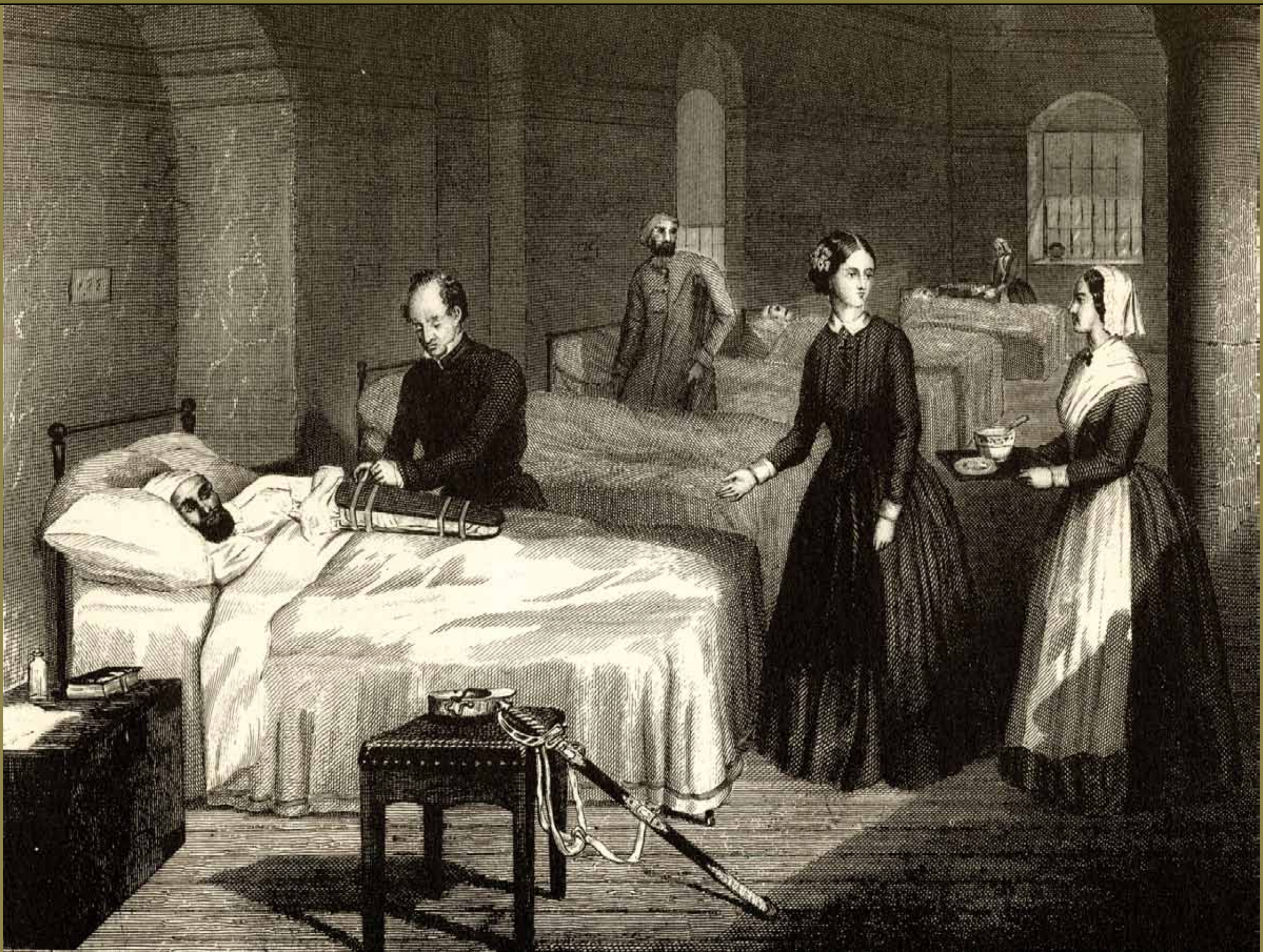


FLORENCE NIGHTINGALE

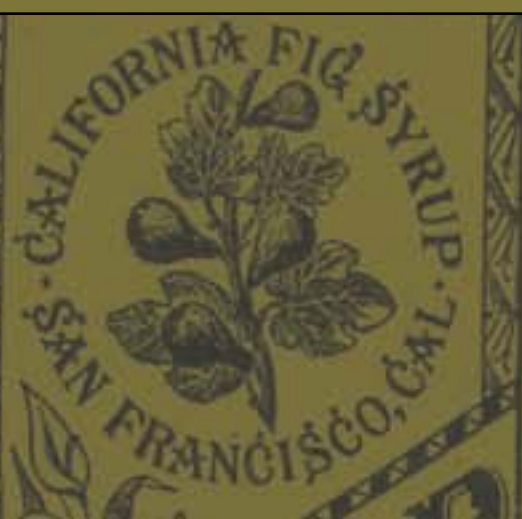


“MISS NIGHTINGALE IN THE HOSPITAL AT SCUTARI”

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



aken by young and old, mor
rs, Liver and Bowels, theret
dispelling Colds, so that Pu
n Oil, Salts, Pills and all oth
which it acts, and is alike be
man, when bilious or costiv
SCRIPTION.



