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HEALTH EDUCATION IN THE BULGARIAN SOCIETY

1856 – 1878

ABSTRACT

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The dissertation was discussed by the "History of Bulgaria" department at the Faculty of History of the Sofia University "St. Kliment Ohridski" on April 11, 2023. The text of the dissertation is in the volume of 348 typewritten pages and includes the following structure: introduction, four chapters, division into individual paragraphs and subsections, conclusion, list of research results, archival materials and periodical print, published documents, memoirs, studies and reference literature. At the end of the text is added a list of used abbreviations.

I. General characteristics of the dissertation work

The global pandemic of covid19, which has broken out in the last three years, has provoked interest in the history of health care in various aspects. In addition to research related to the development of scientific medicine during separate historical periods, the attention of a number of researchers was also directed to its social side. Not only the history of infectious and epidemic diseases in the Bulgarian lands, but also other topics from the health past received a new reading or were illuminated for the first time in scientific circles. During the still-remniscent pandemic, the population often looked for ways to improve their health literacy, turning back to the past in search of answers to the questions that troubled them. The topic of public health education during the Bulgarian Revival is in itself an issue that has not yet been subjected to independent in-depth research. It is blurred in the context of the historical studies dedicated to the overall development of the medical field in the Bulgarian lands until 1878, as well as in the great theme of the cultural and educational development of the revival society. The period before the Liberation is the time when health knowledge of a modern type was born and spread on Bulgarian soil, which in the future replaced the dominant folk medicine until then. This replacement is one of the signs of the transition from a traditional to a modern society, which, although it goes beyond the historical-chronological framework of the Revival period, begins precisely then.

The chronological scope of the study is concentrated in the period from 1856 to the Liberation (1878). The choice is justified above all by the fact that it is precisely in this final time range for the National revival that a number of processes are most distinctly observed, which outline the stages of the development of modern health knowledge on Bulgarian soil. It was then that the number of qualified doctors increased visibly, serious steps were taken towards the institutionalization of health care on an imperial level, Bulgarian journalism, which has a significant role in the dissemination of modern knowledge, was on the rise, the academic work was improved and the volume of printed literature increased, etc. All the factors listed are directly related to the topic of the development of health education in the revival society. The time frame is also consistent with the traditional chronology, by which the individual stages of the pre-liberation era are distinguished.

At appropriate places in the text, attention is also paid to the background of some phenomena and processes that show the emergence of a certain trend before its full unfolding

later. Most of them relate to the first half of the 19th century, and more specifically to the period of the 1820s - 1840s of the century, when the first serious results of the development of the secular type of educational work in the Bulgarian lands were present on the one hand, but this is also the period when the rudiments of interest in health knowledge of a modern type appear among certain social groups. In the introduction and in the text itself, some conceptual clarifications have been made related to the use of separate verbal formulations. Among them, the phrase **modern health knowledge** stands out, which aims to characterize the health knowledge developing in the XVIII and XIX centuries in Europe, thanks to scientific experiments and observations in the field of medicine.

The **main goal** of the dissertation is to trace the birth of modern health knowledge on Bulgarian soil during the Revival era, emphasizing above all the ways of its spread, as well as the final results it leads to - the change in the attitude to health - personal and public. To achieve this goal, it is necessary:

- to outline the general background against which the considered processes develop by presenting the main forms of health knowledge during the Revival era.

- to summarize the currently known data regarding the appearance and spread of the so-called modern health knowledge during the National Revival in order to upgrade them.

- to give a clear definition of what is included in the conceptual category "health education" and its derivative language formulations, which can serve as its synonyms or are closely related to it.

- to highlight the main factors favoring the spread of modern health knowledge on Bulgarian soil in the 19th century.

- to single out the main actors who are supporters of the idea of changing public attitudes towards health.

- to trace the stages of popularization of modern health knowledge and the dimensions they obtain.

- to present some of the main ways of spreading modern health knowledge.

- to indicate and analyze the main results - direct and indirect, which have occurred as a result of the Revival society with the modern attitude to health.

- to highlight the elements of interaction and counteraction between the two main forms of health care during the considered time period.

- to show that the transition from traditional to modern health care began during the Revival period as part of the general renewal that Bulgarian society experienced during this era, and one of the main means of achieving it is health education.

In the course of the research activity, various **research methods** were used. By analyzing various documentary sources, as well as the data collected from available studies, directly or indirectly affecting the issue under consideration, some basic regularities have been synthesized that correspond to the set goals. Various sources, as well as time-honored historiographical theses, are subjected to critical analysis in an attempt to present another view in their interpretation and understanding. Among the tools of the applied methodology is the interdisciplinary approach, given the nature of the subject - between history and cultural anthropology, healthcare and education. The comparative method was also used, visible most clearly through the appendices prepared in the text, including a total of 6 tables and 4 graphs.

Due to the fact that the dissertation topic combines questions from the sphere of several scientific fields, the literature used is diverse in its nature. Along with the studies on the development of education until the Liberation, the largest share is occupied by the historical-medical studies dedicated to the Revival health work. In the introductory part of the dissertation work, the names of some main researchers who dealt with the past of health care during the Revival period are indicated, as well as the titles of their more famous scientific works. Working with the volume of scientific and popular scientific literature, affecting the subject under consideration, leads to the belief that increased interest in the health past of Bulgarians was observed mostly in the period from the mid-1950s to the mid-1980s of the 20th century. A special contribution in the medical historians Hristo Tantilov, Vasil Stefanov, Hristo Golemanov, Radka Kaimakchieva, Valko Kurtev, Vera Davidova, Mincho Popov, Konstantin Kantarev and others have studied Revival medicine. The names of Nikola Zapryanov and Vladimir Vassilev, as well as a number of ethnographers, can be highlighted among the authors who studied folk medicine in detail as a dominant form of health care throughout the period. It is necessary to point out that the category of medical historians are a specific type of researcher given the fact that they are not historians by profession. Therefore, their studies should be used with caution and with a dose of criticality on the part of the professional historian. Among the historians who contributed to the study of various aspects of health past, including the topic of health education, we can mention Nadya Nikolova-Manolova, Orlin Sabev, Ekaterina

Mihailova and others. In the present study, unpublished dissertation works related directly or indirectly to the studied issue were also used.

