

THE PROPAGATION OF AN ISSUE OF PRESERVATION HEALTH IN KOLOMYIA ON THE EXAMPLE OF VOLODYMYR HANKYVSKYI

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The article raises an issue of the principles of preservation health in Galician town Kolomyia on the example of Ukrainian physician and military of Ukrainian Sich Riflemen Volodymyr Hankivskyi. It is determined that the active measurements of sobriety of Ukrainian population (called “anti-alcoholism company”), education in hygiene principles in Ukrainian hygienic society and publication of journalists’ and professional physicians’ articles, dedicated to promotion of the principles of health care, were implemented in the interwar period (1919–1939). It is analyzed the scientific and journalistic article of Volodymyr Hankivskyi “About rejuvenation”, published in an almanac “Everything for her! Almanac «Women’s destiny» with the addition of calendar in the year 1928” (“Dlya neyi vse! Al'manakh «Zhinochoi Doli» z dodatkom kaliendaria na rik 1928”). It is released the results of “propagandistic-informational” division of Ukrainian hygienic society from 1929 till 1931. It is pointed that the Polish and Ukrainian newspaper in Kolomyia had actively distributed the principles of health care, had written the reportages from sport competitions, where the local young people had taken part, and also had published the medical articles dedicated to strengthening health of the population of Kolomyia and Kolomyia district. It is stated that the public medical ambulatory was established by the Greek Catholic Paraffin in Kolomyia Oleksandr Rusyn in 1932 by the purpose of provision of quality health services and the preservation health of socially vulnerable groups. It is analyzed that the ambulatory was active till 1939, when the Second World War and Soviet occupation of Southern Poland began. It is summarized that Volodymyr Hankivskyi actualized the problems of rational nutrition, the sufficient sleep and correct time-management to physical activity and nutrition as the mainest factors of preservation and strengthening of health of person. It has been concluded that the physician from Kolomyia may be included in the list of Ukrainian doctors, who distributed the principles of health care, using his professional knowledge in medicine.

Keywords: health care, physical activity, preservation of health, interwar period, Kolomyia.

Statement of the problem in a general form and its connection with important scientific and practical tasks. As in any city and village of Halychyna

and Volhynia, the promotion of health preservation became the basis for the creation of nationalism of ethnic minorities from the middle of the 19th century to 1930s. The Polish society “Sokół”, the Ukrainian one “Plast”, Jewish and German gymnastics societies actively contributed to strengthening the health of school youth and pupils of gymnaziums who suffered from epidemiological diseases and a lack of equipment for physical education. Kolomyia, which was the second most important city in Halychyna after Lviv, joined the general promotion of health preservation, publishing brochures, newspaper publications, magazines in Polish and Ukrainian printing houses, where doctors and physical culture teachers propagated the idea of strengthening of health, explained the basics of anatomy, rational nutrition and exercise. Dr. Volodymyr Hankivskyi, a famous Ukrainian doctor (1897–1945), can be attributed to such persons.

The analysis of latest researches and publications. The scientific problem of the promotion of health preservation in the interwar period (1919–1939) in Halychyna has not been outlined in research of national and foreign scientists. Despite of that, we may find some separate articles of Ukrainian scientists about anti-alcoholic company in Halychyna in XIX–XX centuries, written by Ya. Stasiv, about hygienic education of children and adult people in Halychyna in the interwar period, researched by I. Bilavych, H. Bilavych and Iu. Borys and etc. Materials from the newspaper of the 1920s and 1930s, printed in Kolomyia, about sport competitions and a healthy lifestyle through the prism of climatic influence in mountain resorts were also processed. There is some evidence about dr. Volodymyr Hankivskyi in “Kolomiya and Kolomiyshchyna”, “Encyclopedia of Kolomiyshchyna” and the work of Iu. Boichuk and M. Hnatiuk “Worthy of wonder... Olena Kysilevska”. The main basis for the research was the articles of Dr. V. Hankivskyi in “Everything for her! Almanac «Women’s Fate» with a calendar supplement in the year 1928” (“Dlya neyi vse! Al’manakh «Zhinochoi Doli» z dodatkom kaliendaria na rik 1928”) and the same one in 1930.

