

Popularization of health in Polish philately

Part 2 – postcards

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Original article

Abstract

The promotion of health and its protection is carried out in various ways. Philately, collecting, and professional knowledge, not limited to stamps, also utilize objects that were once very popular and commonly used in correspondence – postcards. The article compiles information on the issuance of postcards by the Polish Post from 1919 to 2022, related to the broadly understood issue of health. There is room here for figures such as doctors, researchers, and discoverers of modern methods and phenomena, for the celebrations of institutions dedicated to protecting health, for important events (congresses, first surgeries and procedures), and for social phenomena. Referring to them is intended to raise awareness and expand human knowledge, for example in the field of prevention.

This article continues the revue of philatelic products released in Poland and thematically related to the widely understood issue of health. The first part of the article concentrated on the information about postage stamps, the current part presents the value of postcards (from French: *Carte postale*, that is why the abbreviation: Cp). This type of philatelic products, similarly to stamps, appeared in 19th century and the very idea came to life thanks to several people. Without getting into details of the history of postcards, it is important to mention that in 1869 the first postcard was used in the region of Austro-Hungarian Monarchy. It was then called ‘correspondence card’. It was a small piece of carton, without any illustrations and with overprinted stamp and lines to facilitate writing. Initially, the customers of post offices.

Keywords

- health
- achievements in medicine
- philately
- postcards

Contribution

- A – the preparation of the research project
- B – the assembly of data for the research undertaken
- C – the conducting of statistical analysis
- D – interpretation of results
- E – manuscript preparation
- F – literature review
- G – revising the manuscript

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Article info

Article history

- Received: 2023-07-17
- Accepted: 2023-12-05
- Published: 2023-12-20

Publisher

University of Applied Sciences in Tarnow
ul. Mickiewicza 8, 33-100 Tarnow, Poland

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Conflict of interest

None declared.

Financing

This research did not received any grants from public, commercial or non-profit organizations.

did not trust the new invention as the content of correspondence was visible, contrary to letters where it was hidden inside an envelope or in the folded sheet of writing paper. Eventually, postcards became widespread as their usage turned out to have been more practical.

Polish Post Office has been using such philatelic products since 1918, whereas modern emissions are characterised both by the multitude of subjects and valuable artistic assets. By the end of 2022 (that is the time range set in this article) Polish Post Office had issued altogether 1992 postcards (Cp) with overprinted stamps. This compilation presents those postcards which in any possible way are linked to the widely understood idea of health- as state of mind and body. It also reviews postcards focusing on the organizational- legal-financial system established to maintaining health and on medicine as a branch of science, including prominent medical authorities. The second volume of Fischer Catalogue¹ was used in this article.

As far as Polish postage stamps are concerned, the subject of health appeared fairly early – let me remind you that the first emission of such stamps was in circulation already in 1919. In case of postcards, the first emission directly associated thematically with the issue of health appeared in 1953. This postcard (Cp 137) depicted the person of **Nicolaus Copernicus** (1473–1543)¹ⁱ with attributes of an astronomer and an appropriate ‘cosmic’ text (without any connections with medicine). The postcard with the circulation of just over 200 000 copies remained in use until 1956. Similarly, the postcard form 1955 (Cp 138) also had a ‘non-medical’ character. It showed the statue of Copernicus in Warsaw, which was situated in the place of indicia (indicating the payment for postage). The card was printed between 1955 and 1958 in twelve emissions and reached the circulation number of over 33 million copies(!). It remained in use for many following years and undoubtedly increased the knowledge about the Polish astronomer. Unfortunately, without any medical connotations. The same graphic design was used again in 1956 on the double card (Cp 144). The card included the sender form combined with the recipient form (dedicated to the answer). The postcard was printed from 1956 till 1958, issued twice in circulatory number of 600 000 copies. Nowadays, no longer in use.

The first postcard (Cp 215) directly connected with the topic of health was released by Polish Post Office on 7 August 1962 on the occasion of the **VI Scientific Convention of Pharmacists in Breslau**. Although the history of the association of pharmacists on Polish territory dates back to the 19th century, Polish Pharmaceutical

Society was founded only in 1947. The card was released in a very small circulation number of only 28 600 copies. The illustrative part showed a large part of the painting by **Józef Chełmoński Apothecary** (created in 1891) and in indicia the emblem of Pharmaceutical Society was presented altogether with the coat of arms of Breslau and commemorative inscription.

Another emission- postcard from 1962 (Cp 219–220) again, only indirectly relates to the topic of medicine and health, however, it is worth mentioning as it presents non-medical achievements of famous Polish physicians. In 1962, Polish Post Office released two postcards devoted to the 75th anniversary of the creation of international language – Esperanto. Its creator, **Ludwik Zamenhof**, was an ophthalmologist (1859–1917) and he was nominated to the Nobel Peace Prize as many as eight times.³ However, neither in illustrative part nor in the place for postal fee there was the portrait of the scientist and information about his medical education. The cards were emitted in small circulation numbers of 28 600 and 30 000 copies.

On 4 March 1963, a year in advance, Polish Post Office released a postcard (Cp 226) on the occasion of **100th anniversary of the signing of the Geneva Conventions**. This idea, introduced due to bloody consequences of battles fought in the 19th century, was supposed to secure better treatment of soldiers and prisoners of war. That is why, on 22 August 1864, it was enacted that medical personnel serving during armed conflicts have to be treated as neutral, medics do not take part in combat and must not be attacked. The ban of attacks on the civilians aiding the wounded and suffering soldiers was introduced as well. It was proclaimed that the injured in armed conflicts should be treated equally, regardless of nationality. The symbol of ‘Red Cross’ was introduced. This symbol started to be used to mark war hospitals, medical facilities and personnel during armed conflicts. The symbol of Red Cross with commemorative inscription informing about the title of the release was presented on the card in place of postal fee. Yet, the card was issued in a small number: 27 200 copies.

The same year, on the 1st of June, Polish Post Office commemorated the **XX Jubilee Meeting of Polish Cardiological Society** introducing a postcard Cp 232. There were two main reasons for this release: the first one was oncoming 10th anniversary of the creation of Polish Cardiological Society, which was established in 1954, the other was the 10th anniversary of death of the creator of the above organization – professor **Mściwój Semerau-Siemianowski**.⁴ The person of professor Semerau-Siemianowski was commemorated in the inscription on the second version of the postcard. Only 15 750 copies of the card was printed initially, however, there

ⁱ In case of other stamps connected with the person of Nicolaus Copernicus, references have been omitted.

were two additional overprints. On the first one there was an inscription XX 1953–1963 the Jubilee Meeting of Polish Scientific Cardiological Society founded by professor M. Semerau-Siemianowski (1885–1953). The other overprint was in the form of invitation with a request of confirmation of attendance, including the possibility of being returned to the senders – in this case the organisers of the Meeting. In each version of the postcard, the fee stamp was the same – the graphic symbol of Polish Cardiological Society. In the illustrative part of the card there was the Statue of Warsaw Marmaid on whose shield the image of heart was depicted.

The year 1964 was the year of the **600th anniversary of founding of the Jagiellonian University**. On this occasion, Polish Post Office issued three emissions of postcards. On fee stamps of the second series (27th April 1964) there were portraits of several people related to medicine. The postcard Cp 249 (236 000 copies) showed **Leon Marchlewski** (1869–1946), an educated chemist as well as the dean of Medical Department of Jagiellonian University (1913–1914 and 1925–1926). Marchlewski was also the head of the Department of Medical Chemistry, the author of textbooks on physiological chemistry for physicians and medical students, a member of medical societies both in Cracow and Lviv.⁵ Another card Cp 250 (259 400 copies) commemorated **Kazimierz Kostanecki** (1863–1940), a physician educated in Berlin, a professor of anatomy, the dean of Medical Department of Jagiellonian University, the head of the Institute of Anatomy, the president of the Polish Academy of Learning, the author of numerous scientific publications. He was recognized as the creator of Cracow school of anatomy.⁶ The illustrative part of the first of mentioned postcards presented the building of the Institute of Physiological Chemistry at Jagiellonian University, the other card showed – *Theatrum Anatomicum*, that is the building of the Institute of Anatomy of the University.

Third release of postcards related to the jubilee of the Jagiellonian University took place on 25 May 1964. It was just one card (Cp 257) and it commemorated not only the university itself but also the **50th anniversary of the discovery of the causes of rickets in children**. The painting by Stanisław Wyspiański *Motherhood* (from 1905) was depicted on the fee stamp and the illustrative part showed the portrait of professor **Jan Raczynski** by Leon Wyczółkowski. Professor Raczynski (1865–1918) was an outstanding pediatrician who was the first in the world to announce the result of his scientific experiments on the influence of sunlight on calcium sedimentation in bones.⁷⁻⁸ The circulation number of the card was fairly high – 100 400 copies.

On 12 January 1966, Polish Post Office introduced into use a postcard (Cp 294) devoted to III National Meeting of Polish Nursing Association. This association was founded in 1957 and continues the activity of Polish Society of Professional Nurses, created in 1925. The fee stamp showed the logo of Association and a rose. The illustrative part contained the graphics of a nurse holding an infant. The card was issued in circulation number of 28 800 copies.

The year of 1967 brought along a few emissions of cards more or less connected to health and medicine. On 1 August, the card (Cp 334, circulation of 300 701 copies) was introduced. It commemorated **V Congress of the World Federation of the Deaf in Warsaw**. On the stamp fee there was the image of the Statue of Warsaw Marmaid and the logo (of that time) of Polish Association of the Deaf. On 5 August, the card (Cp 338, 514 401 copies) appeared and it celebrated **VIII Scientific Meeting of Polish Pharmaceutical Society** (it was held in Lublin on 24–26 August, 1967). On the fee stamp there was a drawing of a lily of the valley (*Convallaria maialis*) and the illustrative part included an inscription in Latin *Salus aegroti suprema lex* – the health of the sick is the supreme law. On 2 October, the card (Cp 347, 100 301 copies) was issued. It commemorated the **First Scientific Meeting of the Polish Society of Pediatric Surgeons**. This organization was created in 1965 and had its roots in the Unit of Children's Surgery of the Society of Polish Surgeons. The above Meeting, commemorated on the card, was devoted to peritonitis and the surgery of diaphragm. The fee stamp depicted a group of surgeons and nurses performing operation. On 7 October another card (Cp 348, 102 301 copies) was released. The card celebrated the 20th anniversary of establishing the **Union of Pharmaceutical Industry Polfa**. In economic system of People's Republic of Poland (until 1989) bureaucratic scheme of management of individual branches of industry and commerce existed. Between 1947 and 1982, in Warsaw the Union Polfa operated. All companies and enterprises which monopolized the production of drugs, disposable medical instruments etc were subject to the Union Polfa.