The source base, which was used to construct the dissertation work, includes documents of a different nature. For the most part, they are examples of Revival literature and periodicals, where the processes of entry and spread of modern type health knowledge are most distinctly highlighted. Of primary importance for the purposes of the text are the study guides created before the Liberation for separate sections of medical knowledge - textbooks on hygiene, anatomy and physiology, etc. The topic of health education is also highlighted in a number of textbooks with mixed content, religious and moral teachings as well as in literature tailored for a wider audience. The Revival periodical not only introduces the public to various health issues, but also fulfills the function of a basic public tribune, from where those who advocate for the dissemination of modern health knowledge among Bulgarians present their views and make their appeals. The text also includes materials of an ethnographic nature, some of which were recorded immediately after the Liberation. This feature places them on the border between the historical source and the first attempts to study the health past, considering that the phenomena and processes reflected in them were current even before the conditional border of 1878. Some memoir testimonies were also used, which reflected questions concerning the attitude of the National Revival society to health. Attention is also paid to archival materials, which represent unpublished research by authors who worked on the history of healthcare during the period. They are mainly materials of Dr. Konstantin Kantarev, stored in NA - Plovdiv, as well as of Dr. Vladimir Vassilev, whose archive is located in NA - Varna. The text also uses separate archival documents, mainly stored in the BIA at the NBKM and some of the CNA, which in one way or another show different aspects of the researched topic.

II. Structure of the dissertation

In the **introductory part** of the dissertation, the main directions of the research, the topicality of the topic, the used methodology, literature and documentary basis, which were underlined in the above paragraph, are outlined.

The first chapter of the dissertation is entitled "Healthy knowledge during the Revival era". The first part of this chapter examines the main features of traditional healing known as 'folk medicine'. This is also the dominant form of health knowledge throughout the period. It reflects the accumulated experience of the population over the centuries in its struggle with various health adversities. In addition to practical expression, it also has an ideological side,

which represents a rich palette of beliefs and ideas about disease-causing influences, on which the methods of treatment often depend. In most cases, they are related to the direct relationship between man and nature. Observations and interaction between people and their environment lead to the characterization of many of the causes of disease as human-like beings possessing supernatural powers, or else diseases take on images constructed on the basis of human ideas, acquired most often from his observations of the animal world . Attention is also paid to some historiographical directions in the study of folk medicine, the beginning of which was already laid by the first ethnographers during the National Revival and immediately after the conditional border of 1878.

In the first paragraph of the dissertation work, traditional healers are considered as the main supporters of traditional health knowledge. Until the Liberation, a number of healers practiced healing on the Bulgarian lands, who, depending on their competences and scope of action, were either local healers and herbalists, or so-called traveling healers, who were distinguished by regional significance. Some of the healers have specialized their skills in the field of a special kind of treatment, relying on the suggestive action or through the power of suggestion, with the help of a kind of magical practices. The popular local sorcerers, hodjas, fortune-tellers and the like rely in their healing activities mainly on means from the field of mysticism, including mixtures of pagan beliefs with elements of Christianity or Islam, combined with applied aspects of traditional medicine. In the text, the names of a number of folk healers from the period of the 1840s - 70s of the 19th century, who remained in the local memory of individual Bulgarian settlements, are marked.

An important emphasis in the paragraph are the ways of spreading folk medicine. First of all, it is popularized mainly in an unwritten way, by means of oral traditions and observations, since the majority of local healers are semi-literate or completely illiterate. This is one of the reasons why many of the traditional healers acquire knowledge only in practice, but not in theory. The recipients of traditional healing - the general population, are also largely illiterate, which is one of the factors for the sustainability of this type of knowledge over time. As a type of folk art, folk medicine is an invariable part of folklore wealth. Elements of it can stand out in samples of song creativity, folk tales and wisdom.

Folk medicine is presented in every revival home in a different form. The lack of specialized assistance in a number of settlements has led to the personal improvement of a large part of the population in the provision of medical assistance with the help of improvised means, most often of natural origin. Over time, people have come to know a number of herbs or animal

substances available to them for their healing properties. With the gradual separation of the two main types of culture - rural and urban, a slow process that began in the Revival era but continued long after, folk healing was preserved mainly in smaller settlements where traditional culture had a leading role, while in urban centers, with the development of educational work, the economic boom, extended contacts, etc., these practices more easily give way to modern health knowledge and its tools.

There are also written forms for the distribution of folk medicine, such as handwritten medicinals. Most often, they represent voluminous manuscripts - independent book bodies and constituent parts of collections, in which various cures for respective diseases are recorded. Sometimes a specific systematization of the listed cures can be found in them, but in most cases there is no order. They are the work of the small group among the hekim who are literate. Often "medicinal books" trace their origins to Greek or Ottoman primary sources. Until the middle of the 19th century, among the group of literate folk healers, representatives of the Greek population predominated, named in later Revival sources as "yanelli", due to the fact that many of them originated from the area of Ioannina. Among the folk doctors, however, the names of Bulgarian healers are also found, whose number is gradually increasing. Many of them are also authors of "cerovite books". In 1845, the so-called "Prayer Canon", to which a section with an officinalis is also allocated. With the appearance of the first printed folk medicine book, a tradition was started that developed from the middle of the following century. On the pages of different types of books, including in publications from the press, proven recipes in the field of traditional treatment are included to compensate for the lack of accessible medical care in all settlements. However, the handwritten medicine book did not disappear with the appearance of the first printed samples. Its popularity persists as part of the long-term sustainability of folk medicine. Some of the so-called hekimical books were used as intended in the original for a long time after 1878, and others were copied and preserved to this day in later versions.

The Christian faith is one of the main pillars of traditional culture, part of which is the attitude to health. The religion concentrates on treating the spiritual side of man through various prayers or rites, through which the aim is also to ensure the well-being of the physical health due to the inseparable connection between the body and the soul. The causes of diseases are sought in the sins that people accumulate, and the cures are often associated with repentance and forgiveness. Scenes of healing can also often be found in Christian iconography, as well as in some of the sacraments. Among the pantheon of saints there are also some that are specifically revered for their outstanding healing abilities, such as Saint Charalampius, who

fought the plague, Saint Cosmas, Saint Vlas, including the Virgin Mary, and many others. There are also a number of Bulgarian clergymen, such as Matei Preobrazhenski, Neofit Kalchev, etc., who also practice healing through practical methods of folk medicine. The Church is opposed to some traditional views on health, such as superstitions, mythology, healing through practices from the realm of mysticism, etc. Sometimes, however, the church itself permits certain practices, such as the veneration of relics and vows, water sources, sacrifices, etc. rituals with a healing focus, in which elements of the pagan faith also shine through.

