

Historical development of health education

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Abstract The aim of the presented paper is to describe the historical development of health education in particular stages of human development and to point out the historical connections that have affected this process. The primary focus is on description of the main characteristics of the andragogical, pedagogical and medical approaches that are typical for individual historical stages of the health education development. This paper is focused on educational aspects related to health issues. Our goal is to create particular specifics of preventive programs curriculum in the field of health education in the context of historical development.

Key words Health edification, Health education, Public awareness-raising, Curriculum

1. INTRODUCTION

Human health and effort to preserve, strengthen and revive it has belonged to the basic needs of society ever since its dawn and early development. The history of healthcare concerns individuals as well as population as the whole, since the historiographic part of the discipline among other follows biography of particular representatives that influenced it. By revising its content in the context of society development (it utilises the method of historical analysis), it also becomes a historical and sociological discipline. The beginnings of health edification and education represent a historically seminal form of healthcare in the struggle against diseases and effort to strengthen both physical and mental health. Paleopathologic findings enable us to create a picture of capabilities of healers in the prehistoric era. The historical analysis enables us to receive a full-spectral understanding of the healthcare in respective local, national or even worldwide range beginning with the primordial phase of the human existence. The predominant opinion regards human as a bio-psycho-social being in its essence. However, in terms of biological adaptation, humans haven't changed for a long periods of time. The power of his adaptation is encoded in the social adaptation; that is in changing the environment conditions. The above mentioned points require constant changes in health conditions, which in turn immediately determine its result – the history of healthcare itself.

2. HISTORICAL DEVELOPMENT OF HEALTH EDUCATION

Healthcare is old as humanity itself. In every era, people were fascinated by health and disease, life and death. This makes medicine one of the oldest science and its achievements have and always will have a tremendous influence on life of every individual. The history of medicine forms a substantial part of the scientific knowledge development and of the human culture itself. It deals with the foundation and development of healing arts, medical science and medical practice, as well as with cognition of human and environment connected with his working and social life. The history has therefore always an educational frame. The humankind has been encountering various diseases ever since its dawn. These have often been life-threatening. The efforts to find a way to avoid a disease or how to treat it already manifested in primordial era of the healing arts. The foundation of medicine as a science is connected with the classicist period of Antiquity, foremostly with the development of rationality, deepening and differentiation of cognitive process and with the foundation of a professional healer's occupation. Since its foundation to present day, medicine has undergone major development. The phases of this development have been initiated by major breakthroughs, findings and methods used in the scientific and technological field, as well as in medicine itself. Many authors state that development of health education was happening simultaneously with the development of healthcare in the earliest periods of human existence. Thus, according to L. Hegyi, Z. Takáčová and D. Brukkerová (2004, p. 5) „the history of health edification can be considered as part of the history of medicine, as an integrated part of humankind's history; its cultivation, transfer of knowledge to the next generations can be also considered as a part of edification and education of adults in the specific field – in the health edification“. The history and development of health education have their own development stages. Their periodicity relates to the development stages of the society. The history of health awareness rising in Slovakia is a part of the history of edification and education of adults. This is documented by the opinions of numerous renowned experts dealing with the topic. The contribution comes in the form of written works, which have been created predominantly in healthcare institutions, but also others from which we draw upon in this thesis.

The prehistoric healing arts

Archaeological and paleopathological findings enable us to create rather accurate picture of our ancestors. They enable us not only to fathom the image about their way of life, but also to imagine the health of people who populated our planet in the prehistoric past. By analysing the culture of particular regions we are able to reconstruct the bustling healing art and social activity in frame of the human healthcare and the struggle for life-saving. The practical human experience became a cornerstone not only for the empirical healing arts, its methods and means, but also for medicine itself. According to M. Beniak, et al. (1989, p. 9) this founding stage of medicine development can be referred to as to the primitive instinctive healing arts. Later, as the human thinking and knowledge progressed, the effective healing interventions were introduced. The natural healing arts were created, which utilised means of the flora and fauna origin and which later became a foundation of the later scientific medicine. The original empirics and accumulation of the life experiences was later integrated with the irrational belief in spirits and daemons. Thus the occult and magical healing art was created.