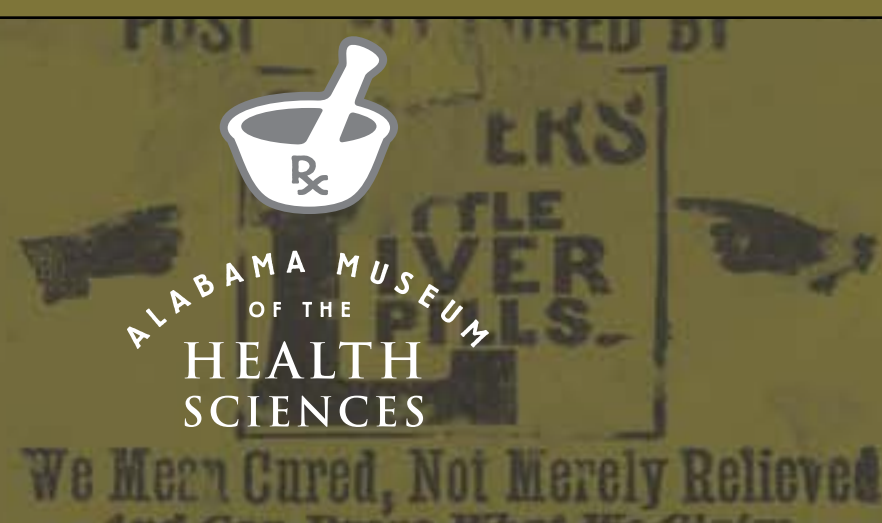
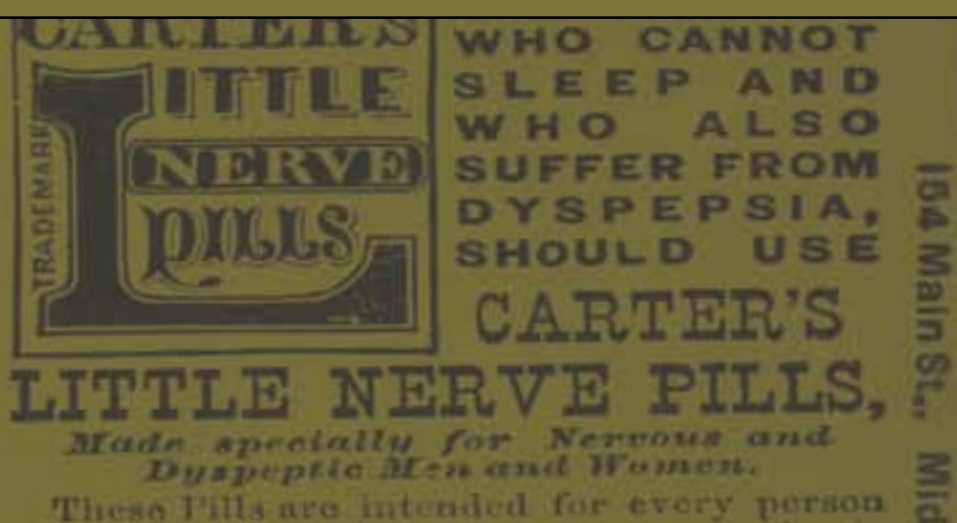
FLORENCE NIGHTINGALE

the about thing that I do. to you.
I have been hearing of
the great distrep in Panjam
- & particularly of the state
of the tanks. & the Cholera
supervening -
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.



FLORENCE NIGHTINGALE



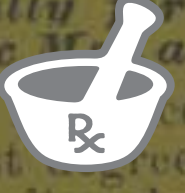
THE LADY WITH THE LAMP

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.

IGS
BEST ELEGANT FORM
TRITIOUS JUICE
CALIFORNIA,
MEDICINAL VIRTUES
THE MOST BENEFICIAL
STANDARD

passes all other remedies, in b
acting more gently and prom
preventing Fevers and Sick
and Strength naturally follo
iver Medicines, as it strengt
it, the invalid, sick-a-bed, and
WRAPPER FOR FULL DIRE

Made specially for Nervous and
Dyspeptic Men and Women.

