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*I. Horbachevsky Ternopil State Medical University***LATIN APHORISMS AS A COMPONENT OF SOCIO-CULTURAL TRAINING OF MEDICAL STUDENTS****О. Д. Колодницька, Г. Б. Паласюк***ДВНЗ «Тернопільський державний медичний університет
імені І. Я. Горбачевського МОЗ України»***ЛАТИНСЬКА АФОРИСТИКА ЯК СКЛАДОВА СОЦІОКУЛЬТУРНОЇ ПІДГОТОВКИ СТУДЕНТІВ-МЕДИКІВ**

Abstract. The article summarizes the experience of learning Latin aphorisms, quotes, sayings and proverbs at Latin lessons by medical students, and represents their samples, and their corresponding national equivalents in English and Ukrainian.

Nowadays, it is difficult to name the branch of human activity where Latin phrases would not sound. Latin as a unifying link between antiquity and modern European culture promotes the formation of "homo moralis" (pure morality).

Latin aphorisms absorbed the most valuable experience gained from the knowledge of man, natural phenomena, customs of the people, cultural life or history. They develop the intellectual level of the person, his/her outlook and give the opportunity to distinguish good from evil, unmistakably feel the truth and falsehood.

Many biblical sayings (the Bible was translated into Latin in the IV century AD) are used in modern Ukrainian, English, French, Russian and other European languages.

Wise and concise Latin proverbs (which express the precepts for descendants about interpersonal relationships), apt and witty aphorisms have taken the place of honor in the international multilingual phraseological foundation. This is certainly due to the great historical importance of Latin in the development of European civilization, science, culture, and education.

In Latin lessons, we encourage medical students to study aphorisms on a variety of topics, including those that promote healthy lifestyles and condemn habits adversely affecting human health, such as alcohol abuse. The efficient implementation of Latin aphorisms as a component of socio-cultural training in medical schools provides the highest quality of the educational process.

Key words: Latin aphorisms; Latin quotes; Latin sayings; Latin proverbs; medical students.

Анотація. У статті узагальнено досвід вивчення латинських афоризмів, цитат, приказок і прислів'їв на заняттях із латинської мови студентами-медиками та представлено їх еквіваленти англійською та українською (афоризми із закликком старанно вчитися, на патріотичну тематику, біблеїзми) мовами.

Сьогодні важко назвати сферу діяльності людини, де не звучали б латинські вислови. Латина як єдина ланка між античністю та новітньою європейською культурою сприяє формуванню «homo moralis» (чистої моралі).

Латинські афоризми увібрали в себе найцінніший досвід, набутий у результаті пізнання людини, явищ природи, звичаїв народу, культурного життя чи історії. Вони розвивають інтелектуальний рівень людини, її світогляд і дають можливість відрізнити добро від зла, безпомилково відчувати правду та неправду.

Багато біблійних висловів (Біблія була перекладена на латинську мову в IV столітті н. е.) використовуються в сучасній українській, англійській, французькій, російській та інших європейських мовах.

Мудрі й лаконічні латинські прислів'я висловлюють заповіді нащадків про міжособистісні стосунки, влучні і дотепні афоризми посіли почесне місце у міжнародному багатомовному фразеологічному фонді. Це, безумовно, пояснюється великим історичним значенням латинської мови у розвитку європейської цивілізації, науки, культури та освіти.

На заняттях з латинської мови ми заохочуємо студентів-медиків вивчати афоризми з різних тем, включаючи такі, що пропагують здоровий спосіб життя та засуджують звички, що негативно впливають на здоров'я людини, наприклад, зловживання алкоголем. Ефективне впровадження латинських афоризмів як складової соціокультурної підготовки у вищих медичних навчальних закладах забезпечує найвищу якість навчального процесу.

Ключові слова: латинські афоризми; латинські цитати; латинські приказки; латинські прислів'я; студенти-медики.

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Introduction. University education trains comprehensively educated, creative and critical thinking professionals who are confident in the flow of scientific information, able to analyze complex problems, and it also performs the function of educating a young person with humanistic qualities: human dignity, respect for people, culture and communication, etc.

The university provides comprehensive intellectual development of students, the formation of their outlook together with the shaping of knowledge, skills, and abilities. These are influenced by many factors, including through the introduction of the cultural approach as one of the leading principles of modern education, which recognizes culture as a component of the qualitative characteristics of a modern specialist and provides not only training but also self-realization of the individual in professional education [1].

The aim – to reveal the role and importance of learning Latin aphorisms and proverbs; to represent the sample of Latin aphorisms, quotes, sayings and proverbs, and their corresponding national equivalents in English and Ukrainian.

