BOTKIN SERGEY PETROVICH (b. Moscow, 5 September 1832; d. Mentona, France, 12 December 1889), therapeutics.

Botkin, eleventh child of tee-merchant Peter Kononovich Botkin and Anna Ivanovna Postnikova, was bringing up by his old brother Vasily, a writer, which was narrowly connected with a group of famous intellectuals, such as Vissarion Grigorievich Belinsky, Alexander Ivanovich Gercen, and Timofey Nikolaevich Granovsky. Two other Botkin brothers, Mikhail and Dmitry, were famous artists. At first he educated at home, after that in private pension Enessa (1847-50) and in Moscow University (1850-55), where he was influenced by a physiologist Ivan Timofeevich Glebov and a surgeon Fedor Ivanovich Inosemtsev. In 1853 he met with Ivan Mikhailovich Sechenov, whose scientific ideas were always not far for him. In 1855 Botkin went voluntarily to Crimea, where he worked under the direction of Nikolay Ivanovich Pirogov in military hospital for 3 months.

In February 1856 Botkin passed to Europe to update his medical knowledge. He visited Berlin, Vienna, Paris, Switzerland and England, attended the lectures by Rudolf Virchow, Ludwig Traube, Johann Oppolzer, and Armand Trousseau, and was in the laboratories by Claude Bernard, Ernst-Felix Hoppe-Seyler, and Carl Ludwig. By virtue of this traveling, he recognized an idea of important role of natural sciences for development of clinical medicine. At this time some papers by Botkin were published in “Virchow’s Archiv”. In 1858 he got married to Anastasia Alexandrovna Krylova (she died in 1875).

Coming to Petersburg in 1860, Botkin graduated MD on the theme “On the absorption of fat in the intestines” and was admitted as an adjunct of Professor Pavel Dmitrievich Shipulinsky in therapeutics clinic of Medical-Surgical Academy. In 1861 he took his place and performed a number of principal reforms, organized first clinical laboratory in Russia. Then he established chemical, physiological (since 1878 Ivan Petrovich Pavlov headed it) and bacteriological (1884) laboratories. As a lector and a teacher Botkin believed that it is impossible to acquaint the students with all different manifestations of a live of sick organism; it is necessary to give to them the method, by virtue of the young practitioner could use his knowledge to every sick human.

In 1862 Botkin acquired the reputation as a diagnostic, when he can to recognize a thrombosis of portal-vein (near a spleen) before his patient died. He offered the model of research, which was that he began to use the physical methods (survey, auscultation, percussion) and then passed to the interrogatory. Dealing with a case of kidney disease, he analyzed the urine of patient. The exactness of diagnosis was checked by of the dissection of bodies; it was obligatory in his clinics. Botkin developed successfully a skill of physical examination of body; he became to fix the sizes of a spleen and to recognize the immobility of a kidney only with help of hands.

Sharing Sechenov’s ideas, during the process of inspection of patient he called attention to condition of nervous system and psychics. He concluded that the nervous disorders are a cause of heart illnesses, and the bronchial asthma and the angina pectoris are a variety of neurosis. He underlined the importance of functional interrelations between heart and stomach, heart and lungs.

The large group of his pupils was around Botkin in the clinics; there were later many important Russian physicians and chairs of clinical department of many cities. These are Viacheslav Avxentievich Manassein, Nikolay Andreevich Vinogradov, Valerian Grigorievich Lashkevich, Nikolay Iakovlevich Chistovich, Vasily Nikolaevich Sirotinin, Mikhail Vladimirovich Ianovsky, Iury Timofeevich Chudnovsky, Lev Vasil’evich Popov, Mikhail Matveevich Volkov, Vasily Timofeevich Pokrovsky, Nikolay Petrovich Simanovsky, Iakov Iakovlevich Stol’nikov, Sergey Vasil’evich Levashev, Stepan Mikhailovich Vasil’ev and many others. His
son Sergey Sergeevich Botkin became a physician, and his career developed very successfully. In 1898 he headed therapeutics clinic of Academy.

