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## LATIN SAYINGS AS AN EDUCATIONAL ASPECT FOR MEDICAL STUDENTS

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## ЛАТИНСЬКІ КРИЛАТІ ВИРАЗИ ЯК ОДИН ІЗ ВИХОВНИХ АСПЕКТІВ СТУДЕНТІВ-МЕДИКІВ

**Abstract.** The research is aimed at deepening and extending the knowledge regarding interpretation of Latin sayings and their role in the formation of future doctors' professional culture. The use of Latin idioms for healthy lifestyle promotion since antiquity has been analysed. The aphorisms, one way or another characterizing human physical health, are divided into four theme groups depending on the meaningful context.

The first group is represented by the phrases, in which human health is directly related to food and hygiene. The second group of aphorisms calls for constant work both physical and mental, since it is regular and unceasing work on oneself that can lead to physical and spiritual health. The third group is aimed at human physiological health and formation of decision-making capacity with regard to enhancing one's health, as well as developing habits and, further, need for keeping to hygienic rules and maintaining neatness of one's body. The fourth group symbolizes hard work and patience for the sake of victory over one's own nature.

Upon the analysis of the meaning of the word "health" in the Latin phraseology, it has been determined that organism integrity and strength are the main health characteristics. Peace of mind, good sleep, healthy food, moderate eating and drinking, as well as hardening, ignoring worries, cheerful disposition, loyal friends, physical exercises, etc. are needed for maintaining healthy lifestyle.

**Key words:** Latin sayings; education of professional culture; future doctors; theme groups of aphorisms.

**Анотація.** У роботі поглиблено та розширено знання щодо тлумачення латинських крилатих виразів та їх ролі у вихованні професійної культури майбутніх лікарів. Проаналізовано використання крилатих латинських виразів щодо пропагування здорового способу життя, починаючи від античності. Афоризми, що характеризують так чи інакше фізичне здоров'я людини, залежно від смислового контексту розділено на чотири тематичних групи.

Першу групу представляють вирази, в яких здоров'я людини прямо пропорційно залежить від її харчування та гігієни. Друга група афоризмів закликає до постійної праці як фізичної, так і розумової. Тільки регулярна і невпинна робота над самим собою може привести до фізичного і духовного здоров'я. Третя група крилатих виразів спрямована на фізіологічне здоров'я людини, на формування навичок приймати самостійні рішення щодо зміцнення свого здоров'я. Виробити звичку, а потім і потребу дотримуватись правил особистої гігієни, підтримувати чистоту свого тіла. Четверта група крилатих виразів символізує важку працю і терпіння заради досягнення перемоги над самим собою.

Проаналізувавши значення слова «здоров'я» в латинській фразеології, визначено, що основною характеристикою здоров'я є цілісність організму, сила людини. Для підтримки здорового способу життя потрібні спокій, здоровий сон, споживання здорової їжі, поміркованість у їжі та питті, загартовування, відкидання зайвих турбот, весела вдача, вірні друзі, фізичні вправи тощо.

**Ключові слова:** латинські крилаті вирази; виховання професійної культури; майбутні лікарі; тематичні групи афоризмів.

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**Introduction.** Formation of student’s moral and physical values is an essential component of young generation education. Awareness of future profession’s importance is a motivating factor to study, training quality, as well as moral and value self-consciousness depend upon [4]. Undoubtedly, the process of a future specialist’s development is unthinkable without him developing his inner world and physical life style. Physical development and behaviour is of great importance in the medical field as the doctor is ought to be strong, healthy, alongside with possessing proper sanitary and hygienic skills. The doctor is supposed to control his posture and walk, to respond promptly to the changes around him, as well as to overcome possible difficulties adroitly, and to work out the routine of his activity both professional and personal.

Psychological and pedagogical aspects of physical training are among the basic ones in the formation of the future specialist’s personality, particularly the health professional, who is supposed to take care of the patient’s health, as well as of his own.

Ideas of adhering to and promoting healthy lifestyle date back to ancient times. Old Indian scriptures – Veda, containing basic principles of behaviour that is the precondition for the healthy lifestyle, is regarded as the first effort of systematizing concepts of healthy lifestyle. In the European medical practice, the first conceptions of the healthy lifestyle were formulated in ancient times, Epicurus being a prominent philosopher who had tried to study human lifestyle. In his work “On the way of life”, he reflects upon the search of mental health of the man in the state of ataraxia – free from misfortune, body anguish, and mental horror. Hence, ancient peoples paid great attention to the “culture of food”. Ancient medics’ observation of overeating and overweight detrimental impact on human physical and psychological state is reflected in Latin sayings: “Copia ciborum subtilitas animi imperditur” (“Excess of food deters mental acuity”), “Edimus, ut vivamus, non vivimus, ut edamus” (“We eat to live not live to eat”). Hippocrates was of the opinion that primarily a patient should be cured rather than his disease: “Medice, cura aegrotum, sed non morbum”, and that medicines should strengthen the power of nature: “Natura sanat, medicus curat morbos” (“Nature improves health, doctor cures diseases”). Carl Linnaeus, the systematiser and author of the binary nomenclature of flora and fauna in Latin, was of the similar opinion: “Natura ipsa morborum saepe optima medicatrix” (“The nature itself is often the best healer”).

