

**ПРОБЛЕМИ ЗМІЦНЕННЯ ЗДОРОВ'Я
У ПОПУЛЯРИЗАТОРСЬКІЙ ДІЯЛЬНОСТІ
ЛЕОНА КОПФФА**

На сторінках двотижневика «Przeгляд Zdrojowo-Kapielowy i Przewodnik Turystyczny» (1909) лікар Леон Кофф (1856 – 1933) висвітлював погляди на зміцнення здоров'я у санаторіях, популяризував їх, коментував поведінку хворих, терапевтичний ефект купання у мінеральних водах на організм людини, бальнеологічне лікування та ін. Обґрунтував принципи раціонального і дієтичного харчування для людей із ожирінням, розкрив значимість клімату і ландшафту у зміцненні здоров'я.

Ключові слова: бальнеологія, популярні часописи, курорти, Леон Кофф, журнал «Przeгляд Zdrojowo-Kapielowy i Przewodnik Turystyczny».

Introduction. Therapeutic effect of bathing water on the human organism was known in ancient Greece before Hippocrates. There was a special order of esculaps, which assumed clinics, so-called. «Temples of health» located near the sources. The patients were undergoing balneo-rehabilitation treatment there, massages and a special diet [11]. Spa treatment has a long tradition. Doctors in the second half of the nineteenth and early twentieth century were aware of the importance of maintaining hygiene in daily life, in areas in which sick people, including children and youth stayed. They emphasized the role of movement, rational nutrition, appropriate clothing and mental health, in physical development of young people.

‘Going to waters’ as visiting spa is called in Polish became a fashion, but the treatment still remained the most important aim. Treatments with mineral water, climate, proper relaxation and the ability to break away from the stresses of everyday life, not only brought temporary relief, but often influenced significantly overall health improvement. Irena Ponikowska writes that such an understanding of health issues is close to the contemporary views in the spa medicine [11, 41]. The basis for Spa therapy is the use of natural methods of treatment (mineral water, gases and peloids) [11, 88]. The treatment stimuli applied should be properly matched to the patient’s condition, dosed and

monitored by a doctor. Mineral water and mud are the most important natural medicinal raw materials, which are used by health resort. The curative mineral waters are mainly used for bathing. Chemical constituents which are soluble in water and fats act primarily in the bath. The effects of treatment depend largely on the degree of incorporation of the skin components contained in water [11, 59 – 60].

In the general and specialist medical press doctors and hygienists in the nineteenth and early twentieth centuries have published a series of articles designed to popularize medical knowledge in the field of health care, hygiene, housing, rational nutrition and physical education. We find there information about the symptoms of the most common diseases, taking medications and care for the sick.

In the second half of the nineteenth century great attention started to be paid to promote active forms of recreation. Pastime affects the health and fitness of society [13, 261]. Education of the public awareness of the value of health, ability to behave in cases of health and life, shaping the correct views, attitudes and behavior was a challenge to the public in the second half of the nineteenth and early twentieth century.

Illustrated biweekly «Review of Spa-Bath and Travel Guide» – the creation and development of magazine

The tasks of popularization of health knowledge in the pages of an illustrated biweekly «Overview Spa-Bath and Travel Guide» of 1909 was taken by Leon Kopff (1856 – 1933) [2; 9], since 1889, a government doctor of spa town of Krynica [3, 52]. The magazine presented the views on spa treatment. The magazine was issued in Krakow from 15 April to 1 October 1909, under the doctors Edited by: John Frączkiewicz, Zenon Pelczara, Zygmunt Wasowicz and Joseph Zanietowski. The function of editor in duty was held by John Frączkiewicz. It was the authority and property of Polish Balneological Society. The magazine was located in Krakow at Jabłonowskich 2. Administration was also in Krakow's main market square 34. The magazine subscription was accepted by bookstores and managements of the Spa. Cost of the annual subscription with mail delivery in Austria amounted to 6 crowns, Germany – 6 marks in the Polish Kingdom and Russia – 3 rubles. «Review of Spa-Bath and Travel Guide» was in the passenger and express trains, and in all cafes, pastry shops, hotels and restaurants. Doctors in Galicia, the Grand Duchy of Poznan and the Polish Kingdom sent the magazine free of charge. The page layout was divided into two columns, within a number continuous pagination was in force – one number had an average of 24 pages. The magazine was printed in Cracow at Vincent Kornecki and Kasper Wojnar, under the direction of Adolf Nowak.