These Pills are  for every person
who is in the least nervous; who is
easily irritated or disturbed through the day,
or who cannot sleep; for those whose
hands tremble and whose nerves are unsteady;
for mothers who often worry them, and
fathers whose business worries them; and
for all who, from any cause, do not sleep

ALABAMA MUSEUM
OF THE
HEALTH
SCIENCES

Middletown,

We Mean Cured, Not Mere
And Can Prove What W

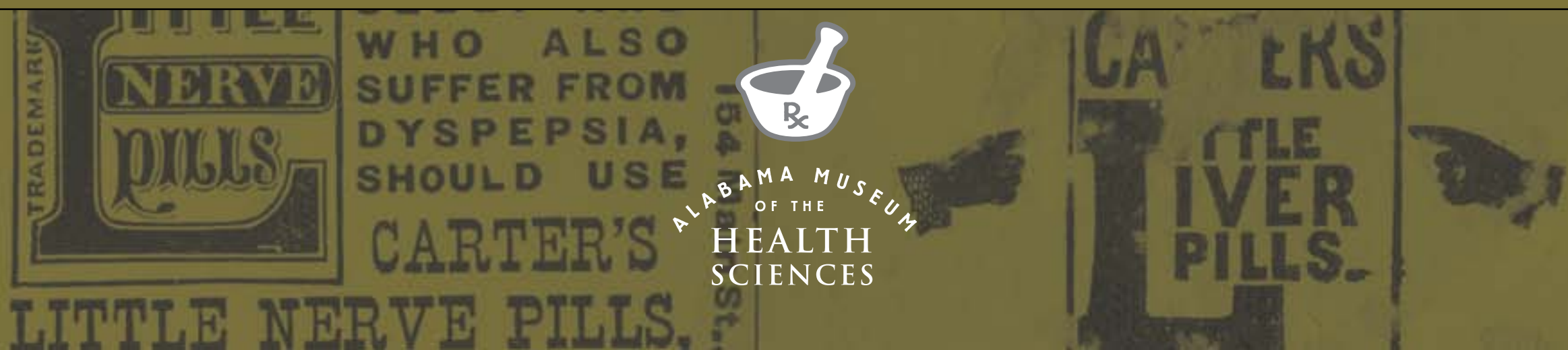
There are no fail
no disappointments
troubled with sick
you can be easily and
cured, as hundreds h
already. Send for she
imonials.

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.



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.



ies, in being more easily tak
id promptly on the Kidneys
and Sick-headaches and dis
ly follow. It is better than
strengthens the organs on w
ed, and the strong, robust m
L. DIRECTIONS AND DESC



DYSPEPSIA,
SHOULD USE
CARTER'S
LITTLE'S NERVE PILLS,
Made especially for Nervous and
Dyspeptic Men and Women.
54 Main St., MI



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:

Dr. Gageon sent 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.

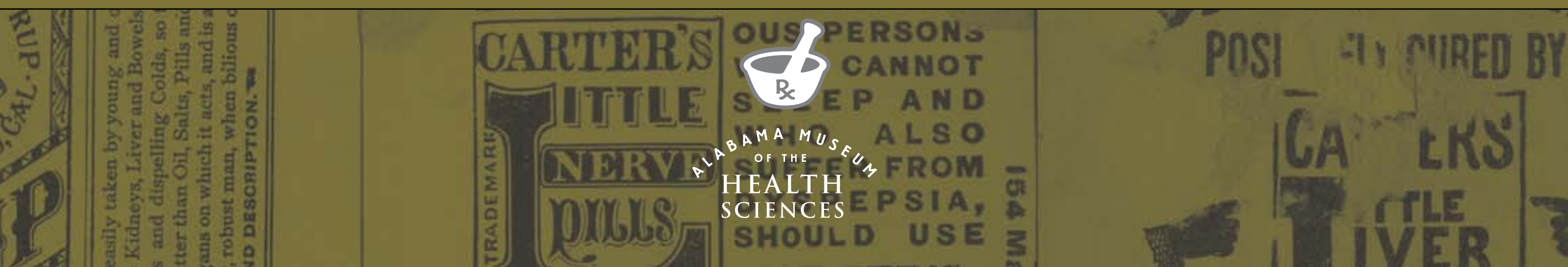
And success to all your noble endeavours in the great cause of sanitary progress in India which have wrought such great results as to be almost a revolution to the right way.