The second paragraph of the first chapter is devoted to the so-called modern health knowledge and its spread on Bulgarian soil. The first part, which bears the title "The Natural Sciences and the Attitude to Nature in the New Age: Preliminary Notes", focuses on the emergence of the modern worldview on the world around man and his place in it - an idea formed already in the era of Humanism and further developed later through the Enlightenment. This section fulfills the role of an introduction to the way of perception of the entire set of natural sciences in European terms, which in the 19th century gained popularity among the Bulgarian society as well. With the improvement of the natural sciences, those knowledge directly affecting the human individual, such as the sciences of the medical cycle, come to the fore. The interest of European intellectuals is focused on the origin and evolution of man, his structure and ways of preserving health. For this purpose, it relies on new methods and means of treatment based on observations and scientific experiments, which distinguishes them from traditional forms of health knowledge.

The new, modern type of health knowledge is developing in two main directions. Professional or strictly scientific medicine remains limited in the competences of a narrow circle of specialists in the face of the medical profession. The second direction, which is also the most widespread, includes the basic principles of medicine in an accessible language, without saturating the content with rich scientific terminology. It could be called "popular scientific health knowledge". It serves as the basis for the construction of the concept of health education in a public plan. From the beginning of the 19th century, modern health knowledge, such as it has been developing in Western Europe since earlier, gradually made its way to Bulgarian soil as well.

The subsection of the second chapter with the title "Modern health knowledge in the Bulgarian revival society - basic concepts" is mainly theoretical in nature. In this part of the dissertation, the basic conceptual categories mentioned in the introductory part, which were used frequently until the end of the study, were clarified. Among them are health education,

health education workers and literature. The concept of health education has been developed, and the main parts of modern health knowledge, which coincide with different sections of scientific medicine, but presented in an accessible way for a wide audience, have been underlined. Due to its practical orientation - health protection and a clearly expressed social side, hygiene, one of the divisions of medicine, lies to the greatest extent in the idea of increasing the health literacy of the Bulgarian society. During the period of the National Revival, hygiene was considered as an independent science of health preservation. In this part, its main characteristics are highlighted, such as the accessibility of the content, its proximity to the social sphere and everyday life, its relationship with other sciences, parts of medical knowledge, as well as the differences between hygiene and medicine. Hygiene is the one that aims to prevent diseases even before they appear, while medicine is the one that cures them. The main types of hygiene are also marked - personal, public, school, etc., most of which are developed in the following parts of the dissertation work.

The last - third paragraph of the first chapter is entitled "The collision" and "coexistence" between traditional and modern health knowledge during the Revival period". During the entire period of the national revival, the two main forms of health knowledge – the traditional and the modern – were observed to coexist in parallel, between which interaction was often found. Elements of the traditional medicine book find a place on the pages of a book of a secular type. A clear example of what has been said is the work of Dr. Ivan Bogorov (1818 – 1892) "The Village Doctor" from 1875. It combines both recommendations from hygienic knowledge and elements characteristic of traditional medicines. The suggested remedies are available to perform at home. Although the Ottoman government established a number of hospitals in the Bulgarian lands, mainly after 1856, many settlements remained without any health service, apart from traditional healing. This finding applies with full force to small settlements. Home treatment instructions may also be found in other works of a general nature, such as annual calendars that are aimed at a general readership, and in some publications or advertisements in periodicals.

Another example of the mutual influence between the two main forms of health knowledge is the improvement of some folk healers who train under professional doctors to the extent that they surpass their teachers in competence. In the second half of the 19th century, a number of folk healers, who were educated in the spirit of modern health knowledge, began to apply new practices in their healing activities, and some even imitated their European colleagues in clothing and manners.

Simultaneously with the elements of interaction, there are also moments of conditional "opposition" between the two forms of health care. It comes mainly from the so-called modern health knowledge emerging as a counterpoint to traditional medicine. According to the proponents of the contemporary principles of health care, folk medicine hinders social progress, and the main culprits for this are the healers. An expression of this conditional clash is the multitude of materials, mostly on the pages of periodicals in the period of the 60s-70s of the XIX century, but also in some examples from the health literature, where materials desecrating the authority of specific healers or generally targeting the entire caste. Authors such as Stefan Bobchev, Lyuben Karavelov, Nacho Planinski, Anastas Karastoyanov, Zahari Kniazheski and many others plead for the imposition of scientific medicine as the only form of health care for the Revival society at the expense of traditional practices. In their materials, the advocates of modern health knowledge exalt the authority of the professional physician who has followed years to obtain a medical license, while the self-taught physicians are subjected to serious criticism and sometimes to ridicule. In front of the public, they present themselves as uneducated, fraudsters who aim for financial gain and send their patients to the grave, "self-styled doctors", etc.

Most authors define health education as the main means of achieving the goal - acceptance of modern knowledge by society and overcoming health ignorance. According to some educators, such as Lyuben Karavelov, religion also plays the role of a factor impeding scientific progress, correspondingly influencing the maintenance of the sustainability of folk medicine.

With the advent of modern health knowledge, folk medicine is not doomed to disappear. Under the influence of the modernization processes that began in the field of health thought from the middle of the 19th century, this form underwent a gradual evolution. Time- and experience-proven remedies and methods come to the fore, while outdated practices and a number of traditional views remain in history as part of traditional culture, for this form to reach the modern dimensions of homeopathy, herbalism, etc. Only after Liberation, when there are a number of additional factors, the most important of which are the institutionalization of health care, as well as the unification of the academic work, traditional healing gradually gives way as a leading form of health knowledge to modern principles, but at the same time retains its popularity among a significant part of the population and up to today.

The **second chapter** of the dissertation work is entitled "Towards the modernization of Bulgarian health culture during the Revival era: prerequisites and basic guidelines". The first

part of it concentrates on the main factors that favor the introduction of modern views on health care among the Revival society. A brief introduction is included that shows one of the leading positions in the historical-medical literature, especially in the period 1944-1989, namely that during the period of national revival, the Ottoman authorities did not make the necessary efforts to integrate the subject population into the principles of modern European healthcare. Considering the thesis to be far-fetched and in some places false, the first part of the second chapter, which bears the title "The Health Policy of the High Gate as part of the Tanzimat reforms", concentrates precisely on this problem. The transformations that Sultan Mahmud II (1808 – 1839) carried out in a number of public spheres had an impact on the state of public health care. In the text, some basic reform initiatives of the Ottoman government in the field of health care are underlined, which, although well covered in the historiography, are presented in order to outline the framework in which the Bulgarians also fall. These reforms inevitably have a direct or indirect impact on the development of the local health culture.

