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Сведения об авторах

Е.Е. Ефанова – студент

М.Е. Трибушная – студент

О.Г. Олехнович – кандидат филологических наук, доцент

Information about the authors

E.E. Efanova – student

M.E. Tribushnaya – student

O.G. Olekhnovich – Candidate of Philological sciences, Associate Professor

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АНАЛИЗ ИСТОРИИ И КУЛЬТУРЫ АНГЛИИ 19 ВЕКА В ПОСЛОВИЦАХ О ЗДОРОВЬЕ

Журавлёв Платон Антонович¹, Пенькова Елена Анатольевна²

^{1,2}ФГБОУ ВО «Уральский государственный медицинский университет» Минздрава России, Екатеринбург, Россия

¹wayover0801@mail.ru

Аннотация

Введение. В статье проводится анализ роли английских пословиц 19 века о здоровье человека, даётся сравнение с аналогичными русскими пословицами, объясняется их историческое и культурное значение. Исследование помогает совершенствованию навыков перевода и межкультурной коммуникации. **Цель исследования** – анализ английских пословиц о здоровье, поиск аналогов в русском языке и объяснение их исторического и культурного значения. **Материалы и методы.** Мы использовали для исследования русские и

английские пословицы о здоровье 19 века, исторические статьи и источники. Основными методами исследования для нас являются сравнительный анализ и компонентный анализ. **Результаты.** Мы нашли и проанализировали 11 английских пословиц, их русские сопоставления, объяснили значение с точки зрения исторического и культурного развития страны. **Обсуждение.** Благодаря английским и русским источникам пословиц мы смогли найти пословицы о здоровье, которые появились в Великобритании 19 века и их аналоги в русском языке. Исторические исследования помогли нам найти и объяснить значение этих пословиц. **Заключение.** Мы исследовали и попытались объяснить историко-культурное значение всех пословиц, показать отношения людей к здоровью разных стран используя пословицы и исторические факты. Тем самым нам удалось дополнить знания английского и русского языков.

Ключевые слова: пословицы, английский язык, русский язык, история, культура, значение.

ANALYSIS OF THE HISTORY AND CULTURE OF 19TH CENTURY ENGLAND IN HEALTH PROVERBS

Platon A. Zhuravlyov¹, Elena A. Penkova²

^{1,2}Ural State Medical University, Yekaterinburg, Russia

¹wayover0801@mail.ru

Abstract

Introduction. The article analyzes the role of proverbs about health in England in the 19th century, compares them with analogues of Russian proverbs and describes their historical and cultural significance. The study helps to improve the translation and intercultural communication skills. **The aim of study** – to analyze proverbs from England in the 19th century, find an analogue in the Russian language and find out the historical and cultural significance. **Materials and methods.** We researched Russian and English proverbs about health of the 19th century, historical articles and sources. We used methods of translation studies such as comparative and component (semantic) analyses. **Results.** We found and analyzed 11 proverbs, adopted them into Russian, found Russian comparisons, found their historical and cultural significance. **Discussion.** Thanks to the English and Russian sources of proverbs we were able to find the health proverbs written in 19th century Great Britain and their analogues in Russian. Historical articles helped us find the meaning of proverbs. **Conclusion.** We have researched and tried to explain the historical and cultural significance of all proverbs in order to show people's attitudes towards the health of different countries using proverbs and historical facts. Thus, helps us to supplement the knowledge of English and Russian.

Keywords: proverbs, English, Russian, history, culture, meaning.

INTRODUCTION

According to our observations, the people consider the most important in their lives, along with family, work and friends, health. Health is the highest value. In this study the worldview of people from two countries, Russia and England, on the example of proverbs have been compared. In England there are many proverbs

similar to Russian. Our study is an attempt to find out the true meaning and compare the views of two peoples on life through proverbs.

The aim of study - to analyze proverbs from England in the 19th century, find an analogue in the Russian language and find out the historical and cultural significance. One of the tasks of the study - to improve the knowledge of foreign language, English history and culture. We took for study some English proverbs from 19th century and tried to find analogues in Russian. We set also the task of explaining the meaning of each proverb in terms of English history and culture. Our research contributes to development of cross-cultural competence.

MATERIALS AND METHODS

The proverbs of England of the 19th century and analogues of Russian proverbs were used as the material of study. With the help of historical sources, we are looking for the meaning of proverbs for the period of the 19th century in England. The based methods of translation studies have been used: comparative and component (semantic) analyses. The comparative analysis reveals similarity and differences between the original and the translation. The component analysis allows determining the meaning, essence of word or text taking into account social and cultural characteristics of native speaker.

RESULTS

Our study is connected with the history and cultural studies of England, giving explanations; we discovered some features of the psychology of the British. The search of analogues in Russian also allowed us to draw parallels with Russian history. We have tried to contribute to research in areas such as translation theory, cultural studies, history and intercultural communication. In our study we analyze the English proverbs of 19th century, try to give literary translation, find the analogue in Russian and explain their meaning. Most health proverbs became widespread in the 19th century due to the development of industry and sciences, including medicine.

