

made a pilgrimage to Palestine, remaining there to found monasteries, hospitals, and hospices for those who, like herself, sought to know what had come to be a Holy Land.

Fabiola, a noted beauty and friend of Marcella, established in her palace a hospital to which she brought the sick from the worst sections of a great city and personally nursed them.

Marcella, a wealthy Roman matron, friend of St. Jerome, who, bored by fashionable society, found an outlet in the Church for her initiative and social spirit. She assembled a considerable group of matrons for prayer and study in her luxurious home. This was the beginning of the first Christian monastery for women in Rome.

Queen Radegund claimed the protection of the Church after escaping from her licentious husband, who had murdered her brother. Her pursuers, though half savage, dared not molest her. She then devoted her whole life to the sick, caring for the lepers at Poitiers with special tenderness.

Early Christian Monk and Christian Nun gave nursing service in connection with their lives in a monastery. In the majority of cases, hospitals were connected with monasteries, forming a double institution. At the Council of Aix (816), the care of the poor, and so naturally also of the sick, was declared to be the chief duty of "every ecclesiastical foundation whether canonical or monastic."

The Pilgrims, followers of Christ, who journeyed to Jerusalem to visit the places where Jesus had lived and suffered for the redemption of man. The needs of thousands of such pilgrims during sickness gave rise to hospitals in which monks or nuns made them welcome.

Black Plague Doctor, a medieval doctor who cared for those stricken with the disease of the Black Plague. The peculiar garb which he wore was intended to protect him from contagion.

3. Crusade Period—Eleventh to Twelfth Century.

The Crusader served in the capacity of warrior and nurse. No more romantic story can be told than the story of the Hospitallers, the Knights of St. John of Jerusalem, who asked no quarter in war, yet knew no enemy in distress. The order was born of the spirit of the Crusades. These were men fierce and fearless in battle, yet gentle, patient, and sympathetic to a fault in the care of wayfaring pilgrims and the sick.

The Crusade Nun was a member of the female branch of the military orders. They assisted the Knights Hospitallers in the care of the sick and the wounded.

St. Hildegard, one of the most eminent of the early abbesses, gave to the world two great medical books which are to-day accepted as evidence of her genius. Though more physician than nurse, her scientific attitude exerted a definite and far-reaching influence on the history of nursing.

Beguines, who pledged themselves to live pious lives separated from a man's world, without taking strict conventual vows. In their communities they built hospitals which were models of order and cleanliness.

St. Vincent de Paul, the founder of the great religious order of women known as the Sisters of Charity. His entire life as a Catholic priest was given to the alleviation of the miseries of poverty, sickness, and slavery. He is honoured to-day as the first to inaugurate a system of social service. St. Vincent strove to help society to help itself, as the only certain way of strengthening it for the battle which confronts each individual life.

St. Louise de Marillac (Mlle. de Gras) assisted St. Vincent in his work of social reconstruction. She and the members of her order of Sisters bound themselves to devote their entire time to the care of the sick and the poor. Sisters of Charity have served ever since, in peace and in war. For "remarkable bravery in action" they have won the coveted cross of the Legion of Honour. Unnamed crosses

without number they have deserved for thousands of deeds no less brave, but only less dramatic.

4. Period of the Saints—Twelfth to Sixteenth Century.

St. Francis of Assisi sought poverty as men have sought for wealth, and cherished service as he cherished poverty. His personal service to the lepers expressed the essence of his philosophy. To nursing, his life will always be an imperishable ideal and example.

St. Elizabeth of Hungary is the patron saint of nursing and little children. She is called Saint Elizabeth in history, but "Mother of the Poor" in the hearts of the multitudes who have been touched by her life.

5. Period of the Dark Ages—Sixteenth to Middle of the Nineteenth Century.

St. Camillus de Lellis is the founder of the Order of Clerks Regular, Servants of the Sick. In the early part of the seventeenth century, when the plague swept Barcelona, the little order of the Daughters of St. Camillus served the plague-stricken city. One by one they fell before the unseen, insidious foe. Undaunted they carried on. Quietly they had come, quietly they served, and they never returned.

Henry VIII of England, in his ordinance for the suppression of monasteries, brought about what is known as the Dark Ages of nursing. The period lasted two hundred years. Monks and nuns, the only trained nurses of that period, were disbanded and expelled, and the care of the poor and the sick fell to the lot of untrained workers.

John Howard, an English philanthropist, investigated the prisons of Europe. In the course of 60,000 miles of travel, he included visits to lazarettos and hospitals. He was able to place before influential people the results of his observations of neglect and misery, and in many countries brought about some improvement.

Elizabeth Fry, a young and beautiful member of a socially minded English Quaker family, paid friendly visits to the poor near her country home, and visited prisoners. In Newgate prison, her foundation of a school for children, and her attempt to teach the women ways of becoming independent when discharged, brought her into prominence. She also organised the Protestant Nursing Sisters.

Fliedners. Theodor Fliedner revived the deaconess order in Europe. He and his wife, Frederika, fitted up a building for a hospital and deaconess home. Frederika wrote out notes on nurses' training which constitute the first work on nurses' training ever written by a woman.

Modern Deaconess. A deaconess is a member of a Christian Sisterhood devoting her life to education and nursing service.

Sairy Gamp represents the professional nurse of the Dark Ages. Charles Dickens made the character famous by describing her life, character, and method of work in his novel *Martin Chuzzlewit*.

Betsy Prig is likewise characterised by Dickens in *Martin Chuzzlewit*. The characterisation of Sairy Gamp and Betsy Prig helped to induce public opinion to bring about needed changes in the care of the sick.

Jeanne Mance, the Nightingale of Canada, superintended the construction of the Hotel Dieu, located at the foot of Mount Royal on the island of Montreal. Through siege and pestilence and famine, often suffering from actual want, Jeanne Mance never faltered. Her devotion, enthusiasm, and courage won for her a secure place in history and gave to nursing another heroic figure.

6. Period of Modern Nursing—Middle of Nineteenth Century to the Present Time.

Civil War Nurse. At the time of the Civil War, America lacked an organised nursing service. The only women accustomed to the discipline of group living and experienced

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