For the needs of the new army, which replaced the janissary corps, in 1827 the Military Medical School was opened in Constantinople. This educational institution became a direct conduit of European scientific achievements in the field of medicine, given that the original teachers and curators of the institution were mainly foreign specialists, and the language of teaching and study guides were in French for a long time. In the second half of the century, the school became the main center of attraction for Bulgarians wishing to study medicine. A significant number of graduates began working as military or city doctors in various territories of the empire. Some, such as Dr. Hristo Stambolski and Dr. Georgi Valkovich, even rise to the rank of professors in the higher education institution. In 1837, the first Ottoman military hospital on Bulgarian lands was founded in the city of Shumen, designed according to the European model, which made it a symbol of the developing modern health care. The health care development policy was continued by the heir to the throne Sultan Abdul Mejid I (1839 – 1861), whose accession to the throne coincided with the beginning of the Tanzimat or the era of reforms, as well as with the next ruler Sultan Abdul Aziz (1861 – 1876) .

Until 1878, the Ottoman authorities also adopted a number of legal prescriptions aimed at regulating the status of professional medical care in the person of certified doctors and pharmacists. Certain restrictions are gradually being imposed on the work of non-professional healers who freely practice healing. The palette of Ottoman health literature was supplemented by modern editions with scientific medical content, originally mainly adapted to the needs of the Military Medical School.

The Danube vilayet, created in the 1860s, which covers significant territories inhabited by Bulgarians, is a clear example of the modernization of the empire, albeit on a reduced scale. As part of the improvement initiatives in the vilayet, in the larger settlements, among which the Ruse – The vilayet center is the leading one, numerous improvements in public health care have been introduced. The policy of the first governor of the vilayet, Midhat Pasha (1822 – 1884), was inspired by the European principles of organized society, of which the valya himself was a direct witness due to his travels in Europe. Reforms in health affairs in the vilayet

A leading factor for the realization of the first steps towards the institutionalization of Ottoman health care were the frequent epidemics of infectious diseases, especially plague and cholera in the 19th century. It is to them that the next paragraph of the second chapter of the dissertation is dedicated. Initially, the main guidelines of the Ottoman government in the fight against epidemic diseases were crossed out. In 1838, the quarantine reform was officially adopted, after the idea of the contagious nature of cholera prevailed among the ruling circles - a question that was heavily debated at the same time in European scientific centers. In a number of cities on the Bulgarian lands, corresponding quarantine points have been established, in which full-time doctors also work. With these actions, the gradual health insurance of the population begins, although not in all settlements. Plague, which was the dominant infectious disease within the Ottoman Empire until the late 1830s, gradually gave way to cholera, becoming one of the major health threats in the following decades. Measures of power perform a disciplinary function to a large extent. Their introduction aims above all at deterring the primary reactions of the population at the outbreak of an epidemic explosion, which in turn threatens a wider spread. Observance of the prescriptions, in turn, has an educational effect on the population, which, in turn, is one of the ways of its health literacy.

The High Gate also undertakes some direct initiatives in the field of health education in line with the fight against epidemics. The first serious manifestation related to the Bulgarian population was in connection with the cholera epidemic of 1846-1848. For the needs of the affected subject population - Bulgarians, Greeks and Armenians in 1848 and the following year, two Bulgarian translations of the Ottoman "Treatise on Cholera" from 1847, the work of the chief court physician Ismail Effendi. The central government's decision to translate and distribute such texts at the local level shows the importance attached to health education as one of the main measures to deal with communicable diseases. The idea of creating popular pamphlets for the needs of the common population was borrowed from European practices, which corresponded with the model followed for reforms in the Ottoman Empire. The concept

also reflects cooperation between individual countries in the context of major epidemics, when efforts are combined to contain the spread of disease.

Further on, in the paragraph dedicated to epidemics, some main moments of the relationship between infectious diseases and health education are traced at the level of individual actions of the Bulgarian Revival society. The inclusion of drugs against plague, cholera, etc. diseases that cause epidemics can be seen, both in traditional manuscript medicinals and in literature of a secular type. From the second half of the 19th century, in connection with the increase in the number of qualified doctors and the cultural and educational upsurge among Bulgarians, one can see Bulgarian initiatives aimed at the health literacy of the population in line with the epidemics. A well-known example of this trend is the so-called "Staroplaninche. Calendar for 1856 leap year", issued in 1855 by Hristo G. Danov, which included a number of recommendations for cholera of a preventive nature. In the context of the "Great Cholera" of the mid-1860s of the century under review, the pages of a number of periodicals included translated material by doctors, giving general knowledge about cholera, as well as some recommendations for prevention and treatment in the event of an outbreak. In this respect, for example, „Vremya“, which was published precisely during the years when this wave was raging, stands out. Doctors such as V. Karakonovski, G. Valkovich, St. Chomakov and others. include their own materials, through which they present to the readership various aspects of learning about cholera, but also the ways of prevention and treatment. Newspapers are also the main source of information regarding the development of epidemics in different regions, the quarantine measures introduced in places, etc. Other publications such as "Turkey" and "Danube" also include materials of the nature of health enlightenment, along with the detailed statistics on the state of the relevant epidemics.

The topic of learning about infectious diseases and their prevention can also be found on the pages of health education literature, whether it is for educational purposes or with a socially beneficial focus. Due to their constant presence in the lives of Bulgarians during the National Revival, the epidemics left lasting effects on folk psychology as well.

A few more factors that play a significant role in the introduction and spread of modern health knowledge on Bulgarian soil are briefly highlighted. Among them are socio-economic development, which in turn favors the cultural and educational upsurge in a number of settlements, especially in urban centers. Thanks to the economic prosperity of a part of the Bulgarian population, the core of the national bourgeoisie was formed, from whose midst came the representatives of the intelligentsia. Health education adherents stand out among them.

Another key factor that played a role in the spread and establishment of modern health knowledge was foreign influence. This premise has been emphasized repeatedly in the exposition of the dissertation in the appropriate places. This is one of the reasons why it is not developed in detail, like the factor of epidemics and actions of the central government. External influence is evident in the choice of Bulgarians to enroll in a medical specialty in foreign educational institutions. It can also be noticed in the line of health education literature, which is mostly translated. The foreign influence in itself accelerated the modernization processes at the level of Ottoman health care, given that the reform initiatives were mainly in the spirit of the European model of social development.

There are different ways in which modern health knowledge made its way into the lives of Bulgarians in the 19th century. The last paragraph of the second chapter of the dissertation is devoted to this question. Under the influence of the modernization processes in the field of culture, education and socio-economic relations, the core of the Bulgarian national intelligentsia - initially consisting mainly of teachers and clergy - slowly began to take shape. Part of the educators already in the first half of the 19th century adopted the ideas of the Enlightenment and the Modern Era for health literacy of the population in the spirit of modern principles. Among the intelligentsia are also the first qualified doctors as the main bearers of modern health knowledge. The group also includes former medical students who, although not graduates, are gaining the knowledge they need.