May believe me
Ever yours faithfully
Florence Nightingale

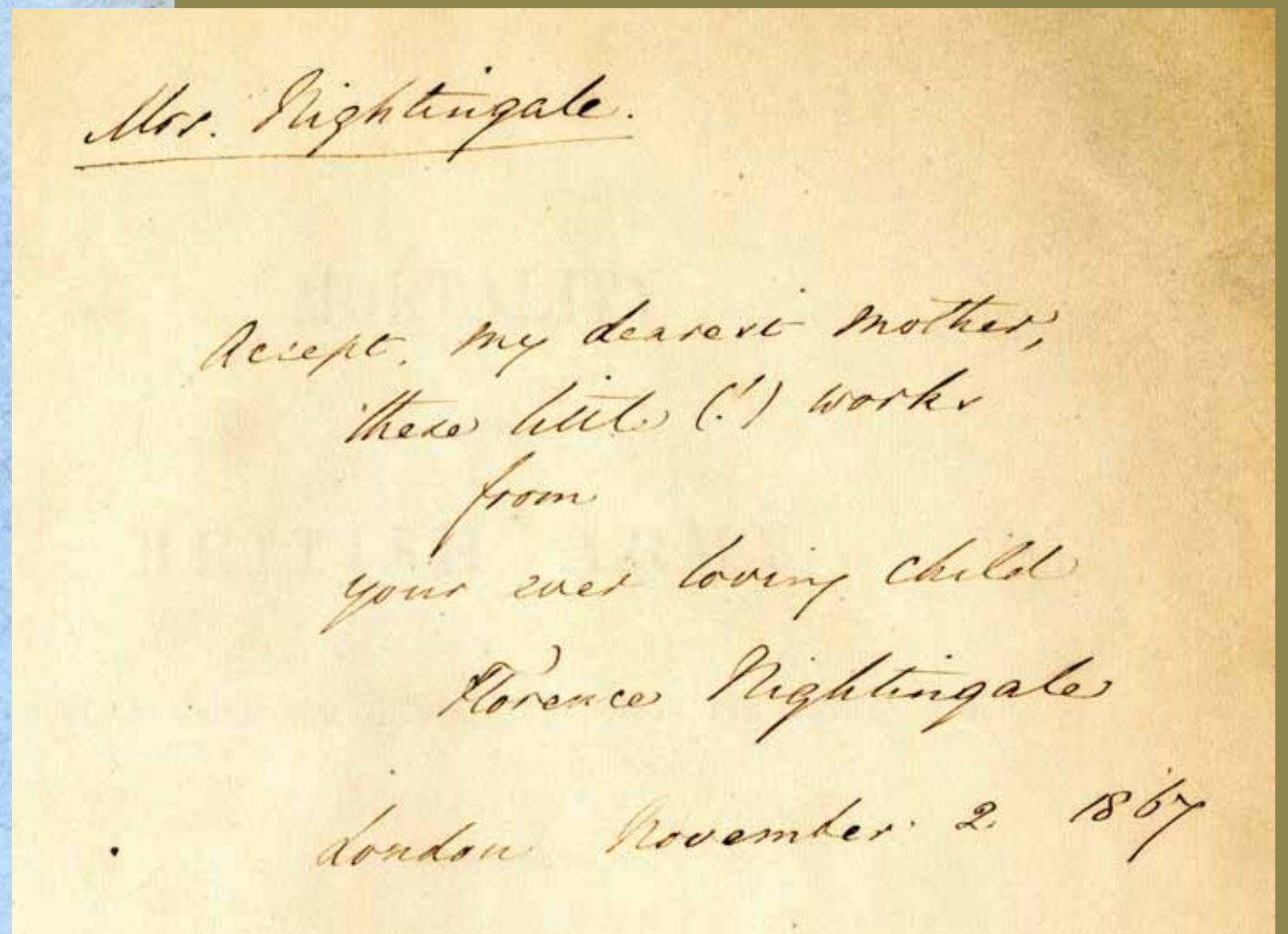
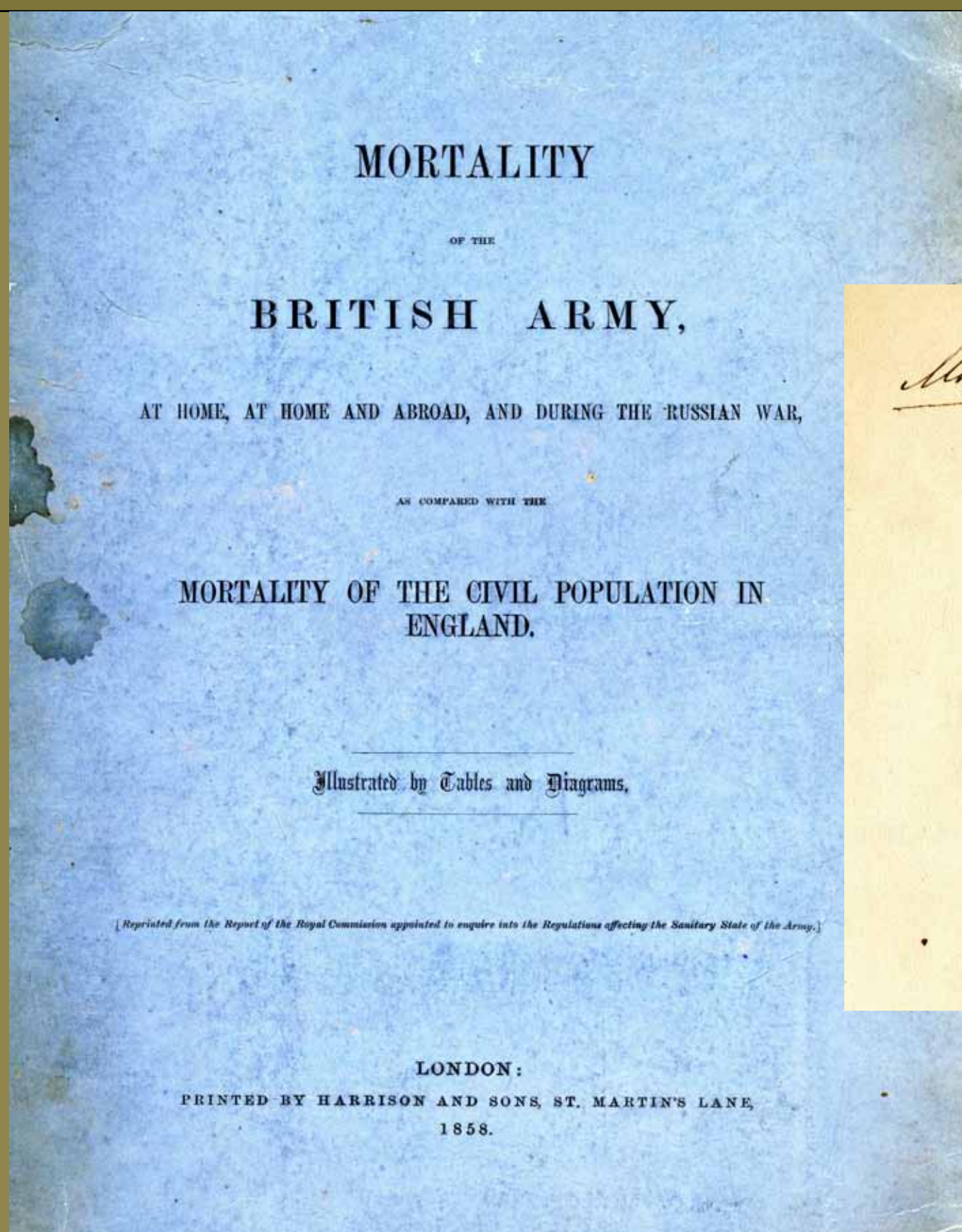
DECEMBER 5, 1885