Botkin wanted that the medicine is not only a skill, but a science, intending to prevent diseases, to treat patient and to relieve sufferings. He looked at disease as a pathological process in concrete organism and individualized the nature of disease. Since 1867 he began to publish "Kurs kliniki vnutrennikh bolesney" ("Course of internal disease clinics"). In every volume of his work Botkin discussed only one clinical case: a heart disease, a typhus, a phenomenon of spleen contraction. The order of reasoning in his book became a model of clinical thinking. According to Botkin, the understanding of pathological process opens the possibility to foresee further fusion of illness, to establish necessary treatment truly, to prevent complication and also to make theoretical conclusions, promoting the development of doctrine about internal pathology.

Botkin called attention to a number of new symptoms, offered original methods of research and pointed out the action of some remedies in cardiology field. He provided clinical description of arteriosclerosis and concluded, if there is a defect of aortal valves that the diastolic noise could be heard in the field of third-fourth rib, on the left of breast (Botkin point or fifth auscultation point of heart). Examining the peripheral blood circulation, he developed clinical representation of Basedow’s disease; these are the irregularity of atrium contraction, the contrast between harsh pulsations of general carotid and faint pulsations of radial arteries, the irritability and the whimper. He is an author of neurogenetic theory of pathogenesis of Basedow’s decease. In 1875 Botkin with his pupils found out the participation of a spleen in process of blood depositing, and in 1884 he offered an idea of nervous regulation of blood creation. In Botkin’s laboratory Stol’nikov (1879), using the clamp for kidney artery, undertook an experiment with the production of renal hypertonic condition.

Botkin elaborated clinical knowledge of such infection deceases as a typhus, a typhoid and a return typhus, distinguished “catarrhal jaundice” as particular illness (hepatitis A; since 1939 it called as “Botkin’s decease in the USSR). He drew the clinical picture and noted that this decease could pass to liver cirrhosis. For Botkin’s view, the infection decease is taking its atypical course, and that was determined by life-style of human, especially use of pollution food. He believed that there are partial physiological mechanisms in organism, and they give him the chance for a struggle against illnesses.

At first in Russia he drew a clinical picture of myxoedema (now a complicated form of hypothyroidism) and diffusion nephritis with a predominance of interstitial or parenchymatous process.

Botkin and his pupils experimented with drugs often. They ascertain that sulpho-acid atropines specifically acted on peripheral branching of sensitive nerves, and substances, containing in leaves of *Digitalis*, increase the power of heart contractions, but not decrease, as one thought early. In Botkin's clinics the medical properties of *Adonis vernalis* and the diuretic action of *Blattae orientalis* were studied, the beneficial influence of *Grindelia robusta* was elucidated at the angina pectoris and the medical action of potash salts, of tinctures of a May lily of the valley, etc. He considered that at assignment of a medicine, it is necessary to take into account specific features of the patient, recommended to use a rational diet, a regime, a treatment by a climate and mineral waters. In 1872 he suggested to use Crimea for the treatment of patients by tuberculosis.

On October, 23, 1865 Botkin has organized the Epidemiological Society in Petersburg and then has joined in the edition “Epidemiological leaf” (1866-68). In 1866 Botkin has been appointed by a member of Medical Council of the Ministry of Internal Affairs and Military-Medical Scientific Committee. Botkin was among those professors of Medical-Surgical Academy who have supported the foundation of medical courses for women in 1872. For the benefit of medical courses for women Botkin has given the capital of the late merchant Kondratiev given to Botkin of 20 thousand of rubles on the charitable purposes. In 1872 he has been authorized by the conference of Medical-Surgical Academy in a rank of the academican, and in 1873 he became the physician at a court yard of Tsar Alexander II.
During Russian-Turkish war (1877-78) he was the doctor of headquarters and thus supervised over the organization of the therapeutic aid to soldiers. Botkin gave special value to studying of sick rate during war, to development epidemical services, to dislocation of hospitals, to evacuation of ill and wounded soldier and to training of military physicians. As well as Pirogov he insisted on that all administrative authority belonged to physicians in hospitals.

