

HISTORY, CULTURAL STUDIES, TOURISM, SPORTS

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DEVELOPMENT OF WATER TOURISM IN WEST BELARUS AND POLAND (1921-1939)**ULADZIMIR GANSKI, KATSIARYNA ANDREICHYK**
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Belarus and Poland has a great potential for the development of water tourism – a large number of rivers and lakes. In 1921-1939, when West Belarus became part of Poland, canoe tourism became very popular. It quickly spread among young people and the military. In the Interwar Period the first canoe rally was organized on the territory of West Belarus and Poland.

Pursuant to the Treaty of Riga signed in March 1921 between Poland, Soviet Russia and the Soviet Ukraine (thus ending the Polish-Soviet War), the territories of modern Belarus were divided between Poland and the Russian Soviet Federative Socialist Republic. The area that became part of Poland formed the central part of Kresy. In Soviet times, it was called West Belarus as opposed to East Belarus. West Belarus became part of Poland. The new borders established between the two countries remained in force throughout the interwar period, up until the outbreak of World War II.

World War I destroyed lots of water devices and means of transportation. The reconstruction started. Among others, water routs, devices and water units were rebuilt.

Moreover, Poland started to rebuild water transport, passenger as well as goods transport. People started propagating the motto: work on land, rest in water.

A number of organizations and associations started to arrange relaxation in water.

Going by small boats in water reservoirs had been taking place for a long time. In the 1930s on Warsaw part of the Vistula people were using boats, canoes, sailboats and even the first motorboats. Around 1850, there were 28 havens functioning on the Vistula. Moreover, the number of water units led to the introduction of the water law with the obligation to comply with it.

After Poland regained independence in 1918 the interest in using canoes in water recreation grew significantly.

The very first organization to start spreading canoe tourism was “Hellas” association established in 1924 in Myslowice. The canoes during the Interwar Period were referred to as “fold-up” canoes. It was first popularized in Silesia and then it quickly gained interest of people living in majority of river cities. The growth of canoe tourism interest triggered and the first canoe cruises took place, the so called canoeing rally.

During 1925-1926 in canoe sections alongside with wooden, usually hand-made canoes there were also first so called “fold-up” canoes. In those years a number of fold-up canoes appeared on the Vistula, Garczynski lake and Baltic coastal waters during scout water units convention. The canoes were made use of on all Polish rivers, lakes and channels. Alongside with the growing number of canoes additional canoe shelters were built. The canoes aroused interest particularly among the youth, scouts, white-collar workers and the army. The fold-up canoes were referred to as an ideal type of boat in water tourism.

The canoe equipment was composed of mast and sail, rudder with a sword, rubber pillows filled with air for sitting, tent with a floor, rubber mattresses for sleeping and dishes. The enumerated objects were supposed to provide comfort and come up to water tourists expectations as well as make them independent and self-sufficient during water cruises.

The very courageous canoe journey from Pinsk to Gdansk took place in 1925. The six Lvov participants (J. Abrysowski, L. Dabrowski, A. Dzbanski, F. Kalinowski, J. Sidorowicz and J. Zienkowicz) sailed on the canoe through the water route. The distance was covered within four weeks (from July 11th to August 7th).

At the same time, three graduates from Przemysl 2nd high school decided to cover the distance from Przemysl to Gdansk on the boat they had built themselves. Those were Hausmann, Loos and Mann.

On the initiative of “Sport wodny” editorial office in 1926, there took place a canoeing rally from Warsaw to Gdansk.

However, it was not until 1927 that Warsaw organized the first national water tourism, canoes and rowing exhibition. Even though there were lots of obstacles, a number of social organizations tried to popularize water tourism.

With regard to the diversity of water routs and their picturesque river banks as well as antique buildings situated alongside, Polish water routs surpassed all European countries. In the guide books of German travel agencies, Polish water routs on the Brda, the Czarna Woda and the Dretwica were recommended. They were equal to the Dunajec, the Dniestr, the Prut, the Wilia as well as thousands of lakes of Pomerania and Vilnius region.

Yet another canoeing rally celebrating national exhibition took place in 1929 from Warsaw to Poznan. The participants of 125 teams took part in the rally. In 1930, celebrating the 10th anniversary of regaining the sea access another rally took place, from Cracow to the sea. Alongside with the Polish participants, 22 Czech oarsmen took part in the rally. The organizer of the canoeing rally was the Polish Rowing Association.

Together with establishing structures of the Polish Canoeing Association the regulations concerning tourist canoeing rallies were introduced, both for individual and group ones. Since 1932, sailing through water routs had been regulated by "Ustawa wodna".

The act required that every boat should have technical documentation and also the so called registration number. The documents were free and issued by water administration units.