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

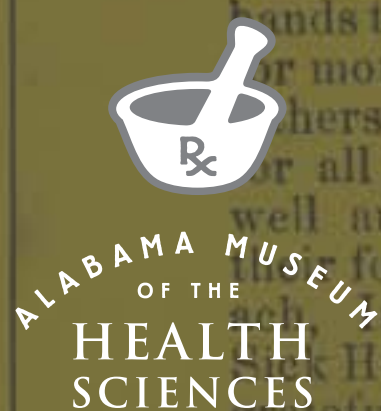
Following her return from the Crimean War in 1856, Florence Nightingale met personally with Queen Victoria to discuss her experiences during the war. The Queen then directed the Secretary of State for War, Lord Panmure, to meet with Nightingale and consider her proposals. These meetings led to the Royal 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 ot
: stomach, and in acting mor
system effectually, preventin
ng Sleep, Health and Streng
s purgatives and Liver Medi
be and the mother, the inva
READ INSIDE WRAPPER



hands tremble and whose nerves are unsteady;
or mothers whose children worry them, and
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
cured
already
mon
CARTI
Also cur
Constipa
relieve d
Disorder
and Ra

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 Albert 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.

May 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

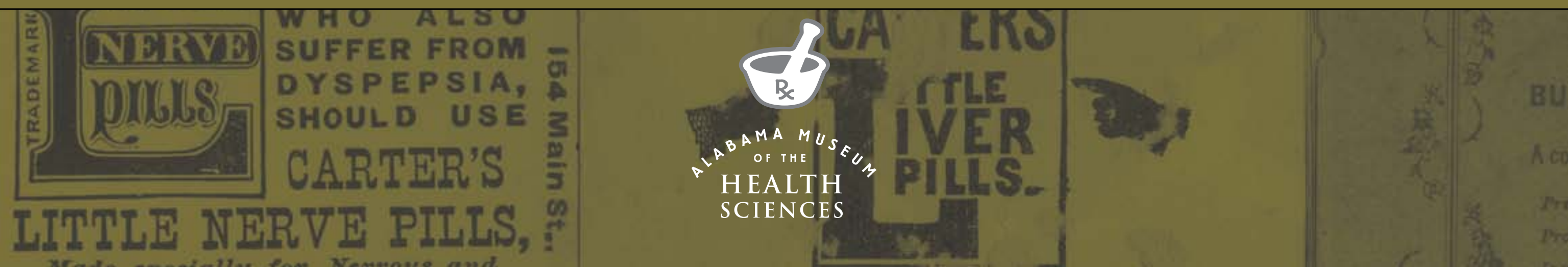
Claydon Ho: Winslow: Bucks
Oct 3/88

Private
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

I think it is well to repeat the "Resolution" as a great step forward. & to set our expectations on that as a beginning. Fm.

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
ENTS KNOWN TO BE MOST BENEFI-
D THE HUMAN SYSTEM, FORMING
RENEABLE AND EFFECTIVE LAXA-
D PERMANENTLY CURR

BITUAL CONSTIPATION
RE MANY ILLS DEPENDING ON A
OR INACTIVE CONDITION OF THE
EYS, LIVER,
OMACH and BOWELS,
PERFECTLY SAFE IN ALL CASES
D THEREFORE THE BEST OF
FAMILY REMEDIES.