In 1968, there appeared only one emission of cards related to health – on 6 April, on the eve of World Health Day celebrated all around the globe, Polish Post Office introduced into circulation the card (Cp 396) recalling the **20th anniversary of the creation of WHO**. The fee stamp depicted the logo of the organization, the illustrative part contained inscriptions both in Polish and French referring to World Health Day. The card was issued in a great circulation number of 202 400 copies.

In 1970, Polish Post Office started the emission of four cards presenting Polish spa resorts. Respectively, on 21 July, 28 July and 29 August, the cards devoted to places of medical values were released – **Kudowa-Zdrój** (Cp 448, 203 600 copies), **Polanica-Zdrój** (Cp 449, 198 300 copies), **Kołobrzeg** (Cp 450, 198 400 copies) and **Krynica-Zdrój** (Cp 458, 181 700 copies). The fee stamp of the first of the cards includes a folk styled drawing of a flower, the illustrative part shows the projection of Polonia health resort. The fee stamp of the third card includes the inscription *Wielka Pieniawa*, referring to the name of a popular sanatorium and treatment centre in Polanica-Zdrój. It also shows a drawing of fountain with water spouting. The illustrative part presents the drawing of Spa House no 1. On the fee stamp of the fourth card we can see the coat of arms of Krynica in the shape of the time, the illustrative part depicts the graphics of the Spa House Patria.

The successive two cards devoted to spa resorts were released on 21 March 1971 – they showed **Świnoujście** and **Ciechocinek**. Although the combination itself could cause surprise, also, the level of graphic design did not serve the popularity of health. The card devoted to Świnoujście (Cp 475, 504 400 copies), the fee stamp somehow might have been linked to the idea of recreation showing the silhouettes of (tourists?) against a background of a lighthouse and setting sun. However, the illustrative part literally can terrify with the blackness and scenery – as the images of large ships and shadows of massive harbour cranes were presented. The card devoted to Ciechocinek (Cp 476, 509 600 copies) contains graphic elements which are much better thought over. On the fee stamp characters from the Hansel and Gretel fountain were presented, the illustrative part included a child's drawing of the spa park.

Definitely, health-promoting themes can be found in the emission of card (Cp 500) entitled **Anti-Smoking Propaganda**. The fee stamp showed simplified drawing of human head with a cigarette in the mouth and dense smoke coming from its top as if from the chimney. The illustrative part contained the inscription: *You smoke, You Pay, You lose health* and a slogan: *Don't smoke between a match and a cigarette*. Though the importance of the subject is unquestionable, the actual popularization of the issue could not be effective because of relatively low circulation number of the card – just 97 700 copies. This number is worth comparing with the circulation of cards devoted again to the person of Nicolaus Copernicus (again as astronomer) – Cp 501 and Cp 502 – whose emission was as many as respectively 301 000 and 297 400 copies.

On 10 May 1972, Polish Post Office introduced an interesting postcard (Cp 516). It was devoted thematically

to the **100th Anniversary of Medical Society of Płock**. It was one of the first of similar societies in the region of Russian partition of Poland. Among its founders there were Marcin Ehrlich – the first president, Walery Jędrzejewicz (astronomer-amateur), Stanisław Markiewicz and Władysław Cholewiński.⁹ The fee stamp showed the coat of arms of Płock, the illustrative part contained the drawing from XVII century Operation in old times. The card was printed in large circulation number of 212 700 copies.

In the same year, Polish Post Office devoted a lot of attention to the person of Nicolaus Copernicus. As it has been mentioned numerous times before, he was basically known to the public as an astronomer while having been an educated and practicing physician. Nevertheless, postal and philatelic products, including postcards, devoted to him actually omit Copernicus medical connotations. On 10 July 1972, the card (Cp 523) was issued on the occasion of the 500th anniversary of the birth of Copernicus. It was released in four versions in circulation number of 200 000 copies of each. On the fee stamp there was a portrait of the scholar himself, the differences appear in the illustrative part of the versions. In the first one, there is no information about the occasion of its release, in second version we could find the inscription: **500th anniversary of the birth of Nicolaus Copernicus**, in third version there was another inscription: **II Polish Nationwide Youth Exhibition Nicolaus Copernicus, Rzeszów 1972**. Finally on the fourth version the inscription read: *Day of the Stamp 1972*.

The construction of **The Children's Memorial Health Institute** became the reason for the release of a card (Cp 539) on 16 October 1972. The illustrative part presented the image of the main building of the Hospital and the text: *Children's Memorial Health Institute will be erected due to the dedication of the whole society*. The fee stamp is identical to the stamp (Fi 2054) described in the first part of this article, however, it is in different colour scheme.

Year 1972 brought along a considerable rise in postage fees. Up till then, the fee stamp on the card had been as much as 40 groschen (0.40 Polish zloty), the value of the fee on new emission was raised up to 1 Polish zloty. Such actions from government were certain to meet social dissatisfaction, especially in pre-Christmas period, due to the fact that many people sent season greetings and Christmas wishes using traditional media, that is letters and postcards. Just after Christmas, on 28 December, Polish Post Office introduced into usage another card (Cp 547) with the fee stamp once again depicting Nicolaus Copernicus, with clearly astronomical implication (using the pattern of the stamp Fi 2083–2084). The card was issued five times (the last

release was in January, 1975) – altogether it was printed in over 10 million copies.

Two Copernican portraits, made by children, were used on the fee stamps of cards (Cp 552–553) emitted on 18 February, 1973 in the series entitled **International Youth Philatelic Marathon**. It needs to be explained here that the Marathon itself is the only one in the world, annually held competition for young philatelists. Its main theme differs from year to year and is related to important anniversaries, people or places in Poland.¹⁰ On the first card the fee stamp showed Copernicus as the defender of Olsztyn in 1520 (again not as a physician), on the other card as the author of the treaty on the coinage. The illustrative parts contained appropriate texts – devoted to the 500th anniversary of the birth of the scholar – both in Polish and French. Both cards were issued in large circulation numbers of over 500 000 copies.

One more Copernican theme appeared on the card Cp 556 released on 4 April 1973 on the occasion of the **National Philatelic Exhibition *Torphilex Copernicana*** in Torun. Yet again, although the occasion was Copernican, it was not medical either in the graphics of fee stamp or in the illustration. It was issued in the number of 313 900 copies.

On the very same day, the series of nine postcards from the emission entitled *On Copernicus Trail* was released. Two of them – Cp 560 and Cp 562 – have some strongly indirect connections with popularization of medicine. The first card refers to the stay of Copernicus in Lidzbark Warminski, where the palace of bishops of Warmia was situated. The card shows the print of the person of Copernicus in a herb garden. The other card, relating to Lubawa, shows the drawing depicting the meeting of Copernicus and German physician, astronomer and mathematician in 1539. It was he, who was promoted the publication of the revolutionary masterpiece of Copernicus. On the fee stamps, there were accordingly the coats of arms of Lidzbark and Lubawa. The cards were released in large circulation numbers: the first: 412 400 copies, the other: 409 200 copies.

Another reference to Copernicus found its place on the card Cp 573 issued on the occasion of the **World Philatelic Exhibition**. It was held in Poland and organized specifically due to the 500th anniversary of the birth of the scholar. The fee stamp included his most famous portrait, the illustrative part included the logo of the Exhibition. The postcard was used for international postage (the fee of 2.70 Polish zloty), it was issued in 199 300 copies.

The year of 1973 was announced in Poland as the **Year of Polish Science**. Due to this fact, Polish Post Office introduced into circulation the series of postcards

with portraits of some outstanding Polish scientists on the fee stamps. The card Cp 591 presented the portrait of Ignacy Łukasiewicz (1822–1882),^{11–13} the creator of Polish petroleum industry, the inventor of kerosene lamp, but also a pharmacist (this information was not placed on the card). The circulation number of the card was 301 500 copies.

The card Cp 610 released on 10 August 1974 had stronger connections with the topic of health. It was devoted to the **National Fund for Health Protection**, which was created as a social movement in 1973. Although it did not possess legal personality, thanks to the practice existing at that time, it obtained considerable financial means coming from the deductions from monthly salaries of each worker in Poland. These financial resources were allocated to the support of state's duties concerning health protection. The fee stamp of the card showed a flower consisting of four heart-shaped petals and the name of the Fund, the illustrative part included the inscription *The National Fund for Health Protection serves you and your family*. The circulation number of the card was 102 400 copies.