Adam Grabowski writing about Krynica [1, 2 – 8], Zygmunt Wąsowicz [12, 2 – 8] and Stanislaw Lewicki [10, 20 – 22] cooperated with the magazine.

In addition to the usual numbers in the magazine special issues were edited. They were devoted to selected well-known Galician spas such as Krynica, Żegiestów, Rabka, Rymanów and Zakopane.

Health promotion in terms of Leon Kopff in light of the « Review of Spa-bathing and Tourist Guide» 1909

Leon Kopff, governmental doctor in Department of spa in Krynica also collaborated with magazine that constitutes a manifestation of our interest [4, 8 – 9]. On the pages of this magazine he gave guidance on dietary management during the spa treatment [4, 8 – 9], [5, 7 – 8], [6, 9 – 10], [7, 2 – 6], [8, 8 – 10], popularized Polish spas, spoke about the behavior of patients, therapeutic effect of bathing water on the human body, an important balneological treatment – drinking cures. Leon Kopff wrote that the use of mineral waters and baths is one of the important factors medicines. He discussed the principles of rational nutrition and medical nutrition therapy for obese people. He mentioned important natural factors used in the spa to treat sick people. He took into account the climatic conditions and landscape. He postulated absolutely clean air and a suitable diet as a therapeutic agent. He advocated a neat and clean dress of patients. According to Kopff patients should dress modestly, but at the same time comfortably. It was extremely important to have suitable footwear. Those traveling to the spa had to remember to bring only the necessary things with them.

Leon Kopff wrote about the so-called preparatory treatment which, if it was used, should be scheduled between the long-term therapy in spa. Providing practical guidance for those using the treatment cubicles, resulting in the correct behavior of a patient while receiving treatment and immediately after its completion, allow for better outcomes. The views of the author mentioned on spa treatment, contained in «Review of spa-bathing and Tourist Guide» aimed at raising awareness of the Polish society of the great value of health.

In the journal Leon Kopff referred to the treatment of bathing and drinking mineral water at home combining them with treatment run in the spa. According to the author the ill staying at home was not able to keep up according to the specific recommendations the doctor. Spa treatment and drinking mineral water baths used in the home could not have been basically replaced. However, when treatment was indicated at the wrong time for a trip to the bathing plant, he recommended drinking mineral water and lighter hydropathical procedures, salt and sulfur baths at home. Thus, this kind of behavior was considered as a preparatory treatment for further treatment conducted in the spa facility at the appropriate time.

Drinking mineral water in the house, a few weeks before going to a designated plant spa was considered preparatory treatment. Typically, such treatment lasted 4 – 6 weeks. It was aimed at the adoption of the body to an adequate diet. It was reasonable that patients traveling to the treatment at least 2

to 3 weeks earlier changed their lifestyle, drank bottled water at home as the doctor said, made daily walk in the fresh air, reduced working hours, discontinued stimulants (eg. Alcohol), conducted adequate diet. Kopff advocated refraining from smoking just before the bath or before everyday drinking water and after drinking the last dose [8, 9].

Reasonable diet for each case of sickness should be developed by home doctor. Preparatory treatment could result in a shorter stay in spa. It was advantageous also for economical reasons [6, 10]. Kopff called for appropriate behavior of the patient after the spa treatment. He criticized the behavior of patients returning to normal life, who were trying to make up for the forced hunger strike while in the spa, just after completion of the treatment burdened stomach by indigestible foods and consumed alcoholic beverages [6, 10].

According to Kopff mineral water should not be drunk by weakened people [5, 7]. According to him, excessive mental work without the simultaneous work of the muscles could cause neural and mental diseases. For the treatment of anemia he recommended iron baths, climate treatments and sea bathing.

