

## 欢迎参观弗洛伦斯·南丁格尔博物馆

弗洛伦斯·南丁格尔被称为“提灯女郎”，一位活生生的传奇人物。她带领护士在克里米亚战争中为成千上万的士兵提供护理，并从医学灾难中挽救了英国军队。同时，她也是一位具有远见的健康改革者，一位才华横溢的战斗者，对维多利亚时代的妇女和她的帝国带来了极大的影响，同时也对维多利亚女王本人带来了极大的影响。弗洛伦斯·南丁格尔于1910年逝世，享年90岁，是一位在全世界具有影响力的知名人士。

弗洛伦斯·南丁格尔博物馆通过“提灯女郎”的生活和她生活的时代为人们带来了一次了解南丁格尔的旅行。南丁格尔的故事将通过三个部分向大家展示：她如度金牢笼般的家庭；她在克里米亚战争中和改革中的工作；她在健康改革中的精神。博物馆展现了一副体现护士及护理形象的全景画。

弗洛伦斯的父母是来自中上阶级的，具有良好血统的富人。他们最初的财富来自于采矿。他们有文化，对艺术和科学具有浓厚的兴趣，信仰宗教并愿意帮助穷人。由于她奢华的生活和社会责任，或者说是上流社会的专横，让弗洛伦斯感到的困惑逐渐增加，正如她日记中写到，她的家庭因为她痴迷于护理和拒绝结婚而陷入混乱和失望。她的家人拒绝让弗洛伦斯到Salisbury的医院进行培训，哪怕仅仅是几个月的时间。那时的医院是肮脏和危险的地方，护士以醉酒而闻名。

最终，弗洛伦斯被允许到距离德国Dusseldorf很近的宗教社区Kaiserswerth接受护理培训。那是一家由一位新教牧师和她的妻子经营的医院，孤儿院和院校。弗洛伦斯在那里学习关于医学的知识，学习如何包扎伤口，观摩截肢手术，学习如何进行疾病护理和临终护理。她感到从未有过的开心。她在日记中写道“现在我知道应该怎么去热爱生命了”。

1854年夏天，英法联合支持土耳其宣布与俄国开战。数以百计被派往克里米亚与法国和土耳其军队一起与俄国军队作战的士兵死于疾病。Sidney Herbert，国家战争委员会秘书，写信给佛罗伦萨请求她带领由妇女组成的护理团队前往战场，这是一个新的并且冒险的想法。她和她的团队，由38名勇敢的妇女组成的护理团队，立即出发前往斯库台湖。当她们到达医院的时候发现医院的环境比她们想象的还要差很多。供应短缺，缺少食物、毛毯和床。伤员在经过长途旅行后到达医院，处于肮脏的环境中还经常有一半的人处于饥饿状态。

弗洛伦斯认为医院需要适当的管理。她无休止的工作，组织护士和伤员的妻子们清洗衬衫和床单，并且让男人们清空厕所。她不断地给Sidney Herbert写信要求他提供支持，并且动用自己的钱和由泰晤士报向公众募集的资金购买清洁用的刷子和水桶，以及毛毯、便盆甚至手术台。每天晚上她都要在躺着

数以千计的伤员的医院走廊中进行巡视。人们都很崇敬她。然而，在1855年春天，她因为“克时米亚热症”而病倒，还险些死去。尽管她的病没有完全康复，她还是坚持返回工作直到战争结束。

不知道的是由于旧有的营房排污管道被堵塞，斯库台湖已经被建立在一个巨大的化粪池上面。苏格兰工程师John Sutherland博士和他的团队在1855年3月到达斯库台湖疏通排污管道，修复建筑并提供干净的水。那时的死亡率已经开始下降。卫生委员会写信给弗洛伦斯称她“挽救了英国的军队”。

弗洛伦斯在斯库台湖的工作远远超出了护理的范畴。她平等的对待每一个士兵，无论他们的职位高低，同时她还在思考这些士兵家庭的福利问题。她给这些士兵的家人写慰问信，寄钱给死亡士兵的遗孀，回答家属对失踪或疾病的询问。她还建立了阅览室，这使那些认为自己士兵都是目不识丁的高级军官们感到震惊。作为放弃饮酒的选择，“英克曼咖啡”开张，为士兵提供非酒精饮料。她还建立了银行系统，让普通士兵也能给家里寄钱，而不是让他们花钱去饮酒或者赌博。