The purpose of the article is to study the publications of Dr. V. Hankivskyi as a means of promotion the preservation and strengthening of health in Kolomyia in the interwar period.

The statement of basic proceeding with a full justification of the obtained scientific results. Before starting the analysis of the works of Dr. Hankivskyi, it is worth considering the general picture of health care propaganda in Galicia and Kolomyia in the interwar period.

One of the main challenges to people, who promoted the idea of health care, was the active spread of alcoholism since the 1840s. Ya. Stasiv, who researched this problem in detail, stated that Hutsulshchyna and Pokuttia, which includes Kolomyia, were the most drinking regions in Galicia in the 1910s and 1920s, where the average person consumed more than 12 liters of absolute alcohol per year. In December 1909, the Ukrainian anti-alcohol society “Renaissance” was

established in Lviv, aimed to rid Ukrainian youth of the use of alcohol and tobacco, thereby improving the physical, spiritual and material condition of a person and spreading the idea of health care. Thanks to the efforts of anti-alcohol activists, the Polish government passed a number of laws in April 1920 that prohibited taverns from trading on holidays and fair days. It is worth noting that the prices of alcoholic products were more expensive than ordinary food products, which prevented young people from acquiring bad habits [15].

Ukrainian scientist H. Bilavych in the article about the promotion of health preservation among children and adults in Halychyna noted that the main problem for the Ukrainian population, which was overwhelmingly rural, was high medical services for examination and treatment. That is why in 1932, through the efforts of the dean of the Greek Catholic parish Oleksandr Rusyn (1868–1955), a public dispensary for the poor people was created in Kolomyia, which worked for free for 4 hours a day. Ukrainian, Polish, and Jewish doctors and nurses worked there, improving the health of residents of the Kolomyia Region [9].

The local newspapers actively promoted the principles of health care through the prism of popularizing sports competitions and medical advice. For example, in the Polish press “Tygodnik Pokucki Zjednoczenie” on July 1, 1928, there was an article about the first youth holiday in the form of athletics competitions, in which gymnasium students took part, and in another newspaper “Nasz Głos: pismo tygodniowe” on June 28, 1930, a Jewish doctor Dr. Helena Schajer Ehrlichowa explained about climate influence on body recovery in mountain resorts [10; 16].

Dr. Volodymyr Hankivskyi was among the Kolomyia doctors who actively participated in education in the field of health preservation.

The well-known collection of memoirs and articles about the recent past “Kolomiya and Kolomyishchyna”, published in Philadelphia in 1988, provided biographical information about the doctor. He was born on April 15, 1897 in the village of Terepchi in Lemkiv region, where his father was the head of a public school. He studied at the gymnasium in Sanoky. In June 1914, like most Ukrainians of that time, he joined the Ukrainian Sich Riflemen, as part of which he distinguished himself in the battles near Skol on October 26, 1914. Then he served as a sanitary corporal, took part in the legendary battle for Makivka against the Russian imperial troops. It was Volodymyr Hankivskyi who submitted the names and surnames of 25 fallen and 36 wounded Ukrainian Sich Riflemen soldiers in the battles for Makivka Mountain. Then he stayed in Stanytsia of the Ukrainian Sich Riflemen in Vienna, where he passed his matriculation. During the existence of the West Ukrainian People Republic, he worked in the diplomatic mission of the Ukrainian People’s Republic government as a military attaché in Belgrade. He then studied at the University in Vienna, which he graduated in 1924, confirmed his medical diploma in Vilnius and settled in Kolomyia in 1929 [8]. According to the announcement in the famous magazine “Women Fate”, he was a urologist by

medical profession [6]. In Kolomyia, he played an important role in the creation of Ukrainian medical societies, was the chairman of the Sokil society and developed football and tennis [4]. In 1930, as Maria Hnatiuk and Iuliana Boichuk wrote in their study about Olena Kysilevska "Worthy of wonder...Olena Kysilevska", a branch of the Ukrainian Hygienic Society was founded in Kolomyia, actively supported by the local branch of the Union of Ukrainian Women, where Dr. Hankivskyi taught hygiene courses [6]. In 1944, he emigrated to West Germany and ended up in Bavaria [4]. He died on July 21, 1945 in the village of Hasli, near Traunstein, where he worked for the Red Cross, and was buried there [8].