Ancient medicine

Ancient medicine is characterised by the high level of Chinese medicine. The encyclopaedic works on appropriate nutrition and lifestyle played a major role. The works of this type can be found in the ancient realms of China, India, Persia, Mesopotamia as well as in Egypt, Greece, Rome and Byzantium. There are notes on medicine in the *Ajur-Véda*, the book of life. These contain vast data on diseases, their treatment, hygiene and preventive measures against the communicable diseases. These treatises have been preserved and made available and they are of health education nature. Our knowledge of Egyptian culture and medicine is based mainly on texts preserved on the papyri sheets and various hieroglyphic writings and paintings on the walls of the tombs and sarcophaguses (Duin, Sutcliff, 1997, p. 18). From those preserved, several stand as influential namely the Smith's Papyri, Ebers' papyri and Kahuna Papyri. The pinnacle of ancient medicine is to be found in Ancient Greece and Ancient Rome and later became a foundation of modern the European medical science. This is supported by many scientific and artistic works.

The most distinguished person of both Greek and ancient medicine was **Hippocrates** (460 – 377 BC), nicknamed “the father of Greek medicine”. The treatises that contain Hippocrates' conception of medicine archived by his apprentices are collectively known as *Corpus Hippocraticum*. These include approximately 70 manuscripts, which contain detailed descriptions of specific cases, thoughts on medical practice, as well as on the importance of the environment for the wellbeing of human (Duin, Sutcliff, 1997, p.19). Hippocrates claimed that „treatment must be devised from the cognition of the disease and from all of its symptoms; it must draw upon the logical generalisation as well as upon the practical experience“. His works include the opinions about the anatomy, physiology, dietethics, hygiene, physical exercise as well as the healthcare system itself. For these opinions, he is legitimately considered the founder of the scientific medicine. Among the Roman physicians, there are two that are worth mentioning. **Soranos of Efeza** composed the first textbook about obstetrics „*De arte obstetrica morbisque mulierum*“. Another Roman physician **Galenos** (130 – 200 BC) included the findings in anatomy, hygiene and lifestyle into the work „*De sanitate tuenda*“ (On the necessity of health perseverance). The governance in Roman time carefully heeded to the observance of both personal and public hygiene rules. In the period of its growth, the Roman Empire pioneered the state-organized health education of the future physicians.