The reader of the biweekly had the opportunity to read the historical outline of spa treatment. In the first centuries of our era spas they were under the care of priests. The temples of Roman gods were built in the vicinity of the mineral wells, in order to strengthen the faith of the people. With the advent of Christianity, the society combined mineral springs of therapeutic activity with the wonders of the saints. Only in the second half of the nineteenth century, during the birth of science, people began to look rationally at balneological treatment method. They were encouraged to study the chemical composition of mineral waters and their physical properties. Their physiological effect was discussed over. The reader of «Spa-Bath Review and Tourist Guide» had the opportunity to obtain information that the foundation for the development of spas was laid by Justus von Liebig, Karl Remigius Fresenius and Robert Wilhelm Bunsen (amongst others). They pointed out which components of mineral waters have the correct meaning of healing, demonstrating their pharmacodynamic value. The study by Liebig, Fresenius and Bunsen were referred to by successive doctors such as Josef Seegen vor Enoch Heinrich Kisch. They dealt with the description of the chemical and physical properties of mineral waters, their therapeutic action on the body of the patient, the proceedings in individual cases of disease and spa dietetics [4, 9]. According to Kopff dietetics drug is a factor, which when properly used in the treatment contributes to its beneficial effects.

Kopff presented views concerning the determination of the most appropriate season to carry out thermal treatments, how to drink mineral water [5, 7 – 8], to maintain patients at different types of bath [5, 7 – 8]. Magazine readers gave advice on good nutrition during treatment with mineral waters or leisure activities without medical treatment [4, 9]. According to him, the most

appropriate time for treatment was dependent on the climatic conditions of the resort. In central Europe the most appropriate option season was the second half of April until the end of September. In Poland this season started later, usually May 15 or June 1 and lasted until September 15 or 30 [5, 7]. The most appropriate time option for the treatment of mineral waters, called the season was divided into periods: spring, summer and autumn. Spring and autumn season was characterized by cooler air and tranquillity in spas. May, June and September were the most appropriate for the conduct of the spa treatment for obese people, who badly withstand the heat, especially if at the same time they were required to use movement. Those months were beneficial for people who were nervous, touchy, sick to the stomach, liver or spleen, and for the treatment of gynecological diseases. According to Kopff, summer months, July and August were appropriate for people affected by diseases of respiratory organ, for who sometimes crisp spring and autumn air contributed to colds and worsening condition. A warmer summer months favored treatment of among others, rheumatism or skin diseases [5, 7].

In the summer months social life, organized trips and fun flourished in spas. This time was appropriate to treat hypochondriacs and melancholics. For the same reasons, the time should have been used to treat people leading a sedentary lifestyle (office work).

Leon Kopff in the magazine posted on taking account of disease cases in which the treatment was to be combined, eg. the use of water laxatives, as a subsequent treatment, it was indicated to stay in ferruginous baths or sea baths that were recommended as a subsequent treatment after using ferruginous bath, etc. People with indications for this kind of treatment should start them at the end of May to August to make it to the ferruginous water or bathing in the sea.

Kopff also referred to the cost of treatment. People going to the spa, and forced with their financial situation to save, should choose spring months for treatment by mineral waters (April, May until the first half of June) and autumn (late August and September), for these months were in spas at least a fifth cheaper than a in summer [5, 7]. Kopff criticized spas less affluent patients who, after arriving at the spa, in the most expensive months were saving for a comfortable apartment or an appropriate diet, and doing well in the cheapest food, including bread rolls, vegetables and cheese [5, 7].

According to Kopff it was difficult for home doctor to determine the duration of bath treatment because it depended on how the human body reacts to this type of treatment [6, 9 – 10]. In any case of disease the thermal treatments duration was different. Longer treatment was applicable in cases where it was desirable to use so-called subsequent spa treatment eg. use of ferruginous, marine mud and hydropatic bath. There were situations in which the doctor

could warn the patient that a single treatment was inadequate and the spa treatment had to be repeated for two, three or even four years [6, 10].

Drinking mineral water at a certain time and a certain amount depended on the case history. An individual approach proved to be an essential thing in therapy. Further indications had to left to the directing doctor [7, 2]. Balneo-therapeutic mainly pharma-dynamic principle was taken as the basis for evaluating the quantity of water intended for drinking. The most appropriate season for drinking mineral water were early morning hours and consuming them on an empty stomach. There were exceptions to this rule. Kopff postulated that persons sensitive and weakened had a light breakfast an hour before drinking water (a glass of milk, kefir, cup of tea with milk, cocoa, broth, biscuit or bread). Weakened body badly accepted mineral water, especially cold. The consequence of such a situation were, among others, frequent fainting, nervous indigestion, diarrhoea. In the magazine they recommended drinking water also in the evening between 17 and 19. However, if sleep disorder followed, one should refrain from drinking them. The doctor had to decide about drinking heated or cold water, with the addition of milk, ewe's milk whey or mineral salt. He postulated also walking around the spa during favorable weather, the walk should not be boring [7, 3].