The card (Cp 622) from 6 November 1974 had definitely a different overtone. It was issued to commemorate the **35th anniversary of the arrest of professors of Jagiellonian University made by the Nazis**, so called *Sonderaktion Krakau*. The action was conducted on 6 November 1939, as its result altogether 183 people were arrested, including 144 university professors. Among the arrested there were scientists and teaching employees from the Medical Department: Eugeniusz Brzezicki, a psychiatrist (1890–1974);¹⁴ Stanisław Ciechanowski, an anatomic pathologist (1869–1945);¹⁵ Jerzy Drozdowski, a dentist (1894–1970);¹⁶ Józef Hano, a pharmaceutical chemist (1906–1997),¹⁵ Kazimierz Kostanecki, an anatomist and cytologist (1863–1940, the only one from the group who died in Nazis death camp Schsenhausen);¹⁷ Józef Karol Kostrzewski, an epidemiologist and microbiologist (1883–1955);¹⁵ Ksawery Franciszek Lewkowicz, a pediatrician (1869–1958);¹⁸ Kazimierz Majewski, an ophthalmologist (1873–1959),¹⁵ Stanisław Wincenty Maziarski, a histologist (1873–1956); it must be mentioned here that he was born in Tarnów and passed his school-leaving exam at the local secondary school);¹⁹ Jan Józef Miodoński, an otolaryngologist (1902–1963);¹⁵ Aleksander Oszacki, an internist (1883–1945);²⁰ Zdzisław Przybyłkiewicz (1908–1996, a professor, born in Tarnów);²¹ Jan Robel, a professor of medicinal chemistry (1886–1962);²² Ludwik Sieppel, a dentist (1904–1981);²³ Stanisław Skowron, an embryologist (1900–1976);²⁴ Bronisław Stępowski, an ob-gyn (1892–1963);¹⁵ Janusz Supniewski, a pharmaceutical chemist (1899–1964);²⁵ Władysław Szumowski, a physiologist,

pathologist and historian of medicine (1875–1954);²⁶ Tadeusz Tempka, an internist and haematologist (1885–1974);²⁷ Leon Tochowicz, an internist and cardiologist (1897–1965);²⁸ Leon Wachholz, a forensic medicine specialist (1867–1942);²⁹ Franciszek Ksawery Walter, a dermatologist and venereologist (1885–1950);¹⁵ Janusz Zubrzycki, a gynecologist (1885–1969, he also passed his final secondary school exams in Tarnów).³⁰ In the fee stamp of the card there was the image of symbolic vigil candle and the inscription In memoriam of Professors of the Jagiellonian University murdered by Nazis. The illustrative part presented the coat of arms of the University. The card was issued in circulation number of 102 700 copies.

From historical point of view, the card Cp 624 seems to be equally attractive. It was released on the occasion of the **100th anniversary of the birth of Józef Polikarp Brudziński** (1874–1917), a pediatrician, neurologist, researcher of the symptoms of meningitis, co-organiser of Polish Pediatric Society and a co-founder of a scientific journal *Pediatric Review*, the dean of Warsaw University.³¹ The fee stamp portrayed the professor, the illustrative part contained the image of the obverse of the medal minted to recognize the outstanding scholar. The card was released in the number of 101 000 copies. The event was even mentioned in medical press, however, the year of the release of the card was given incorrectly (1970).³²

Propaganda of honorary blood donation is the topic of the card Cp 646 released on 15 December 1975. The fee stamp depicted the graphic image of a flower with petals in shape of drops of blood, one of which falling off, the illustrative part contained the inscription: Honorary blood donation for the good of each of us, there was also a drawing of the Red Cross inside a circle with the text: Honorary Blood Donor of Polish Red Cross (PCK). It is the reference to the badge given in recognition of this social activity. The card, although it was supposed to serve the popularization of the important subject of blood donation, was issued in circulation number of 102 000 copies.

Polish Post Office returned to the topic of health and medicine with the release of the card (Cp 670) entitled the **World Year of Rheumatism**. The card was introduced into usage on 5 May 1977. The fee stamp presented the symbol of WHO. By announcing the World Year of Rheumatism, WHO wanted to emphasise the importance of problems of patients suffering from rheumatoid diseases. In addition to the symbol, the fee stamp also included the graphics showing irregular, misshapen letter R. The symbol of WHO and the text: The World Year of Rheumatism was placed in the illustrative part of the card as well. Yet, the circulation number of this card was also insignificant – 103 900 copies.

Another card thematically linked to the topic of health was issued on 16 May 1977. The card (Cp 672) was devoted to the 100th anniversary of founding of **Medical Society of Kalisz**, the organization created in 1875 on lands annexed by Russia.³³⁻³⁴ The fee stamp showed the portrait of one of the founders, doctor Józef Benedykt Rymarkiewicz (1828–1898), a gynecologist and social activist educated in Breslau.³⁵ The illustrative part presented a drawing of the imprint of the oldest known municipal seal dating from 1374. The card was released in 155 500 copies.

The **50th anniversary of Military Institute of Aviation Medicine** was the reason for the emission of the card (Cp 703) devoted to the traditions of this organization. The card (circulation number 103 500 copies) was introduced to the public on 19 July 1978, commemorating the institution created in 1928 and initially known as Aero-Medical Research Centre. Nowadays, the Institute is a scientific facility with all the legal power to award academic degrees. It is worth mentioning that the personnel of the Institute took part in preparations to space flights, including the one of Polish astronaut, Mirosław Hermaszewski.³⁶

On 1 December 1978, Polish Post Office returned to the idea of popularization of the construction of The Children's Memorial Health Institute. The card Cp 715 was released into circulation in three versions. This emission was entitled **The Introduction to the International Year of the Child 1979**. The fee stamp showed a child's drawing portraying a group of children with a nurse, the illustrative part of each card presented the graphic symbol of the Memorial. The second version of the card was prepared as donation certificates, thanks to which private benefactors and institutions could decide on the amount of the contribution and ask to be included in the books of founders of this institution. The text printed on the back of the card as follows:

Celebrating the International Year of the Child – 1979

(here: place for name of donor/ name of institution)

(here: place for address)

I declare my contribution in the construction

of rehabilitation and training parts of

The Children's Memorial Health Institute

donating

(here: the amount of money)

and I ask to be registered as a benefactor in the books of founders of the institution

(date)

(signature)

The circulation number of all three cards was 809 600 copies.

The card (Cp 727) released on the occasion of the **30th anniversary of the creation of Disability Cooperative Association** can only be included in this article due to the fact that the word ‘rehabilitation’ was used. The illustrative part contained the text: *Rehabilitation, labour, co-participation in the construction of socialist homeland as well as the graphic symbol of the Association*. The fee stamp included the informative text and the abbreviation DCA in capital letters. The card was issued in surprisingly large number of 316 000 copies.

Volunteer Mountain Rescue (GOPR) has been serving and saving lives of people enjoying mountain hikes and treks since 1929. On 18 September 1979, Polish Post Office celebrated the 70th anniversary of the creation of GOPR by releasing the card Cp 736. The fee stamp presented a photographic reproduction showing two rescuers transporting the injured tourist in a toboggan down the mountain, the illustrative part included the inscription: *Always keep safe in the mountains. Use the advice and aid of rescuers of GOPR*. The circulation number of the card was 157 000 copies.

International Year of the Disabled became the topic of the card emission (Cp 793) introduced into usage on 25 September 1981. The fee stamp included a picture a person in a wheelchair and appropriate slogans, in the graphic part there was the logo of the Year and the motto: *Full participation and equality*. The circulation number of the card was 214 900 copies.

Another card with ‘medical’ theme was the card Cp 811 referring to the **700th anniversary of Hospital Services in Kalisz**. It was issued in the number of 212 000 copies and appeared on 23 April 1982. The illustrative part presented the title slogan plus the back of the medal with the portrait of the King Przemysław II (crowned in 1295) from the masterpiece by A. Lesser *Portraits of Polish Kings*. The fee stamp showed the portrait of one of physicians from Kalisz, Adam Bogumił Helbich (1796–1881).³⁷

Once again, Polish Post Office referred to the activity of **Polish Nursing Association** releasing the card Cp 856 due to its VIII National Meeting, taking place in Warsaw in December 1983. The card appeared on 9 December 1983 in circulation number of 215 500 copies. The fee stamp showed two nurses in uniforms, the illustrative part contained the drawing of the honorary badge of the Association.

Ignacy Łukasiewicz was the person portrayed several times on different products of Polish Post Office. However, while being a pharmacist, he was mainly presented as an inventor of the kerosene lamp and the creator of the basis of Polish oil industry. On the occasion of **130th anniversary of the establishment of first Polish mine of oil in Bóbrka near Krosno** by

Ignacy Łukasiewicz, on 12 July 1984, the card Cp 871 was introduced. The fee stamp presented the image of Łukasiewicz himself while working on processing oil, the illustrative part showed the drawing of an oil rig. The rig can be seen nowadays in the Museum of Oil Industry in Bóbrka. In the upper part of the card there was still a place for the drawing showing the badge of the Association of Engineers and Technicians of Oil and Gas Industry. The card was issued in fairly large circulation number of 210 500 copies.

Polish Post Office returned thematically also to the subject of health and safety in the mountains – on 12 October 1984 a card (Cp 888) was released on the occasion of the **75th anniversary of creation of Volunteer Mountain Rescue (GOPR)**. The fee stamp presented the portrait of general Mariusz Zaruski, co-founder of GOPR (1867–1941), the illustrative part contained the drawing of a rescue helicopter and commemorative inscriptions. The card was issued in circulation number of 214 000 copies.

Although the title of the next emission can be misleading – 45 years of Democratic Party 1939–1984 – it is a fact that one card (Cp 889) released on 16 October 1986 is related to the topic of popularization of medicine and health. The fee stamp showed the portrait of the outstanding Polish physician, social activist and politician, professor **Mieczysław Jan Michałowicz**,³⁸ Dean of Warsaw University, the founder of Polish Pediatric Society and the chairman of the Main Board of Democratic Party originating in 1939. Nevertheless, the card lacked the information that the professor was actually a doctor. The circulation number of the card was 204 500 copies.

Polish Mother’s Memorial Hospital in Łódź was depicted on the card (Cp 909) issued on 20 August 1985. The fee stamp showed the main building of the hospital, the illustrative part included the logo of Memorial Hospital and commemorative inscriptions. The card’s circulation number was 207 000 copies.

The very important idea of the **fight with polio** became the topic of the card (Cp 915) released on 18 November 1985 in the number of 207 000 copies. The fee stamp showed the drawing of a butterfly with a different-ailing wing and the inscription: *Save children from polio*, the illustrative part contained the sign *Stop Polio Campaign* and the text *The fund for the fight with polio*.

