

HISTORICAL NOTE

**PROF. ALEKSANDAR JOSIFOVICH IGNJATOVSKI, FOUNDER
AND FIRST DIRECTOR OF THE CLINIC FOR INTERNAL MEDICINE
AND THE FIRST HEAD OF THE DEPARTMENT OF INTERNAL MEDICINE
AT THE FACULTY OF MEDICINE IN SKOPJE, R. MACEDONIA**

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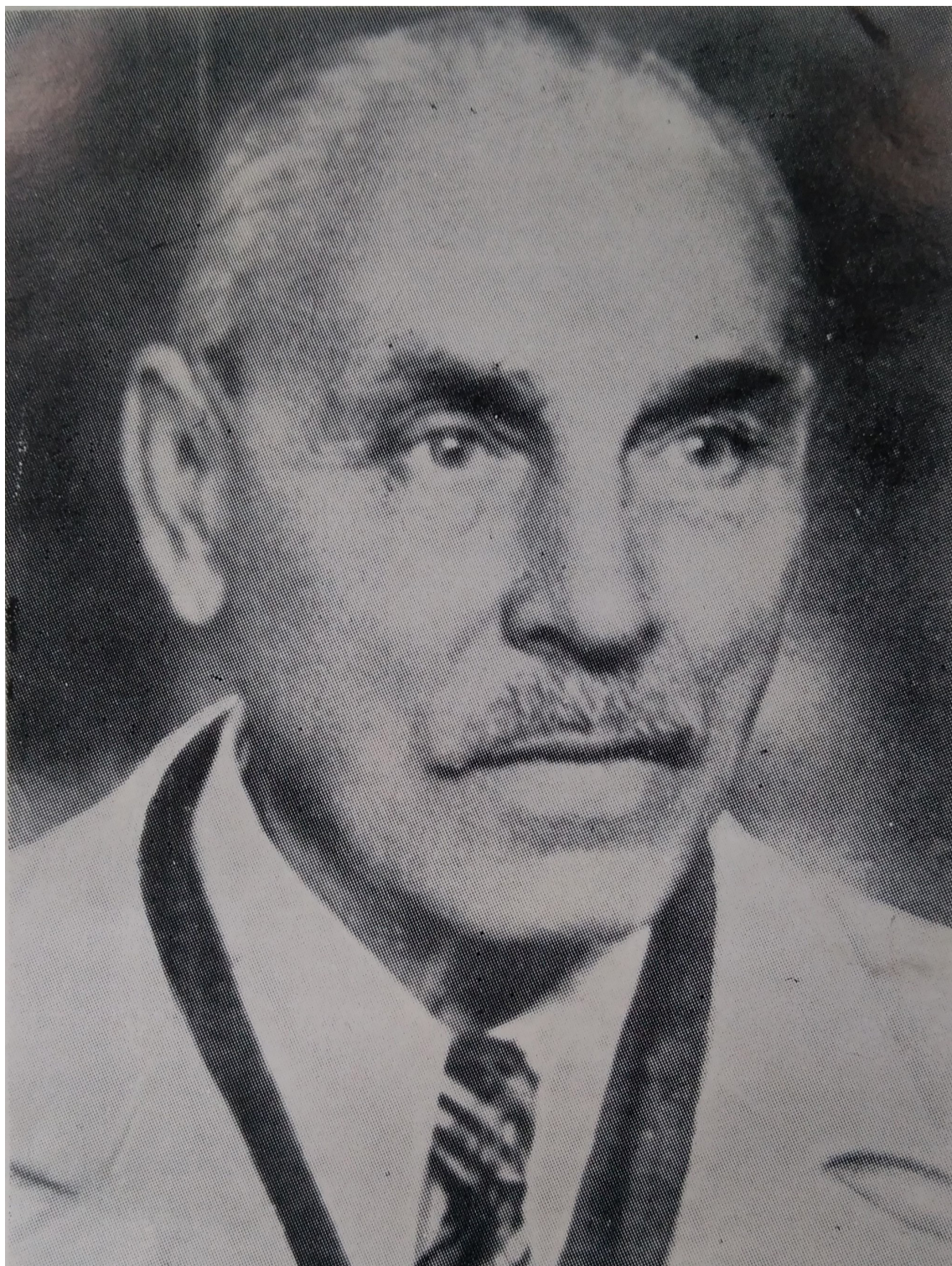
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ABSTRACT