战争结束后，弗洛伦斯于1856年8月返回英国。在旅途中，她使用史密斯夫人的名字来躲避公众的视线。过度的疲劳和疾病，让她感到一种失败的感觉，同时，她也为那些不能返回家乡的死去的士兵感到伤心。她在日记中写到“那些可怜的人们躺在了克时米亚的坟墓中”。弗洛伦斯决定奉献她的余生，她和她的朋友们经过短暂的思考认为她们不能这样碌碌无为的死去。

在伦敦生活期间，因为疾病和健康的原因，弗洛伦斯经常处于卧床状态。但是她和她的支持者们仍然孜孜不倦的工作。弗洛伦斯好像从公众的视线中消失了。但是，她却很有技巧的利用她的声望以及她家族的权威来说服当权者相信需要进行健康改革，同时，她也与维多利亚女王进行联系。在克时米亚战争结束后不久，弗洛伦斯受到维多利亚女王的邀见，并获得女王的支持要求皇家委员会对卫生体系存在的问题和改革方法进行研究。

弗洛伦斯写有200多本书，大量的小册子和文章，还有超过14000封信件，其中有数以百计的文章在全球发布。同时，在护理方面，她写了关于宗教和哲学，卫生体系设备和军队卫生保健，医院，统计学和印度的著作。作为一位年轻的女士，她写了关于她的旅行和人生的挫折来教育那些中产阶级的女性。

弗洛伦斯的观点彻底改变了社会对护理的认知，她的精神遗产至今都保持着强大的力量。她提出的对个人健康，包括精神和身体的健康幸福的全面看护，以及她确信敏感的了解病人的需求是其康复的关键都成为领先于那个时代的观点。

弗洛伦斯·南丁格尔开创了一个护理的世界。她的观点和声望激励着许多男人和女人成为护士，并将她的观点运用到实践当中。全世界的人们对待病人的护理拥有相同的本能、目的和承诺，很多人从一个国家到另一个国家将他们的技能运用到实践中去，同时也学习他们所需要的技能。

### **Welcome to the Florence Nightingale Museum**

Florence Nightingale became a living legend as the 'Lady with the Lamp'. She led the nurses caring for thousands of soldiers during the Crimean War and helped save the British army from medical disaster. She was also a visionary health reformer, a brilliant campaigner, the most influential woman in Victorian Britain and its Empire, second only to Queen Victoria herself. When she died in 1910, aged 90, she was famous around the world.

The Florence Nightingale Museum is a journey through the life and times of the "Lady with the Lamp". Florence's story is told in three pavilions: the Gilded Cage about her family life, the Calling about her work during the Crimean War and Reform and Inspire covering her campaigns for health reform. The museum is surrounded by a panorama of images of nurses and nursing.

Florence's parents were well-off, well-connected and from the upper-middle class. Their money originally came from lead mining. They were cultured, interested in the arts and the sciences, and believed in religious toleration and helping the poor. Florence felt increasingly trapped by her life of luxury and social duties - or the "tyranny" of the drawing room, as she wrote. Her family were upset and disappointed by her obsession with nursing, and her refusal to marry and refused to let Florence train at a hospital in Salisbury, even for a few months. Hospitals were dirty and dangerous, and nurses had a reputation for drunkenness.

Florence was finally allowed nursing training at Kaiserswerth, a religious community near Dusseldorf in Germany, where a Protestant pastor and his wife ran a hospital, orphanage and college. Florence learned about medicines, how to dress wounds, observed amputations and cared for the sick and dying. She had never felt happier. "Now I know what it is to love life," she wrote.