The year of 1986 celebrated the **40th anniversary of the creation of UNICEF – Fund of the UN for Children**. Polish Post Office issued the card (Cp 938) whose circulation number reached 209 500 copies. The illustrative part contained the graphic symbol of UNICEF and commemorative texts, the fee stamp showed the portrait of doctor Ludwik Rajchman (1881–1965), a physician and

bacteriologist, the founder of contemporary National Institute of Hygiene, working for the League of Nations and the UN, co-initiator of UNICEF.³⁹⁻⁴⁰

The jubilee of the **700 years of the establishment of Busko** was another occasion of the release of the 'health' card. It was card Cp 960 issued on 13 August 1987. The jubilee itself was connected as well with the 150th anniversary of the creation of a health spa in Busko. The illustrative part of the card depicted the frontage of neoclassical building of sanatorium Marconi, put into service in Busko in 1836. The fee stamp showed a historic wooden church from XVII century. This graphic design was rather a rarity in the period before 1989. The card was issued in the circulation number of 211 000 copies.

40 years of World Health Organization is the title of the emission (Cp 979) which was introduced into postal usage on 6 June 1988. The illustrative part contained an appropriate informative inscription plus the logo of WHO with the number 40. The stamp showed the portrait of doctor Marcin Kacprzak, co-creator of WHO. Dr Marcin Kacprzak (1888–1968) was a physician, educator, publicist, pioneer of social medicine, dean of Warsaw Medical School, the winner of the Leon Bernard Award (the highest recognition granted by WHO).⁴¹ The card was issued in the circulation number of 212 500 copies.

The fight with drug addiction became the occasion for the release of the card (Cp 998) in the emission series **Society for the Prevention of Drug Addiction**. This organization was started as non-governmental in 1983, but in 1998 it took the name of Polish Society for the Prevention of Drug Addiction. Its statutory goals are prevention and counteraction of drug addiction and results of drug, alcohol, smoking and psychoactive substances addictions. The Society runs rehabilitation and adaptation centres for addicted children and teenagers. The illustrative part of the card included the inscription *Drugs kill*, the name of the Society and the drawing of the gun firing bullets. The fee stamp showed the drawing of a human head in the shape of a poppy head, with shooting target painted on the torso, which is hit by one of the bullets fired by the gun. The circulation number of the card was 200 000 copies. The value of the postage fee was 25 Polish zloty, but with the rising inflation, the card soon lost its circulation quality.

On 17 October 1992, Polish Post Office released the emission (Cp 1028) celebrating the **Convent of Sovereign Military Order of Malta**. The fee stamp presented the portrait of Bartłomiej Nowodworski (1544–1624),⁴² the most famous knight of Malta, and Maltese Cross, which in Poland serves as a symbol of the Association Malta Medical Service. This organization, which

appeared under slightly different name in 1990, cooperates with the system of State Emergency Medical Service. The activity of the Association includes medical services during public gatherings, transportation of the sick, educational services, organization of first aid courses, providing care and blood donation. It is worth mentioning that one of the eight branches of the association operates in Tarnów. The card, without indicating direct connotations to 'medicine', was issued in the circulation number of 200 000 copies.

In 1994, Polish Post Office released the very first card (Cp 1062) devoted to **Great Orchestra of Christmas Charity** (Polish: **WOŚP**). The finale of the annual action was entitled *ROCK'N'ROLL OF YOUR HEARTS for sick hearts of our CHILDREN*. This text was included in the illustrative part of the card, the fee stamp showed the traditional little heart – the logo of WOŚP. The circulation number of the card was 200 000 copies.

What is more, also in the year 1994, the **University of Adam Mickiewicz in Poznań** celebrated its **75th anniversary**. To commemorate this event, on 5 May, Polish Post Office issued the card (Cp 1086). The illustrative part showed the drawing depicting Collegium Minus, the fee stamp the portrait of the first dean of the University, a physician, ob-gyn, social activist and philanthropist, Heliodor Świącicki (1854–1923).⁴³ The number of the cards issued was 200 000.

On 6 October 1995, Polish Post Office honoured the 50th anniversary of creation of Medical University in Gdansk issuing the card (Cp 1101) of value 35 grosch (after denomination the value equaled the previous 3500 Polish zloty). The illustrative part contained the logo of the University of that times – letters AMG with Aesculapian snakes inscribed into the coat of arms of the city (crown and crosses), the fee stamp showed the face of the medal minted due to the occasion of 50th anniversary of the University. The card was emitted in the circulation number of 200 000 copies.

A few days later – on 12 October 1992 – Polish Post Office introduced the card (Cp 1104) of the emission **100th anniversary of the discovery of X rays by W.C. Roentgen**. The illustrative part showed the graphics illustrating the mode of action of x rays, the fee stamp portrayed the scientist and physicist, whose invention revolutionized contemporary diagnostic methods.⁴⁴ The card was printed in the circulation number of 200 000 copies.

The same year, on 15 December, the card (Cp 1107) was introduced. It commemorated **100th anniversary of death of Louis Pasteur**. This French chemist was the pioneer of microbiology introducing the vaccine against rabies, as well as the method of food preservation (hence pasteurization).⁴⁵ The portrait of Pasteur

was placed on the fee stamp of the card, the illustrative part showed the laboratory glassware used in chemistry and microbiology. Pasteur is one of the foreign scientists who is most often shown on Polish postage products. The card was issued in the number of 200 000 copies.

5th Grand Finale of Great Orchestra of Christmas Charity (WOŚP) is the topic of the card (Cp 1139) introduced into circulation on 5 December 1996. The goal of that year's collection was saving children with heart disorders. The fee stamp showed a simplified graphic image of three children, the illustrative part included the text referring to the title of the emission in carnival colours and shapes of letters. The number of copies issued was 200 000.

Card (Cp 1152) from 2 August 1997 related to the **100th anniversary of death of Adam Asnyk**.

He was a remarkable Polish poet, dramatist and publicist of the Age of Positivism, social activist, initiator and first chairman of Folk School Society. And although he is not connected to medicine and health – it is worth remembering that for two years he studied at Medical-Surgical University in Warsaw (1857–1859).⁴⁶ The fee stamp showed the portrait of the poet, the illustrative part the quotation from one of his poems: One heart is not enough! Not enough!..., and also the facsimile of the signature and commemorative text devoted to the title of the emission. The card was issued in the circulation number of 100 000 copies.

Safety and rescue of children injured in road accidents was the motto of the **6th Grand Finale of Great Orchestra of Christmas Charity (WOŚP)**. The postcard from this emission (Cp 1164) was introduced on 5 December 1997. The fee stamp showed the drawing of a girl crossing the street, the illustrative part contained similar images showing young active people rollerblading, skateboarding or walking. The idea of the Great Orchestra of Christmas Charity (WOŚP) itself was extremely popular, however, the low circulation number of the card, only 100 000 copies, could have more and more insignificant influence on such popularization.

The card Cp 1167, introduced on 19 February 1998, related to the **525th anniversary of the birth of Nicolaus Copernicus**. And also this time, the medical themes connected with the scholar were not exhibited. The fee stamp showed simplified elements of the Solar System with symbols of Moon and Earth, the illustrative part portrayed the outline of the head of the astronomer. The circulation number of the card was 100 000 copies.

The motto of the **7th Grand Finale of WOŚP** was *To save the life of newborns*. The same motto was the title of the card (Cp 1194) issued by Polish Post Office on 10 December 1998. The fee stamp showed the symbol

of heart (similar in shape to the logo of WOŚP), the illustrative part included the photograph of the head of an infant and the mug with WOŚP heart. The card was emitted in the number of 200 000 copies.

On the other hand, the 8th Finale of WOŚP focused on saving children with kidney disorders. Polish Post Office, on 10 December 1999, introduced the card CP 1224. The fee stamp depicted the staff with notes and treble clef with symbolic little hearts, the illustrative part contained commemorative texts, the date of the finale (9 January 2000) and the drawing of musicians playing different instruments. The circulation number of the card was 200 000 copies.

Only **10th Grand Finale of WOŚP** (the 9th had been omitted) was the occasion to introduce another card connected to the topic of medicine and popularization of health. However, the card Cp 1237 appeared almost two months(!) after the Finale – on 7 March 2002. The motto of the Finale was Saving children with congenital anomalies. The fee stamp showed a sunflower, the outline of Polish borders with drawings of musical instruments plus the heart of WOŚP, the illustrative part included the title inscription and the drawing of the cake with the symbol of WOŚP above which angel-looking figures are circling. The circulation number of the card was 240 000 copies.

11th Grand Finale of WOŚP entitled *Purchase of medical equipment for infant and younger children wards* was commemorated with the card Cp 1297, which was introduced on 3 January 2003.

The fee stamp showed the heart-logo of WOŚP and the image of a dwarf holding two numbers 1 in his hands, making number 11. The illustrative part included similar graphic designs. The circulation number of the card was 190 000 copies.

Only the official name of the town of Krynica-Zdrój (Spa Resort Krynica) can be the cause to describe here another card (Cp 1351) as the one relating to health and medicine. The card was introduced into usage on 6 August 2004 and the title of the emission was **Musical Festivals – The Festival of Jan Kiepura in Krynica-Zdrój**. This very famous Polish opera singer (1902–1966),⁴⁷ popular also outside Poland, was known because of his performances in Krynica, which in the 1930s was a particularly popular place of relaxation, treated fairly snobbishly by groups of wealthy Polish. It was at that time when Krynica became renowned as a spa resort, possessing not only medical benefits (mineral springs) but also sanatorium and recreational infrastructure. The card was emitted in the number of 70 000 copies.

The card Cp 1354 is more closely related to the topic of medicine. Introduced on 27 August 2004, it celebrates **50 years of State Sanitary Inspectorate**. According to

the bill from 14 March 1985,⁴⁸ this institution is established to implement tasks concerning public health, particularly through the control over environmental hygiene, working conditions, radiation hygiene, the hygiene of educational and upbringing process, the hygiene of leisure and recreation, food processing, nutrition, everyday usage tools and also hygienic and sanitary conditions that must be fulfilled by medical staff. Moreover, the Inspectorate controls the rooms and equipment used in medical locations (hospitals, clinics, resorts). The duties of the Inspectorate are supposed to protect human health from the harmful influence and environmental inconveniences, to prevent the development of diseases, including infectious and occupational ones. The fee stamp of the card showed the headquarters of the Inspectorate (commonly known as Sanepid) in Warsaw, the illustrative part depicted the surface of water and the logo of the institution. The card was issued in the number of 55 000 copies.