In 1878 he has been elected as a chairman of the Russian Physicians Society in Petersburg. Soon the Society took part in the struggle against consequences of the plague which have flashed in Vetlianka, Astrakhan province. In 1881 he as the vice-president of the Commission of public health began to work in the Municipal Duma of Petersburg. In 1886 he has been elected as the trustee of all city hospitals in Petersburg. Under Botkin's initiative free-of-charge medical aid for poor has been established and the group of the Duma physicians began to work. City authorities started to improve the maintenance of hospitals and started to build new – the hospital of Sacred Georgy community and the Alexandrovskaia barrack-type hospital for infectious patients (nowadays Botkinskaia hospital). Under his offer school-sanitary inspection has been entered in Petersburg and work on research of city almshouses began.

In 1886 Botkin became a chairman of the Commission at Medical Council concerning the improvement of sanitary conditions and the reduction of death rate in Russia. The activity of Botkin’s Commission should inform the government about population health in Empire and offer measures on its improvement. In 1887 Botkin suggested to deduce medicine from submission of the Ministry of Internal Affairs and to create special administrative system of public health services, but this offer has not been maintained. Though the activity of Botkin’s commission was important, but the attitude to it on the part of many hygienists was critical. Feodor Fedorovich Erisman and Evgraf Alekseevich Osipov considered, that offered measures on sanitation of Russia are insufficient: besides sanitary-engineering actions social and economic reforms of all Russian society are important.

On December, 7, 1886, Botkin had a speech in Medical-Surgical Academy in which he has stated his point of view at the basic problems of medicine and has planned its next tasks: “For the future doctor of a scientific direction it is necessary to study the nature in full sense of this word. The knowledge of physics, chemistry and natural sciences, at possible the wide education, makes the best preparatory school to studying of scientific and applied medicine”.

Botkin is the author about 75 works devoted to actual problems of therapy, infectious diseases, experimental pathological physiology and pharmacology. The most part of the lectures, read by Botkin for last years of his life, has been written down and published by his pupils (Sirotinin, Ianovsky, etc.) With 1869 to 1889 Botkin on his money issued 13 volumes of “Archive of clinic of internal illnesses” in which numerous works of his pupils have been published. Since 1881 he issued “Weekly clinical newspaper” which after Botkin's death was edited by Vasily Sirotinin. During the period when Botkin supervised over clinic of Academy, his pupils had been prepared 40 doctor's dissertations.

Botkin enjoyed a confidence of the government and conducted an aristocratic style of life. On Saturdays in his house the well-known evenings for which many known intellectuals and artists gathered were arranged. Botkin liked to play music and appreciated painting. There were many well-known people among his patients. In 1882 in Petersburg 25 years of his professional work were officially marked. He was the honorary member of the Moscow and Kazan Universities, of 35 Russian and of 9 foreign medical societies. He had twelve children from two marriages.

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Dmitry Mikhel

Word Count: 2006
ERISMAN, HULDREICH FRIEDRICH (b. Gontanschwill, Switzerland, 24 November 1842; d. Zurich, Switzerland, 30 October 1915), hygiene.

Erisman (Russian name Fedor Fedorovich), son of pastor Johann Friedrich Erisman and Wilhelmina Benker, after the gymnasium of Aarau attended Zurich University (1861-65), Würzburg and Prague Universities (1863-64). In 1865 he became to work in Zurich ophthalmologic clinic and graduated MD (1867). In the same time he made acquaintance of Russian revolutionary-immigrants, and under their influence he entered into the rows of the First International (1870-74) and moved to Russia (1869). Since 1868 to 1878 he was married on Nadejda Prokofieva Suslova, one of first Russian physician-woman.