Medieval times

By the end of the first millennium, the first medical school had been established in the southern Italian city of Salerno. The Salerno school of Medicine was founded in the end of the 8th century and remained operational until 1812. The significant part of the curriculum concerned the appropriate hygiene and lifestyle. Its most renowned medicinal works were promoting treatise on healthy lifestyle regime „*Regimen Sanitatis Salernitanum*“ (The Salernitan rules of Health), which was translated into numerous languages. The assumed author of this treatise was **Arnold of Villanova** (1234 – 1311 AD). There were many instructive works created, which were circulating around healing and medical activities for centuries. The guidance provided by these works had found its way into general population and its social groups. Books and treatises were copied manually, however they weren't made available for everyone (Takáčová, Hegyi, 2004a). Health and edificational guidance was therefore often casted into the versed form in order to ensure an easy memorability (Beniak 1991,1993, Schott et al. 1994). Medicine of Ancient Rome concludes the development of the ancient medical knowledge and ancient healing arts practice. The development of the western medicine in the period between Antiquity and Modern age is divided by medicine historians into monastic period and scholastic period. Similarly, the development of the eastern medicine in this era is divided into Byzantine period and Arabian period. Arabian medicine was a significant part of the **medieval medicine**. One of the most significant Arabian medicine physician was Persian physician **Rhazes of Persia** (865 – 925 AD) also known as Arabian Hippocrates. He composed many medical literary works that were summarily published after his death in 13th century under the name *Continens Rhasis*. This encyclopaedic work enriched the medical science with number of new findings, experiences and medical methods. The publications „*For One Without a Doctor* and *A medical adviser for the general public*“ might be considered the foundations of social healthcare. His 10-volume work „*Liber ad almansore*“ (Al-Mansuri book on medicine) provided detailed descriptions of diseases and their treatments. This work, referenced by E. Sedláčková and Z. Hlávková (1995, p. 22) belonged to the most used medicine textbook until the beginning of the Modern age. Arabian medicine in the Medieval time was made famous by **Abu ali Ibn Sina**, also known as **Avicenna** (980 – 1038 AD.), the author of „*Canon medicinae*“, which became the introductory medicine textbook at contemporary and late medieval universities. It included medical prevention and treatment, findings in anatomy, physiology, etiology, symptomatology and dietethics. Health edification and education of our ancestors were dependent on their capabilities, knowledge, social and cultural level and on the material conditions of their lives. According to M. Beniak (1993, p. 7) the foundation and development of the health edification and education in the earliest periods in the area of present day Slovakia depended on several socio-economical, cultural and other factors. The historical breakthrough in the development of edification and education of adults began with arrival of Thessalonian brothers and sages **Constantine and Method** to Great Moravia. The important part of their mission was to create a legible writing, which would establish the conditions for the edification and education of the nation in terms of their health, among others. The arrival of Constantine and Method integrated Great Moravia into the circle of the civilized European communities. They were able to record new ideas and by doing so preserve them for the next generations (Kučera, Kostilský, 1990). The fall of Great Moravia had marked the historical development of Slovakia. With the introduction of the feudal establishment, the edificational and educational activities were concentrated in the hands of priests and monks. The Church gained dominant position in influencing all levels of the population. Edification of this period was of theological and dogmatic nature

(Gallo, Škoda, 1986). Not only was the ideology applied as the means to consolidate power, it was also used to control the scientific thinking especially through the means of its philosophy. Through the help of the medicine and direct solving of complex problems that were the results of the poor health conditions of people living in this era, the Church had been gaining its authoritarian power. The church took advantage of unique opportunity, as it was based on Christian teachings that promoted duty to help the fellow, the sick and the ailed.

Humanism and Renaissance pave the way for the new development.

Humanism and Renaissance represent one of the crucial stages of socio-cultural history. Some of the written works of this period proposed concrete suggestions about a more resolute social application of the medicine and hygiene. The authors of these books were utopian philosophers that stressed the necessity of the health prevention for all people and the physician's duty to revive the society itself. (Junas, Bokesová-Uherová, 1985). The **Johann Guttenberg's** invention of printing press played crucial role in making the scientific findings and education more accessible and it soon became substantially used in practice in the middle of 15th century. The Venetian print was especially renowned. Various religious treatises and textbooks were being spread with the help of the printing press. As stated by M. Beniak (1993, p. 11), the beginnings of health edification itself are related to the development of general educational and awareness-raising activities. Among the first treatises to be printed were the treatises dedicated to health and edification. The press became a new mean of edification. The library of Matica Slovenská institute in Martin holds a medical textbook „icunable“ dating into 1496 (Hotár, Paška, Perhács, et al. 2000, p. 517). The first significant literary work in Slovakian provenience was „Správa o podivuhodných vodách Uhorska“ (The report on the wonderful waters of Hungarian Kingdom, 1549), published in Basel, Switzerland. The author of the publication was **Juraj Wernher**. The most important personage of renaissance medicine in the Slovakian provenience, achieving European-wide reminiscence, was the physician and anatomist **Ján Jessenius** of Veľký Jasen. In 1600 Prague, he carried out the first public autopsy of a man and he followed it by the first public autopsy of a woman and a child in 1605. He described the outcomes of the first autopsy in the work „Pražská pitva v roku 1600“ (The autopsy in Prague in the year 1600) (Jesenius, 2004, p. 21). The interesting contribution was also made by the treatise of **Martin Szentiványi** from 1689 named „O podivuhodných silách a vlastnostiach vôd“ (On the wonderful powers and attributes of waters). As stated by J. Junas, M. Bokesová-Uherová (1985) the literary work „Rozpravy z oblasti lekárskeho vied a zdravotvedy“ (Debates on the fields of healing arts and medicine) made huge contribution for new findings in the field of health edification. This work was of awareness-rising nature. It included the findings about various diseases and their treatments, curative herbs and their applications, various advices concerning the health itself, expanding the life-expectancy, appropriate lifestyle advice, exercise, hygiene and cleanliness.