The gradual orientation of some of the Bulgarian intellectuals towards the medical profession is briefly traced as part of the general theme of the population's interest in the secular sciences. Regardless of the fact that different authors indicate different data about the total number of Revival doctors, they are all categorical that the interest in the medical profession was born in the first half of the 19th century, but grew significantly after 1856. In itself, the approximate number of Bulgarian medical students until 1878, regardless of whether they graduated or not, is an indicator of the influence of modern health knowledge on Bulgarian soil in the process of forming the national intelligentsia. A certain regularity is observed between the deployment of this cognitive form in society and the increase of interest in the medical profession. That is why the data on the number of Revival era medical students would mostly serve to outline one of the indirect reflections of health education during the period.

The text also emphasizes the topic of the education of doctors. In the pre-Liberation period, medicine was seen as a complex subject requiring far more serious training than school education could provide. As today, as during the Revival period, the Hippocratic science in its

full volume finds its place only in the highest degree of learning. However, no Bulgarian educational institution offered such training until 1878. This gap is compensated by the foreign higher education institutions within the Ottoman Empire or outside it, where the Bulgarian doctors follow.

However, the largest share of Bulgarian medical graduates receive their education at the Military Medical School in the capital, Tsarigrad. From the middle of the 19th century, when most Bulgarian students were admitted there, the Ottoman Empire itself became the main educational center for those wishing to study medicine. The medical school in Bucharest ranks next in terms of preferences of Bulgarian students, followed by educational institutions in Russia, France, Austria and Germany.

In this part, attention is paid to another indirect reflection of the entry of modern health knowledge. From the middle of the 19th century, in samples of literature and printing, the use of various qualifications for medical graduates can be noticed, through which the aim is to emphasize their authority and abilities. They are "skilled", "hardworking", "highly educated", etc. In the literature creeps calls to seek professional help when needed and to follow the doctor's orders during treatment. Definitions and respect for the doctor's opinion speak of the gradual building of a certain trust in the doctor on the part of society. However, given the aforementioned dominant role of folk medicine throughout the period, as well as the strong influence of traditional culture in general, considerable groups of the common population were skeptical of professional healers. The illiterate people, who are many times more than the educated, are the ones who accept the doctor and his science as something new, different, correspondingly and violating the order established in their ideas. The fact that most of the medics are educated in the West, in distant lands, greatly reinforces the mistrust of a large part of society, subject to conservative and patriarchal understandings of the surrounding world and its orders.

Another important emphasis is the role of doctors for the direct development of health education in the Revival society. Doctors, as one of the main groups of health education workers, contribute with various educational initiatives to improve the health culture of Bulgarians. In addition to the fact that a significant number of them publish polemical materials in the press about the need for health education, many are authors of publications of a health education nature, as well as independent works on health topics.

The focus of this part of the text is also the so-called doctor-society relationship, which is expressed in the "public impulse" observed in the second half of the century before the Liberation in a number of settlements to seek and appoint, on the local initiative of the city leaders, qualified doctors to take over the health insurance. Preserved documentary sources show that in settlements such as Stara Zagora, Tarnovo, Sliven, Ruse, Gabrovo, Shumen, etc. the local leaders turn to Bulgarian doctors, famous for their good qualities, to whom they offer the position of city medic. Separate examples also show how some municipalities pre-finance the medical education of their fellow citizens against the promise of taking over the local health care upon completion. At the end of this part of the text, the main examples are presented that show the birth of an idea - local or personal - to open modern-type hospitals in the second half of the 19th century. The practical realization of two undertakings, such as the hospital in Varna "Paraskev Nikolaou" and "St. Bezsrebrenitsi Kozma and Damian" in Tarnovo. Taking into account that these examples are well represented in the historiography, in the text of the dissertation they are lightly crossed out, and the emphasis is on the birth of the very idea of such initiatives, understood as the peak point reached by health thought, as a result of the entry of modern knowledge.

Development during the period marked the pharmacy business, under the influence of the modernization processes in the health field. This problem is given also attention in the dissertation work. Until 1878, in a number of Bulgarian cities, spice shops were opened by graduated doctors or pharmacists, mainly foreigners, but also by some Bulgarians. However, there are quite a few so-called traditional "akhtarniki" in which various herbs and other natural substances are offered in the form of cures, and some similar "institutions" also perform the function of healing centers. It is noteworthy that during the National Revival it was sometimes difficult to distinguish the differences in the remedies and methods that the two forms used in treatment. The same statement applies to doctors and akhtars, akhtarniks and modern pharmacies, which cannot always be precisely defined on the basis of source information. These circumstances prove the dual nature of health culture - between traditionalism and modernity.

The **third chapter** of the dissertation is entitled "Health Education and the Revival School". Its main idea is to reveal the various possibilities of school education for promoting modern health knowledge in Bulgarian society. The first paragraph is titled "The Pre-Liberation Health Education 'Debate'". Under the concepts of debate or discussion on health education, which are used in the text, should be understood the public questioning of the need to introduce health knowledge of a modern type into the educational process by the advocates of this

cognitive form. The use of the term debate in this case is conditional. If on one side there are the defenders of health education, on the other side there are no opponents. Their personification is rather the indolence of a large part of the educational class - doctors, teachers, etc., who have the necessary competences to help increase the health literacy of students, but do not do it. That is why one can rather speak of an unrealized debate. The topic of health education itself is a component of the far wider issue of intellectual disputes over the overall content of the curriculum or which sciences should be given greater weight - the exact, natural or traditional disciplines.

The visible expressions of the "debate" on health education appeared mostly in the second half of the 19th century until the eve of Liberation. In a series of polemical articles, doctors, teachers and other public figures plead for the need to introduce modern health knowledge into school curricula, mostly in the form of a separate hygiene subject. It is the periodical press that is the main means through which the so-called discussion. The choice of the discipline was dictated above all because of its emphasized practical orientation. Among the supporters of the idea, some popular personalities stand out - doctors, public figures and educators such as Sava Dobroplodni, Stefan Bobchev, Venko Grumnikov, Nacho Planinski, Lyuben Karavelov, Anastas Karastoyanov, Todor Stoyanovich, Hristo Etarski, and many others. In their arguments, the authors highlight the advantages of knowing the basic hygiene principles for maintaining good health. In addition to the introduction of the subject of hygiene, some advocates of the idea plead for the promotion of various materials in the press or in the form of study guides. The main idea of the "debate" on health education for Bulgarian students quickly goes beyond the possibilities that the school can provide and turns into a cause of public benefit. Its expression is the aforementioned aspiration to gradually replace traditional medicine as the dominant form of health care with the principles of modern health knowledge.