In the summer of 1854, Britain and France joined its ally Turkey and declared war against Russia. Hundreds of soldiers sent to fight with the French and Ottoman Turks against the Tzar's Russian army in the Crimea, were dying of disease. Sidney Herbert, the secretary of state at war, wrote to Florence asking her to help by leading a group of women nurses - a new and risky idea. She and her team of 38 brave women set sail for Scutari right away, leaving in a blaze of publicity. They arrived at the hospitals to find the crisis much worse than they imagined. Everything was in short supply - food, blankets and beds. Casualties arrived after a long journey, dirty and often half starved.

Florence realised the hospitals needed to be properly managed. She worked without rest,

organizing the nurses and soldiers' wives to clean shirts and sheets, and men to empty the toilets. She bombarded Sidney Herbert with letters asking for supplies and used her own money, and funds sent by the public via The Times, to buy scrubbing brushes and buckets, blankets, bedpans and even operating tables. Every night she walked miles of hospital corridors where thousands of casualties lay. The men worshipped her. But in the spring of 1855 she collapsed with "Crimean Fever" and almost died. Although she never fully recovered she returned to work until the end of the war.

Unknown to Florence Scutari was built on top of a huge cesspool because the old barrack building's sewers were blocked. A Scottish engineer, Dr John Sutherland, and his team arrived in March 1855 to flush out the sewers, repair the building and supply clean water. Only then did the death rate begin to fall. Sutherland's Sanitary Commission "saved the British army" wrote Florence.

Florence's work in Scutari went beyond nursing care. She cared for soldiers equally, whatever their rank, and also thought of their family's welfare. She wrote letters of condolence to relatives, sent money to widows, and answered inquiries about the missing or ill. Florence organised reading rooms - surprising senior officers who thought that their men were illiterate. As an alternative to alcohol, the "Inkerman cafe" was opened, serving non alcoholic drinks. She set up a banking system so ordinary soldiers could send their pay home, rather than drink or gamble it away.

After the Crimean War, Florence returned to Britain in August of 1856, travelling under the name "Miss Smith" to avoid publicity. Thin, exhausted and ill, she felt a sense of failure and grieved over the soldier who did not return. "My poor men", she wrote, "lying in your Crimean graves". Florence devoted the rest of her life, which she and her friends thought would be short, to ensuring they did not die in vain.

Living in London she was often confined to her bed due to ill health. She worked herself and her supporters tirelessly. Florence shrank from public appearances, but she skilfully used her reputation and the authority of her name to convince those in power, starting with Queen Victoria, of the need for health reform. Invited to meet Queen Victoria soon after the Crimean War, Florence enlisted the monarch's support for a Royal Commission to investigate what had gone wrong, and learn from the mistakes.

Florence wrote some 200 books, pamphlets and articles, and over 14,000 letters. There are hundreds of archives around the world containing her writings. As well as nursing, she wrote about religion and philosophy, sanitation and army hygiene, hospitals, statistics, and India. As a young woman she wrote about her travels, and the frustrations of life for an educated woman of the middle classes.

Florence's ideas completely changed society's approach to nursing and her legacy remains strong today. Her holistic approach, to looking after a person's health, mental and physical

wellbeing, and her conviction that a sensitivity to patient needs was key to recovery, were ideas well ahead of their time.

Florence Nightingale opened up a world of nursing. Her ideas and fame inspired many men and women to become nurses and to put her ideas into practice. People all over the world have the same instincts and motives and the same commitment to patient care, many moving from country to country to put their skills into practice or get the training they need.

### **参观者信息：**

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### **营业时间：**

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### **参观：**

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## **Visitor Information:**

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[www.florence-nightingale.co.uk](http://www.florence-nightingale.co.uk)

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## **Opening hours**

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## **Access**

The museum is fully accessible for wheelchair users, including toilet facilities. We are located on the site of St Thomas' Hospital at parking level. For the deaf and hearing impaired there is a loop system as well as subtitles on all the films.

## **Getting here**

The Florence Nightingale Museum is located on London's South Bank, close to the London Eye and opposite the Houses of Parliament.

## **Support the museum**

Become part of the exciting future of the Florence Nightingale Museum by becoming a member. Benefits include free admission and invitations to private views and events. Your support makes a huge difference and will also help us to develop our collections, improve their care through conservation and enable us to extend our lively programme of exhibitions. For further details, contact the membership officer on 020 7620 0374.