Polish Post Office returned to the idea of popularization of **Great Orchestra of Christmas Charity (WOŚP)** on 4 January 2006 by releasing the card Cp 1389 devoted to the 14th Grand Finale. The motto of that year's collection was: *For saving lives of children injured in accidents including education of first aid.* The fee stamp presented a trumpet with the inscription 14th Finale, the illustrative part contained photographs and texts informing about current activities of the Foundation. The circulation number of the card was 100 000 copies.

100 years of the Society of Friends of Ciechocinek is the title of the emission of the card Cp 1400 from 24 April 2006. This organization established in 1906 – it must be remembered that in Russian partition, which was very restrictive in that respect – was supposed to enhance knowledge about the facilities and medical values of Health and Wellness Centre in Ciechocinek as well as to make the stay of numerous patients pleasant. The patients were definitely coming from upper classes of society. That is why, a great variety of cultural events – concerts, soirees, trips, parties and receptions were organized for them. During the events the language of conversation was Polish. In those days, Ciechocinek was the largest spa resort in the region of so called Kingdom of Poland.⁴⁹ The initiator of the creation of the Society was doctor Leonard Lorentowicz (1871–1951), a physician (educated among others in France, Germany and Czech Republic), head of the ward, professor of Warsaw University, author of 25 medical papers, the founder of Warsaw Gynecological Society, editor of several medical journals.⁵⁰ His portrait appeared on the fee stamp, the illustrative part showed a part of graduation tower and the graphic sign of the Society of Friends of Ciechocinek. The circulation number of the card was 60 000 copies.

Another 'health' card (Cp 1421) from 8 February 2007 commemorates **XV World Day of the Sick**. This Christian celebration – annually consecrated on 11 February in remembrance of the first Fatima apparitions – was established by the pope John Paul II on 13 May 1992. The ideas emphasised on this day are: the necessity of providing the sick with better medical care, appreciation of suffering of the sick on a human level, however, mainly in spiritual way, including the ministry of medical services into Christian community, the support for voluntary work. The fee stamp portrayed saint Kamil de Lellis (1550–1614), the founder of Camillians, the order running hospitals, the saint patron of hospitals, the sick, nurses, the town of Zabrze and Italian Military Medical Services.⁵¹ The illustrative part included the text informing about the title of the emission and sayings of St. Kamil de Lellis: *Love towards the sick is the measure of humanity and The world of the sick has no borders – our help does not know fear and prejudice...* The card was issued in the circulation number of 60 000 copies.

Another **Grand Finale of WOŚP** was entitled *We are playing smart – for children with laryngological diseases*. On this occasion, on 7 January 2008, the card Cp 1447 was released. The fee stamp depicted the heart – logo of WOŚP in the form of puzzles and title credits, the illustrative part – in similar graphic design of puzzles – the photo of a newborn in hospital bed and commemorative inscriptions. The circulation number of the card was 82 000 copies.

Saint Theresa Benedicta a Cruce – Edith Stein (1891–1942) is the title of the emission of card Cp1481 from 10 October 2008. She was a remarkable scholar and teacher, phenomenologist, Jewish convert, Carmelite nun and a martyr, murdered in KL Auschwitz-Birkenau. In her biography the science and religious elements are obvious, it is worth mentioning – in the context of the topic discussed in this article – that during WWI she was a medical orderly of Red Cross and a nurse in military hospital in Hranice in the area of Moravia.⁵² The illustrative part presents the church dedicated to Saint Theresa in Lubliniec, the fee stamp showed a stained-glass window from the church with the portrait of saint Theresa with a book in her hand. The card was issued in the number of 50 000 copies.

The following year, exactly on 6 January 2009, Polish Post Office began with the release of the card (Cp 1486) dedicated to **17th Grand Finale of WOŚP**, this time entitled *Early detection of tumors in children*. The fee stamp showed the heart-logo of the charity and the motto *We are playing till the end of the world and one day more*, the illustrative part included commemorative texts and the character from children cartoon. The card was issued in the circulation number of 80 000 copies.

90 years of Polish Red Cross was the occasion to the emission of the card Cp 1489. Polish Post Office introduced it into usage on 30 January 2009, celebrating the anniversary of the creation of this organization which engages into providing humanitarian help during disasters and wars, social help, the education of giving first aid, providing medical assistance during major gathering events, promoting the idea of honorary blood donation and spreading knowledge about international laws during armed conflicts.⁵³ The fee stamp showed the graphic symbol of Polish Red Cross, the illustrative part- on the red background – the title of the emission, below there were figures of young people showing gestures of joy. The card was issued in the circulation number of 33 000 copies.

Another card (Cp 1503) was released the same year on 25 July because of **150th anniversary of the birth of Ludwik Zamenhof**. He was recalled – not for the first time – as the creator of the language esperanto. And once again, it was neglected that he was an educated-physician ophthalmologist practicing in Warsaw till his death in 1917.³ The fee stamp portrayed Zamenhof, the illustrative part depicted continents on the globe, human figures showing gestures of joy and commemorative inscriptions informing about the anniversary of birth of the creator of esperanto (in Polish and esperanto). There was also information about Congress of Esperantists taking place in Białystok. The card was issued in the circulation number of 25 500 copies.

The card (Cp 1515) is extremely important for popularization of the topic of health and medicine. The card is devoted to the **60th anniversary of signing the Geneva Convention about the protection of victims of war**. The Convention was signed on 12 August 1949 in four separate documents: the first convention concerned the improvement of situation of the injured and the sick in regular force on land, the second dealt with the improvement of situation of the injured, the sick and shipwreck survivors in the sea, the third convention referred to the treatment of prisoners of war, the fourth one related to the protection of civilians during war. It must be emphasized that the Conventions are obligatory each and every time in times of armed conflicts, regardless of the fact if the war was declared or not. The type of armed conflict by its participants does not matter (it can be defensive war, invasive one, just or unjust). Apart from the topic of war, Conventions deal with the problems of occupation, even if it does not encounter armed resistance. Nowadays, due to their importance, most articles of the Convention have the status of customary international law obligatory for all countries, regardless of the fact if they belong to the Convention. The fee stamp of the card shows the scene of signing

the convention by the delegation of Switzerland, the illustrative part included a few photos showing the results of armed conflicts, including the picture of medical services with symbols of Red Cross. The circulation number of the card was 27 000 copies.

18th Grand Finale of WOŚP – We play in Poland and around the world. We play for children with oncological diseases – was commemorated by Polish Post Office with the release of the card Cp 1527 and introduced on 4 January 2010. The fee stamp showed the drawing of the birthday cake with candle '18' and the text *Great Orchestra of Christmas Charity*, the illustrative part contained drawings of buildings which are landmarks in the world and in Poland. The card was printed in the number of 100 000 copies.

The card Cp 1528, issued on 10 February 2010, was devoted to **Irena Sendlerowa**, to be precise to **100th anniversary of her birth**. Irena Sendlerowa (1910–2008) was an office worker, nurse (also in Warsaw Uprising), teacher in medical schooling, but most of all she was the person actively involved in rescuing of the Jewish children from Warsaw Ghetto.⁵⁴ The fee stamp portrayed Irena Sendlerowa in her youth, the illustrative part showed bars from so called Żegota Archives, on which names and surnames of children rescued from Warsaw Ghetto were written. The circulation number of the card was 35 000 copies.

The same year, on 23 April, the card Cp 1536 was issued. It was entitled **Father Marian Żelazek**. This Polish priest (1918–2006) and missionary was famous for his help to the lepers in India. He was nominated to Nobel Peace Prize. On 3 October 2000, Medical University in Poznań awarded Father Żelazek with Medal of Karol Marcinkowski 'for his contribution into providing lepers with charity and medical help'.⁵⁵ The fee stamp depicted the portrait of the priest in clerical garments in prayer, the illustrative part showed the photos of Father Żelazek with his patients and wards. The card was issued in the circulation number of 30 500 copies.

On the occasion of **19th Finale of WOŚP**, Polish Post Office issued the card Cp 1556, introduced into circulation on 3 January 2011. The motto of the Finale was: *For children with urological and kidney diseases*. The fee stamp included the graphics of a cogwheel (from the clockwork) with number 2011, the illustrative part contained commemorative inscriptions and many similar cogwheels with the face of clock and the heart-logos of WOŚP. The card was issued in the number of 100 000 copies.

50 years of Volunteer Mountain Rescue-Bieszczady (GOPR Bieszczady Mountains) is the topic of the card Cp 1582 released on 1 September 2011. GOPR – Bieszczady is one of the seven regional branches of

Volunteer Mountain Rescue Services. The basic activities of the service is helping people in need in the mountains, the rescuers also take part in actions out of the mountain regions, for example in mass-casualty incidents or searches connected with natural disasters with the use of rope techniques and helicopters. GOPR – Bieszczady has existed since 1961 and provides rescue service in the region of Bieszczady Mountains and Beskid Niski Mountains. About 200 volunteer rescuers and professional staff is on call in four emergency stations, two of which are working 24/7. The fee stamp of the card shows a helicopter of GOPR, the illustrative part includes photographs dating from past years and connected with the work of GOPR, its symbol (blue cross on white background) and commemorative text plus emergency phone number. The card was issued in the circulation number of 30 000 copies.

Polish Post Office celebrated **100 years of the Society for the Care of the Blind in Laski** releasing on 21 October 2011 the card Cp 1586. The Society, nowadays possessing the status of public benefit organization, cares for the blind and visually impaired. It provides multidisciplinary care in meeting their educational, social, rehabilitative and religious needs. The initiator of the Society was Polish aristocrat, countess Róża Czacka, who was blind. Thanks to her, the Society for the Care of the Blind in Polish Kingdom was created in Warsaw in 1911. The name of the Society was changed in 1927. At those times, the Society possessed a few facilities in Warsaw itself, as well as the most known facility for the blind in Laski near Warsaw. The fee stamp of the card showed the portrait of the initiator and a long-time president of the Society – Mother Maria Czacka (1876–1961), the illustrative part depicted multicolour drawing with a hand reading in Braille. The card was issued in the number of 30 000 copies.

