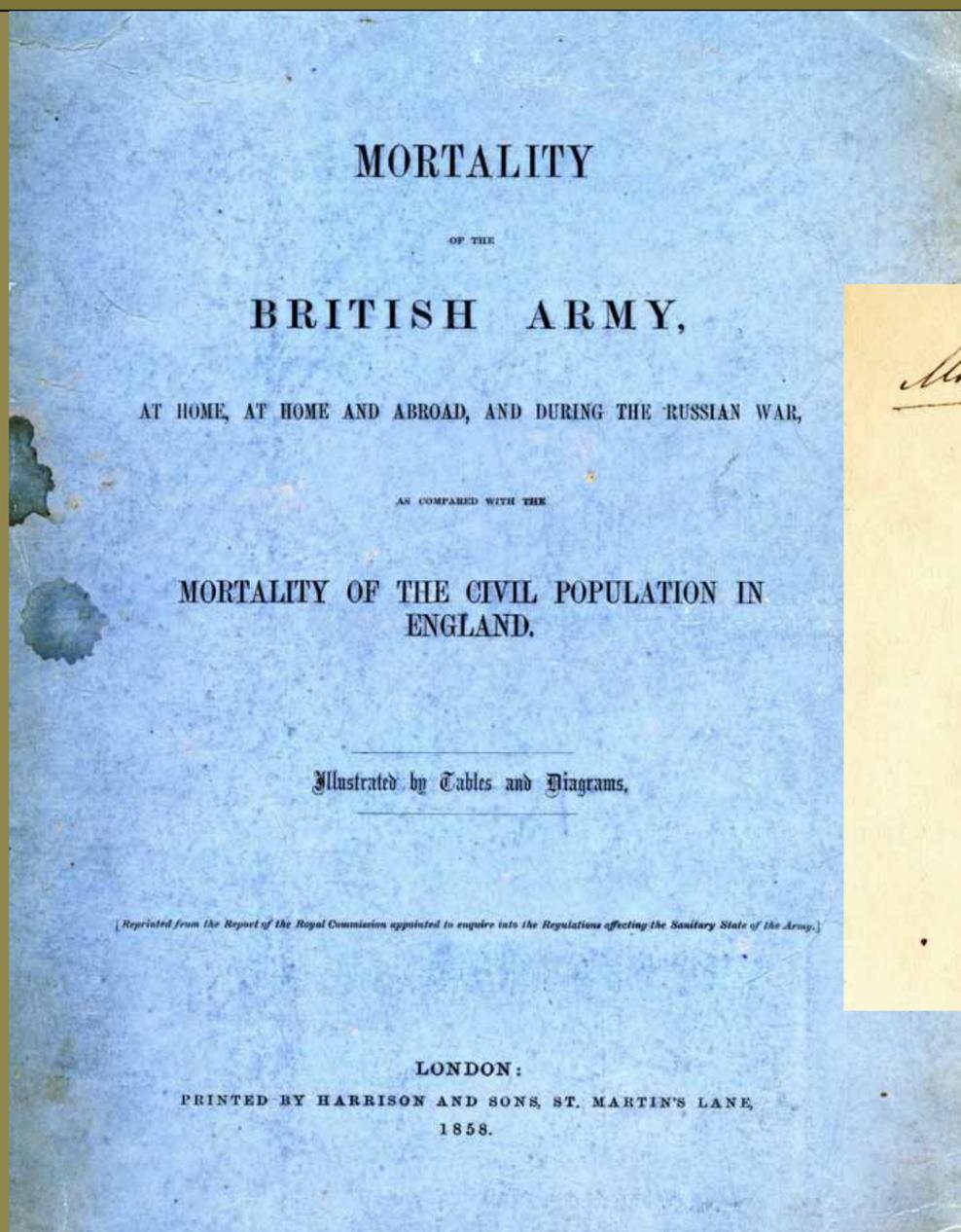
DECEMBER 5, 1885

In this four page letter to Bombay Sanitary Commissioner T. G. Hewlett, Nightingale speaks of strategies they should consider in attempting to educate the women of India about sanitation, and to organize them into a women's Sanitary Mission. "The special points of information required as a very first step would be, as I think we agreed:

1. how to organize a female Sanitary Mission
2. what books or Sanitary Primers to put into the hands of the (so-called) 'Missioners'
3. if a Sanitary Primer for native women is requisite: who should write it? [and, what is of equal consequence, who shall read it?]
4. to find out a native gentleman who could write a practical Sanitary Primer, & submit it before publication to the Sany Commissioner who, if he approves of it, would send it on to Governmt with a request that it might be translated & printed in the Vernaculars
5. to enquire from your native friends (Medical men) whether they know of any woman who would go into the native houses with these tracts"



FLORENCE NIGHTINGALE



MORTALITY OF THE BRITISH ARMY, 1858

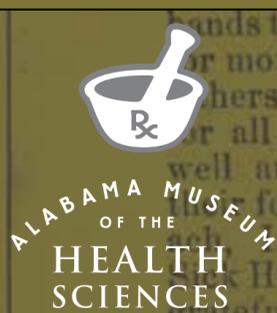
Following her return from the Crimean War in 1856, Florence Nightingale met personally with Queen Victoria to discuss her experiences during the war. The Queen then directed the Secretary of State for War, Lord Panmure, to meet with Nightingale and consider her proposals. These meetings led to the Royal Commission on the Health of the British Army, which was tasked with investigating the sanitary conditions of the army, the organization of the military hospitals, and the care of soldiers. Nightingale was not permitted to formally serve on

the commission due to her gender but she served as both the primary researcher and author for all of the commission's reports. When the official report of the commission was released, its significant recommendations began to be implemented, including the first Army Medical School, established in 1860. This was also a period of consolidation of power for Nightingale as she made many allies within the government bureaucracy.

This copy of the report is dedicated by Nightingale to her mother inside the front cover.

THE
LAXATIVE AND NUTRITIOUS JUICE
OF THE
FIGS OF CALIFORNIA,
COMBINED WITH THE MEDICINAL VIRTUES
OF PLANTS KNOWN TO BE MOST BENEFI-
CIAL TO THE HUMAN SYSTEM, FORMING
AN AGREEABLE AND EFFECTIVE LAXA-
TIVE TO PERMANENTLY CURE
HABITUAL CONSTIPATION
AND THE MANY ILLS DEPENDING ON A
WEAK OR INACTIVE CONDITION OF THE
KIDNEYS, LIVER,
STOMACH AND BOWELS,
AND IS PERFECTLY SAFE IN ALL CASES.

OF FIGS surpasses all other
laxatives in acting on the
stomach, and in acting more
system effectually, preventin
g Sleep, Health and Streng
s purgatives and Liver Medi
cine and the mother, the inva
LAXATIVE TO PERMANENTLY CURE



hands tremble and whose nerves are unsteady;
for mothers whose children worry them, and
for others whose business worries them; and
for all who, from any cause, do not sleep
well and fail to get proper strength from
their food. Also every case of Weak Stom-
ach, Indigestion, Dyspepsia, Nervous and
Headache, will receive most prompt and
grateful relief from the use of these Pills, par-
ticularly if accompanied by the Little Liver
Pills.

OWN, Conn.

you can
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Constipa
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Disorder
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FLORENCE NIGHTINGALE

I believe the money is a perfect
godsend to her. For her
charities are quite drained.
I doubt whether either the
Queen or Prince Louis know
their extent.

43 of my old friends, the
Deaconesses of Kaiserswerth
on the Rhine (near
Düsseldorf) served in the
War Hospital at Ladrow
near Königsplatz. I wish
you had time to go & see
Kaiserswerth & my old
mistress, Pastor Niedner's
Widow.

Pray believe me
dearest Madame Schwabe
ever yours
Florence Nightingale

SEPTEMBER 21, 1866

Florence Nightingale writes this letter to Madame Julie Salis-Schwabe concerning her efforts to raise money for the sick & wounded from the Austro-Prussian Seven Weeks War of 1866. She explains how to get monetary assistance to Princess Alice, Queen Victoria's daughter and Grand Duchess of Hesse-Darmstadt, who was active in aiding the wounded. Also, Nightingale suggests that Madame Schwabe visit the Deaconesses of Kaiserswerth, Florence's old friends from her days in nursing school.



FLORENCE NIGHTINGALE

Claydon Ho: Winslow: Bucks
Oct 3/88

I think it is well to represent the "Resolution" as a great step forward. I to rest our exhortations on that as a beginning. F.N.