In St. Petersburg Erisman became to work as a doctor-ophthalmologist, but soon was captivated the hygiene. Having carried out the inspection of the vision of gymnasium-students, he concluded about the influence of classroom device on the development of the myopia of children. His interest in school hygiene transformed in the researches of communal, alimentary and occupational hygiene. In 1871 he carried out the inspection of the sanitary state of the abodes of working class in Petersburg and published his results which fetched him general popularity among the intellectual groups of Russian society.

In 1872-73 he postgraduated in Zurich University, then (1873-74) studied the physiology by Karl Voit and the hygiene by Max von Pettenkofer in Munich. Last became real scientific authority for him. Erisman believed the hygiene is main part of preventive medicine and closely interconnected with natural and social sciences.

In the time of Russian-Turkish war (1877-78) he worked in the Red Cross Sanitary Commission on the territory of Romania, Bulgaria and Turkey, where he fought with the diffusion of typhoid epidemics. In 1879 Moscow province Zemstvo invited Erisman for working as a sanitary physician. For seven years (1879-85) he performed sanitary inspection of Moscow province industrial entertainments with his assistants Alexander Vasil'evich Pogozhev and Evstaphiy Mikhailovich Dement'ev. They researched physical development of workers, quality of their foods, conditions of life and labor. The results of the inspection were reported at the sessions of Moscow province Zemstvo’s physicians and published in the statistical accounts of Moscow province.

In 1882 Erisman was invited in Moscow University, where he begins to read lectures of the hygiene. In the same year the university awarded him MD “honoris causa”. Since 1884 he was chair of department of hygiene and there established the laboratory. Since 1887 at Devich’e field in Moscow were built new clinics, and there was the building of Hygiene Institute. In 1891 Moscow sanitary station (since 1921 the F.F. Erisman Moscow Research Institute of Hygiene) was established at his basis: there were carry out the exams of the quality of product from city markets and the condition of water from Moscow river and wells.

Erisman wrote very much for Russian medical and popular issues (“Archiv sudeboi mediciny i obschestvennoi giganey”, “Vrach”, “Zemskiy vrach”, “Moscowskaya medicinskaya gazeta”, “Novoe slovo”, “Otechestvennye zapiski”, “Pedagogicheskiy sbornik”, “Russkaya mysli” and many others), and also for “The Brockhaus and Efron Encyclopaedia”. A number of his paper was published in Germany and Switzerland.

He was a participant of a number of Pirogov Society Meetings (1887-96). At the 2nd Meeting of the Pirogov Society (1887) he criticized the adherents of bacteriology and pointed out auxiliary role of this science for hygiene. He constantly was a member of meeting organized committee and presented the principal reports. In 1889 he was elected the chairman of 3rd Pirogov Society Meeting. In 1889 Erisman headed Moscow Hygiene Society.
Erisman was an expert at the construction of waterworks and sewerage in Moscow and advised the builders of waterworks in Nikolaev, Samara, St. Petersburg and Tula. He researched the problems of the influence of classroom milieu on the vision of students and constructed rational school furniture (“Erisman desk”). He was an adherent of active child plays on fresh air. Erisman demand to prohibit child labor in the factories and not to admit then adolescents younger fourteen.

In 1896 under pressing of Minister of Education Count Ivan Davydovich Delianov Erisman was dismissed. With his second wife (since 1885) Sophia Iakovlevna Gasse and three children he settled in Switzerland. Then he entered in Swiss social-democracy party, elected in Zurich magistrate and performed hygiene reforms in his country. He also propagandized the ideas of Russian Zemstvo medicine and corresponded with his Russian colleagues.