An important historical source that directly testifies to the contribution of Dr. Hankivskyi to the propaganda of the ideology of health preservation is "Everything for her! Almanac "Women's Fate" with a calendar supplement in the year 1928", where the medical article "About rejuvenation" about a healthy lifestyle and the problem of sleep as one of the main factors in strengthening physical health was published.

In his article V. Hankivsky raised the question of what needs to be done in order to "retain freshness and prolong life", i.e. so that the human body functionates for many years, so that a person feels young [2]. The Ukrainian doctor states the answer: "First of all, it is necessary to normalize all everyday life, namely to allocate time for work, rest, sleep, food and body care so that there is a measure in everything. Therefore, everyone should work without exception, whether rich or poor, whether learned or illiterate, because work supports the metabolism of matter, steels the muscles and nerves, and provides the means for the metabolism of cells, supports the appetite and is, so to speak, the content, even the duty of life" [2]. So, the answer to this question is extremely simple and true: you need to rationally organize time for eating, exercising and normal rest in order to maintain your own health, because a variety of physical activities, exciting workouts and sports competitions can help you develop a love of movement and make it an integral part of your life [1].

The doctor especially noted active sports as the main factor of "rejuvenation": "If somebody uses his head, he should not neglect his body, but he must find time for some kind of work, be it in the garden, in the field, on a walk, in the forest, at carpentry, metalwork, beekeeping, etc., or finally a free time for sports" [2]. Observation of physical activity has allowed scientists to compare the results achieved by people with systematic exercise. The comparison procedure itself turned out to be an attractive sight. This is how sports competitions were invented, which have become not only a demonstration of motor capabilities, but also a powerful stimulant for the development of human physical capabilities [14]. Ukrainian scientists M. Basiuk, K. Tregub and M. Ponomariova claim that, although sports are always associated with achieving maximum results in certain types of physical exercises, physical education is a catalyst for vital activity, a

condition and an integral part of a harmonious and full-fledged life of young people in general, which confirmed the theses of Volodymyr Hankivskyi [12].

It was published the Dr. Hankivskyi article “What does suitable food mean?” in the almanac “Everything for her! Almanac «Women’s Fate» with a calendar supplement in the year 1930”, which discussed the problem of malnutrition and its effect on maintaining health: “As any cattle – calf, chicken or pig, and we, people, without proper and appropriate food, not only will not overcome the work, but will also lose our resilience, health, and even get sick. Babies and children will not develop, will stop growing, will fall into serious illnesses, the only way out of which is death” [3].

A strong confirmation of the previous thesis is the article of foreign scientists D. L. Pelletier, E. A. Frongillo, Jr. D. G. Schroeder and J.-P. Habicht, who estimated the percentage of child deaths associated with the increased impact of malnutrition on disease, using epidemiological (rather than clinical) methods that are able to capture the effects of mild to moderate as well as severe malnutrition. Their study showed that the vast majority of malnutrition-related deaths (83 %) were due to mild to moderate rather than severe malnutrition, thus proving a strong link between malnutrition and child death [11].

The doctor from Kolomyia also claimed the following: “Insufficient feeding or nutrition will cause not only weight gain, weight loss, but also muscle mass, lack of strength, bone collapse, loss of teeth, hair, weakening of the heart, intestines, stomach, spleen, liver, cause anemia and will finally undermine resistance to all kinds of diseases. The development of the body is becoming slower and slower. The ability to work is becoming less and less” [3]. This claim is confirmed by a group of foreign scientists (V. Sharma, A. Khan, D. J. Wassmer, V. Abedi and others), who stated the facts: malnutrition remains a serious public health problem for people of all ages. Deficiency of essential macronutrients, including proteins, fats, and carbohydrates, in addition to micronutrients, including vitamins and minerals (as defined by the USDA), leads to various physical and psychological disorders. Current research suggests that malnutrition is diagnosed in ~3–5 % of hospitalized patients, but estimates suggest rates may be as high as 30–60 %. They also investigated the impact of malnutrition on the appearance of neurological, cardiovascular and immunological disorders, where they confirmed the statements of the local doctor [13].

