Florence Nightingale once said, "How very little can be done in the spirit of fear."

She took a stand in history by saving many soldiers in the Crimean War. 250,000 lives were saved because of Florence Nightingale. In addition, she will be remembered by the name of “Lady With the Lamp”. She got this nickname by doing her nightly rounds with a lamp; soldiers who were injured or sick would call her by that name because they didn’t know her real name. Florence Nightingale had nursing in her blood. She was born on May 12, 1820, and was named after the city that she was born in, Florence, Italy. As stated in Bio, "Part of a wealth family, Nightingale defied the expectations of the time and pursued what she saw as her God-given calling of nursing. During the Crimean War, she and a team of nurses improved the unsanitary conditions at a British base hospital, reducing the death count by two-thirds. Her writings sparked worldwide health care reform."1 They moved to Italy where they had Florence Nightingale's older sister Frances Parthenope. Then they had Florence Nightingale.

Florence Nightingale was lucky; she was born into a wealthy family. Her father, William Nightingale, was a rich banker and married Fanny, Florence’s mother. They married in 1818 and moved to Italy where they had Florence Nightingale's older sister

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Frances Parthenope and Florence too. William taught them all about what they needed to know about reading, math, and everything else. BBC says, “Her upper middle class upbringing included an extensive home education from Florence’s father, who taught his daughters classics, philosophy and modern languages. Florence excelled in mathematics and science. Her love of recording and organising information was clear from an early age she documented her extensive shell collection with precisely drawn tables and lists.” Back then women were expected to get married and move into a house and start a family. At age 22 a man asked her to marry him. After 7 years of “thinking”, she rejected his proposal. When she first expressed her love for nursing, her parents were shocked and said she couldn’t pursue a career in nursing. Her parents were discouraged so they sent Florence to Italy in hope she would forget about her passion of nursing. While in Italy she met a man and he told Florence to follow her dreams and she at that point in time, was more determined than ever.\(^2\) She came home and got a job at a no pay hospital, but her father gave Florence money to help with the hospital. Florence made many changes to the hospital that made it more useable and clean so that patients there weren’t getting sicker as they stayed there. It was then when her family finally believed in her.

\(^2\) “BBC - Primary History - Famous People ....”
Florence Nightingale, from the day she was born, was motivated. When she was 16, she knew that she wanted to be a nurse. She, with a team of nurses in the Crimean War, reduced the death count by \( \frac{2}{3} \) and saved 250,000 soldiers. While in Crimea helping save soldiers she discovered a new plague which was eventually called the Crimean Fever named after the Crimean War where many of the soldiers eventually contracted the disease. She also, later in life, while in Scutari contracted herself Crimean fever and she later would never recover. She was bedridden at age 38 for the rest of her life.

Being bedridden made her more motivated than ever; she studied nursing and made much progress in nursing history. She developed St. Thomas’ Hospital along with The Nightingale Training School for Nurses. While also writing a book entitled *Notes on Nursing*. In August 1910 she fell ill with very many troubling symptoms, but later recovered. Then one week later she had those same symptoms and later the next day passed away unexpectedly. But before she died, she was the first woman to receive the Order of Merit. The lady with the lamp will always be remembered for illuminating a pathway for others.
The Crimean war was a devastation like every war. The war was fought by an alliance of Britain, France, Turkey and Sardinia against Russia. In the years before the Crimean War France, Russia and Britain were all fighting for influence in the middle east; this is what led up to the Crimean War. The Crimean War, which started in October 1853 and went through February 1856, was fought mostly on the Crimean Peninsula. Russia alone had lost over 500,000 soldiers. Many of the soldiers who perished were diseased or malnourished. According to BBC News, “Crimea is an autonomous republic within Ukraine, electing its own parliament, with a prime minister appointed with approval from Kiev. But now Crimean MPs have appointed a pro-Moscow leader, Sergei Aksyonov, who wants Crimea to unite with Russia, and has called the referendum.” In the Crimean war 16,000 of the 18,000 deaths were not due to battle wounds but to preventable diseases, spread by poor sanitation. All of these deaths could have been prevented, but they continued to spread because of the unsanitary conditions. The Crimean War was a war that will be forever remembered in history.