The development of the social life and medicine itself affected the gradual development of national medical literature. It was especially represented in the health edification field. In this regard, foreign rationalistic tendencies affected the process. In their frame, many authors, mostly physicians, summarised various advice and guidance about lifestyle and hygiene. The treatises with such content had a serious mission. They had drawn upon the social need of intensifying the struggle against the worst evil threatening the humankind of this era; that is the epidemics. The creation and development of such treatises could be traced in all countries of this era. This documents the interest in expansion of people's medical knowledge. It was a valued contribution to laying foundations of

Slovakia's own national medical culture (Junas, Bokesová-Uherová 1985, p. 406). The Slovaks didn't have their own codified official language, therefore Czech one was applied in manuscripts and print. This language was also used by the printing press in Levoča, Slovakia to publish the first Slovakian medical publication by **Ján Weber**. The name of this 162-page book was „Amuletum“. By the end of the 16th century, the special element of Slovakian folklore healing arts had been created, the so called „olejkárstvo“ (anointment). The ideas of Humanism and Renaissance were resonant even in the Slovakian territory. Firstly, it is worth to mention the literary work of **John Amos Comenius** named „Informatórium školy materskej“ (Informatory of the nursing school, 1628), which contains health and educational advice for children of pre-school age. In the field of the public health, this era saw the first applications of the principles that were born mostly abroad. These concerned the improvement of hygiene conditions especially in the cities. The anti-epidemic measures in the form of quarantine were taken and the regulations concerning the communal hygiene were expanded. In Renaissance, special spital facilities were introduced. These were rather social than medical facilities.

The Enlightenment

The 18th century witnessed the advent of new ideological directions, which are usually summarily referred to as **The Enlightenment**. This period marked the beginning of deterioration of the feudal governance in Hungarian Kingdom. Respectively, the interest in world cognition had grown. This was being reflected in escalated development of natural sciences, including the medicine. The Enlightenment manifested most significantly in everyday life only in the second half of the century, thanks to the innovative reforms of Maria Theresa and Josph II. The Enlightenment also brought new opinions on the social importance of healthcare. The most significant document of the respective healthcare reforms was the general medical ordinance named „Základné zdravotnícke pravidlá“ (Generale normativum sanitus, General norms of sanitation), which was issued by Maria Theresa on 17th September 1770 – it provided the general code of conduct for whole monarchy (Augustínová, 2006, p. 55 – 57). The health edification activities were directly dependent on numerous economical, social, cultural, national and other circumstances. These determined the level and condition of general healthcare and of the social groups of the population. As stated by M. Beniak (1993, p. 13), this status is the source of the content, methods and ways of edificational and educational character. The interest in people's awareness rising was transformed into practice when Slovakian intelligentsia began to carry out awareness-raising campaigns with the focus on enculturation and education. The authors of original health edification literature in the Enlightenment period were **Juraj Fándly** with his healer's handbook *Zelinkár* (The Herbalist), where he presented the advice verified by practice and warned against superstitions. Another author, **Ján Cherney**, focused on various medicine and health issues. The promoter of the medical science in eastern Slovakia in this period was **Michal Sztanyik**, the protestant priest and awareness-rising activist that translated awareness-rising and edificational works. **Samuel Tešedík** was a promoter of the new scientific findings, especially those connected with the rationalisation of farming. Apart from the people's awareness-rising activities that he found of utmost importance, he also engaged in the health prevention activities, which he carried out in form of discussions, public speeches and sermons. Some of these were later published, the most significant include: „O príčinách chorôb, O správnom upotrebení ľudského rozumu, O pijanstve“ (On the cause of disease, On the appropriate use of human reason, On drunkardness). In his speeches, he opposed the confessional and nationalistic hatred (Franková, 2007, p. 150). Another important author of the awareness-rising and medical publications was **Juraj**