A huge event in the rowing society in Poland held in 1933 was a canoeing rally titled "throughout Poland to the sea". The rally was organized by the Maritime and Colonial League. The individual part of the rally was held from any Polish city to Torun (star rally), subsequently all the contestants rowed to Gdynia (collective rally).

In Poland in the 1930s during the Interwar Period, individual or several boat composition journeys were organized. Usually the water equipment was hand-made according to the printed manuals. According to "Przewodnik sportowy published in 1933 and the sailing diaries, scout teams rowed 600 000 km, the participants of canoe section "Wawel" Cracow – 40 000 km and the canoeists of "Wisla" Warsaw – 24 000 km. The activity of canoeists was boosted by the Polish radio contest announced in December 1932. The contest concerned the most beautiful journey "from water to water". The first winner of the contest, held in 1933, was A. Wislocki for the journey through Braslaw lakes.

The canoe tourism was regulated by the requirements of the Polish Canoeing Association concerning canoeing hygiene. The water tourism and sport participants were embraced by special medical aid. The exhaustive manual concerning the necessity of obeying 'canoeing hygiene' was introduced by Antoni Heinrich in "Podrecznik kajakowca".

The people who took up canoeing or any other water device were instructed to follow the rules:

- start the journey when relaxed and full of energy,
- if reaching the starting point requires driving then the first part of the journey should not be long,
- the effort of rowing should be evenly divided so the lungs, heart and muscles are not overworked,
- every one hour of effort should have a 10-minute break, every three hours – 20 minutes and 3-4 hours the break should include dinner,
- control the body condition, the exhausted people were viewed as those who lost attitude, were sensitive, nervous, depressed, without spark in the eye, without appetite, suffering insomnia, with the fear in heart, and whose heart beat could not reach its correct level for a long time (normally 3 to 5 minutes), and also those with weight loss.

In such a situation the author recommends rest through limiting the daily dose of effort and in more severe cases – whole day relaxation. The contestants were warned from using any medications that stimulate heart work, which improve body effectiveness for a while but after short time they lead to even bigger depression. When the muscle pain appeared it was suggested giving up the effort and staying on land until they receded completely. After the great effort it was recommended to have the proper amount of sleep – 8 hours during the night and 1 hour slumber after dinner.

Further A. Heinricha's instructions informed about keeping to the nutrition hygiene, sunbathing, taking baths as well as the first aid in case of faint and situations, especially those in water.

A great significance was attributed to the necessity of having a first aid kit. The author provides its exemplary equipment. The requirements, the equipment and usage instruction concerning the kit on the tourist unit were as follows: ammonia (15,0) – as a means used for regaining consciousness and against insects stings; aspirin – antipyretic, sudorific, used against cold, rheumatic pain, head and toothache, 2 pills three times a day, drink a lot of water; bandage (2 elastic bands – width: two to three centimeters); bromine (10×0,25) – sedative; oilcloth – for compresses; quinine (10×0,25) – antipyretic, necessity in malaria regions; ether (15,0) – for regaining consciousness; gardan (10×0,25) – for intense head and toothache; lint (1/2 m²) – sterile packed; hanzaplast (two or three – width: 5 cm) - sterile temporary dressing; iodine (20,0) – antiseptic; kaskaryna

(50 pills) – laxatives; Kola (1 box) – stimulate heart work; collodion (10,0) – liquid for plaster small wounds; Inozemcowa drops (based on ether, 15,0) – for stomachaches (10-15 drops on sugar); mint drops – for stomachache (10-15 drops with water); valerian drops (based on ether, 15,0) – heart sedative (10-15 drops on sugar), for smelling when fainting; boric acid (20,0) – antiseptic (1 spoon into 1 glass of hot water); salicyl (20,0) – for burns; potassium permanganate (5,0) – disinfectant, for viper stings (dissolve few crystals in glass of water); calcareous olive – for burns; opium (drops 15,0) – sedative for heart and intense stomachaches; Burow's solution (50,0) – for contusions, compresses for joints, muscle aches caused by overtraining (one or two spoons for glass of water). It is also available in pills 'Statim' or 'Alacet'; headache pills – 'Piramidon'; sticking plaster (width: 2cm, length: 1cm) for minor cuts; zinc powder (100,0) – for burns; baking soda (50,0) – for heartburn; bitter salt (50,0) – laxative (one to three spoons for glass of water); serum against snake bites (with the syringe); tannalbin tablets (10x0,25) – to stop diarrhea (3 to 10 times a day); tannina (powder 15,0) – used in case of eating poisonous berries or mushrooms (one spoon for liter of water – 1 spoon every 5 minutes); trigemina (10x0,25) – for intense toothache; hygroscopic cotton wool (100g); lignin (100g); boron vaseline (50g); hydrogen peroxide solution 3% (50g) – disinfectant; thermometer, scissors, safety pin, tweezers, syringe.

The author recommended that such equipped first aid kit should be accurately labelled and carried in a small container (suitcase).

