



Notes on Nursing: What It Is, and What It Is Not (Dover Books on Biology)

Florence Nightingale

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"My heart always sinks within me when I hear the good housewife, of every class, say, 'I assure you the bed has been well slept in: and I can only hope it is not true. What? Is the bed already saturated with somebody else's damp before my patient comes to exhale in it his own damp? Has it not had a single chance to be aired? No, not one. It has been slept in every night.'"

From the best known work of Florence Nightingale (1820-1910), the originator and founder of modern nursing, comes a collection of notes that played an important part in the much needed revolution in the field of nursing. For the first time it was brought to the attention of those caring for the sick that their responsibilities covered not only the administration of medicines and the application of poultices, but the proper use of fresh air, light, warmth, cleanliness, quiet, and the proper selection and administration of diet. Miss Nightingale is outspoken on these subjects as well as on other factors that she considers essential to good nursing. But, whatever her topic, her main concern and attention is always on the patient and his needs. One is impressed with the fact that the fundamental needs of the sick as observed by Miss Nightingale are amazingly similar today (even though they are generally taken for granted now) to what they were over 100 years ago when this book was written. For this reason, this little volume is as practical as it is interesting and entertaining. It will be an inspiration to the student nurse, refreshing and stimulating to the experienced nurse, and immensely helpful to anyone caring for the sick.

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