MANUFACTURED ONLY BY THE

UP OF FIGS surpass
to the stomach, and in acti
the System effectually, pro
freshing Sleep, Health and
auseous purgatives and Liver
the babe and the mother, th
READ INSIDE WR

others whose business worries them, and
for all who, from any cause, do not sleep
well and do not get proper strength from
their food. In every case of Weak Stom-
ach, Indigestion, Dyspepsia, Nervous and
Sick Headache, will receive most prompt and
grateful relief from the use of these Pills, par-
ticularly if they are named by the Little Liver
Pills as **CARTER'S LITTLE LIVER PILLS**. Dyspepsia makes you
nervous, and nervousness makes you dyspep-
tic: either one renders you uncomfortable.



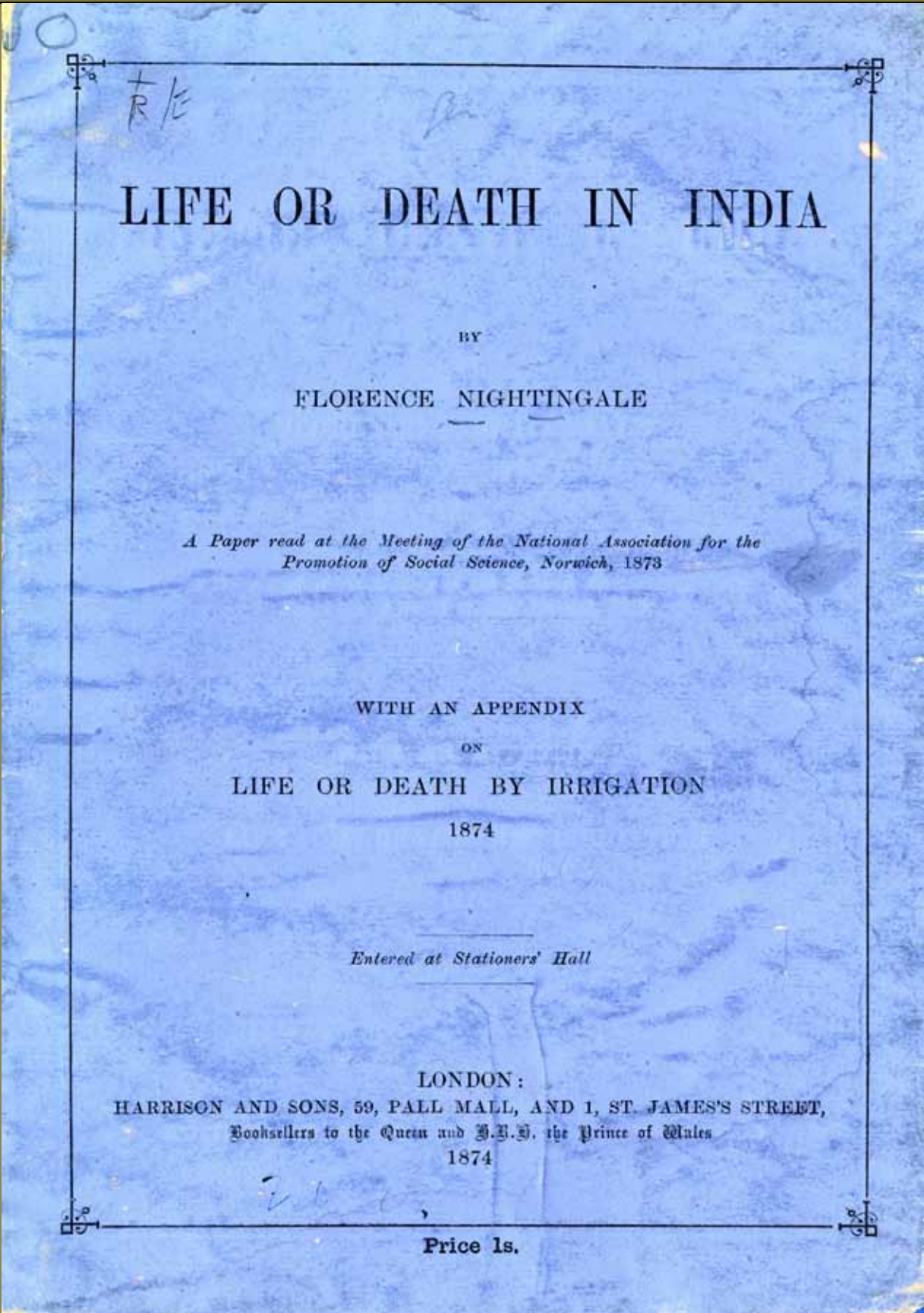
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HEALTH
SCIENCES

already. Send to
imonials.