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Dmitry Mikhail

Word Count: 763

Manassein was ninth son of former officer Avxenty Petrovich Manassein and Maria Petrovna Dronova. After Kazan gymnasium Manassein studied under pressing of his father in law school in Petersburg (1853-56), but he leaved them, so he wants to be a physician. His brother Nikolay Manassein was a minister of justice (1887-93). Manassein attended Moscow University (1857-60), Kazan University (1860), Derpt (now Tartu) University (1861). All his transitions from one university to other were determined by the persecution for the participation of student political actions. He finished his medical education in Medical-Surgical Academy, Petersburg (1864-66). After that he specialized in clinics by Sergey Petrovich Botkin (1866-69). In 1870-72 he attended Germany and Austria.

In 1869 Manassein graduated MD on the theme “Materials for the question of starvation”. He also dealt with the problem of fever and researched Penicillium glaucum in Professor Julius von Wiesner’s mycological laboratory of Vienna Polytechnic Institute, in which he discovered the antibiotic properties of green mould. His wife, Maria Mikhailovna Korkunova, one of first Russian women-physicians, was with him together in Vienna.

As a researcher Manassein was influenced by Botkin’s ideas. He proved that nervous system influences on the thermoregulation hardly. He also confirmed that the development of illness depends on physiological and psychic influences. He discovered that the glycogen level of liver diminishes for fevered animals sharply, and one disappears sometimes absolutely. He also demonstrated that the injection of rot substances in organism passed to artificial high temperature.

Since 1872 he began to work as a private-docent in Medical-Surgical Academy, since 1875 as adjunct-professor of the Department of diagnostics, general therapy and pathology, headed by Professor Victor Vilibal’dovich Besser. Since 1876 to 1892 he was a professor of the Department of partial pathology and inner illness therapy. During this period Manassein’s disciples graduated 91 dissertations. In 1874 Manassein established clinical laboratory, and in 1885 the bacteriological examinations were started there. He also worked as a librarian of Academy (1872-79).

In his therapeutic practice Manassein recommended gymnastics, massage, treatment by water and electricity. He also was careful to remedy treatment. As a physician Manassein avoided private practice and helped physicians, students and writers free; he visited prisoners of Petrovlovskaya fortress. He was an ascetic and criticized money-grubber physicians.

Manassein is an author of 23 scholar works. He translated and published some works of Germany medical men and write scientific reviews in “Voenna-medicsiny zhurnal” (1874-76). For twenty years (1880-1901) he edited weekly magazine “Vrach”, which was the most wide-spread medical issue in Russia (the circulation was 6200 in 1900). His second wife Ekaterina Mikhailovna Dostoevskaia, a niece of writer Fedor Dostoevsky, helped him in editorial work; this marriage was childless. He analyzed the development of medical science in Russia and the West in his magazine and discussed moral and everyday aspects of physician life. He popularized the ideas of social medicine and hygiene and criticized hardly the medicine unorthodoxies, in particular different forms of popular healings and homeopathy, which is popular among Russian elite. This activity stimulated the process of construction of medical profession in Russia.

His social activity was very widespread. He directed the Poverty Students Aid Society (1885-99), worked in the Literary Found (since 1867) and the Petersburg Writers Union (1897-1901), and took part often in legal processes. He was one of organizers of Pirogov Society and
active participants of early meetings; he organized the aid foundations for physicians and their families (“Manassein ruble”). Manassein popularized the idea of medical education for women and was a supporter of diffusion of natural sciences among the people. He leaved 30,000 volumes of his home library for Tomsk University. Manassein was one of famous people in his time. Some people hated him, and others adored him and named the “physician conscience” of Russia.

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Dmitry Mikhel

Word Count: 695
MOLLESON, IVAN IVANOscssVICH (b. Irkutsk, 22 February 1842; d. Voronezh, 18 December 1920), hygiene.

Molleson was born in the family of mining department official man, attended Kazan gymnasium, Kazan University (1860-65), where he was influenced by supporter of preventive medicine Professor of pathology Alexander Vasil'evich Petrov. Since 1865 his almost a half-century activity as Zemstvo physician started, and one coincided with a history of Russian Zemstvo medicine. During this period he was an ideologist and an active organizer of free preventive social medicine in different parts of Imperia.