My dear Sir
How can I thank you enough for your two most valuable letters & papers? - the one on the drainage & water supply of Ahmedabad - & the other a critique on the Annual Sanitary Blue Book Proof. I have lent in my papers on the latter, including every point in yours. And I wrote a letter to Mr. Runchorelal which I trust will answer the purpose. I was well aware that you had inspired every step he had taken. And I wished to be in the same 'story' as yourself - & to say what you would have said. I hope he will send full plans & details to Col. Ducat, & take his advice in combination with yours - I write in haste, but will write again - May believe me Dear Sir ever yours
F. Nightingale

OCTOBER 3, 1888

Florence Nightingale thanks Thomas Gillham Hewlett for two documents he sent to her, one concerning sanitation in Ahmedabad, a large city which was part of the Bombay province during British rule, and the other, the *Annual Sanitary Blue Book* proof. She also comments on her recent correspondence with the native Ahmedabad President, Mr. Runchorelal Chotalall, whom she often advised on sanitary matters as well.



FLORENCE NIGHTINGALE

London October 10 1888

I have been asked to give my testimony to the work of Mr. T. Gillham Hewlett, C.P.E. Deputy Surgeon-General in H.M.'s Indian Service, late Sanitary Commissioner for the Govt. of Bombay. I have known him for many years. I have known his work well whether as Health Officer of Bombay city, or in the Famine, or as Sanitary Commissioner. I have been in the constant habit of consulting him on all sanitary subjects, to which his life has been devoted, head & heart & body & soul. Whether

OCTOBER 10, 1888

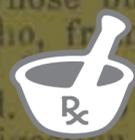
Here, Florence Nightingale writes a letter of reference on behalf of T. Gillham Hewlett, who formerly held positions as Sanitary Commissioner and Deputy Surgeon in Bombay. Many of the Nightingale letters at the Reynolds Historical Library are written to Hewlett or discuss his work. For many years, Florence consulted with Hewlett on such projects as improving the disposal of sewage, methods for controlling the outbreak of Cholera, and the creation of a native "female Sanitary Mission" which would travel into the towns and teach the fundamentals of sanitation to the native populations, thus improving the public health conditions of both natives and soldiers.

ED WITH THE MEDICINAL VIRTUES
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D THE HUMAN SYSTEM, FORMING
REARABLE AND EFFECTIVE LAXA-
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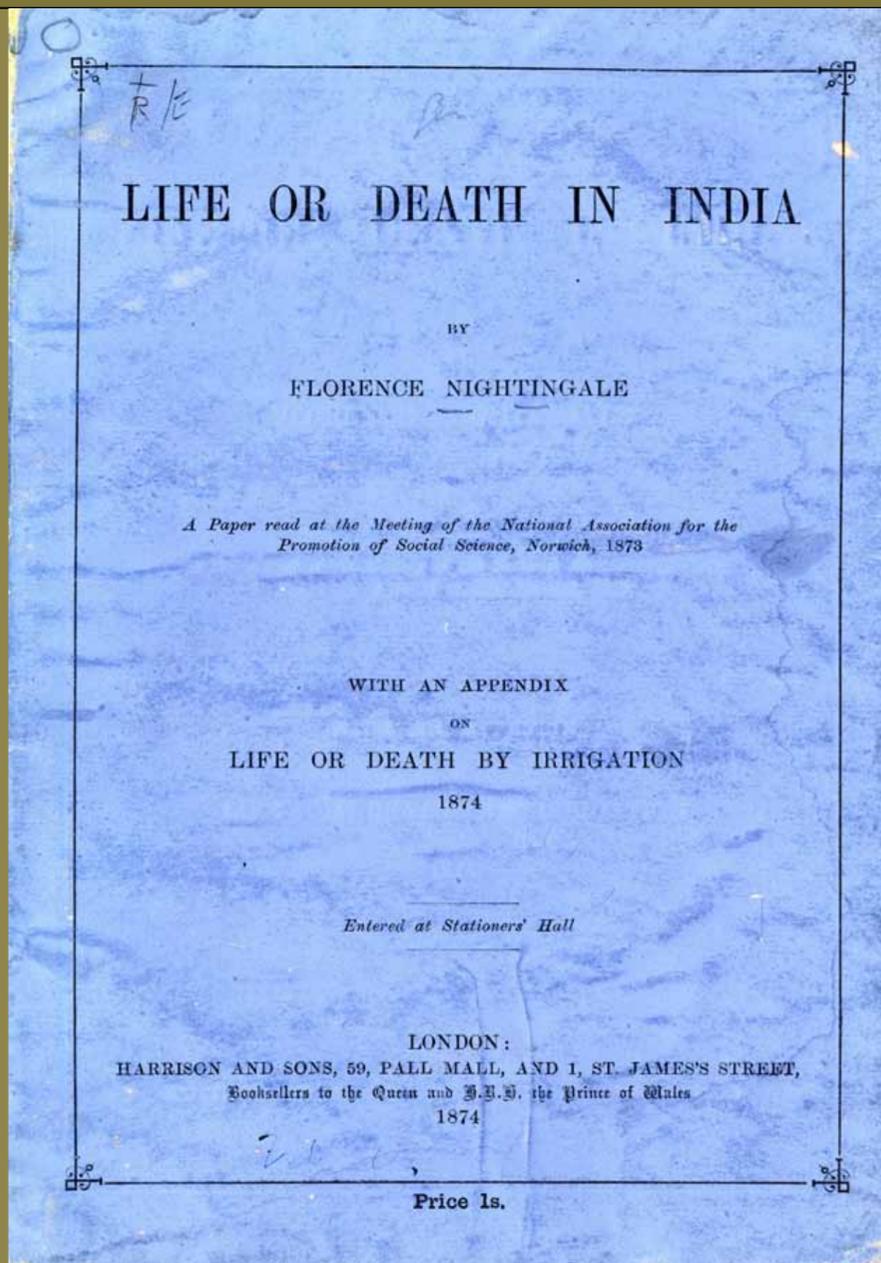
for all who, from any cause, do not sleep well and get proper strength from their food. Every case of Weak Stomach, Indigestion, Dyspepsia, Nervous and Sick Headache will receive most prompt and grateful relief from the use of these Pills, particularly those named by the Little Laver Pills as being the best for Dyspepsia makes you nervous, and nervousness makes you dyspeptic: either one renders you uncomfortable.