Rybay, who based his work on the foreign language sources, mainly the handbooks on social and health edification. „*Prawidla moresnosti aneb zdvorilosti, jako i opatrnosti, Katechismus o zdravi pro obecni lid a školskou mládež*“ (The rules of manners and gentleness as well as carefulness, Catechism on the health of general population and school-attending youth). **Bohuslav Tablic** advised people on how to act in the times of natural disasters, wars and epidemic break-outs. He stressed the importance of the physical exercise, restraint in nutrition for the benefit of people's health. The effective tool of spreading the erudition and organising the awareness-rising and edificational activities in the context of the development of Slovakian literature and culture were so called „kalendáře“ (calendars), which had deeply enrooted tradition. They were published in Bratislava, Trenčín, Levoča, Košice and in other towns of Slovakian provenience. The people's awareness-rising program was especially focused on progress and rationalisation, on public health, on struggle against superstition and prejudice, on spreading of the basic education (Kipsová, Vančová, Gešková, 1984, p. 28). The era of the Enlightenment and national renaissance witnessed an obvious breakthrough in history of health edification and education. In the second half of the 18th century, numerous members of Slovakian intelligentsia began to feel the partial responsibility for the low erudition of the people. With their works and activities, they strived to increase the level of people's culture and improve their living standards. One of the most important representatives was **Matej Bel**, who published the first literary work of this tendency named „*Flos Medicinae*“ (The Flower of Medicine). Among the urban physicians, Bratislava's physician **Justus Ján Torkos** stood out as the most renowned. In 1745, he published the first Hungarian pharmacopeia, where he states the names of the medication in various languages. Unfavourable health conditions and increasing number of physicians had made the ruler create the „Kráľovská zdravotná komisia“ (The Royal Healthcare committee), established in 1738. The task of this committee was to oversee the health problems of the country. Prešov's physician **Ján Adam Reymann** left his mark in the history, when he utilised the so called variolation technique during the vaccination against smallpox. The first medical schools and the first faculty of medicine founded in the Slovakian territory made an impact throughout all of Hungarian Kingdom. Two renowned medical schools were established, one of them in Banská Bystrica, Slovakia, established by a county physician **Karol Otto Moller**. Hailing from Bratislava, he earned the title “Hungarian Hippocrates” for his scientific activities. This school together with the similar institution in Kežmarok, Slovakia established by **Daniel Fischer** provided the training for the apprentices of medicine (Beniak, et al. 1989, p. 20). Thus, the Enlightenment efforts of 18th century Slovakia found its application also in the health edification, which is in return valuable contribution to the historical and medical values of Slovakian ethnicity. The Enlightenment activities are highly regarded not only from a medical standpoint, but also from the standpoint of the development of the human education and awareness-rising. It is important to mention that as the development moved on, so did the spiritual values of the scientific nature. J. Perhác (2006, p. 7) comments that „the development of the edification and education of adults can be attributed to the outcomes of extensive people's awareness-rising traditions of Slovakia. It is the main and most important part of cognition with its rich heritage formed by educational associations and institutions for the adult.“

