

Mary Seacole

1805-1881

“Beside the nettle, ever grows the cure for its sting.”

“I am not ashamed to confess that I love to be of service to those who need a woman’s help. And wherever the need arises – on whatever distant shore – I ask no greater or higher privilege than to minister it.”

“I have a few shades of deeper brown upon my skin which shows me related – and I am proud of the relationship – to those poor mortals whom you once held enslaved, and whose bodies America still owns. And having this bond, and knowing what slavery is; having seen with my eyes and heard with my ears proof positive enough of its horrors – let others affect to doubt them if they will – is it surprising that I should be somewhat impatient of the airs of superiority which many Americans have endeavoured to assume over me?”