Another card described here has a minimum relation with the topic of health. It is the card Cp 1588 and it was devoted to **50th anniversary of foundation of Bolesław Prus Muzeum in Nałęczów**.

Prus, as we know, was a writer, but it is worth mentioning that Nałęczów is the most famous spa resort in the former Kingdom of Poland. The museum not only informs about B. Prus and his work, but also reminds about his connections with Lublin region. What is most important, the museum emphasises the contribution of the writer to the popularization of Medical Establishment of Nałęczów and promotion of health, which Prus regularly wrote about in his newspaper columns. The fee stamp depicted the figure of the writer as it is on the commemorative bench next to the Museum in Nałęczów, the illustrative part shows the overall view of the Museum, the portrait of the writer and the facsimile

of his signature. The card was released in the number of 28 500 copies.

The subject of the next card (Cp 1602) is loosely connected to the topic of health and medicine. Released on 11 April 2012, the card celebrates **50 years of Water Voluntary Rescue Service (WOPR)**. WOPR is Polish nationwide, specialist rescue association, created by the Chairman of Central Committee of Physical Education on 11 April 1962. Nowadays, WOPR cooperates with the system of National Medical Rescue Service. WOPR is also a member of International Life Saving, international organization associating rescuers, moreover, it belongs to the Federation of Pro-Defense Organizations. The fee stamp of the card shows a lifeguard at the seaside, the illustrative part includes photos presenting rescue actions being carried out. The card was released in the circulation number of 31 500 copies.

After a short break, Polish Post Office returned to the subjects of **Finales of WOŚP**. The **21st Finale**, with the motto *To save lives of children and provide decent medical care for seniors*, was celebrated with the emission of the card (Cp 1628) on 13 January 2012. The fee stamp included graphics presenting among others traditional heart-logo, it was also presented in the illustrative part. Moreover, we can find commemorative slogans, graphics presented the part of a carousel and drawings of grandma, grandpa and their grandson. The card was issued in the number of 65 000 copies.

Air Ambulance Service (LPR) was the topic of the card Cp 1658 issued on 29 November 2013. LPR is a healthcare facility organized in the form of independent, public medical institution which is subject to the Ministry of Health. In Polish health-care system, LPR deals with providing services within the limits of medical rescue, including emergency rescue actions and air medical transport. In 2022 LPR had 21 permanent stations and 1 temporary station, the fleet included 28 helicopters and 7 planes. The fee stamp of the card showed the photograph with a rescue helicopter on a helipad, the illustrative part presented photographs of air ambulance personnel in actions on land and in the air. The circulation number of the card was 37 000 copies.

Caritas Poland is a very important organization serving in the protection of health and life. Due to the 25 years of its activity in Poland, Polish Post Office, on 12 January 2015, introduced the card (Cp 1698) of the emission entitled the **Year of Caritas**. Caritas Poland is a charity belonging to Polish Episcopal Conference, reactivated in 1990, referring to the tradition of a similar charity, Caritas, operating up to 1950. Caritas Poland possesses corporate legal personality, it operates based on national and church laws, it has a status of public benefit organization. Caritas Poland provides

the homeless, the unemployed, the sick, the elderly, children from poor families, immigrants and refugees with material and financial help, both in emergency and long-term. Furthermore, the charity gives humanitarian aid to victims of wars and natural disasters outside Polish territory. Caritas Poland created professional educational care facilities: Care Stations Caritas, rehabilitation centres, Nursing and Care centres, Social Welfare Homes, Occupational Therapy Workshops, Single Mother Homes, soup kitchens, clubrooms for a day stay for children and for seniors etc. Moreover, Caritas Poland prepared and enforced several schemes aiming both at national help (organizing of winter and summer holidays for children from poor families – for example *Aid for Christmas for Children*, *Alms of Lent*, *Slice of Bread*, *Programme Wings*, *Baby Hutch [Window of Life]*), and international help (*Family for family*). The fee stamp included graphics depicting hearts – in white and red colours and cut out of the map of the world, the illustrative part contained similar motif of a heart cut out of the map of the world and the logo of Caritas with commemorative slogan. The circulation number of the card was 11 500 copies.

The religious organization created by **Klara Ludwika Szczęsna**⁵⁶ also provided people in need with hospital help. This blessed of Catholic Church became the hero of the emission of the card Cp 1740. She was the founder of Congregation of the Handmaids of the Sacred Heart of Jesus (1894), which dealt with care of servants, labourers and the sick at homes. The nuns of the Congregation worked in hospitals, they ran orphanages and schools, courses of sewing and they taught catechism. The fee stamp of the card shows the photo of sister Klara together with her wards, the illustrative part shows her figure on the background of the main seat of the Congregation in Cracow. The circulation number of the card was 13 500 copies.

Another blessed of Catholic Church, the Italian **Pier Giorgio Frassatti** (1901–1925)⁵⁷ became the hero of the emission (Cp 1748) released on 20 May 2016. As a student he belonged to Apostleship of Prayer, Saint Vincent de Paul Conference, Italian Catholic Youth and Scout Movement. He brought help to the poor, sick and suffering, he died of polio. The fee stamp presented the portrait of the blessed Pier Giorgio Frassatti with the text informing about the presence of his relics in Cracow, on the occasion of the World Youth Day in 2016. The illustrative part contained the photo of Frassatti in the mountains and his words: *We must devote our help to the service of others, who do not have it. Otherwise we would betray this huge God's gift*. The card was issued in the number of 20 000 copies.

Polish Post Office returned to the person of **Ludwik Zamenhof** on 12 April 2017 introducing the card (Cp 1771) devoted to him as the **creator of esperanto language** (totally ignoring the fact that he was practicing ophthalmologist). The fee stamp portrayed Zamenhof, the tag field included commemorative slogans in Polish and esperanto, the illustrative part depicted the title page of esperanto textbook from 1887. The card was issued in the number of 10 000 copies.

Polish Post Office popularized **Polish spa resorts** as early as in the 1970s. This topic reappeared on 2 June 2017, with the emission of two postcards devoted to places which have health resorts values. Cards Cp 1775 and Cp 1776 illustrate spa resorts in Ciechocinek and Konstancin-Jeziorne. The fee stamp of the first card shows the building of mineral water pump room, the illustrative part the view of graduation tower and the fountain with figures of Hansel and Gretel. The second card depicted the building of the Villa de Fleur, a graduation tower of mineral salts in the Spa Park and patients while inhalation treatment in the very park. The circulation number of the cards were 10 000 copies each.

400 years of Vincentian Charism was the title of the card Cp 1782, released on 24 August 2017. Charism – including help for the sick – was the result of activity of Saint Vincent de Paul (1581–1660), the creator of Congregation of Missionary Priests and Congregation of Sisters of Mercy, called Daughters of Charity. The Congregation of Sisters of Mercy, created in 1633, was particularly devoted to bringing help and relief to the sick and those in need. In Catholic Church Vincent de Paul is remembered as the saint patron of hospitals.⁵⁸ The fee stamp showed the portrait of Saint Vincent, the illustrative part included the painting by P. Gagliardi *Saint Vincent de Paul* and the word of the saint: *Love cannot be idle*. The circulation number of the card was 10 000 copies.

Card Cp 1797, issued on 29 Dec 2017 was devoted to **Polish Humanitarian Organization**. This is a non-governmental organization specializing in providing access to fresh water, appropriate sanitary conditions and education about proper hygiene. It has already helped people in over 40 countries around the world. The fee stamp showed the graphic symbol of the Organization, the illustrative part contained photographs of inhabitants of Syria, Somalia and South Sudan, where the Organization operates. The circulation number of the card was 10 000 copies.

In 2018, State Central Epidemiological Institute celebrated 100 years of its creation. It was founded in Warsaw and in 1923 renamed as the **National Institute of Hygiene**. On 9 April 2018, Polish Post Office released the card (Cp 1805) devoted to the jubilee of the Institute.

In 2021, the status of the Institute was changed, creating the National Institute of Public Health – National Institute of Hygiene – National Research Institute. This organization deals with the issues of hygiene, epidemiology, bacteriology, immunology and parasitology. It undertakes scientific research, educational actions and services for the public. The fee stamp of the card shows the buildings of the Institute in Warsaw, the illustrative part contains graphic materials dating from the beginning of the activity of the Institute. The card was issued in the circulation number of 8000 copies.

Next postcards (Cp 1818–1819) of the emission **Polish Spa Resorts** were introduced on 23 June 2018. Another spa resorts – in Nałęczów and Piwniczna-Zdrój – were presented. Nałęczów is the only spa resort in Poland which specializes in cardiological rehabilitation. Disorders treated here are mainly coronary diseases, hypertension, cardiac neurosis and condition of general psychophysical exhaustion. The local microclimate aids in the treatment as it naturally fosters lowering of blood pressure. In the centre of the town there is the Spa Park covering 25 hectares with historical building complex. The fee stamp of the card shows the building of Stare Łazienki sanatorium, the illustrative part contains photos of more interesting constructions from the vicinity of the resort – Saint Charles Borromeo Chapel, Prince Joseph sanatorium and the part of the monument of Bolesław Prus. The other card focuses on popularization of Piwniczna-Zdrój Spa Resort, where there are medical mineral waters containing high level of magnesium and calcium ions. These elements have neutralizing effects on gastric juices and have beneficial influence on medical treatment in diseases such as stomach and duodenum ulcers, gastritis and intestinal inflammation. They also facilitate diabetes treatment and inflammation of the pancreas. The fee stamp shows the building of mineral water pump room Piwniczanka, the illustrative part shows the view on the mountain Kiczka with the bridge over the Poprad River, the building of Artistic water pump in Spa Park and the figure of saint Kinga at the water spring in Głębokiw. The card were issued in the circulation number of 8000 copies each.