According to Kopff, the doctor determined the temperature of water intended for bathing. Bath stimulants for people with sensitive nervous system was not used on an empty stomach. The journal published guidance on salt, of sulfur, ferruginous bath, bathing in mineral waters earth or limestone, bathing in natural Teplice, gas and mud baths [7, 4]. After salt bathing he recommended 1 – 2 hours rest after the colder salt baths he called for gymnastics. He advocated sulfur baths to be warmer, usually at 33 – 36°C. He explained that the operation of the ferruginous bath consists a significant amount of carbonic acid in the water, therefore he recommended cooler, ferruginous baths (32 to 24°C) [7, 4]. Ferruginous baths due to the high content of carbonic acid required precautions. Before the bath bathroom should be thoroughly ventilated. While bathing, one should behave quietly, avoid any movement to allow coal acid work on the skin surface as much as possible. Bath should be provided with a cover. After the bath the skin should be thoroughly dried. He also recommends a walk.

With the publication of Kopff contained in the pages of this magazine one can conclude that the mineral waters of earth or lime warm baths were recommended (Bath, Contrexeville, Driburg, Leuk Wildungen). Most of them are natural hot springs, where the temperature often exceeds 50°C. This kind of solutions recommended daily specifying their duration (from a half to an hour). Mud baths with sea or sulphurous sludge differ in action from mud, mainly in chemical composition to be provided in high wooden tubs. Mud bath temperature typically ranged between 34 – 44°C. The duration ranged from

20 to 45 minutes, preferably while held between the hours of 9 to 14 [7, 4]. After the bath mud it was recommended to clean the bath with clean water at a temperature suitable to the warmth of mud bath [7, 5].

Kopff in the biweekly magazine also referred to bathing in the sea, requiring appropriate behavior prescribed by doctors of patients. The forenoon hours (10 – 12) were suitable for bathing in the sea. Sea baths were to last for 15 to 30 minutes. During these baths it was best to cover the head with a thin cloth, and after returning home to wash the body of fresh water. Number of needed bathing and their frequency should be determined by the physician. He laid down the principles for the use of bath by pregnant women [7, 6].

Leon Kopff made the readers aware of a balanced diet during treatment with mineral waters [8, 8 – 10]. In this case, he proposed to approach each patient individually. Adequate nutrition had a particular value to anemic, nervous, obese, suffering from atherosclerosis of the arteries, arthritis, rickets people. Patients should not blindly trust the owners of restaurants in the health resorts, as they not always on menus, took account of the dietary needs of local spa facility. Restaurant owners were mainly oriented to profit. It was difficult to require them to comply with the spa dietetics. In contrast, food appropriate to the requirements of the treatment was not the cheapest and food preparation had to be done carefully [8, 9]. Treating patients in nursing homes should eat frequently but in small quantities. At breakfast, spa doctor called for avoiding strong coffee, strong tea, chocolate, wine, vodka, rum, beer, fat and too large amount of flour dishes. Dinner consumed in afternoon should not be too abundant, but composed of easily digestible food. So Kopff advocated broth, barley soup, a cup of broth with egg, non-greasy fish (trout, perch, pike) or beef, venison, veal, young lamb and poultry [8, 9]. The drink could be spring water, light wines, well stale beer. As vegetables were allowed spinach, asparagus, cauliflower, young peas, a small amount of potatoes and carrots. It was better to avoid addition to the dishes in the form of all spices, wine, rum, coffee, vanilla, etc. Inappropriate were all sour vegetables, lettuce, pickles, sauerkraut, vegetables flaring, such as beets and kohlrabi. Inappropriate were also oily fish, like carp, eel, salmon, ropes, summae, oysters, caviar, crayfish, herring, and further dried legumes, fat and heavy pudding, boiled eggs, all cheeses, mushrooms, etc.