already. Send for
imonials.
CARTER'S LITTLE
Also cure all forms of
Constipation and Dyspepsia
relieve distress from too
Disorders of the Stomach
and Regulate the Bowels.
taking just one little pill
purely vegetable, do not
harm.



ALABAMA MUSEUM
OF THE
HEALTH
SCIENCES

FLORENCE NIGHTINGALE



LIFE OR DEATH IN INDIA, 1874

Though she never personally visited India, Florence Nightingale was able to use her political contacts to exert a large degree of control over the Empire's policies there, becoming an unofficial member of the Royal Commission on the Sanitary State of the Army in India. Furthermore, she established an extensive correspondence with imperial officials within India, and working from the extensive statistical reports she was provided, was able to effectively advise these officials on necessary improvements to the public health.

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Middletown.
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We Mean Cured, Not Merely Relieved
And Can Prove What We Claim.

There are no failures and no disappointments. If you are troubled with SICK HEADACHE you can be easily and quickly cured, as hundreds have been already. Send for sheet of text.



ALABAMA MUSEUM
OF THE
HEALTH
SCIENCES

Promotes its healthy vigorous growth.
Is not greasy or sticky,
Leaves no disagreeable odor,
Softens the hair when hard and dry,
Soothes the irritated scalp skin,
Affords the richest luxury,
Remains longest in effect.

THE BEST AND CHEAPEST

FLORENCE NIGHTINGALE

how deeply I sympathize with ^{all} the "Sick & Wounded" - I need hardly say -
- - if I could, I would be off this afternoon to the Seat of War to organize something.

CIRCA 1870

Though this letter is incomplete and the recipient and date are unknown, it was clearly written during the early part of the Franco-Prussian War. Florence Nightingale explains that she could not participate in gathering funds unless they were for all sick and wounded on both sides of the war. In another part of this letter, she writes: "Under the present calamity, I could take no part in a Fund which should not be general - i.e. in a "wicked war," I could not subscribe for Germans because the French are wickeder - I can only know sick & wounded apart from quarrels or nations."



by young and old, more
iver and Bowels, thereby
illing Colds, so that Pure
l, Salts, Pills and all other
h it acts, and is alike bene-
1, when bilious or costive.
PRION. W



FLORENCE NIGHTINGALE

2

People say that the times of heroes & martyrs are over. I think there never was such a time for heroes & martyrs. Let us live up to our "Cloud of Witnesses" -

What reminds me of this is that it is 34 years to-morrow since the Battle of Inkermann & 34 years to-day since we landed among that crowd of Cholera & Fever & Wounds at Scutari -

People say that soldiers are malingers, & carry a wounded man to the rear to get out of the battle.