At all times, health has been the highest value of a person. The development of medicine and the natural sciences made it possible for people to better understand what a disease is, to pay attention to prevention, and take care of their health. Indeed, numerous ailments in the old days were a frequent topic of “small talk”, giving the British the opportunity to complain to the full about the injustice of fate and the perfidy of their own body. Nevertheless, the attitude of the British to the state of their own body combines attentiveness, awareness of its value and stoicism, which are embodied in English proverbs about health. Below are some examples and results of our research work [1].

The proverb “Good health is above wealth”. For this proverb we have found literal translation: “Хорошее здоровье выше богатства”. The proverb was borrowed by the French writer Etienne Rey, who lived at the end of the 19th century [2]. Around this time, the proverb came into circulation in Russia. Another translation: “Здоровью нет цены. Здоровье не купишь”. We were able to find an analogue in Russian. Health is more precious than any wealth. We can explain the meaning of the proverb. In England, health was the most important part of their lives; it was not compared to money.

The proverb “Health is not valued till sickness comes”. The literal translation for this proverb: “Здоровье не ценится, пока не приходит болезнь”. These words are attributed to the English historian and theologian Thomas Fuller. We can give the following analogue in Russian: “I am not happy without illness and health”. As for the meaning in the understanding of the British, when you find out about an unpleasant or frightening diagnosis, it makes no sense to grumble at fate and look for the guilty, but you need to gather mental strength and prepare for the fight.

The proverb “What can't be cured must be endured”. Literal translation for the proverb: “То, что нельзя вылечить, нужно вытерпеть”. Analogue in Russian: “Patience is better than salvation. It takes patience to be saved. Which have not been avoided”. We found an explanation of meaning. Nevertheless, the British tend to see the same “silver lining” positive and optimistic moments even in illness. With their characteristic gloomy love of life, they assert: “Better ten times ill than one time dead”. Literal translation: “Лучше десять раз переболеть, чем однажды умереть”. We have not found an analogue in Russian. But we have been able to determine the meaning of this proverb. Even while preaching a tolerant attitude towards illness, the British do not tolerate invasion of privacy, and health advice is likely to be met with coldness.

The next proverb for our study “It is easy for a man in health to preach patience to the sick. Literal translation: “Легко здоровому учить больного терпению”. We have not found an analogue in Russian. But we can explain the meaning. Attempts to make recommendations about treatments are also frustrated because the reaction of two different people to the same remedy can be completely opposite.

As the British themselves would say: “One man's meat is another man's poison”. The Russians think: “Что для одного человека пища, для другого яд” (literal translation). We offer an analogue in Russian: “What is good for a Russian is death for a German” (Что русскому хорошо, то немцу смерть).

To know exactly what will help you, the British advice: “Study sickness while you are well”. The most suitable literal translation: “Изучай болезни, пока здоров”. Analogue of proverb in Russian: Beware of troubles while they are not. We can explain the meaning in terms of psychology. The British preach foresight in everything, including the prevention of disease. They are guided by an unchanging principle: “Prevention is better than cure.” Literal translation: “Легче предупредить, чем вылечить”. We have not found an analogue in Russian. As for the meaning, in doing justice to precautions, the English are wise, because the treatment of a disease whose symptoms are initially ignored is usually delayed [3].

For the proverb “Sickness comes in haste and goes at leisure” we offer the following literal translation: “Болезнь приходит в спешке, а отступает неспешно”. Analogue in Russian: “The disease comes in pounds, and leaves in spools”. As for the meaning we found explanation. Of course, sometimes there is no escape from a serious diagnosis, but even in difficult situations, the British do not lose optimism, observantly noting.

For the proverb “Sickest is not the nearest to the grave” we tried to find a literal translation: “Быть самым больным не означает быть самым близким к могиле” [4]. We found the analogue in Russian: “A creaky tree stands, but a healthy one flies.

Broken dishes live for two centuries”. Meaning of this proverb is that the ability of the human body to heal itself has been proven by millions of cases of healing in seemingly hopeless cases.

However, generations and generations of Britons have tried to develop a lifestyle formula that will allow you to not experience ailments: “Eat well, drink in moderation, sleep sound - in these three, good healths abounds”. Literal translation: “Ешь досыта, пей умеренно, спи крепко - вот три слагаемых доброго здоровья”. We have not found an analogue in Russian. The meaning of the proverb, like all English proverbs about health is an unshakable conviction of the British that health is the highest value.

DISCUSSION

Thanks to the English source of proverbs “Slogans Hub” we were able to find many health proverbs written in 19th century Great Britain. We also used a collection of Russian proverbs to find Russian tax proverbs to compare the cultures of the two countries. We used historical articles about medicine in England during the 19th century. With the help of their information, we were able to historically and culturally substantiate the meaning of proverbs.

CONCLUSION

With our study of English proverbs about health we tried to research some aspects of historical and cultural development of England in the 19th century. The attitude of people to health and medicine, this century was very important for the UK, since it was during this period of time that there was an active development of medicine and the fight against diseases.

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Сведения об авторах

П.А. Журавлёв - студент

Е.А. Пенькова - старший преподаватель кафедры иностранных языков и межкультурной коммуникации

Information about the authors

P.A. Zhuravlyov - student

E.A. Penkova - senior lecturer of Department of Foreign Languages and Intercultural Communication