It is believed that ancient Greeks’ respect attitude towards medics was due to several factors. Firstly, due to subject-matter self-determination definition of medicine as an independent science and its place in the system of the Greek culture. Secondly, due to equal importance of spiritual, mental, and corporal capacities, recognized by the Greek culture. Thirdly, high moral standards, education, and professional devotion of medics. This individual medicine’s dimension of being in the ancient society reflected the core of the world outlook that had been formed in the process of the ancient culture development and became definite in the period of Classicism.

It was not before 1941 that H. Sigerist noted, while studying the issue of health: “Health does not imply the absence of diseases only – it is something more, it means cheerful and wishful performance of duties the life imposes on the man” [3]. This definition changes the view regarding health essentially. It becomes fundamental in considering health-related issues, thereafter finding its reflection in the preamble to the WHO constitution: “Health is a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity” [3].

Greek and Latin sayings, proverbs, and by-words still captivate those living in the XXI century; they remain relevant by asserting high moral principles and conveying profound notions laconically. Despite time remoteness of the ancient epoch, its literature, art, and culture on the whole have not lost their universal and artistic value. Old Greek mythology, heroic epos, dramas by Aeschylus, Sophocles, Euripides; poetry of Roman poets Lucretius, Catulla, Vergilius, Horatio, Ovidius are exciting for our contemporaries, and their contribution into the European culture is worth studying today.

Due to continuous repetition and use of specific language structures – phraseological units, phraseology is a matter of topical interest today. Phraseological language content reflects mirror-like both national mentality [6] and didactic instructions for the education of young generation. Research by L. Tulenina, O. Kyrylenko, O. Usachova, O. Amiyants, R. Yalalova, V. Batytska, et al. dealt with the subject. The scholars focus on the anatomical terms “health-disease” and their equivalent in English, Russian, and German. However, in Latin this term requires further study.

**The aim** – to deepen and extend the knowledge regarding interpretation of Latin sayings and their role in the formation of future doctors’ professional culture.

**Methods.** General scientific methods and modes have been used: analysis, synthesis, abstraction, comparison, as well as descriptive method including observation, alignment, and generalization.

**Results.** Psychological, pedagogical, subject matter, and general cultural training are interrelated and contribute to the harmonious development of a doctor's personality. However, inadequate level of professional culture, needed to provide effective social activity, is an actual problem.

To overcome the problem, active involvement of the teachers in humanities, who convey their knowledge and skills to students alongside with serving as positive models, is needed. Professional culture is a conscious system that contains professionally significant personal characteristics of a teacher, knowledge, skills, and abilities, teaching experience, creative approach to the tasks, continuous development of a doctor as a specialist throughout his professional life. Therefore, a teacher at the high medical school is particularly supposed to impart the skills of the physical health to his students.

As to the teachers of Latin who regularly supervise student groups (Latin curator, oris m – one who takes care of, looks after, cures, supervises, educates; tutor, steward, manager [1]), it should be mentioned that they can turn to ancient phrases of wise philosophers who recorded their heritage in old manuscripts.

Therefore, Latin sayings that, one way or another, characterize physical health can be grouped according to their meaningful context.

Group 1 – phrases, in which human health is directly related to food and hygiene, in other words, proper nutrition is beneficial for maintaining and improving one's health. For example, “Fructus cape cum pane, si vis vivere sane” – “If you want to be healthy, eat fruits and bread” [2]. Verbally, the first part is translated as “gulp down fruits with bread”, in other words, bread is regarded as a main food, and a word “fructus”, us in Latin means both fruits and vegetables. Thus, the phrase asserts that when taking in vegetables, fruits properly, and bread a man will always be replete and healthy. To maintain healthy lifestyle, one needs calmness, good sleep, moderate eating and drinking, hardening, ignoring worries, cheerful disposition, physical exercises, etc. The following sayings prove it:

– good sleep: “Somnus recreat vires” – “Sleep recuperates”;

– moderation: “Cibus, potus, somnus, venus – omnia moderata sint” – “Food, drinking, sleep, love – everything should be well-proportioned”;

– hardening: “Confirma corpus” – “Toughen up!”;  
– ignoring worries: “Fac itaque tibi iucundam vitam omnem pro illa sollicitudinem deponendo” – “Make life pleasant for you by casting away all worries about it” (Seneca);

– laughter, gaiety: “Ludere, ridere hoc est vivere” – “To have fun, to laugh – that's what life is”.