NOVEMBER 4, 1888

Thirty-four years after her landing in Scutari, Florence Nightingale remembers the "heroes & martyrs" she knew from the Crimean War. She states in this letter to Dr. Thomas Gillham Hewlett, "My experience of soldiers is that they will go back into the fight to find a prostrate comrade or their wounded officer - & fight their way out again bringing him with them - or as often happened leaving their own lives behind. May I be worthy of them!"

...injection of other remedies, is being more easily taken by
...in being more gently and promptly to the kidneys, Liver
...ity, preventing Fever and Sick Headaches and dispelling
...ity and strength naturally follow. It is better than Oil,
...out Liver Medicines, as it strengthens the organs on which
...star, the invalid, sick child, and the strong, robust man,
...DE WRAPPERS FOR FULL DIRECTIONS AND DESCRIPTION.

CRUP
OF
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WHO ALSO
SUFFER FROM
DYSPEPSIA
SHOULD USE
CARTER'S
LITTLE NERVE PILLS,
Made especially for Nervous and
Dyspeptic Men and Women.

These Pills are intended for every person who is in the least degree nervous, who is easily irritated or disturbed through the nerves, or who cannot sleep at night; for those whose hands tremble and whose nerves are affected; for mothers whose children worry them; and for fathers whose business worries them; and for all who, from any cause, do not sleep well and fail to get proper strength from their food.

ALABAMA MUSEUM OF THE HEALTH SCIENCES

CARTER'S
LITTLE LIVER PILLS.

We Mean Cured, Not Merely Relieved
And Can Prove What We Claim.

There are no failures and no disappointments. If you are troubled with SICK HEADACHE, you can be easily and quickly cured, as hundreds have been already. Send for sheet of testimonials.

CARTER'S LITTLE LIVER PILLS

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FLORENCE NIGHTINGALE

NOTES ON NURSING:

WHAT IT IS, AND WHAT IT IS NOT.

BY

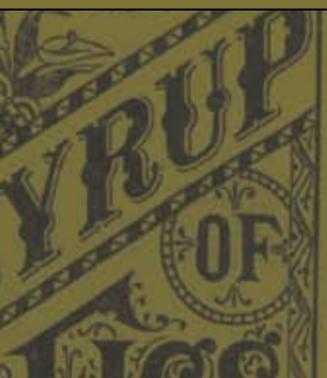
FLORENCE NIGHTINGALE.

LONDON:
HARRISON, 59, PALL MALL,
BOOKSELLER TO THE QUEEN.

[The right of Translation is reserved.]

NOTES ON NURSING

In 1859, Florence Nightingale's book *Notes on Nursing: What It Is, and What It Is Not* became available to the public. Based on knowledge acquired at school in Kaiserswerth and while nursing the sick during the Crimean War, *Notes on Nursing* provided a simple but practical discussion of good patient care, along with helpful hints. According to Nightingale, hygiene, sanitation, fresh air, proper lighting, a good diet, warmth, quietness and attentiveness were necessary conditions for hospitals and were to be ensured by trained nurses. Taken for granted today, her commonsense advice helped transform hospitals from death houses to sanctuaries of care. This work quickly became a classic introduction to nursing, and has remained in publication to the present day.



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nd promptly on the Kidneys
nd Sick-headaches and dis
ly follow. It is better than
strengthens the organs on w
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OF THE
HEALTH
SCIENCES