What Florence Nightingale did in the Crimean War was revolutionary. She saved over 250,000 soldiers from death, and she also devoted her life to nursing. In her time
being a woman nurse was not approved of because many thought that women weren’t worthy to be a nurse, or didn’t have what it takes. Being able to prove you have what it takes to be a nurse when you are a woman takes a lot of hard work dedication. While she was in Scutari, she showed many people the ideal conditions of a hospital or living area, because back then the hospitals were very dirty and scattered with rats and other disgusting things. When she came back from Scutari where she stayed until Crimean conflicts were behind them, to her home town, according to Bio, “To her surprise she was met with a hero’s welcome, which the humble nurse did her best to avoid. The previous year, Queen Victoria had rewarded Nightingale's work by presenting her with an engraved brooch that came to be known as the "Nightingale Jewel" and by granting her a prize of $250,000 from the British government.”

She was thought of as a hero in her childhood town of Lea Hurst. In the time that Florence Nightingale was born, as a woman and an upperclassman, she was expected to get married, move into a nice home, and be a hostess, but that was not what Florence Nightingale had in mind. When a lovely man proposed to her she refused the offer and left England to go study at the Institution of Protestant Deaconesses in Kaiserswerth, Germany. Her parents were not very pleased with her decision to be a nurse. They wanted her to be married, not pursue a career in nursing. Although that was true, Florence Nightingale went out in the field of nursing and exceeded everyone’s expectations. In that time doctors did most of their work without painkillers and
anesthetics and that resulted in a lot of pain. Most who needed a procedure, or were very sick did not walk out of that hospital alive. This is another way Florence Nightingale took a stand. She showed that people could actually walk out of a hospital alive after fighting through a tough physical challenge in life.
In conclusion, Florence Nightingale played a revolutionary part in nursing history. She reduced the death count by ⅔ in the Crimean War. She, at the age of 22, went to Germany to pursue her nursing career even when her parents forbade her from becoming a nurse. When she returned from England, she got hired at a Middlesex hospital and impressed her employer so much that she was promoted to superintendent within a year of being hired. In that time there was a devastating Cholera outbreak. While helping others and reducing the hospital’s death count the work took a toll on her health. She had just hardly recovered when she was asked to assemble a team of nurses to go to the Crimean War. Her and her team of about 3 dozen nurses went off to Crimea to heal the wounded. Once returning to England after the Crimean War, she contracted the “Crimean Fever” and at 38 was bedridden and would be for the rest of her life. Being bedridden made her more motivated than ever to help the nursing community and help women get a better chance of being a nurse. She at age 90 got sick and her symptoms seemed to go away, but a week later those same troubling symptoms came back and later the next day died unexpectedly. Although before her death she was the first woman in history in to receive the Order of Merit award. Florence Nightingale, “The Lady with the Lamp”, will be known as the biggest part in modern day nursing.
Annotated Bibliography

**Secondary Sources**


This site told me a lot about The Crimean war and exact dates of which an important event happened.


From this site I learned all about Florence Nightingale’s life and how it played out from birth to death.


This site told me a lot about Florence’s life and gave exact dates that an important event happened on.

This site told me a lot about the Crimean war and how it affected history and Florence Nightingale’s life.


This site told me all about the Crimean war and all I needed to know about it.


This site told me a lot about Florence’s life and how it played out in a timeline. It also told me all about Florence Nightingale’s family and the Crimean War.


This site told me a lot about Florence’s life and how it played out in a timeline. It also told me all about Florence Nightingale’s family
and the Crimean War.

The Editors of Encyclopædia Britannica. "Crimean War."

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From this site I learned the countries that fought in the Crimean war and how the Crimean war started.