19th century

The term “people's awareness-rising” began to be used in virtually every country of that century. However, the term didn't encompass the whole reality of adult's education. The typical feature of the great development of medicine was the establishment of medical facilities, clinics, medical institutions and associations. New medical

fields were introduced, as were the new science discoveries, which created the frame of the development and cognition of 19th century and became a significant impulse for its future direction. The development of medicine was also boosted by the physiology and experimental medicine. The experiment in this century becomes one of the basic methods of cognition. E. Augustínová (2008, p. 79-83) refers to **Ján Bijacovský** and **Gabriel Pávai-Vajna** as the most prominent authors of medicine literary works. These works were published in Slovakian and Hungarian language. The low health awareness and level also required the publication of works of a different character. Apart from many texts about the public healthcare system, there were also many publications on personal healthcare, lifestyle and hygiene. Physicians tried to supplement the lack of staff engaged in awareness-rising with their own activities. They clarified various treatment processes mainly during the tuberculosis occurrence, but also therapeutic procedures processes of home care. The first aid handbook and obstetrics literature made a huge contribution in life-saving. The most significant authors include **Ján Ambro**, **Teodor Kežmarský**, **Beno Farkaš**, and **Koloman Demko**. During this period, the medical literature was written in many forms and genres, among the most frequent were documents, handbooks, textbooks and monographies. The important part of households was the educational calendars. The people's awareness-rising activities were receiving new content and forms of work with objective to uplift the spiritual and material level of people. It was predominantly focused on increasing the level of the culture and erudition. Based on the experience from other European countries, the representatives began to promote and support the founding of people's awareness rising institutions, the so called Sunday schools, which were also expanded with people's libraries. Sunday schools, people's libraries and other awareness rising institutions were also associated with the introduction of reader's clubs. The members of these clubs were bound to carry out awareness-rising among the people. The struggle against alcoholism was becoming a forefront of people's awareness rising. The antialcoholism and temperance movements began to expand in form of temperance and moderation societies (Institutum temperantiae) (Pasiar, 1977). The renowned founder of such society established in 1845 in Horná Súča, Slovakia was **Michal Rešetka**. As stated by several authors (Pasiar, 1977, Junas, 1990 and others) people's awareness-raising staff received the support for their temperance activity in the form of treatise and sermons on harmfulness of drinking. **Samo Chalupka** published the work „*Pálenka otrava*“ (Hooch, the Poison), **Ján Andrašik** published the „*Šenk pálenčeni*“ (The Pub of the Hooch, 1845), **Jozef Miloslav Hurban** published the „*Slovo o Spolkách mjernosti a Školách Nedel'nych*“ (A Word on the temperance Clubs and Sunday schools, 1846) and **August Horislav Škultéty** published the work „*Bieda a rata*“ (The Misery and the Salvation, 1847). The sermons spread through a printing press became well-known. E. Augustínová (2008, p.163-166) states that **Gašpar Fejérpataky – Belopotocký** repeatedly stressed that „people preserve the language for state and society “ and according to his opinion „people must be assisted and led towards the language“. His edification activity was related to the book publishing and activities of various nature. Many literary works were focused on the people's health, personal hygiene and advice on the healthy lifestyle that led to harmfulness of the alcohol. The Healthcare Bill of 1876 had a great impact on the public healthcare system, as it modernised the health protection in Hungarian Kingdom. The development of the healthcare and clinical medicine was also boosted by the hospitals construction and activities of experts associations. Several regional societies were active on Slovakian territory in this period. They carried out lecturing and publishing activities, constructed their libraries and collections. The oldest of these was Bratislavský prírodovedný spolok (Bratislava Natural Science Society) and Bratislavský lekársko – prírodovedný spolok (Bratislava Medical and Natural Science society). Similar

