



## Florence Nightingale

*"Live your life while you have it. Life is a splendid gift. There is nothing small in it. Far the greatest things grow by God's law out of the smallest. But to live your life, you must discipline it."*

Florence Nightingale (1820-1910) is regarded as the founder of modern nursing. Born to a life of wealth and privilege, she felt a strong calling from God to do something meaningful, and she discovered it in medicine. After some brief training in Germany and a stint leading a hospital in London, she made a name for herself during the Crimean War. This conflict between Russia and the Ottoman Empire, in which the British aided the Ottomans, saw horrible medical care in the face of the terrible technology of modern warfare. Nightingale took measures to turn around the disastrous medical facilities, establishing sanitary measures and strong support for patients. She earned the nickname "Lady of the Lamp" for the countless hours she spent at night patrolling the hospital and tending to the wounded. After her success in the war, she returned to England, where she worked with the government to completely overhaul the systems used for keeping medical statistics, which ended up as a significant achievement in its own right. She continued her work in the field of nursing, establishing one of the first nursing schools and publishing a book on the profession that is still read to this day. In 1907, she became the first woman to earn the Order of Merit, one of Great Britain's highest honors. Despite health challenges from diseases contracted during her war service, she lived to the age of 90 before passing away.

Florence Nightingale saved numerous lives and blessed countless others, much of this inspired by her faith, and we honor her efforts for humanity.