One of the cards (Cp 1834) Polish Post Office devoted to the person of blessed Father **Honorat Koźmiński** (1829–1916), a catholic priest, the founder of 14 female religious orders whose task was personal consecration of nuns and the work in the community – with families, in factories and hospitals. The action of helping the sick was undertaken, among many, by the no longer existing order of Congregation of Sisters Servants of the Paralytic, Congregation of Sisters Servants of Hospitals, Congregation of Infirmary Sisters of the Sacred Heart

of Jesus and still active nowadays the Franciscan Sisters of Suffering.⁵⁹ The fee stamp of the card contained the photograph of a group of Capuchin friars, the illustrative part included the photograph of blessed Father Honorat in the garden of Capuchin monastery in Warsaw. The card was issued in the number of 8000 copies.

40 years of the creation of Warsaw Institute of Cardiology of Stefan Wyszyński, the Primate of the Millennium was commemorated with the card Cp 1855, introduced on 21 March 2019. The Institute was created in 1979 and since then it has been diagnosing and treating coronary disease, performing emergency treatment of acute coronary conditions, congestive heart failures, acquired and congenital heart disorders and hypertension.⁶⁰ The fee stamp showed the 3D model of a heart with network of blood vessels, the illustrative part contained the photograph of a group of doctors performing an operation. The circulation number of the card was 8000 copies.

Blessed of Catholic Church, **Stefan Wincent Frelichowski** (1913–1945) has only indirect connection with the topic of health care. He was a Catholic priest who, while imprisoned in KL Dachau, devoted himself to taking care of the sick with typhoid fever, which he got infected with and died.⁶¹ To remember priest Frelichowski, on 7 June 2019, Polish Post Office issued the card Cp 1865. The fee stamp shows the portrait of the blessed with a token of camp prisoner on his cassock, the illustrative part contains the photo of the certificate of Frelichowski's membership of Polish scouting before WWII. The circulation number of the card was 8000 copies.

100 years of Polish Chemical Society was the occasion for releasing – on 29 June 2019 – of the card Cp 1868. This card is not placed coincidentally in this compilation referring to health and medicine in postal values. The relationship of medicine and chemistry is indisputable, nevertheless, the attention must be drawn to the person portrayed on the fee stamp of the card. It is professor Leon Marchlewski (1869–1946), a chemist, the dean of Jagiellonian University, deputy President of Polish Academy of Sciences, the first President of YMCA in Poland, but also a politician and social activist. He was nominated to the Nobel Prize in physiology and medicine twice; once in chemistry. He cooperated with Otton Bujwid, the was a lecturer at Jagiellonian University Medical Faculty, what is more, he was the dean of this faculty.⁵ The fee stamp portrays professor Marchlewski, the illustrative part shows laboratory utensils on the background of the document informing about the creation of Chemical Society in 1918. The card was issued in the number of 8000 copies.

The card Cp 1892 introduced on 5 June 2020 was devoted to **100th anniversary of Order of Malta Poland**. Thematically this card refers back to the card Cp 1028 from 1992. This time, however, the fee stamp depicts Maltese cross, the illustrative part shows joined hands, the coat of arms of the Order, commemorative slogans in Polish and Latin. The circulation number of the card was 8000 copies.

The series **Polish Spa Resorts** from 29 June 2020 brought next two cards – Cp 1895–1896. They were devoted to spa resorts Busko-Zdrój and Krynica-Zdrój. It is worth mentioning that environmental values of Busko were discovered as early as in 13th century indicating the valours of saline waters existing in the place. However, only in 19th century, the effectiveness of the therapy with mineral waters was scientifically proven which resulted in the development of the local resort. The fee stamp of the card Cp 1895 shows the building of Górka Children's Hospital, the illustrative part the front of the Marconi sanatorium building, the statue of prince Leszek II the Black (he granted the city charter to Busko) and Band Shell in Spa Park. Krynica-Zdrój Spa Resort already operated in Poland at the end of 18th century. It was when the Austrian appreciated the climate and balneotherapeutic values of this small place. The golden age of spa activity in Krynica took place in 20th century, especially during inter-war period, when Krynica became a fashionable recreational destination. After WWII, the destroyed infrastructure was rebuilt and enlarged, giving Krynica the status of a large and popular spa centre. The fee stamp of the card Cp 1896 showed the building of the Old Spa House, the illustrative part – general view over the building of New Spa House, the atmospheric John Mineral Water Pump Room and the sculpture of Nikifor, the Lemkos painter. The circulation number of each card was 8000 copies.

The card Cp 1899 devoted to the **First in II Polish Republic Dame of the Order Virtuti Militari – Teresa Grodzińska**. This young woman (1899–1920) took part in Polish–Soviet war as a nurse and she was brutally murdered by the soldiers of Budionny cavalry army in the village of Czortowice. She was awarded posthumously for her heroic attitude and remaining with wounded Polish soldiers despite her chance for evacuation.⁶² Both fee stamp and illustrative part of the card present portraits of Teresa Grodzińska. The card was released in the circulation number of 8000 copies.

Another two cards from the emission **Polish Spa Resorts** (Cp 1921–1922) were introduced on 21 June 2021 and devoted to spa resorts in Inowrocław and Łądek-Zdrój. The first one, Inowrocław, was created in the 19th century, thanks to the discovery of salt deposits. Up to the present, this resort has been specializing in

treatment of movement disorders, diseases of cardiovascular system and rheumatology.⁶³⁻⁶⁴ The fee stamp shows the photograph of flower arrangements in Salt Park, the illustrative part presents the bird-eye view on saline graduation towers and fragrance gardens and also a park bench with the statue of 'Mother-in-law'. Łądek-Zdrój Spa Resort was founded at times when the town belonged to Germany in the 19th century. The spa is famous for its sulphide and fluoride hot springs which facilitate the treatment of rheumatic, orthopedic and neurological disorders. They also increase the levels of sex hormones.⁶⁵ The fee stamp shows general view of the building of Wojciech Spring and the part of Spa Park of John Paul II, the illustrative part depicts the inside of Wojciech Spa with the swimming-pool. The cards were issued in the number of 8000 each.

Polish Post Office, on 9 August 2021, with the card 1931 returned to the person of **Saint Theresa Benedicta a Cruce – Edith Stein**. The first emission devoted to the saint was in 2008 (Cp 1481). Unfortunately, also this time there was no reference to her activity as a nurse and hospital worker. The fee stamp showed the part of the face of saint Theresa, the illustrative part included her portrait before entering the order and the words: *He who looks for the truth, he looks for God, even if he does not know it...* The card was issued in the circulation number of 8000 copies.

Medical self-government organizations – so called medical associations, including The General Medical Council – were created under the law of the Parliament of Republic of Poland in 1921. Polish Post Office commemorated **100 years of Medical Councils** by releasing the card Cp 1946 on 2 December 2021. The main goals of Medical Councils are establishing the principles of ethics and vocational deontology which are obligatory to follow by physicians and dentist, taking care of the implementation of established rules, cooperation in cases of professional updating of skills by physicians and dentists, supervising over diligent practice and current with the state of modern medical knowledge, conducting the proceedings concerning professional responsibility of doctors and dentists by two administrative bodies – Spokesperson of Professional Responsibility and Medical Court. The councils also grant the practice of the profession to physicians and dentists, keep medical records, they represent doctors and dentists in case concerning working and payment conditions. The Medical Councils take a stand on the topics of the level of health in society, national health policy, the organization of health care in the country in order to create the health care system which is safe for patient and friendly for medical personnel. The fee stamp of the card included the logo of the General Medical

Council, the illustrative part contained the part of archive photograph, the headline of the legislation act from 1921 and informative texts. The card was issued in the number of 8000 copies.

Another two cards of the emission **Polish Spa Resorts**, Cp 1962–1963, were introduced into postal circulation on 21 June 2022. Spa resorts presented on the card were Połczyn-Zdrój and Szczawno-Zdrój. The resort Połczyn was created in the 19th century as a result of the discovery of medicinal peat and chloride-sodium medicinal water. The disorders treated here are: orthopedic and traumatic injuries, rheumatological conditions, diseases of nervous system, obesity, treatment of osteoporosis and female diseases. The fee stamp of the card shows flower arrangements in Spa Park, the illustrative part contains the photograph of saline graduation tower in the Spa Park, the fountain 'Grajek' and the bird's-eye view of the region known as Switzerland of Połczyn. The medical values of Szczawno-Zdrój were discovered as early as in the 16th century. At that time, medicinal springs of bicarbonate-sodium-calcium waters were discovered. The fee stamp shows the building of mineral water pump room, the illustrative part includes the general view of the building of the water pump and the Spa House. The circulation number of the cards was 5000 copies each.

To conclude this review of already issued postcards connected with the topic of health, it is obligatory to summon the person of **Janusz Korczak** (in fact Henryk Goldszmit) (1878/79–1942), an outstanding pediatrician, journalist and educator. It was Janusz Korczak to whom Polish Post Office devoted the emission (card Cp 1971) introduced to the circulation on 4 August 2022. Korczak is well-known as the creator of original educational model focusing on the family and orphaned children, however, he was first of all a physician, educated in Warsaw and Berlin. He practiced medicine in hospital and privately, he worked in emergency services in Russian army (in 1904–1905 and 1914–1917).⁶⁶ The fee stamp portrays Korczak, the illustrative part includes archive (from 1940) photograph showing the dining-room in the orphanage which Korczak organised in the area of Warsaw Ghetto. The card was issued in the circulation number of 5000 copies.