societies were active in the counties of Nitrianska župa, Tekovská župa, Spišská župa and Gemerská župa. In 1893, the society of physicians and pharmacists in Spišská župa county began to publish society's yearly almanac, which was initiated by **Vojtech Alexander**. The name of the almanac was „*A Szepesi orvos – gyógyszerész egylet évkönyve*“ (The Almanac of Spiš county's physicians and pharmacists). The Society of Gemerská župa county began to publish its almanac in 1888 under the name „*A Gömörmegyei orvos – gyógyszerész egylet évkönyve*“ (The Almanac of Gemer county's physicians and pharmacists) (Pekařová, 2007 p. 116). Some of these have been preserved to present day in the library collections of Gemersko – malohontské museum in Rimavská Sobota, Slovakia, in Podtatranské museum in Poprad, Slovakia and in National archiving institute in Levoča, Slovakia. Among the 19th century physicians in Slovakia, **Gustáv Kazimír Zechenter Laskomerský**, **Imrich Tóth**, and **František Xaver Schillinger** were noted to contribute to the revival of health of the people. **Jónáš Bohumil Guoth** was writing health edification articles and founding libraries. Physician **Pavol Blaho** contributed with a number of lectures and articles aimed to increase the health awareness of the population. **Vavro Šrobár** wrote health edification articles and works, e.g. „*Ludová zdravotveda*“ (People's medical science), published in Martin, Slovakia in 1909. His book meant a great contribution for Slovakian health edification. The book was published in several editions; it included medical science, first aid handbook and some parts were dedicated to the prevention and treatment of communicable diseases, sexually transmitted diseases, poisonings and injuries (Takáčová, Hegyi, 2004b). The Great War slowed down the development of the health edification and education, as it had a great impact into everyday life of the whole nation. The change in a particular field was about to be brought by the creation of the common Czechoslovakian state. According to the historians, the 19th century was fruitful in many spheres of the development of the medical publishing. Publications and articles focused in content on health questions formed one of the most important parts of the Slovakian literary production.

20th century

The 20th century gave a spark to the groundbreaking discoveries in natural and technical sciences, as well as to the progress in prevention, diagnostics and therapy. Medical knowledge overpasses into Modern age based on cooperation, teamwork of experts from various medical fields both nationally and internationally. The specifics of this period are close connection of theoretical and clinical findings. Modern medicine brings new approaches, treatments and possibilities of preventive measures to the formerly incurable diseases. However, modern age also brings new illnesses of epidemic nature. The developed countries engage in research of diseases which occurrence is connected with old age, sex-tourism, environmental changes and usage of highly effective medication. These diseases initiate the creation of new medical fields. The 20th century deepened the scientific knowledge in allergology, gerontology, psychiatry, neurology, oncology and others. The effect of social environment influence causes various neurological diseases. Their treatment is not only the question of pharmacology, but also the question of change of the natural and social environment quality. The solution of the health problems connected with the influence of social conditions and related creation of diseases is the domain of social medicine and social hygiene. Introduction of the new methods and experimenting brings about various problems. In relation to the above mentioned issues, the procedures introduced by the modern medicine (transplantation, euthanasia, artificial conception, genetics) draw forth the debates on the ethical, bioethical and legal issues of their applications. Last but not least, the questions of edification and educational nature also spring up (Sedláčková, Hlávková, 1995, p. 59). The prominent

