



Note on Nursing

Florence Nightingale

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Neither in my own nursing education at the B.S.N. nor at the M.S.N. level, was it even suggested, much less required, that I read any of Florence Nightingale's original writings. Even as a nurse educator for over 30 years, I did not require my students to read her writings either. After reading this book, I now believe it is a void in the education of a nurse not to read at least some of the writings of the founder of modern day nursing. Notes on Nursing would be an excellent choice. This book introduces holistic health, home health, alternative therapies, health prevention and maintenance, the role of women in nursing and in everyday life, nursing administration, leadership, communications skills, mind/body and body/mind relationships. Her theory on the use of light, fresh air, warmth, cleanliness, quiet, and the proper selection and administration of diet is also well explored. - Anita S. Kessler, R.N., M.S.N., M.Ed.



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