Moreover the author recommended that when on trip, people should take a first aid guidebook. The already prepared medical kits "Spiess" though big and expensive, they were available in "Red Cross" pharmacies.

Further consideration concerned water accidents which demanded acting in accordance with the Polish Canoeing Association regulations. The requirements that every tourist and sportsman had to keep to were ability to swim as well as knowledge and skills concerning helping people in water and giving first aid to a drowning person.

In order to facilitate canoe transportation, due to their Polish Canoeing Association membership groups of 8 persons were entitled to 33% discount for train tickets. Moreover, a document from a proper regional unit of the national physical education department made the discount reach 50–75%. Fold-up canoes packed in proper covers could be sent by post according to 20 kg rate. The fold-up canoes could be transported in train compartments as hand luggage (without a fare), provided there was enough space.

During the Interwar Period canoe owners were able to travel not only on Polish rivers. In 1930 the participant of "Sokol" association travelled by canoes from Cracow to Belgrade where they took part in Gymnastic Association "Sokol" convention.

The preserved photos give evidence that four members of "Sokol" Cracow took part in the journey in two canoes.

The great significance in popularizing physical education among Polish society could be attributed to the fact that in 1930 the regulations of National Sport Medal were established. In the 5th group among the other requirements, rowing and rowing cruises were included.

Radio and press contributed to the popularization of canoe tourism. Among others, traveling by canoes was described in "Sport wodny" and in 1932, Polish radio announced a contest for the most interesting coverage of the trip. Thanks to a military bookshop the "Podrecznik kajakowca" by Antoni Heinrich was published in 1933. The author provides detailed descriptions and information concerning canoe tourism.

The established Maritime and River League in 1924 also contributed to popularizing canoe tourism. The precursor of the league established the Polish banner association on October 1st, 1918. The main aim of the organization was to annex overseas colonies to the territory of Poland. Moreover, it contributed greatly to popularizing inland tourism. Maritime and River League in many cities built havens and equipped them with water units.

The Maritime and River League in using the press organs popularized canoeing, rowing and sailing, among others in its monthly "Morze" and "Sprawy morskie i kolonialne". It included articles concerning canoe tourism and other water issues. It made accessible numerous havens and swimming devices such as canoes, rowing boats, and sail boats.

In many Polish cities situated on the rivers there were canoeing clubs run by a number of organizations and associations. Among others, the Maritime and River League in Hrubieszow had a campsite which in 1932 had 40 canoes that could be rent by those who wanted to take a trip on the Huczwa river.

Alongside with water tourism there was functioning an industry that transported the necessary water equipment. In 1936, Warsaw rubber factory advertised its fold-up canoes that could be bought in Bydgoszcz, Gdansk, Katowice, Lvov, Lodz, Warsaw and Vilnius.

A great popularity among the lovers of water tourism was attributed to canoe trips coverage of Melchior Wankowicz which were published in 1936, titled "Na tropie Smetka". The number of canoes in 1934 made the Polish Canoeing Association elaborate the regulations which complemented the statute of the association. It also provided a number of requirements concerning the equipment and law and water habits.

The social as well as technological development had influence on tourism consciousness in Poland. The examples of its usage in recreation by Polish famous people, for example by the president of Poland Ignacy Moscicki, had a great impact on popularizing canoe tourism. The president participated in tourism namely, canoe and ski tourism. He demonstrated his approval of physical recreation.

The journey that was documented in "Sport Wodny" in 1936 was a canoe rally of Piotr Gesior and Antoni Serwa from Rzeszow to Gdynia. The route began in Rzeszow on the Wislok river, then San and the Vistula to Gdynia. The canoeists covered the distance merely in 9 days.

The development of tourism movement in Poland and West Belarus was interrupted by the outbreak of World War II.

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FORMATION OF HEALTHY LIFESTYLE KNOWLEDGE

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The problem of health is inseparable from the other problems of mankind. It varies with the progress of public culture. It is current in all periods of human life - from birth to death. The question of health and environmental protection is important both for the individual and for society. Formation of healthy lifestyles among young people at the present stage is relevant, because depending on how successfully it is possible to generate and secure the skills of a healthy lifestyle in the persons' minds at a young age, it will prevent or promote disclosure of personal potential in a subsequent real life.

Health is a person's state of complete physical, mental, moral and social well-being; it is an ability to adapt to constantly changing environment and the natural growing old.

During the last decade teachers and doctors' interest in the problem of a healthy lifestyle increased. The kind of goals, that a man realizes and his behavior depend on his lifestyle.

We carried out an opinion poll in order to determine students' attitudes towards healthy lifestyles, their knowledge of a balanced diet and conditioning procedures. The survey involved 160 students at Civil Engineering Faculty of Polotsk State University. The results of the survey are shown in Table.