Theoretical framework. Latin as a unifying link between antiquity and modern European culture with its intellectual and cultural heritage promotes the formation of “*homo moralis*” (pure morality), which clearly distinguishes the notion of good and evil, has high stable moral guidelines, which is guided in its activities. During the Middle Ages and the Renaissance, Latin was considered “the gateway to learning”, since only practical mastery of this language opened the way to spiritual and secular education. We are grateful for a lot of wonderful Latin sententiae and aphorisms, with its conciseness and pithiness.

Today, it is difficult to name the branch of human activity where Latin phrases would not sound. Latin aphorisms absorbed the most valuable experience gained from the knowledge of man, natural phenomena, customs of the people, cultural life or history. If properly applied, they develop the intellectual level of the person, his/her outlook, and culture.

The syllabus “Latin language and basics of medical terminology” provides an opportunity for medical students to learn at least 100 Latin aphorisms. However, this should not be a simple rote memorization (even with a literal translation into the native language), but also the knowledge of their source and author (if they are accurately established), the history of use in Ukrainian and world literature, semantic evolution, significance in our time; it is also possible to search for

their phraseological correspondences in New European languages, including Ukrainian one.

Latin proverbs, aphorisms, and quotes are presented at the end of each topic in the Latin textbooks. As a rule, they contain grammatical constructions relevant to the topic of the lesson. Thus, the teacher can use aphorisms as one of the exercises to reinforce grammar and at the same time use them as an educational aspect of the lesson.

The most ancient European proverbs originated in ancient Greece. These were mostly metaphorical expressions that contain life directions. They were studied, admired and widely used in the manuscripts of the famous Greek philosophers, such as Platon and Aristotle. Latin proverbs and sayings, quotes of Roman writers and statesmen are still fascinating and exciting (along with ancient Greek ones), affecting the consciousness of people, do not lose their relevance at the beginning of the XXI century, because they affirm high moral principles, filled with genuine humanistic ideals, concisely express deep thoughts, “update history”. “*Qui proficit in litteris, sed deficit in moribus, plus deficit, quam proficit*” (the one who is proficient in learning and deficient in morals is more deficient than proficient) – the ancient Roman aphorism, relevant nowadays.

Historians and authors of scientific treatises, including the most gifted physician of antiquity, the “father of medicine” Hippocrates (460-370 BC), also used the proverbs. His aphorism in Latin interpretation “*Vita brevis, ars longa, occasio praeceps, experimenta fallax, iudicium difficile*” (Life is short, art long, opportunity fleeting, experience fallacious, and judgment difficult) is well known [3].

The highest development of medicine accounts for the lifetime and activity of Hippocrates. In fact, Hippocrates gave medicine the status of science. The statement of the great antiquity physician to treat a patient, but not an illness (“*Medice, cura aegrotum, non morbum*” – Doctor, treat a patient but not an illness), has become an axiom in medicine. The basic ethical norm of the profession of a physician since the time of Hippocrates is principles that have deep humanistic meaning – “*non nocere*” – do no harm (patient’s life and health); “*comple aegrotum bona spe*” – strengthen the patient with good hope; “*ne dicas praesente aegrotum*” – do not speak in the presence of the patient and “*comissa cela*” – keep a secret.

Romans borrowed the Practice and Theory of Healing (*ars curandi* – the art of healing) of the ancient

Greeks. One of the most prominent physicians of Ancient Rome was Cornelius Celsus (1st century BC – 1st century AD), the author of the encyclopedic work “De medicina” – “About Medicine”. The following generations of doctors have drawn on the experience from Celsus’s manuscript. The unquestioned authority of Galen is evidenced by the saying “Omnes errant praeter Galeno” (All are mistaken except Galen). He is the author of such aphorisms “Officium medici est, ut curare tuto, celeriter et jucunde” (It is the doctor’s duty to treat safely, quickly, and pleasantly), “Chirurgus mente prius et oculis aga, quam armata manu” (A surgeon should use his eyes and mind before his hand armed with the scalpel), “Est medicina triplex: servare, cavere, curare” (There are three rules of medicine (triple medicine): observe, be careful, heal) [2].

The educated people of Rome recognized the prestige of the medical profession, noted in the works of Homer. Thus, the speaker Quintilian writes: “Nulla res tam necessaria est omni genero humano, quam medicina” (Nothing is needed by the whole human race like medicine). All the professional activities of doctors, according to Roman philosophers, should be subordinated to the highest goal – the benefit of the patient “Salus populi – suprema lex medicorum” (The health of the people is the highest benefit of medicine), and a doctor – must be a friend of the human race (“amicus humani generis”).