The second paragraph of Chapter Three is aimed at tracing the presence of modern health knowledge in the revival school, or in other words, to what extent the ideas of the unrealized "debate" were realized. Initially, the beginnings of the idea of health education in the period of the 1820s and mid-50s of the XIX century were examined. Traditional historiography connected the beginning of the idea of health education for Bulgarian students with Peter Beron (1799 - 1871) and his "Riben Bukvar" from 1824. In the work, which became a symbol of the new Bulgarian educational literature, a number of elements of modern health knowledge can be found. Among them are borrowings from the field of anatomy, physiology, but mostly from hygiene, to which the section "How to maintain a person's health" is also dedicated. The impulse

to include elements of health education was also caught by other educators who made efforts to build the new Bulgarian school already in the first half of the 19th century.

In the following decades, prominent educators such as Neofit Rilski (1793 – 1881), Neofit Bozveli (1785 – 1848), Emanuil Vaskidovich (1795 – 1875) and others further developed the idea of the need for health education of learners as part of their pedagogical views, although they do not raise the issue openly. A suitable example of the inclusion of elements of health education in education in the 1830s are the so-called „Learning Tables“, prepared by Neofit Rilski in 1835 and republished several times after that. Neofit Bozveli and Emanuil Vaskidovich's study guide under the name "Slavyanobolgarskoe detevodstvo" from 1835 also skillfully weaves motifs from health knowledge into the context of educational instructions.

Health topics could also be found on the pages of moral and ethical literature, which was among the predominant literary genres in the first half of the century under review. "A healthy mind in a healthy body" was a common aphorism throughout the pages of Revival textbooks that emphasized the connection between a person's spiritual and physical well-being.

In the first half of the 19th century, health matter remained concentrated mainly in textbooks with mixed content. There are many examples of the inclusion of elements from hygiene, anatomy, physiology, etc., presented in an accessible way. They are primarily intended for primary education. However, with the discovery of the grade schools of the 1940s, which upgraded the educational content, as well as with the development of mutual schools, the possibility of enriching the curricula is revealed. The process of gradual differentiation of the individual sciences in the form of independent study disciplines also allows health knowledge to find its own path even before the middle of the century.

In the 1940s and early 1950s, the first hygiene manuals for educational purposes appeared. The educator from Sliven Sava Dobroplodni (1820 - 1894) published in 1846 the work "Hygionomy, rather, rules for maintaining our health". It was republished a second time in 1853 under the title "Health, or Rules for Knowing How to Preserve Our Health", but with the same content. In 1851, the work "Gigiena (the science of health)" was also published, which turned out to be a translation from French, most likely by Anastas Poppetrov Granitski (c. 1825-1879). A year later, the short work titled "Rules for the Preservation of Health" by the educator Hadji Nayden Jovanović (ca. 1805 - 1862) was published.

Despite the availability of the cited titles, health matter hardly made its way into school curricula before the middle of the 19th century. One possible reason is the still developing

curriculum, which was refined only after 1856. On the other hand, the strong role of tradition in social development, which often hinders the entry of new ideas. Due to the fragmentary nature of the surviving evidence of the content of most Revival curricula, it is difficult to say precisely when and where such a discipline was taught. There is certainly evidence that Ivan Momchilov (1819 - 1869) was among the first pedagogues to introduce the subject of hygiene into teaching in the 40s of the 19th century at the Elensko grade school, known as the "daskalolivnitsa". He was also among the pioneers, which include physical education or the discipline of gymnastics in the training. Probably at the same time, Sava Dobroplodni, as the author of the first hygiene manuals in Bulgarian, also introduced hygiene in his teaching in Kotel, later in Shumen and in the other places where he taught.

From the middle of the 19th century, or after the end of the Crimean War, which ended in 1856, a number of changes took place, both in the overall imperial plan and at the level of Bulgarian cultural and educational development. Advocates of the idea of health education are growing in number. From this period, the Bulgarian periodical press also developed intensively, playing the role of the main public forum and main source of information. The pages of revivalist magazines and newspapers published numerous articles on health topics, especially in the midst of successive epidemics such as the "Great Cholera" of the mid-1860s.

Data from the period after 1856 show that hygiene can be detected rather as an exception in the curricula of individual schools, even sometimes only for individual years. Among them are, for example, educational institutions in Stara Zagora, Gabrovo, Plovdiv, Bolgrad, the Bulgarian school in Tsarigrad, etc. However, as a result of raising the topic of health education for Bulgarian students, numerous health-related publications, as well as independent manuals to serve as textbooks in the discipline of hygiene, have been published. The mentioned teacher and writer Sava Dobroplodni published a new abbreviated version of his textbook on hygiene in 1865 under the name "Brief Health". In 1875, under the authorship of Dr. Dimitar Nachev, the work "Concept of Hygiene: Lectures Read at the Bolgrad School" was printed. In the same year, under the editorship of Petar Purgov, the first manual on school hygiene, entitled "School Health", was published. All the listed titles are the subject of a more comprehensive presentation in the last chapter of the dissertation, which deals entirely with health education literature and related publications in periodicals.

Although hygiene is hardly detectable in some curricula and is often present as an exception rather than a regular discipline, elements of it have been reintroduced in a number of mixed content textbooks as well as in moral education. The trend that started already with the

"Ribnia primer" and the study guides of authors such as E. Vaskidovich, N. Bozveli, N. Rilski, etc., continued after 1856. For the primary education level, primers, encyclopedias, manuals of the type "first knowledge", etc. samples of a similar type of book. Prominent pedagogues and authors of textbooks such as Y. Gruev, P. Slaveykov, Hr. G. Danov and others. include elements of hygiene in their textbooks.

Hygiene can also be found in school regulations in the form of various norms and requirements to ensure a healthy learning environment. Through a number of stored documents such as regulations of educational institutions or even through memories, the practice of respecting the personal hygiene of students by teachers or supervisors can be reconstructed.

To push elements of modern health knowledge, the key role of the teacher himself turns out to be. It is within his competence to supplement the learning content at his personal discretion when he deems it necessary. Probably one of the main ways to acquire hygiene knowledge is in the form of extracurricular and extracurricular initiatives. Hygiene is also learned through school or community center talks, as well as others. similar initiatives, which should also be counted among the results of the mentioned "debate" on health education of students, which soon became a public cause for some of the Bulgarian educators. Frequent epidemics are probably one of the main incentives for holding public health talks in cultural institutions.

Regarding the popularization of health knowledge and especially hygiene in the educational process, for example, the data from the personal libraries of some prominent Revival educators and public figures, as well as the preserved catalogs of individual school and community libraries, where titles on similar topics are also found.