In his article, V. Hankivskyi also emphasized that sleep is also a means of maintaining health: “At the same time, the body must have rest, and rest for the body, muscles, and brain. A good, sufficiently long sleep is one of the most important prerequisites for bodily freshness and youth”. This is confirmed by the Ukrainian scientist V. Feschuk, who claims that sleep is a physiological state in which the body restores its physical and psychological reserves. It is characterized by a change in consciousness, brain activity and physiological processes. Sleep has

several functions, such as restoring energy, consolidating memory, and regulating emotional state. It is a satisfactory sleep that improves mood, cognitive functions, and general well-being, which confirms the thesis of Dr. Hankivskyi [5].

Iu. Kokorina and V. Klimova determined that, according to the Center for Disease Control and Prevention, the average human need for sleep is from 7 to 13 hours, depending on age. V. Hankivskyi wrote: “Let them sleep as much as they need: 9–10 hours of sleep a day is certainly necessary for them! Let not lose sleep. An adult should also get a good night sleep. 8 hours of sleep a day gives us the second 16 hours of valuable outstanding, healthy for body and mind being!” [7].

Conclusions from this study and prospects for further research in this direction. The material leads to conclusion that publications, printed in Kolomyia, were a medium for promoting healthy lifestyle ideas. Volodymyr Hankivskyi should be included to the history of Ukrainian national physical culture as a professional and certified doctor who managed to popularize the main principles of preserving and strengthening health in words understandable to the common people. And this was helped not only by specialized medical knowledge, but also by active promotion of a healthy lifestyle in the local newspapers, in the town multinational environment, and the inheritance of Ivan Boberskyi pedagogical achievements in Halychyna. From the analyzed modern scientific articles of Ukrainian and foreign scientists, it can be unequivocally stated that Volodymyr Hankivskyi can be included in the cohort of Ukrainian popularizers of the ideology of health care on a par with Taras and Petro Franko and Ivan Boberskyi.

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ПРОПАГАНДА ЗДОРОВ'ЯЗБЕРЕЖЕННЯ В КОЛОМІЇ НА ПРИКЛАДІ ВОЛОДИМИРА ГАНЬКІВСЬКОГО

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У статті виконано аналіз принципів пропаганди збереження здоров'я в галицькому м. Коломия на прикладі українського лікаря, військового Українських Січових Стрільців доктора Володимира Ганьківського. З'ясовано, що в міжвоєнний період (1919–1939) у Коломії було проведено активні заходи з тверезості українського населення (протиалкогольна кампанія), просвітництва у сфері гігієни в Українському гігієнічному товаристві та публікації журналістських та професійних статей медичного спрямування щодо просування ідеології здорового способу життя. Проаналізовано науково-публіцистичну статтю доктора Володимира Ганьківського “Про відмолодження”, опубліковану в альманасу “Для неї все! Альманах «Жіночої долі» з додатком календаря на рік 1928”. Оприлюднено підсумки “пропагандивно-інформаційної” секції Українського гігієнічного товариства за 1929–1931 роки. Зазначено, що коломийська польська та українська періодика активно розповсюджувала ідеї здорового способу життя, робила письмові репортажі зі спортивних змагань, де брала участь місцева молодь, а також оприлюднювала медичні статті лікарів щодо зміцнення здоров'я мешканців Коломії та Коломийщини. Констатовано, що задля забезпечення безкоштовних якісних медичних послуг, збереження здоров'я соціально незахищених верств населення у 1932 році було створено Олександром Русином, деканом, греко-католицьким парохом у Коломії, народну амбулаторію, яка діяла до початку радянської окупації у 1939 році. Узагальнено, що Володимир Ганьківський актуалізував проблеми раціонального харчування, достатньої кількості сну та раціонального розподілу часу на фізичну активність та харчування як основні та найголовніші чинники збереження та зміцнення здоров'я людини. Підсумовано, що коломийський лікар може увійти в когорту українських лікарів, які просували через свої професійні медичні знання принципи ідеології здорового способу життя.

Ключові слова: здоров'язбереження, фізична активність, здоровий спосіб життя, міжвоєнний період, Коломия.