CARTER'S LITTLE LIVER PILLS

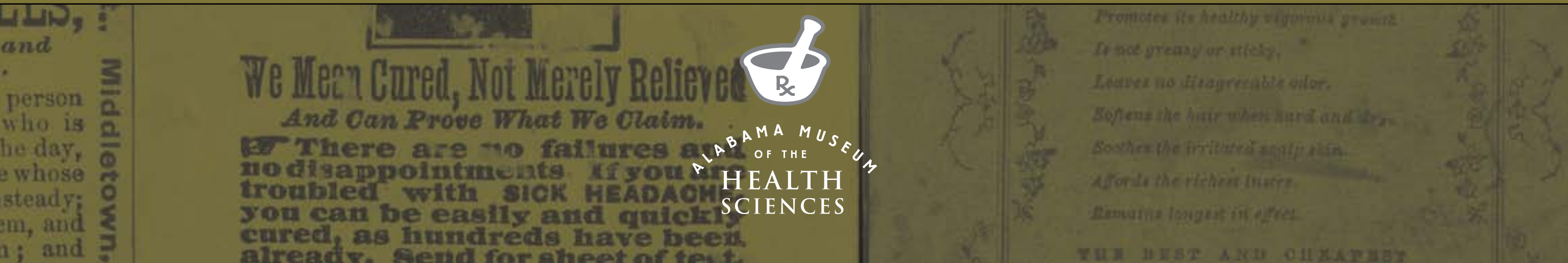
Also cure all forms of
Constipation and Dyspep-
relieve distress from too
Disorders of the Stomach
and Regulate the Bowel
taking just one little pill
purely vegetable, do not

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.



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 Sea 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 wicked - 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

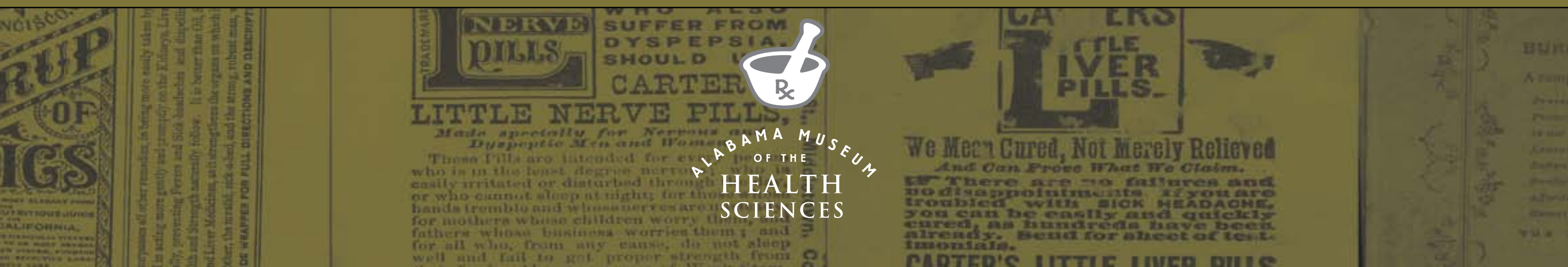
People say that the times of
heroes & martyrs are over.
I think there never was such
a time for heroes & martyrs.
Let us live up to our "Cloud"
of "Witness" -

