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Most people are familiar with the name of Florence Nightingale and the image of 'the lady with the lamp'. Initially celebrated for her efforts during the Crimean War, Nightingale is best known as a reformer of army medical services and of nursing more generally. She wrote *Notes on Nursing* – first published in 1859, but reprinted here in its revised and enlarged 1860 edition – in order to share her knowledge with women who were nursing their families at home. It was also required reading at the nursing school she opened at St Thomas's Hospital, the first of its kind, and at other such establishments. Still hailed today as important introductory reading for aspiring nurses, the text explains the centrality of ventilation, observation, hygiene, and diet during sickness, as well as care during convalescence. It also contains timeless instructions on how to nurture both the mind and body of the sick. For more information on this author, see http://orlando.cambridge.org/public/svPeople?person_id=nighfl

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Florence Nightingale
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Notes on Nursing

What It Is, and What It Is Not

FLORENCE NIGHTINGALE



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NOTES ON NURSING:

WHAT IT IS, AND WHAT IT IS NOT.

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BY

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P R E F A C E.

THE following notes are by no means intended as a rule of thought by which nurses can teach themselves to nurse, still less as a manual to teach nurses to nurse. They are meant simply to give hints for thought to women who have personal charge of the health of others. Every woman, or at least almost every woman, in England has, at one time or another of her life, charge of the personal health of somebody, whether child or invalid,—in other words, every woman is a nurse. Every day sanitary knowledge, or the knowledge of nursing, or in other words, of how to put the constitution in such a state as that it will have no disease, or that it can recover from disease, takes a higher place. It is recognized as the knowledge which every one ought to have—distinct from medical knowledge, which only a profession can have.

If, then, every woman must, at some time or other of her life, become a nurse, *i. e.*, have charge

of somebody's health, how immense and how valuable would be the produce of her united experience if every woman would think how to nurse.

I do not pretend to teach her how, I ask her to teach herself, and for this purpose I venture to give her some hints.

DIGEST.

	PAGES.
Introductory	1—7
I. Disease a reparative process 	1
Disease not always the cause of the sufferings supposed to be inherent to disease 	2
What nursing ought to do 	2
Nursing the sick, little understood 	3
Nursing ought to assist the reparative process 	3
II. Nursing the well, little understood 	4
Curious deductions from an excessive death rate 	4
Child life a test of healthy conditions 	6
I.—Ventilation and Warming	8—28
First rule of nursing, to keep the air within as pure as the air without 	8
Why are uninhabited rooms shut up? 	9
A common madness 	10
How to ventilate without chill 	10
Open windows 	12
What kind of warmth desirable 	12
Bedrooms almost universally foul 	13
How to open your windows 	13
Schools 	14
Work rooms 	15
An air-test of essential consequence 	16
When warmth must be most carefully looked to 	18
Hot bottles 	19
Cold air not ventilation, nor does fresh air necessarily chill	20
Draughts 	20
Night air 	22
Air from the outside. Open your windows, shut your doors	23
Smoke 	23

	PAGE.
Airing damp things in patient's room	24
Effluvia from excreta	25
Chamber utensils without lids	26
Don't make your sick room into a sewer	26
Abolish slop-pails	27
Fumigations	28
II.—Health of Houses ...	29—48
Five points essential	29
1. Pure air	29
Health of carriages	29
2. Pure water	30
3. Drainage	31
Sinks	31
4. Cleanliness	32
5. Light	33
Three common errors in managing the health of houses	34
Head in charge must see to House Hygiene, not do it herself	35
Does God think of these things so seriously?	35
How does He carry out His laws?	36
How does He teach His laws?	37
Servants' rooms	38
Physical degeneration in families. Its causes	38
Consumption produced by foul air	39
Both in soldiers and "young ladies"	40
Is consumption hereditary and inevitable?	41
Increase of births and of deaths in unhealthy districts	42
Don't make your sick room into a ventilating shaft for the whole house	45
Infection	45
Diseases are not individuals arranged in classes, like cats and dogs, but conditions growing out of one another	46
Why must children have measles, &c?	47
III.—Petty Management ...	49—62
Illustrations of the want of it	50
Strangers coming into the sick room	50
Sick-room airing the whole house	50
Uninhabited room fouling the whole house	51
Lingering smell of paint, a want of care....	51

DIGEST.