DYSPEPSIA,
SHOULD USE

CARTER'S
NERVE PILLS,

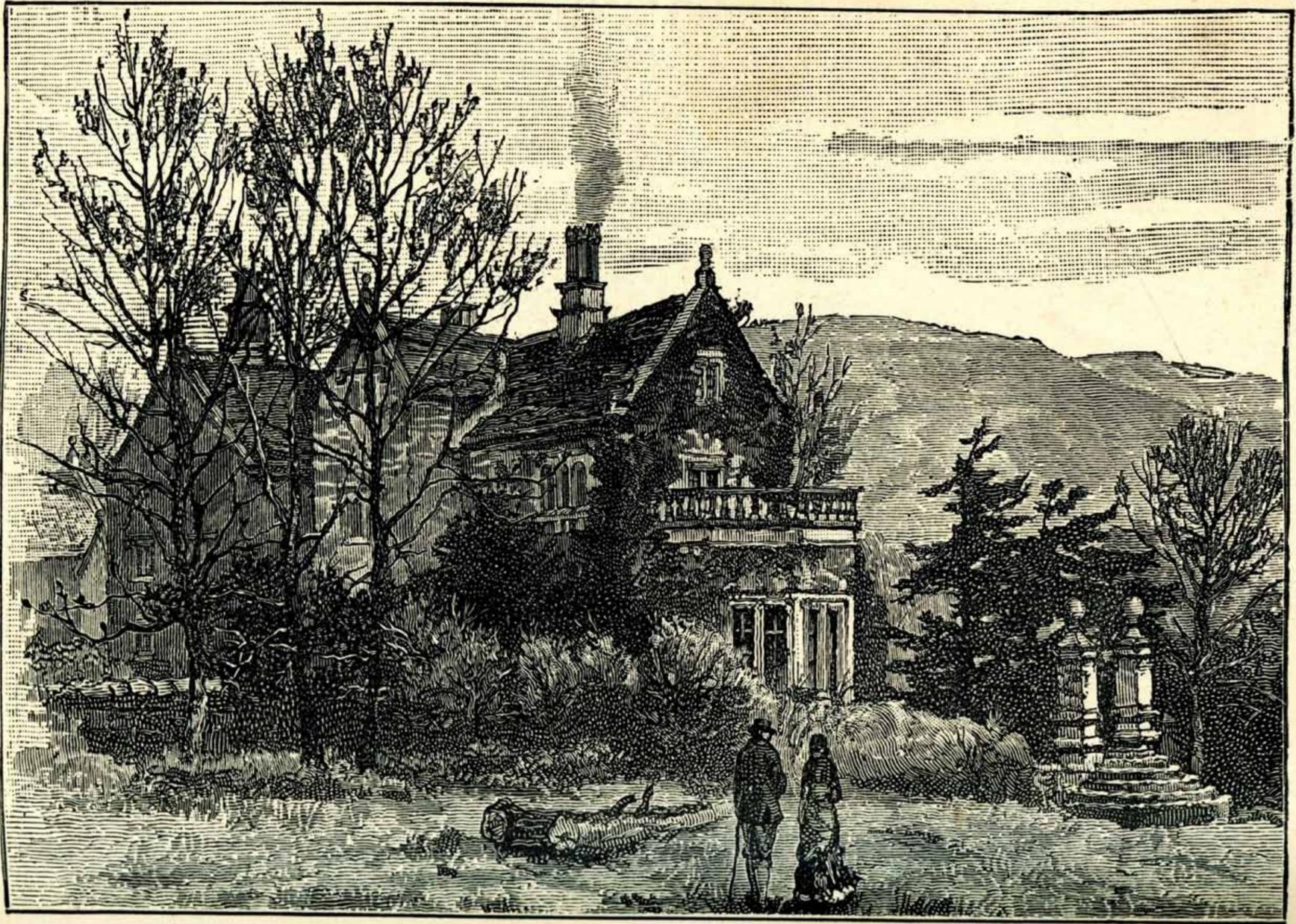
Made especially for Nervous and
Dyspeptic Men and Women.

54 Main St., MI



We Mean Cured. No

FLORENCE NIGHTINGALE



THE EARLY LIFE OF FLORENCE NIGHTINGALE

Florence Nightingale was born in 1820 while her wealthy English parents were traveling in Florence, Italy. Both Nightingale and her sister were named after the Italian cities in which they were born – her sister Parthenope was born in Naples and given the Greek name for its ancient city. At home in England, the Nightingales divided their time between two houses, Lea Hurst (shown above) in Derbyshire for the summer and Embley in Hampshire for the winter.

The two girls were educated by their father, and Florence, in particular, excelled academically. With regard to the marriage and social life of their daughters, the Nightingales held high expectations. However, Florence had other ideas, because at the age of seventeen she received a “divine calling” to do God’s work, which sparked her advocacy of social and health care causes and eventually led her to nursing.

A collage of vintage advertisements for Little's Liver Pills and Carter's Pills, featuring a mortar and pestle logo and the text "ALABAMA MUSEUM OF THE HEALTH SCIENCES".

FLORENCE NIGHTINGALE



Florence Nightingale

From the original painting by Chappel in the possession of the publishers

Johnson, Wilson & Co. Publishers, New York

Engraved according to an act of Congress & 1856 by John P. Hill, in the office of the Commission of Congress, at Washington.