From the middle of the century until the Liberation, the interest in the physical education of students also intensified, which was mainly carried out in the form of extracurricular activities - sports and games, and less often as an independent subject under the name "gymnastics". Bodily health itself is also an invariable part of the principles of hygienic science. Gymnastics and sports events in the educational process are rather in the form of extracurricular activities in view of the need to provide an environment and facilities suitable for my performance. Source data indicate that gymnastics can be found as part of the activities of a number of revival schools in settlements such as Ruse, Koprivshtitsa, Shumen, Plovdiv, Kotel, Haskovo, Sliven, Gorna Jumaya, including in Tsarigrad, etc.

Along with hygiene, modern health knowledge reaches Bulgarian students through the textbooks created in the second half of the 19th century on other sections of medical science, which are represented in the programs. First of all, the subject of natural history stands out. Sometimes, through this discipline, students become familiar with the basics of the main kingdoms of living nature: plant, animal and human. This form is mainly used in the initial educational stage, when knowledge from different scientific fields is presented to the students in a synthesized form. In the higher stages of study, natural history is often divided into separate subjects, each of which is studied in a specific class. Besides botany and zoology, the biological characteristics of the human individual also find their place in the form of independent disciplines. These are anatomy, physiology, anthropology and psychology. The first two subjects find wider distribution in revival programs. Their teaching also provides an opportunity to combine learning content with hygiene. Only when students are aware of their anatomy and physiology will they be able to easily grasp the basic principles of protecting their health. Anthropology, understood as the science of man, concentrates on the physical characteristics of the human individual, while the science of the soul, known as psychology, deals with the peculiarities of the human psyche. To varying degrees, all these disciplines combine elements of hygiene in their teaching, which creates a complex presence of medical science in the educational process.

The last, **Fourth Chapter** of the dissertation, deals with the specifics of health education literature as the main means of spreading the new type of health knowledge, but also the most visible result, as a result of the initiated process of gradual modernization in society's attitude to health. In the text, an attempt is made to present a modern classification scheme to cover the volume of literature, stepping on the foundations in this regard, which Dr. Hristo Golemanov laid in his research on the subject of Pre-Liberation health literature.

According to the criterion of authorship, health education literature could be original, translation or compilation. Working with the volume of Revival publications and books on health topics, leads to the conclusion that the majority of this literature is translation. The main persons who handle it remain the doctors and individual representatives of the emerging teaching class. In the first half of the 19th century, the influence was carried out mainly through relations with the neighboring Balkan nations. Both Serbs and Greeks have direct contact with the lands of enlightened Europe, and their relations with the Bulgarians lead to the transfer of ideas. From the second half of the next century, or more specifically after 1856 until the Liberation War of 1877-1878, some of the Great Powers – France, Germany, Russia – played a

leading role in the cultural impact of modern health education. Protestant influence among Bulgarians in terms of health education is also significant. Original literature is the least represented, and some titles considered original are also subject to some doubt.

Regarding the thematic indicator, as well as Dr. Hr. Golemanov, divides the volume of books and publications in the press, the titles can be assigned to the relevant share of medical knowledge - hygiene, anatomy, physiology, epidemiology, etc., or treating a specific issue related to health - such as literature on alcoholism, maternal and child health, etc.

In the text, another criterion for the classification of health literature is presented - the purpose of the texts or the audience to which they are directed. It is also the most widely deployed, given that it directly reflects the issue of the spread of modern health knowledge, or in other words, health education. According to this criteria, three main categories of health literature are distinguished - textbooks, the purpose of which is mainly aimed at the pedagogical goals of school education, literature adapted to a wider range of readers, the thematic content of which also includes a look at some health topics with a pronounced social significance, and specialized literature, the users of which are a very narrow circle of competent persons.

In this part of the dissertation, the use of the appropriate or inappropriate terminology, as well as the resulting problems in the historical-medical literature, is considered. The issue is illustrated by the example of what was the first Bulgarian medical book from the Revival period and the accompanying findings and confusions in the course of a similar scientific search, traced mainly through historiography.

In the same paragraph, the main textbooks on hygiene are presented in detail due to the fact that they occupy the first place in terms of numbers among the manuals of other branches of medicine such as anatomy, physiology, anthropology and psychology. The text also draws attention to some textbooks on hygiene, the existence of which is understood from indirect data. Some of them were issued after the Liberation, and others are probably lost or still in someone's archive. Accents in the presentation of hygiene literature are the specifics of the individual editions, as well as the foreign influences, where they are perceptible. Regarding the so-called in the text literature for a wider audience, some distinctive features of this type of literature are presented, which distinguish it from textbook literature. The example of the work "The Village Doctor" from 1875 by Dr. Ivan Bogorov (1818 - 1892) and the sharp criticism of it by Lyuben Karavelov (1834 - 1879) is developed in detail. Through this case, the state of health culture in Bulgarian society in the mid-70s of the XIX century clearly stands out - between tradition and

modernity. Also, the example shows one of the main functions of health education – to help the common population cope with health adversities, when there is no available medical help.

The second paragraph of the last chapter is devoted to the role of the periodical press in the development of modern health education. Publications in revival newspapers and magazines, similar to health literature, were also among the main means of disseminating modern health knowledge during the era of National Revival. Their creation is aimed at reaching a wider audience. The periodical press also served as the main source of information for the Bulgarian society. In relation to health issues, from the pages of the press, the population learns about the measures taken in local areas against epidemics, about the development of various diseases through local reports, about new drugs and newly graduated doctors, through advertisements, etc. The periodical press also becomes a verbal rostrum from which a number of educators put a number of important issues to be discussed in the public space. It is precisely on the pages of the press that the so-called a "debate" on the health literacy of Bulgarian students, which quickly turns into a cause aimed at changing the health culture of the entire society with the power of health education.

The last, third paragraph of Chapter Four is devoted to the thematic content of health education literature and press publications. The general finding that can be made from working with the volume of Revival health literature is that their content is diverse and covers much of the spectrum of modern health knowledge. A significant place is devoted to hygiene as the most widely advocated part of medicine, directly related to the concept of health education. The general topics that hygiene knowledge includes are marked - various physiological processes - breathing, eating, sleep, movement, etc. One of the specifics is that in the literature they are markedly prophylactic in nature, distinguishing them from the content of anatomy and physiology as independent sciences. Also presented are the main types of hygiene – personal, public, school, etc., as well as their distinctive characteristics during the era of national revival.