ix

	PAGE.
Delivery and non-delivery of letters and messages....	51
Why let your patient ever be surprised ?	51
Partial measures such as "being always in the way" yourself, increase instead of saving the patient's anxiety. Because they can be only partial	52
What is the cause of half the accidents which happen?	54
Petty management better understood in institutions than in private houses	55
What institutions are the exception ?	55
Nursing in Regimental hospitals	57
Question for persons "in charge"....	58
What it is to be "in charge"	58
Why hired nurses give trouble	61
Nurses not expected to "nurse"—reason why there are few good ones	61
 IV.—Noise	 63—82
Unnecessary noise	63
Never let a patient be waked out of his first sleep....	63
Noise which excites expectation	64
Whispered conversation in the room	65
Or just outside the door	66
Affectation	66
Noise of female dress	66
Patient's repulsion to nurses who rustle	67
Burning of the crinolines	68
Indecency of the crinolines....	68
Patients obliged to defend themselves against their nurses	69
Hurry peculiarly hurtful to sick	70
How to visit the sick and not hurt them	70
These things not fancy	71
Interruption damaging to sick	72
And to well	72
Keeping a patient standing	72
Never speak to a patient in the act of moving	73
Patients dread surprise	73
Effects of over exertion on sick	75
Careless observation of the results of careless visits	75
Don't lean upon the sick bed	76
Difference between real and fancy patients	76
Conciseness necessary with sick	77
And calmness	77

	PAGE.
Irresolution most painful to them	77
What a patient must not have to see to	78
Reading aloud	79
(1.) Read aloud slowly, distinctly, and steadily to the sick	79
The sick would rather be told a thing than have it read to them	79
(2.) Never read aloud by fits and starts to the sick	80
People overhead	81
Music	82
 V.—Variety	83—89
Variety a means of recovery	83
Colour and form means of recovery	83
This is no fancy	84
Flowers	84
Effect of body on mind	85
Sick suffer to excess from mental as well as bodily pain	86
Help the sick to vary their thoughts	86
Desperate desire in the sick to “see out of window”	87
Supply to the sick the defect of manual labour	88
Physical effect of colour	88
 VI.—Taking Food	90—97
Want of attention to hours of taking food....	90
Life often hangs upon minutes in taking food	91
Chronic cases sometimes starved	92
Food never to be left by the patient’s side ...	92
Patient had better not see more food than his own	93
You cannot be too careful as to quality in sick diet	95
Nurse must have some rule of thought about her patient’s diet ...	96
Nurse must have some rule of time about her patient’s diet	96
Keep your patient’s cup dry underneath	97
 VII.—What Food	98—110
Common errors in diet	98
Beef tea	98
Eggs	98

DIGEST.

xi

	PAGE.
Meat without vegetables	99
Arrowroot	99
Milk, butter, cream, &c.	99
Intelligent cravings of particular classes of sick for particular articles of diet	100
Sweet things	101
Jelly	101
Beef tea	102
Observation, not chemistry, must decide sick diet....	103
Home-made bread	104
Sound observation has scarcely yet been brought to bear upon sick diet	105
Tea and coffee	105
Cocoa	109
Bulk	109

VIII.—Bed and Bedding 111—119

Feverishness a symptom of bedding	111
Uncleanliness of ordinary bedding	111
Air not only your clean sheets, but also your dirty ones	112
Iron spring bedstead the best	113
Comfort and cleanliness of <i>two</i> beds	113
Bed not to be too wide	114
Nor too high	114
Nor in a dark place	115
Nor a four-poster with curtains	115
Scrofula often a result of disposition of bedclothes....	116
Bed sores	116
Heavy and impervious bedclothes	117
Nurses often do not think the sick room any business of theirs but only the sick	117
Pillows	118
Invalid chairs	119

IX.—Light.... .. 120—123

Light essential both to health and to recovery	120
Aspect, view, and sunlight, matters of first importance to the sick	121
Without sunlight body and mind degenerate	123
Almost all patients lie with their faces to the light	123