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 -

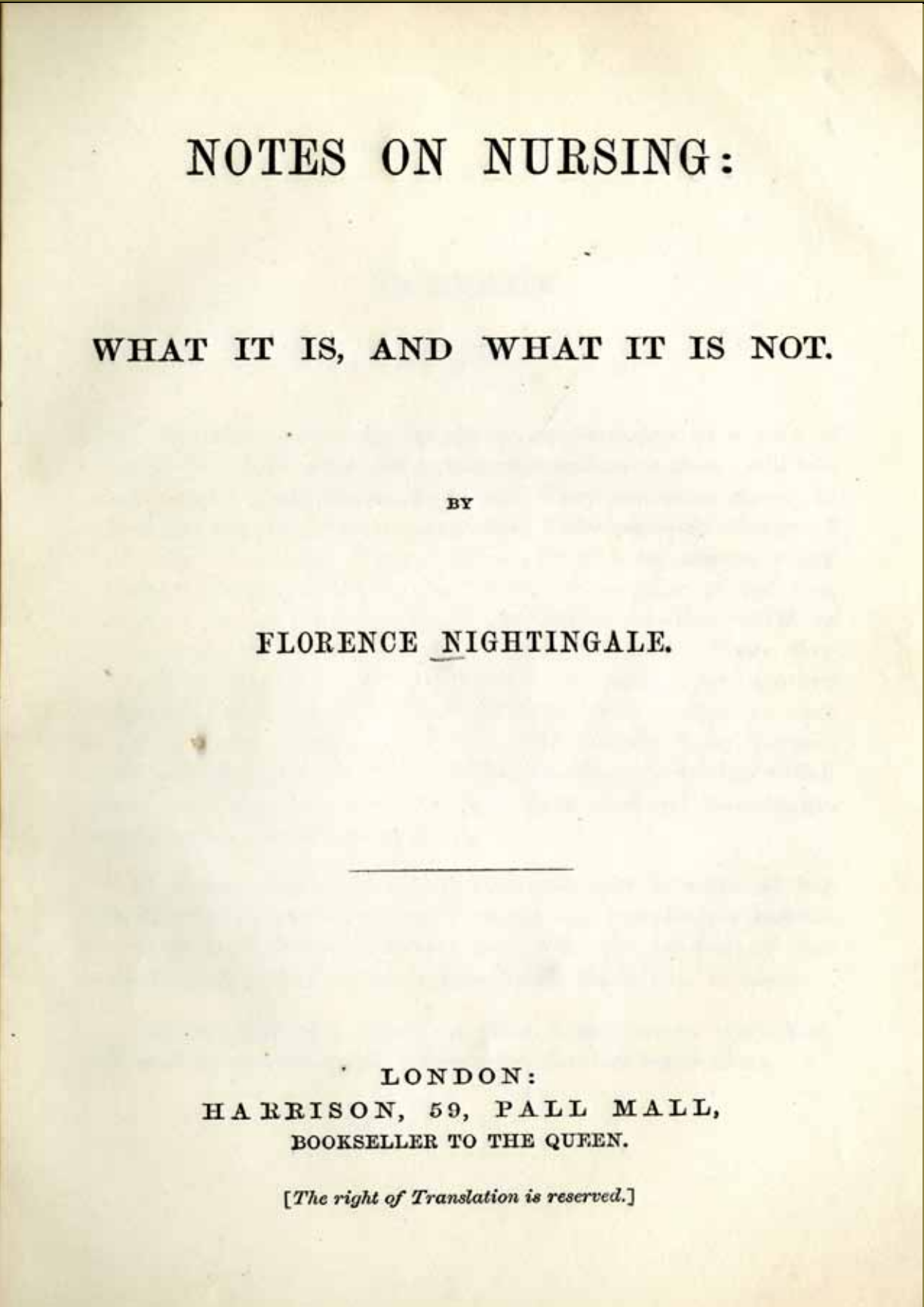
People say that soldiers
are malingerers, & carry
a wounded man to the rear
to get out of the battle.

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!"



FLORENCE NIGHTINGALE



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.



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.



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 oil of George B. H. by Sherry, for A.C. in the office of the Librarian 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.”



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
APPER FOR FULL DIRECTIO

LITTLE NERVE PILLS,
Made *entirely* 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 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

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Middletown

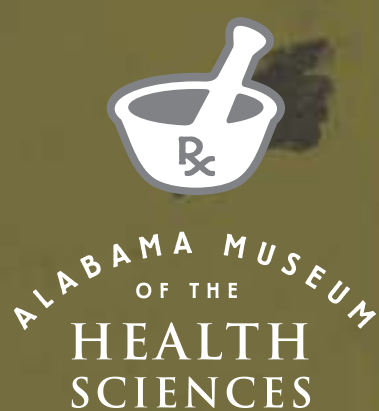
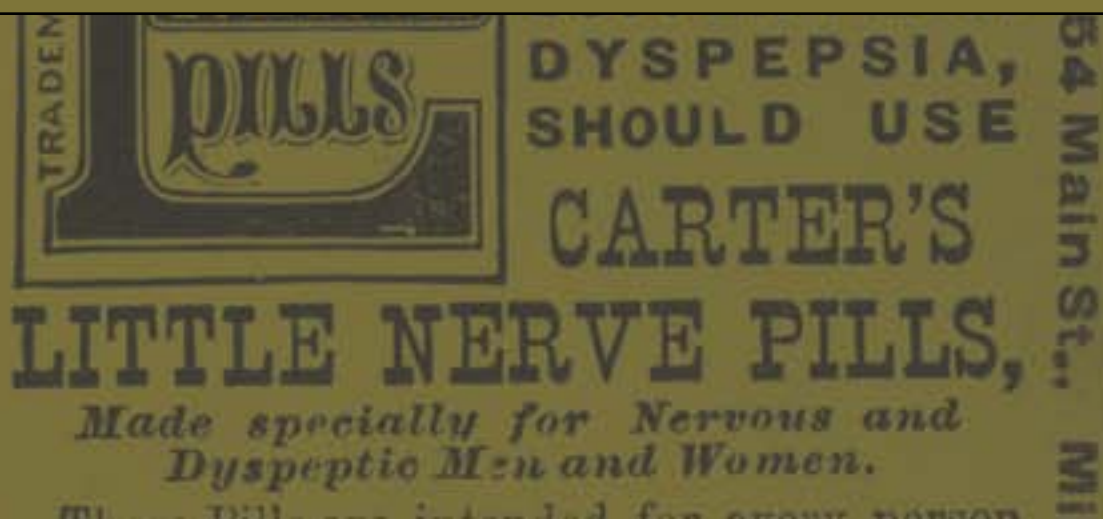
We Mean Cured, Not
And Can Prove It
There are no
no disappointments
troubled with
you can be easily
cured, as hundre

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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