In antiquity, the doctor, is not only a skilled specialist (“ambi manus dexter” – both hands are right), but also a person with the best moral qualities, a philosopher (humanus – human, honestus – honest, dignus – worthy, benemorius – with high moral principles, peritus – experienced, doctus – educated, tutored, laboriosus – hardworking, diligens – diligent, etc., with a nice appearance (elegans – elegant, pulcher – beautiful, handsome, etc.). It is important to create a harmonious relationship between doctor and patient.

Considering that health is best wealth (“Bona valetudo melior est, quam maximae divitiae”), the philosophers of antiquity generously gave advice to people on how to maintain health. The most important principle is to live in harmony with nature (“Cum natura vivere”), and therefore with oneself. Prevention of the disease is easier than curing it (“Facilius est morbum devitare, quam curare”), so philosophers attached great importance to the prevention of diseases, taking into account risk factors. They advised a person to temper (“confirma corpus”), look closely and listen to his nature, feel, find the path “Propera ad me sed ad te prius” (Hurry to me, but to yourself first of all),

– wrote Seneca. After all, knowing your own flaw is already a step towards health (“Initium est salutis notitia peccati”). In an effort to outline out the main problems of medicine with the help of philosophy, since they considered medicine to be inseparable from philosophy (“Medicina soror philosophiae est”), the ancient wisemen attached great importance to the harmony of body and soul (“Mens sana in corpore sano bonum magnum est”), emphasized rational medicine (“Medica mente, non medicamentis” – treat with your mind, and not just with medicines).

The secret of keeping well, according to Hippocrates is “cibi, potus, somni, venus omnia moderata sint” (food, drink, sleep, love – let everything be moderate). In his manuscripts Horace wrote to restrict yourself to everything, to avoid excesses. One of the vital principles of Horace was the saying “aurea mediocritas” (the golden mean). We find the advice: “Si tibi deficient medici, medici tibi fiant – haec tria: mens hilaris, requies, moderata diaeta” (if you do not have enough doctors, let this trinity be your doctors: cheerful disposition, calm, moderate diet) at “the Salerno Code of Health”.

In one of the philosophical letters, the leading Roman philosopher Lucius Anney Seneca approvingly responds to the introduction of concise sententiae. He wrote “directions are like a seed: although small, but capable to great, if only the thankful soul has accepted and embraced them: in turn, it will bear fruit – it will return many times over”. In the same letter to Lucilius, a famous Roman writer and philosopher expressed the opinion that became his life credo – “Vivere est militare” (to live is to fight).

The author of “Moral Letters” (Lucius Anney Seneca), did not accidentally speak of directions – a large part of Latin aphoristic sayings are indeed directions and appeals: “Sapere aude” – Dare to know/ Dare to be wise (Horace); “Ne cede malis” – Yield not to misfortunes (Virgil); “Ne noceas, dum vis prodesse memento” – Remember, do not harm while wanting to help (Ovid); “Nulla dies sine linea” – Not a day without a line (Pliny the Elder), etc.

Condensed in rich phraseology, the wisdom of the ancient Hellenes yielded generous fruits, having fallen on Roman soil. Thanks to Latin, we have a great number of wonderful sententiae and aphorisms. In addition, the moral philosophy that dealt with the customs and behavior of people (Lucius Anne Seneca was its leading representative) has reached its peak in Rome. The first collection of aphorisms was published in Rome. It was related to the name of Roman states-

man Claudius the Blind (3rd century BC), who is the author of one of the most famous aphorisms: “Quisque fortunae suae faber est” (Every man is a blacksmith of his own destiny). Latin poets, philosophers, historians largely owed their immortality to their brilliant aphorisms, in which the depth of content is combined with the flawlessness of forms.

On Latin lessons, we encourage medical students to study aphorisms on a variety of topics, including those that promote healthy lifestyles and condemn habits adversely affecting human health, such as alcohol abuse. The harmful effect of alcohol is mentioned in such aphorisms “*Ebrietas est voluntaria insania*” (Drunkenness is nothing but voluntary madness), “*Dove regna il vino non regna il silenzio*” (Where wine reigns, silence does not reign), “*In vino feritas*” (In wine lies the savagery), “*Non est culpa vini, sed culpa bibentis*” (It is no fault of the wine, but the fault of the drinker).