Kopff Leon also spoke about the consumption of raw fruits by spas patients. He stated that the most appropriate supper time were hours 19 – 20 [8, 9]. He advocated spending free time outdoors, soaking up the balmy scent of the forest and the beauty of nature [8, 10]. Leisure time had to be used rationally and in view of health. Using the walks helped to fill the gap in a therapeutic program in the afternoon. Excess free time was a factor not always beneficial to human health. So spas offered more patients for various events and tours. The choice of hiking trails should be carefully thought [11, 179 – 180].

According to Kopff, poor people should choose to walk places where along it was impossible to find a sufficient number of benches for rest. It was necessary to remember that exaggeration in walking was harmful to health. It happened to meet an obese person, that were stubbornly running around to lose weight, endangering the strength of the body and falling to the bench or the pitch for the rest. It was irresponsible and harmful to health behavior. The same was true of girls affected by chlorosis, or disease resulting from deficiency of iron in the body whose mothers with too much solicitude and zeal dictated to them constantly walking until the poor things were close to fainting due to shortness of breath. The doctor stated that after dinner a two-hour walk was the most suitable. People who are obese and nervous should avoid sudden movements to avoid headaches or shortness of breath. When making decisions about further and longer expeditions it had to be borne in mind that in the mountains or by the sea air more quickly cools and becomes a moist, favoring colds. People prone to colds should obtain a warmer coat. If the weather was unfavorable walks should be limited. In such cases, a good reading was suggested. According to Kopff, novels were inadequate that instilled the imagination, absorbed attention so that we forget about the time frame of treatment. Thus, novels, historical works, and even accessibly written dissertations were popularized. The preference was also fun games outdoor activities, eg. croquet and bowling. The preferred element of games was the impact of psychotherapy. They developed self-reliance and teamwork skills. Playing cards was criticized, because players were forced to sit for several hours, often in a stuffy place, leading especially nervous people to irritation.

There were also warnings in a magazine addressed to mothers who took they their children to spas due to fear of longing, or leaving them in their homes under the care of relatives or friends. Women on treatments with offspring usually had not the opportunities to take advantage of the benefits of spas. Kopff was also announcing that the children staying with their mothers in the spa often badly withstood the sudden change in climate, and had greater freedom to nourish inappropriately. As a result of such proceedings both mother and children left the spas often in worse condition than prior to arrival. A notable to a doctor was staying in the spa town of people who can not easily contained new friends and were more likely to remain alone. The doctor warned that, contrary to their disposition, they should not to throw themselves into the social life at the spa [8, 10].

Ending. Leon Kopff's views on spa treatments were a kind of signpost pointing to the readers of potential patients and spas. The biweekly gave them the opportunity to read the information on the treatment of mineral waters, types of bathing and advice for patients. Reading «Spa-Bath Review and Tourist Guide» in 1909 and views a doctor Leon Kopff posted on its pages influenced

favorably the level of knowledge of readers in the field of health education and spa treatment.

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Беднаж-Гжибек Рената. Проблемы укрепления здоровья в популяризаторской деятельности Леон Копффа. На страницах двухнедельника «Przegląd Zdrojowo-Kąpielowy i Przewodnik Turystyczny» (1909) врач Леон Копфф (1856 – 1933) освещал взгляды на укрепление здоровья в санаториях, популяризировал их, комментировал поведение

больных, терапевтический эффект купания в минеральных водах на организм человека, бальнеологическое лечение и др. Обосновал принципы рационального и диетического питания для людей, которые страдают ожирением, раскрыл значимость климата и ландшафта в укреплении здоровья.

Ключевые слова: бальнеология, популярные журналы, курорты, Леон Копфф, журнал «Przegląd Zdrojowo-Kąpielowy i Przewodnik Turystyczny».

Bednarz-Grzybek Renata. Promotion of Health in the Activity of Leon Kopff. Dr Leon Kopff (1856 – 1933) presented his ideas on spa treatment in the illustrated biweekly «The Spa Review and Tour Guide» (1909). In the magazine Leon Kopff popularized Polish spas, expressed his opinions on the behaviour of patients and bathers, the influence of water treatment on human organism and the balneal therapy – an important balneological activity. He also paid attention to reasonable feeding habits and diets for the obese. Besides, he noticed the importance of climate and landscape.

Key words: balneology, health resort magazines, spa medical treatment, Leon Kopff, magazine «The Spa Review and Tour Guide».

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