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.
Florence Nightingale

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.

Letters to India

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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.
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.
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.
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

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.

Mortality of the British Army, 1858

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

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!”
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 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 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.”
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.
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.