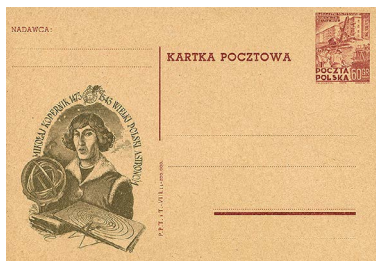
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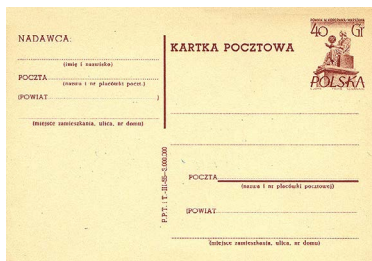
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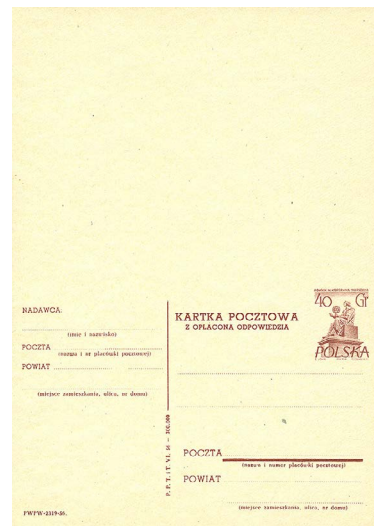
Appendix: Selected postcards with a designation from Fisher's Catalog



Cp 137



Cp 138



Cp 144



Cp 215



Cp 219



Cp 220



Cp 226



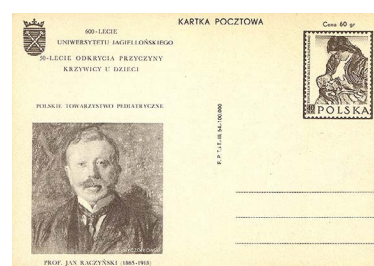
Cp 232 II



Cp 249



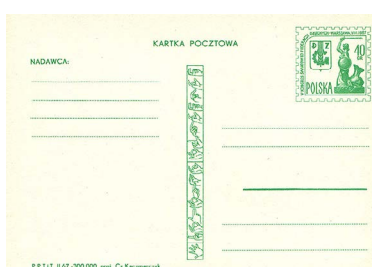
Cp 250



Cp 257



Cp 294



Cp 334



Cp 338



Cp 347



Cp 348



Cp 369



Cp 448



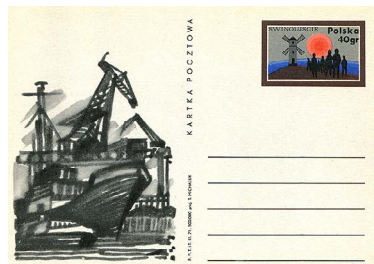
Cp 449



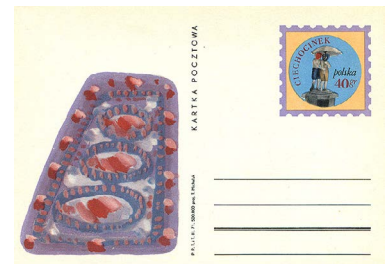
Cp 450



Cp 458



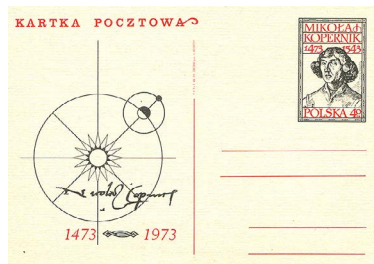
Cp 475



Cp 476



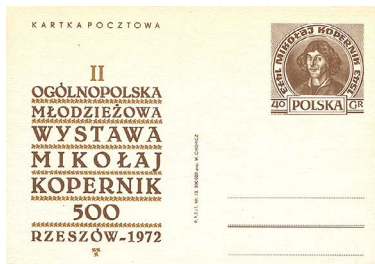
Cp 500



Cp 501



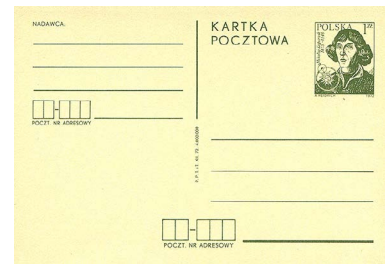
Cp 516



Cp 523 III



Cp 539



Cp 547



Cp 552



Cp 553



Cp 556



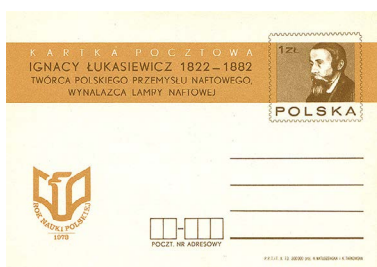
Cp 560



Cp 562



Cp 573



Cp 591



Cp 610



Cp 622



Cp 624



Cp 646



Cp 670



Cp 672



Cp 703



Cp 715 Ia



Cp 727



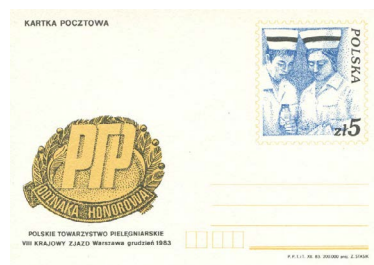
Cp 736



Cp 793



Cp 811



Cp 856



Cp 871



Cp 888



Cp 889



Cp 909



Cp 915



Cp 938



Cp 960



Cp 979



Cp 998



Cp 1028



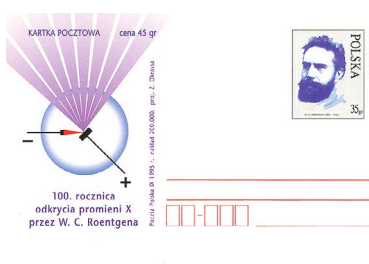
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Cp 1068



Cp 1101



Cp 1104



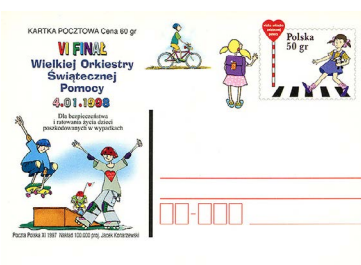
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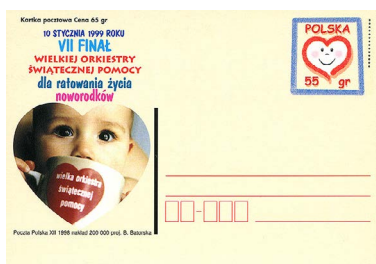
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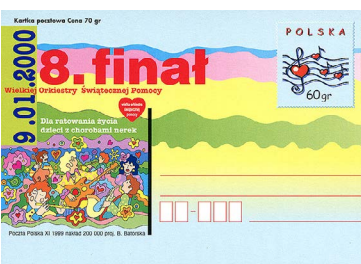
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Cp 1167



Cp 1194



Cp 1224



Cp 1273



Cp 1297



Cp 1351



Cp 1354



Cp 1389



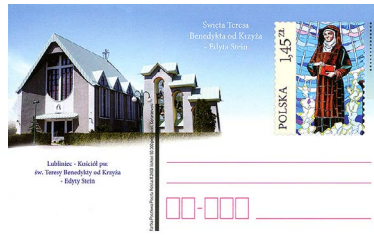
Cp 1400



Cp 1421



Cp 1447



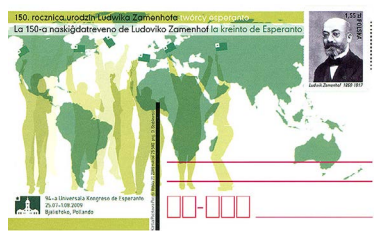
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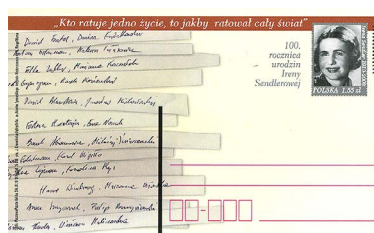
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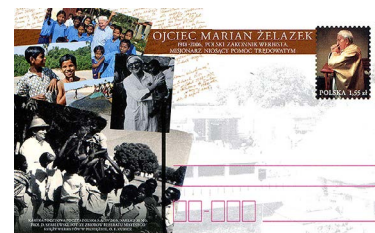
Cp 1515



Cp 1527



Cp 1528



Cp 1536



Cp 1556



Cp 1582



Cp 1586



Cp 1588



Cp 1602



Cp 1628



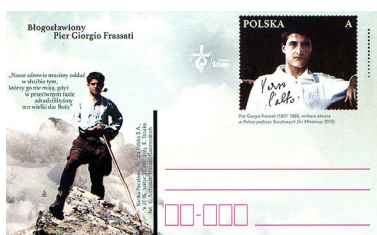
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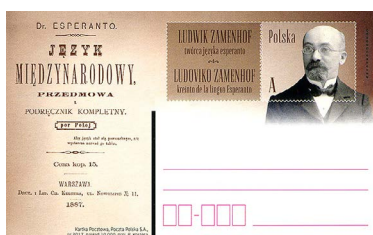
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Cp 1740



Cp 1748



Cp 1771



Cp 1775



Cp 1776



Cp 1782



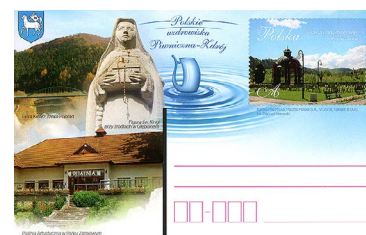
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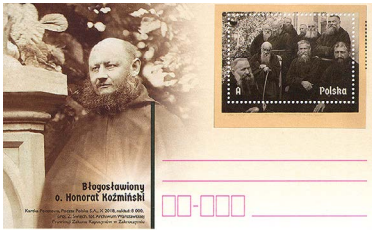
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Cp 1818



Cp 1819



Cp 1834



Cp 1855



Cp 1865



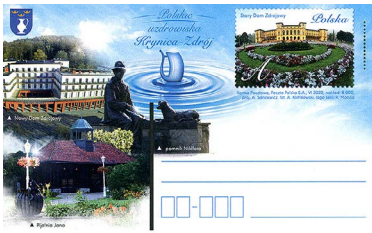
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Cp 1892



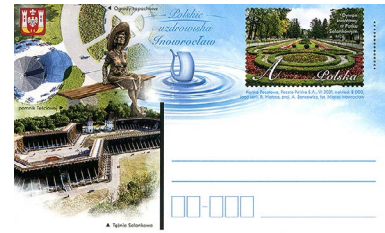
Cp 1895



Cp 1896



Cp 1899



Cp 1921



Cp 1922



Cp 1931



Cp 1946



Cp 1962



Cp 1963



Cp 1971