In this part, attention is also paid to some issues of a health nature, which have a marked public focus. In the first place is the topic of alcoholism as one of the significant social vices during the Revival period, which have a direct relationship with health. This problem is given explicit attention in the volume of health education literature, but it also often falls into the context of moral and ethical literature. The question further emphasizes the established relationship between morality and physical well-being. Next is the topic of maternal and child health. A number of authors such as L. Karavelov, P. Slaveikov, K. Fotinov, Kr. Mirski, Y. Gruev and others. proceed to create various educational materials such as publications in the press,

popular brochures or works intended for health literacy of young girls - expectant mothers. The topics are focused both on the correct attitude of a woman towards her own body during pregnancy, and on the care of the newborn. And in this matter, similar to the topic of alcohol use and its consequences, physical education is often directly combined with moral education, given the belief in the strong soul-body connection. Maternal health, for its part, is only a touch of the general trend that developed in the 19th century in Western Europe - for equality between the sexes and the education of women, an issue that also left an impression on the Revival educators.

Although less represented in Bulgarian Revival literature, the theme of the so-called feigned death also excites some of the advocates of modern health knowledge. Raising this issue reveals once again the state of healthcare in the Bulgarian lands before the Liberation - the lack of sufficient medical assistance, as well as the free healing practice of many self-taught specialists.

In the final part of the dissertation, some general conclusions are drawn as a result of the conducted research.

- First of all, modern health knowledge entered the Bulgarian Revival society in the 19th century, and the process was most clearly observed in the second half of the century until the Liberation.

- The ideas of the Enlightenment and the Modern Era to build a new, modern worldview in which the human individual has an important role have a significant influence on the formation of the idea of health education.

- Advocates of the idea of spreading modern health knowledge among Bulgarian students see the school as the main way to realize their goal. Before long, however, health education became a nationwide cause aimed at the entire society, not just the school audience.

- Among the serious successes of the movement for health education are: the inclusion of modern health knowledge in the educational process in a different form; the creation of a significant volume of health education literature and materials in the periodical press; emergence of an idea and attempts for the practical implementation of local health care by appointing qualified doctors to take over health care in a given settlement or by creating modern hospitals and pharmacies, verbal propaganda directed against traditional practices at the expense of modern principles in relation to health and etc.

- Despite the achieved successes, modern health knowledge does not reach the entire Bulgarian society. The contingent of users of the created volume of health education literature is reduced to a visibly limited circle of literate population, given that the majority are illiterate. Large groups of the Bulgarian population remain skeptical, continue to perform their rites and practices, characteristic of the traditional view of health. The lack of medical aid, the lack of sufficient control in the implementation of state orders in line with health regulations, as well as the widespread poor sanitary and living conditions are only some of the obstacles to modern health knowledge establishing itself as a dominant form until the eve of Liberation.

The process by which modern health knowledge gradually gains ground to establish itself as the primary form of health care is slow and complex. It does not fit into the set historical-chronological boundary until 1878, but its beginnings in the pre-liberation period are a fact. The laying of the foundations of modern health care during the Revival era, for its part, is part of the general cultural transition that the Bulgarians experienced during this historical period so important for its development.

Most Important Contributions of Dissertation

□ An attempt was made to define the conceptual category "health education" and impose the concept of "modern health knowledge". Up to this point, the majority of historical medical research has emphasized the concept of "scientific medicine." In the present text, it is presented as an independent branch of modern health knowledge.

□ Highlighting the topic of health education in the context of the history of medical work in the Bulgarian lands during the Revival period on the one hand and the cultural and educational development during the same period on the other.

□ Chronological distinction of the stages of development of health education, in relation to the functioning of certain factors.

□ Emphasizing the relationship between the two main forms of health knowledge during the Revival era - the traditional and the modern.

□ Clarification of the main ways and factors for spreading modern health knowledge among the Bulgarian society.

□ An attempt to set a new classification scheme for the volume of revival health literature.

□ Highlighting the so-called health education "debate" with its specifics. In some of the reviewed studies on the history of medicine, such as in Hr. Golemanov and V. Stefanov, this question is present, but it is not considered as the main emphasis, and it is also studied with a different methodology. The connection of this conditional discussion with the general context of cultural and educational development and a complex of factors that accelerate the process of penetration of modern health knowledge is often missing.

□ Emphasis on school education and its possibilities for raising the health literacy of the revival society.

□ Exposure of the problems arising from the use of various concepts and terms related to the definition of concepts from the field of the history of medicine. In this connection, attention is drawn to a poorly researched historiographical case related to the definition of the first Bulgarian medical book in terms of content from before the Liberation.

□ Bringing into circulation some archival materials that until now have not been used in historical-medical studies concerning the topic of health education.

Publications related with the topic of the dissertation

1) Terziev, VI. The fight against alcoholism through the eyes of revival periodicals and literature. – News of RIM Razgrad. T. 3, Razgrad, 2021, 329 – 339.

2) Terziev, VI. "The Village Doctor" by Dr. Ivan Bogorov - a bridge between traditionalism and modern health knowledge. – Anamnesis, XVI, 2021, vol. 5, <http://anamnesis.info/node/1762>

3) Terziev, VI. The Revival Bulgarians between traditional and modern health knowledge. – In: Sat. Reports from Pleven historical readings forum on "Revolutions and evolutions - political, economic, technological, cultural and social dimensions of progress". Pleven: RIM Pleven, 2023 (in print)

4) Terziev, VI. The doctor and the healer - public attitudes towards the medical profession during the Revival period. – In: Sat. Reports from the student scientific conference "XI March Student Readings". Vol. 8. Compiler. N. Hrisimov, St. Georgiev. Veliko Tarnovo: UI "St. St. Cyril and Methodius", 2022, 177 - 184.

5) Terziev, VI. Health problems in textbooks during the Revival era - basic questions. - Medical history. XV, 2020, vol. 3, <http://anamnesis.info/node/1686>

6) Terziev, VI. Medical historians and Bulgarian pre-liberation history: The contributions of Dr. Hristo Golemanov and Dr. Vasil Stefanov to the study of the Bulgarian revival. – In: Collection in memory of Prof. Dr. T. Popnedelev. Sofia: "St. Kliment Ohridski" UI, 2022. (in press)

7) Terziev, VI. The problem of infectious and epidemic diseases on the pages of the revival newspaper "Vremya". – In: Sat. reports from a Scientific Conference on "From the Black Death to Cholera. The fight against epidemics in a historical perspective, XIV - XIX centuries". Sofia: Saint Kliment Ohridski University, 2023, 75 – 88.

8) Terziev, VI. The first Bulgarian "medical" book from the Revival era - historiographical aspects. – Sat. Reports from the National Scientific Conference on the topic: "The book and education. Historical aspects and traditions", held in November 2020 in the city of Razgrad. (in print).

9) Terziev, VI. Hygiene as a subject in the revival school. – History, vol. 5, 2021, 485–497.