– friendship: “Ne quisquam melior medicus, quam fidus amicus” – “There is no better doctor than loyal friend”; “Medicus medico amicus est” – “Doctor is doctor's friend”;

– physical exercises: “Vis multa exertatione continenda est” – “Strength should be maintained through regular exercises”;

– calmness: “Si tibi deficient medici, medici tibi fi- ant – haec tria: mens hilaris, requies, moderata diaeta” – “If you lack doctors, let cheerful disposition, calmness, and moderate diet be your doctors” (Salernian Code of Health); “Optimum medicamentum quies est” – “Calmness is the best medicine”.

Group 2 – calls for constant work both physical and mental. It is regular and tireless work that can lead to physical and mental health. “Nulla dies sine linea” – “No day without a line” [2]. Therefore, no day without a bit of work; one should make point of achieving a goal. As for the student, it includes formation of professionally developed doctor or pharmacist.

Studia adolescentiam alunt – “Exercises nourish young men” [2].

“Ad cogitandum et agendum homo natus est” – “The man is born for reflections and activity” [2]. “Corpora juvenum labore firmantur” – “Bodies of youngsters are strengthened due to work” [2]. The phrase is based on Cicero's words (Cicero's Tusculan Disputations II, 15, 36): “Habit of working relieves pain, therefore the founders of Greek states made a point of hardening young men's bodies through work”. A Latin word firmo, avi, atum, āre means “to make strong, tough; to strengthen maintain”, and, in the medical context – to consolidate. Thus, by doing some work and trying to achieve a goal, a person diverts his attention from his ailments, worries and, in so doing, hardens his body, gets stronger and, ultimately, asserts himself as a personality.

Group 3 of sayings involves physiological health and formation of abilities to make independent decisions as to strengthening one's health. To start with, it is necessary to form a habit and then – the need for practising personal hygiene and keeping one's body clean.

“Natura homo mundum et elegans animal est” – “The man, by his nature, is clean and tidy” [2]. In Latin

“mundus, a, um” [1] means clean, tidy, refined, elegant “elegans, ntis” [1] – exquisite, subtle, fine.

Seneca: “A man should long for choosing clean clothes as he is clean and tidy creature by nature... The good is not a thing itself but our choice”. Medic’s uniform – clean white doctor’s smock or blue (green) surgical coat and cap – make both patient and doctor positively disposed for pleasant and fruitful cooperation.

“Hygiēna amica valetudinis est” – “Hygiene is a friend of health” [2]. Students’ untidiness is a problem the teacher commonly encounters. The aphorism may be helpful as a word “hygiene” comes from the name of a Greek goddess Hygeia, a daughter of a healer god Asclepius. She was depicted as a young woman feeding a snake from a cup. This image had become the emblem of medicine. Any medical student should fully understand that the doctor is responsible for the human health and, therefore, is integral with neatness. The Latin word for “snake” is *vipĕra*, ae f from *vivus* + *pario* that means “living”+ “to give birth, to produce” [1]. This meaning is a symbol of fortune telling, life, and death.

Group 4 of sayings symbolizes hard work and patience for achieving victory over one’s own nature. “Citius, altius, fortius!” – “Faster, higher, stronger!” [2], the famous motto of Olympic Games that is engraved on Olympic medals. This aphorism assists in comprehending the ways of achieving one’s goal: not only to become a doctor, but a true professional of his craft; not only to be competent in diagnosing, but to make point of constantly learning something new to forestall disease and to diagnose it in the bud.

“Parit patientia palmam” – “A palm branch is gained by patience, “verbally patience gives rise to a palm

branch” [2], that is one can achieve his goal through patience and constant work. The palm branch in this case is an expected result, and, with regard to high medical school or faculty, it means to become a qualified specialist, capable of diagnosing a disease and to administer a proper treatment.

**Conclusions and Prospects for Research.** Having analysed the meaning of the word “health” in the Latin phraseology, we concluded that body integrity and strength are the main characteristics of health. Ancient Greeks and Romans regarded healthy lifestyle a guarantee of corporal perfection that contributes to the formation of body culture and spiritual development. To maintain healthy lifestyle, one needs peace of mind, good sleep, good food as well as moderate eating and drinking, hardening, ignoring worries, cheerful disposition, loyal friends, physical exercises, etc. Phraseological units contain didactic instructions and directions of ancient Greeks and Romans concerning health, which are particularly valuable for increasing young generation’s knowledge, since health is a basic human value.

So, based on the Latin sayings dealing with a student’s physical development a teacher directs his activities to the formation of the student’s personality in general, encouraging his physical training, strengthening his health, and accumulating knowledge of health and hygiene.

Thus, common efforts in everyday hard work make possible to educate the specialist capable of meeting today’s challenges effectively and, besides, keeping in mind that human has always been the highest value for the doctor.

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