medicine representatives of this period were **Kristián Hynek**, **Miloš Netoušek**, **Stanislav Kostka**, **Vít'azoslav Chlumský**, **Jiří Brdlik** and others. The Czech physician **Ivan Hálek** was carrying out the healthcare-organisational and physician's practice in the most underdeveloped Slovakian region of Kysuce since 1896 (Beniak, et al. 1989). His literary work „*Zápisky lekára*“ (Notes of the physician), describing the economical, social and medical care in this region became well-known. Historical sources state that he was the founder of the educational and awareness-rising societies, author of medical statistics and various articles on hygiene, mortality and disease occurrence. **Ivan Stodola** was a significant and prominent health edification worker, physician and public health inspector. He was the author of health edificational publications, e.g. „*Chráňme si naše zdravie*“ (Lets Protect our Health), „*Hygiena obce*“ (The Hygiene of the Municipality) and „*Pečlivosť o mládež zdravotne ohrozenú*“ (Care of the Youth Subjected to Health Hazards). He was the author of a health reader and a health calendar. His publications were also dedicated to the field of social healthcare. The contribution for health edification was the publication of profesora **Jiří Brdlik** „*Naše dieťa*“ (Our Child), from 1920. The book brought many findings and advice on childcare. Remarkable were the treatises from 1927 on sex education „*Poučenia o pohlavných chorobách*“ (Guidance on sexually transmitted diseases), written by the physician **V. Reinsberg**. In this period, the so called **extenzia** were organised. These were lectures from different scientific fields (organised for wide public). The health edification was later carried out via societies and radio broadcast. The society „*Záchrana*“ (Savation) became especially renown, as it carried out lectures for the women dedicated to the prevention of prostitution and sexually transmitted diseases. The Czechoslovakian Red Cross, established on 1st February 1919, also took an important part. It played an important role in the struggle against epidemics and natural disasters aid. It was active in childcare, and it was setting up council clinics, dormitories, nurseries and shelters. They were organising lectures, film shows, paying attention to health propaganda, publishing leaflets, health edification literature and journals and they were also setting up charity organisations. However from historical standpoint, it is obvious, that the health edification hadn't reached into all classes of the population, especially into the wider circles of the working class. The poor health standards weren't cause, but rather a symptom of the low life standards that were caused by pauperisation. Health awareness-rising therefore couldn't have achieved major success. The main setback was the lack of the organisation and systematisation of activities. The new conception of the health edification was passed in 1969. In the following decades, editorial and publishing activities were developing dramatically. The institution Ústav zdravotnej výchovy (The Institute for Health Edification) in Bratislava, Slovakia and the publishing house Osveta (Awareness-rising) in Martin, Slovakia were taking part in this development. The extensive work of academician **Ladislav Dérer** was a great contribution. During its existence, the Ústav zdravotnej výchovy carried out planned and continual research activities. The staff paid attention to further education of medical personnel and volunteers. These activities have prevailed to this day; they are however enriched by the new findings and discoveries.

3. CONCLUSION

In many ways, the cognition of history enables us to clarify and understand the position and level of the health education of adults in respective historical periods; that is to know and interpret history, analyse present and contemporary issues. The historical development of healthcare, which is formed in part by edification, was influenced by the social and socio-economical conditions. The cultural traditions, religions, the development of the medicine, social and economical situation and general health status of the population

all had its influence. Bearing the history in mind, it is our opinion that respective practical guidelines are actual to this day. It is important to know and consider the respective elements, which have to be respected, as they are most adequate and appropriate for the given situation. It is possible to find in them the basic curricular questions, which are necessary to answer during the curriculum creation in the health education. This is because „in this aspect the curriculum creation is a complex process that requires integration a reorganisation of knowledge; it has the nature of praxeology and must reflect the context in which the curriculum exists as well as its position as a social phenomena“ (Walterová, 2006, p.15). From the andragogical standpoint, it is possible to characterise the respective periods as periods of a search for the effective methods as well as forms and means of health education effect. It can also be viewed as the period of content searching, composition of survey methodology, research and managerial work done in the respective facilities. Respective educational activities are carried out by the subjects of cultural and awareness-raising activities, more specifically the engagement education, whereas this category also includes health education as one of the most attended fields of executed educational activities. (Kupcová, 2011, p. 136). The progress in medicine has been reflected in the health status of the population. New methods have been introduced into practice. The development of our society paved the way to the progress and setting forth in the field of medicine. Many physicians achieved international recognition, significant success in scientific research and practical medicine and they have substantial share on reviving of our whole society. The Ústav zdravotnej výchovy focused its activity on support of the population's health and continual increase of the medical awareness. It was developed in the way of conception, organizational, informational, marketing and production. These activities aim towards support of primary prevention. M. Beniák (1993, p. 40) refers to conceptual works especially in terms of partaking on organisation of National health support programme and on creation of new projects as well as the preparation of new drafts on the national healthcare policy and organisation of the events sanctioned by WHO and UN.

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