At first he worked as Zemstvo physician in Buguruslan district of Samara province (1865-66), where he need struggle against epidemics and travel across villages very much. Considering the inefficiency of his activity, he wanted to reorganize the system of help for rural population. But his suggestion run into the understanding of local Zemstvo administration that considered not with opinion of physicians; in terms of Zemstvo official men, physicians were only hired workers. Therefore Molleson leaved Samara province and became to work as cholera physician in Spassky district of Kazan province (August-November 1866).

In 1866-69 he worked as a factory physician on the “Spassky zaton” plant of steamer society “Kavkaz i Merkury”. He began there to research the life condition of workers and the sick rate among them and took part in the establishment of libraries and Sunday-school for workers.

After that he leaved for working as Zemstvo physician in Viatka province, and his wishing of establishment of sanitary organization was again conflicted with administrative interests of Zemstvo official men. In 1871 Molleson’s principal work “Zemstvo medicine” was published, where he depicted the picture of anti-sanitary peasant everyday life and formulated the program of transformations of Zemstvo medicine. He offered to establish the stationary physician “uchastok’s” in the country, to introduce the position of sanitary physician everywhere and to carry out the meetings of Zemstvo physicians. The main aim for him is to eliminate the reasons of disease.

On February 1, 1872, first in Russia, Molleson was appointed as a sanitary physician of Perm province Zemstvo. Entering in his position, Molleson deliberately asked to diminish his wage: 3000 to 2000 rubles in the year. Shortly after that he sent for 3 months in Kazan and Petersburg to survey the organization of hospitals and laboratories, in which were performed chemical and hygienical researches. In August 1872 by virtue of him was carrying out the 1st Meeting of Zemstvo physicians in Perm province, on which he offered the program of involvement of all the Zemstvo physicians in preventive activity.

After the conflict with Perm administration he leaved for working as “uchastkovy” Zemstvo physician in Shadrinsk district (1873-82). He organized there the first of Russia Physician-Sanitary Council (1873-75), by virtue of them the guidance of Zemstvo medicine passed to hand of physicians as fact. After the closing of Council he continued to work as a physician in Olkhovka village (near Shadrinsk) and to deal with the prevention of syphilis, cholera and smallpox. To attract attention of educated part of society to the problems of sanitary medicine, he began to carry out the medical-topographic researches in his district and after that passed to sanitary statistics. By virtue of figures and commentaries he systematically drew dramatic picture of mortality and sick rate in typical Russian province.

After the work in Irbitsk district (1882-84) Molleson came back Perm province Zemstvo (1884-88) and there became to edit “Permsky epidemiologichesky listok”. After that he worked as a head of sanitary bureau of Saratov province Zemstvo and edited “Saratovskoy sanitarny obsor”. Since 1896 to 1906 he directed sanitary bureau in Tambov, since 1906 to 1911 he worked in Kaluga, where edited “Kaluzhsky sanitarny obsor”. The last years of his life he lived in Voronezh.
Molleson write about 250 scholars works; there were the essays about sanitary condition of population, the works about the organization of Zemstvo medicine, the papers about epidemics and others. As a physician he was engaged in social work very much, organized nutrition dispensaries and country child asylums, and updated hospital work. Molleson was an organizer of more twenty meetings of Zemstvo physicians and a participant of Pirogov meetings, on which he was often elected as a chair of Zemstvo medicine division.

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Dmitry Mikhail

Word Count: 764
OSTROUMOV, ALEXEY ALEXANDROVICH (b. Moscow, 27 December 1844; d. Moscow, 11 July 1908), *therapeutics.*

Ostroumov, son of priest, attended theological seminary and Moscow University (1865-70), since 1870 worked as a physician near Moscow, then in clinic of Professor Grigorii Antanovich Zakhar’ in due to which in 1871 has been left at the university.