Many aphorisms are called upon to work hard for success in life, because “*nemo nascitur artificem*” (no one is born a master) and only “*opera et studio*” (labor and diligence) can help you to become a professional. We offer medical students to learn other Latin aphorisms dedicated to this topic while learning different topics – “*Amat victoria curam*” (Victory loves carefulness), “*Aurora musis amica*” (Dawn is the friend of the muses/Early bird catches the worm (in Ukrainian: хто рано встає, тому Бог дає)), “*Per aspera ad astra*” (through hardships to the stars (in Ukrainian: через труднощі/терни до зірок)), etc.

The main tendency of patriotic education is the formation of a person’s value attitude to the Ukrainians, homeland, state, nation. And, in fact, Latin patriotic aphorisms contribute to the achievement of this goal – to educate a nationally conscious citizen patriot, humanist and democrat.

When we study second declension nouns, we offer students to study aphorisms: “*Et fumus patriae dulcis est*” (English: sweet smoke of Motherland; Ukrainian: І дим батьківщини є солодким (Quint Horace Flacque)), “*Aut cum scuto, aut in scuto*” (in English: either with shield or on shield; in Ukrainian: Зі щитом або на щиті) during the topic of “Second Declension Nouns”. Spartan Gorgo escorted his son to war with these words, with such directions – to return as the winner (with a shield), or to die as a hero (on the shield). The Greeks had a custom – to carry the bravest soldiers who died in battle during the funeral procession on a shield. The aphorism “*Si vis pacem, para bellum*” (in English: If you want peace, prepare

for war; in Ukrainian: Якщо хочеш миру, готуй війну, тобто будь готовий дати відсіч ворогові) has not lost its relevance for years.

Aphorisms are not something ossified that can only be stored in memory. They must enter the soul, shape it, spread its horizons. Aphorisms give the opportunity to distinguish good from evil, unmistakably feel the truth and falsehood. In our opinion, the aphorism “*Honores mutant mores, sed raro in meliores*” (Achievements change character, rarely for the better) is educatory, because it condemns the negative influence of the authorities on the character of the person.

A prominent place among the phraseological treasures of antiquity belongs to Latin proverbs, which express the precepts for descendants, first and foremost, about interpersonal relationships, such as friendship and love. For ancient philosophers, friendship is, first and foremost, equality (*amicitia aequalitas*), it can only occur between good people (*amicitia nisi inter bonos esse non potest*). A lot of Latin aphorisms contain an explanation who is a true friend: “*Amicum esse unum animum in duobus corporibus*” (A friend is one soul in two bodies), “*Alter ego*” (The other I). A friend is the life’s greatest treasure (“*Amicus optima vitae possessio*”, a true friend is a rare bird (“*Amicus verus rara avis*”), that’s why you should test a friend, and when you will test him, love an experienced one (“*Amicum proba, probatum ama*”).

One of the most important sources of phraseology is the Bible. The presence of a very large number of phraseological references of biblical origin (so-called biblical phrases) in phraseological foundations of English, French, Russian, and other European languages is connected with the spread of Christianity in Europe with the subsequent centuries-old wide citation of the texts of the Holy Scriptures.

Many biblical sayings are used in modern Ukrainian language so much that they replenish the treasury of Ukrainian phraseology and are not even considered biblical: “*Quae sunt Caesaris Caesari*” – in English: Give to Caesar what is Caesar’s, in Ukrainian: віддати кесареви кесарю; “*Vox clamantis in deserto*” – in English: the voice of one crying in the wilderness/desert, in Ukrainian: голос волаючого в пустелі (it is used in the sense of “a futile unanswered appeal to anyone, and, no one supports the speech”); “*Medice, cura te ipsum*” – in English: physician, heal thyself, in Ukrainian: лікарю, вилікуй себе сам; “*Margaritas ante porcos mittere*” – in English: don’t throw pearls before swine, in Ukrainian: метати бісер перед свиньми (it is used in the sense of “to say something

to people who are not able to understand what they are being told”) etc.

Conclusions and Prospects for Research. Wise and concise Latin proverbs, apt and witty aphorisms have taken the place of honor in the international multilingual phraseological foundation. This is certainly due to the great historical importance of Latin in the development of European civilization, science, culture and education.

According to this connection, it is appropriate to quote the prophetic words of the eminent Roman speaker and philosopher Mark Tullius Cicero: “Non

tam praeclarum est scire Latine, quam turpe nescire” – It is not so commendable to know Latin, how shamefully not to know it [3]. Thus, in Latin lessons, we encourage medical students to study aphorisms on a variety of topics promoting healthy lifestyles and condemning habits adversely affecting human health, such as alcohol abuse.

The efficient implementation of Latin aphorisms as a component of socio-cultural training in higher medical educational institutions provides the highest quality of the educational process.

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