GROUNDBREAKING LEGACY OF FLORENCE NIGHTINGALE

Florence Nightingale had a deep appreciation for the power of statistics. Her faith in the power of numbers was derivative of her faith in God who, as creator of the world, had imbued it with universal law to govern the actions of all things. Mathematics was the tool by which one could access this natural law. Nightingale was also influenced by the advances made in statistical analyses, specifically those by John Snow, who had studied cholera outbreaks and developed the modern field of epidemiology. She went on to standardize the statistical measurements of the dead and wounded

in Crimea and analyzed the data in the reports of the Royal Commission where she pioneered the use of such statistical graphs as the pie chart. Statistics allowed her to comprehend, analyze and diagnose public health conditions in locations she was unable to personally visit and recognized statistics as a powerful tool for reform when used properly. Being recognized for her great skill, Nightingale was offered membership in the Statistical Society of England, an honor not typically bestowed upon the “fairer sex.”

FIGS
THE MOST ELEGANT FORM
OF THE
LAXATIVE AND NUTRITIOUS JUICE
OF THE
CALIFORNIA

is all other remedies, in being
more gently and promptly
venting Fevers and Sick-heads.
Strength naturally follow.
Medicines, as it strengthens
invalid, sick-a-bed, and the
BETTER FOR FULL DIRECTIO

LITTLE NERVE PILLS,

Made especially for Nervous and
Dyspeptic Men and Women.



These Pills are intended for every person
who is in any degree nervous; who is
easily irritated or disturbed through the day,
or who cannot sleep at night; for those whose
hands tremble and whose nerves are unsteady;
for mothers whose children worry them, and
for those whose business worries them, and

ALABAMA MUSEUM
OF THE
HEALTH
SCIENCES

Middletown

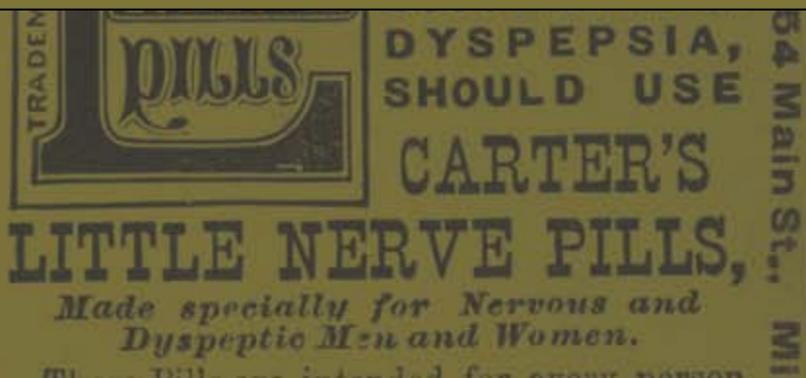
We Mean Cured, Not
And Can Prove W
There are no
no disappointment
troubled with
you can be easily
cured, as hundre

FLORENCE NIGHTINGALE



ENGLISH NURSE, WRITER AND STATISTICIAN

Florence Nightingale came of age in a period of significant growth for the British Empire. Nightingale was one of many individuals to support its continued expansion, but her conception of empire was tightly bound with her concern for vulnerable populations. Through her school and her work, Florence Nightingale is not only responsible for elevating the profession of nursing to an honorable status, she also wrote about 200 books, pamphlets and reports on a variety of other hospital and health improvement issues. For all her efforts, Nightingale received a Royal Red Cross in 1883 from Queen Victoria. She died on August 13, 1910 in London and rests in the Nightingale family plot at St. Margaret's, East Wellow.



FLORENCE NIGHTINGALE LETTERS

Located in the University of Alabama at Birmingham's Reynolds Historical Library, the Florence Nightingale Collection includes fifty handwritten letters spanning from 1853 to 1893. Acquired in 1951 at a New York bookstore by Lawrence Reynolds, MD, these letters came to the university when Dr. Reynolds donated his collection of approximately 6,000 rare books and manuscripts related to the history of medicine and science to establish the Reynolds Historical Library in 1958. These letters offer a unique perspective into the life of Florence Nightingale, particularly into a period of her life in which little information is currently known. To facilitate further research of these letters, the UAB Reynolds Historical Library, in conjunction with the UAB School of Nursing, has recently digitized the letters, and they are now freely available through the UAB Lister Hill Library website.

This exhibition is in conjunction with the 60th Anniversary of the establishment of the University of Alabama at Birmingham School of Nursing.



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