In 1873 Ostroumov graduated MD on a theme “On origin of the first tone of heart” which became result of his experiences with the exsanguinated heart and electric irritation of a cardiac muscle. In this work he concluded on a value of oscillatory movements of valves in the genesis of first tone.

Since 1873 to 1879 he was in Germany where studied pathological anatomy and experimental pathology, working in laboratory of Julius Cohnheim. Studying a tympanic sound of lunges, he concluded on a role of bronchial tubes as resonators. In Russian and German press he informed about his discovery of a phenomenon of blood vessels innervation, received in his experiences with dogs. Ostroumov explained compression and expansion of vessels by work of nervous fibres. He also found out, that the work of nerves of peripheral vessels does not depend on the central nervous system. Soon he found out a phenomenon of sweat glands innervation and investigated a problem of nervous hypostases.

Since 1879 to 1900 Ostroumov headed the department of hospital therapeutic clinics, at first as a docent, then as a professor of Moscow University. He created on his personal means the clinical laboratory (1884) and achieved the improvement of conditions for students and therapy process. After a moving of the department to a new building of clinical small town on “Devich’e pole” (1891), he created an exemplary clinics for time with the good equipment. He taught pathological anatomy and experimental pathology and read lectures on clinical medicine in which were discussed cases of cirrhosis of a liver, neurasthenia, sclerosis, chlorosis, belly typhus and others. Especially successfully he analyzed a problem of early forms of tuberculosis.

Ostroumov has developed the doctrine about the diagnosis which, in his opinion, should be constructing with the account of etiological, morphological and functional data; diagnosing the decease, the physician should reveal also a role of environment for an illness of organism. He recognized value of the microbe factor in an origin of decease, but suggested to bring to a focus to a condition of organism.

Ostroumov was one of the first Russian physicians who have raised the question about a value of biology for development of medicine. He accented a problem of constitutional features of the patient, considering, that they play the important role in formation of pathology. He asserted that illness is a result of infringements of the adaptation of human body to an environment whereas adaptations are hereditary. According Ostroumov, the physician should be able to establish congenital features of an organism. It is achieved by detailed inquiry of the patient. It is important to know, how bodily organs function, what is a health of relatives of the patient. Purpose of treatment is connected to it.

Ostroumov want to direct a therapy on the certain organs. He recommended baths, treatment with the help of massage, electricity and climate. At treatment of tuberculosis he appointed milk, kefir and koumiss, in case of malaria the treatment by water. Thus Ostroumov paid special attention to a condition of nervous system and her role in a genesis of diseases, therefore thought much of preventive actions and spoke about importance of improvement of material conditions of a life of patients. Understanding a value of hospital therapy, he emphasized an importance of out-patient treatment and preventive maintenance.
Ostroumov was a chairman of the Moscow Medical Society (1879-89) and one of organizers of Pirogov Society. He was a deputy of the Moscow municipal Duma, participated in political actions of university professors. Because he was ill, he long lived in Batumi (1900-08) where continued the work as a physician. On his money and collected donations, he has constructed there hospital and maternity hospital and he was also engaged in the organization of climatic station for lunge patients.

Ostroumov was an author more than 20 works published in “Moskovsky vrachebny vestnik”, “Reports of the Moscow Medical Society” and in the form of lectures. At the 2nd Meeting of the Pirogov Society (1887) he reported about Pyelonephritis catarrhalis. Among his pupils there were many known physicians, such, as D.A.Burmin, V.A.Vorobiev, N.A.Kabanov, A.P.Langovoy and others.

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Dmitry Mikhel

Word Count: 630
ZAKHAR’IN GRIGORII ANTONOVICH (b. Saratov province, 8 February 1829; d. Cetine, Serbia, 23 December 1897), therapeutics.