	PAGES.
X.—Cleanliness of Rooms and Walls	124—132
Cleanliness of carpets and furniture	124
Dust never removed now	124
How a room is <i>dusted</i>	125
Floors	126
Washing floors	126
Papered, plastered, oil-painted walls	128
Atmospheres of painted and papered rooms quite distinguishable	128
Best kind of wall for sick-rooms	129
How to keep your room wall clean at the expense of your clothes	129
(1.) Dirty air from without	129
Best kind of outside wall for houses	129
(2.) Dirty air from within....	130
(3.) Dirty air from the carpet	130
Remedies	131
 XI.—Personal Cleanliness	 133—137
Poisoning by the skin	133
Ventilation and skin cleanliness equally essential	133
Steaming and rubbing the skin	135
Soft water	136
 XII.—Chattering Hopes and Advices	 138—149
Advising the sick	138
Chattering hopes the bane of the sick	139
Patient does not want to talk of himself	140
Absurd statistical comparisons made in common conversation by sensible people for the benefit of the sick	140
Absurd consolations put forth for the benefit of the sick	141
Wonderful presumption of the advice given to the sick	143
Advisers the same now as two hundred years ago	143
Mockery of the advice given to the sick	144
Means of giving pleasure to the sick	145
Two new classes of patients peculiar to this generation	149

	PAGES.
XIII.—Observation of the Sick	150—182
What is the use of the question, Is he better?	150
Want of truth the result of want of observation	152
Leading questions useless or misleading	153
Means of obtaining inaccurate information....	155
As to food patient takes or does not take	156
More important to spare the patient thought than physical exertion	158
Means of obtaining inaccurate information as to diarrhoea	159
Means of cultivating sound and ready observation	159
Sound and ready observation essential in a nurse	161
Englishwomen—great capacity for, little practice in, close observation	162
Difference of excitable and <i>accumulative</i> temperaments	163
Superstition the fruit of bad observation	164
Physiognomy of disease little known	165
Peculiarities of patients	167
Nurse must observe for herself, patient will not tell her	169
Accidents arising from nurse's want of observation	170
Is the faculty of observing on the decline?	171
Approach of death—paleness not invariable	172
Two misleading habits of mind:—	
1. Non-observation of general conditions	173
Observers look too much to what is palpable to their senses, not to what is implied by conditions	174
Pulses	175
To arrive at a sound judgment, not only what the patient is but what he is likely to do must be taken into account	178
2. "Average rate of mortality" tells us only that so many in the hundred will die. Observation must tell us <i>which</i> in the hundred will die	179
What observation is for	181
What a confidential nurse should be	181
Observation is for practical purposes	182
Conclusion	183—195
Sanitary nursing as essential in surgical as in medical cases, but not to supersede surgical nursing	183
Children: their greater susceptibility	184
Summary	188

	PAGE.
(1.) Reckless amateur physicking by women. Real know- ledge of the laws of health its only check	188
(2.) What pathology teaches. What observation teaches. What medicine does. What nature does	191
(3.) What does not make a good nurse	192
The two jargons of the day	194
 Supplementary Chapter	 196—222
<i>What is a nurse?</i>	196—206
“He hates to be watched”	197
What is experience?	197
A nurse must have a “calling” for her occupation	198
A nurse with a calling	199
A nurse without a calling	199
A man’s definition of a nurse	200
A lady’s definition of a nurse	201
What are the elements of a nurse’s duty?	202
“ Afraid of my nurse ”	203
<i>Observations which might be made by the sick-bed</i>	204—206
<i>Convalescence</i>	206—211
Hints for the sick will not do for convalescents	206
Difference of sickness and convalescence	206
Surgical patients should not be ill	207
Restraint necessary in convalescence	207
Convalescent appetites	207
Convalescent imaginations	209
Change of air essential	209
Convalescent institutions	210
Convalescents require nursing as well as change of air	210
<i>Children in London</i> ,	211—215
To save not only sick but “ delicate ” children—“ delicate ” from excessive nursing—chiefly in the class which can afford too much of every thing artificial	211
Not “ London air ” does all the mischief but London life	211
Good gained in the country lost	212
Difficult to poison a house in the country, but very little will do it in London	212
Constant “ smell of dinner test ”	212
Children in town go out (when they do) like dogs in leashes or invalids in carriages	213
All this artificial fear not necessary, though it soon creates some foundation for itself	213

DIGEST.

XV

	PAGE.
Well-instructed lifeless victims	213
Three injuries to children	214
Appetite-test ; in country—in town	214
Tea not to be given to children as to sick	214
Summary	215
<i>Note upon some errors propagated by Novels</i>	215—217
1. The joys of convalescence	215
2. Marriage of cousins	216
3. Unreality of death-bed fiction	216
4. Articles of food for sick	216
5. Infection	216
<i>Method of polishing floors</i>	217
<i>Note upon employment of women</i>	219
<i>Note as to the number of women employed as nurses in Great Britain</i>	220—222