Zakhar’in, a son of poverty landlord, former cavalier-officer, Anton Zakhar’in, and educated Jewess Heiman, studied in Saratov gymnasium and Moscow University (1847-52). Since 1852 Zakhar’in worked as an ordinary physician in faculty clinic of therapeutics, which was directed by Professor Alexander Ivanovich Over. In 1854 he graduated MD on the theme «De puerperii morbis». Since 1854 to 1859 Zakhar’in was in Europe, where he updated his knowledge in such spheres of clinical medicine as pediatrics, gynecology, urology, otolaryngology and others. Together Sergey Petrovich Botkin he attended Rudolf Virchow, Ludwig Traube, Johann Oppolzer, Ernst-Felix Hoppe-Seyler, and Joseph Škoda in Berlin, Armand Trousseau and Claude Bernard in Paris. He was most of all inspired by Virchow and Rene Laennec ideas. Coming to Russia back, he became to read the lectures of semiotics and general therapeutics in Moscow University (since 1860). After the death of Over in 1864 Zakhar’in headed the clinics and became to put into practice the laboratorial investigations and the methods of physical inspection of patients (percussion and auscultation). He was a supporter for the differentiation of clinical medicine, distinguishing two wards for child illnesses (1866) and some of beds for female illnesses (1875) in his clinics. Zakhar’in read the works of European scientists regularly and interested in the bacteriology in last period of his life.

In his clinical practice he developed the method of interrogatory of patient, attending the condition of life, habits and heredity. Zakhar’in preferred the prolonged interrogatory; in consequence of he can to establish the “diagnosis morbi” as well as the “diagnosis aegri”. As Henri Head, he was of the idea, that the illnesses of internal organs appear as hyperesthesia of severe certain zones of derma surface of body (Zakhar’in-Head’s zones).

Zakhar’in worked out the methods of differential diagnostics for the tuberculosis of lungs and the syphilitic pneumonia, the clinical semiotics for the syphilis of heard; he had elaborated the classification of the tuberculosis of lungs. He distinguished the chlorosis as a special endocrinal disorder, which are caused by nervous disturbance. He believed that gall-stone disease has the infectious nature.

According to his opinion, the therapeutics must eliminate the cause of disease, but he also used the symptomatic treatment. He put into practice new cures but always after their prolonged examination. In the process of therapeutics he used only one cure, addressing to the treatment by climate, mineral water and blood-letting too. He recommended for his patients to keep the personal hygiene and diet. Zakhar’in often used the calomel as a remedy for diseases of liver.

Zakhar’in’s patients usually were the representatives of Russian elite, including such writers as Lev Tolstoy. Zakhar’in was a physician of Tsar Alexander III to whom he helped in last days of his life in 1894 in the Crimea. However Zakhar’in had sometimes poverty patients, which he supported materially.

Zakhar’in’s creative legacy consists of only 44 works; six were published in France and Germany. His important “Clinical lectures” (since 1889) was very popular for many years, and he was talented lector. In 1852 Zakhar’in translated into Russian and published 8 works of European authors, including Virchow and Bernard.

As a scientist Zakhar’in won the popularity by his appearance in Moscow Physical-Medical Society in 1870s. Zakhar’in preached the building of the health resorts on the territory of Russia and he was a supporter of development of school hygiene.

In last years of his life Zakhar’in’s political views became conservative, and he accustomed in the conflict with Moscow students and liberal professors, including Friedrich Erisman,
which reproached him for reactionism, rudeness and love to money. Being in moral isolation, Zakhar’in leaved the university in 1896. Before his death Zakhar’in passed 500 000 rubles for building of rural schools in Saratov and Penza provinces and water-pipe in Serbia.

He founded Moscow clinical school, from which came out many important activists of Russian medicine, including therapeutists count Nikolay Fedorovich Golubov and Alexey Alexandroch Ostroumov, pediatrist Nil Fedorovich Filatov, gynecologist Vladimir Fedorovich Snegirev.

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