Aleksandar J. Ignjatovski was born in the Smolensk Region, Russia, on 18.03.1875. He graduated from the Faculty of Medicine in St. Petersburg in 1899 where he started specialization in internal medicine and continued in Berlin, Heidelberg, Munich and Paris. In 1905 he was elected assistant professor in St. Petersburg, continued as an associate professor in Odessa in 1908 and a full-time professor in 1912 in Warsaw. During the October Revolution, he was the Head of the Internal Clinic in Rostov, and in 1920 he emigrated to Belgrade. In 1922 he was appointed full professor and Director of the First Internal Clinic at the Faculty of Medicine in Belgrade, which he established, developed and managed until his retirement in 1946. In 1948 he moved to Skopje as a full professor and first Director of the Internal Clinic at the Faculty of Medicine in Skopje. He studied the pathogenesis of arteriosclerosis and first proved it experimentally, and published a paper in 1908, indicating that it was associated with higher blood cholesterol level. He also dealt with immunobiology and infectious diseases, in particular tuberculosis and tetanus. Prof. A. Ignjatovski was an excellent clinician, teacher and scientist, who published over 80 papers. His most important textbooks are "Clinical Semiotics and Symptomatic Therapy", in two editions, in Russian (1919) and in Serbian (1929-37), and "The Basics of Internal Propedeutics" in three volumes, published in Skopje in 1952, 1954 and 1963. The work of Prof. A. Ignjatovski, as a leading clinician and a great teacher and scientist, is embedded in the development of internal medicine, and medicine in general, in Russia, Serbia and Macedonia. The bright memorial of the founder and first director of the Internal Medicine Clinic and the first Head of the Department of Internal Medicine at the Faculty of Medicine in Skopje has been permanently incorporated in the history of medicine in R. Macedonia. Prof. A. Ignjatovski died on 18.08.1955.

Keywords: history of medicine, internal medicine, arteriosclerosis, Aleksandar Ignjatovski



Aleksandar Josifovich Ignjatovski

Aleksandar Josifovich Ignjatovski was born in Smolensk Region, Russia, on March 18, 1875. After completing the high school in Novgorod (1895) he continued his education at the Military Medical Academy (MMA) in St. Petersburg (Petrograd from 1914-24, and Leningrad from 1924-89). He graduated in 1899 with the highest grade and was appointed as an assistant in the Academy, at the Clinic for Diag-

nostics managed by the famous Prof. M. V. Janowski. Dr. A. Ignjatovski started his specialization in internal medicine and after the promotion of his doctoral thesis (1902), he received a state scholarship for a two-year professional stay in several centers in Germany and France: in Berlin with Prof. Leiden, in Heidelberg with Prof. Erb, in Munich with Prof. Miller, and in Paris with Prof. Bouchard. During

these years, he published five scientific papers, three of which in German and two in French, in the most renowned scientific journals in Germany and France. After returning to his homeland, he was elected an assistant professor at the MMA in St. Petersburg (1905) and at the age of 30, he began his rich academic career [1-4].

In 1908 he was elected associate professor at the Department of Special Pathology and Therapy at the Faculty of Medicine (FM) in Odessa, and in 1911 he moved to Warsaw, where he was elected a full professor and Head of the Department of Internal Medicine (1912). He then spent one year in Paris (1913), at the Pasteur Institute with Prof. Mechnikov [1-3, 5].

During the First World War, Prof. A. Ignjatovski returned to Russia and was a chief physician in the military health service of the General Staff of the Imperial Army and a consultant of the Russian Red Cross on the western Russian front. He constantly traveled close to the dangerous line on the frontline and established a section for fighting against infectious diseases. During the epidemic of cholera, he organized a laboratory for bacteriological research and vaccine manufacture in Poland and a hospital for infectious diseases in Minsk [4, 5].

After the start of the Great October Revolution in 1917, Prof. A. Ignjatovski was appointed military-sanitary inspector in Petrograd, but soon afterwards he returned to the Warsaw Clinic, which was soon evacuated, together with the Warsaw University, in Rostov-on-Don, where he was appointed head of the Internal Clinic. He left Rostov and emigrated to Belgrade in 1920 [1, 6].

Contribution of prof. A. Ignjatovski to the development of the Faculty of Medicine in Belgrade

In the first two years after his arrival in Belgrade, Prof. A. Ignjatovski worked as a bacteriologist in the laboratory of the Main Military Hospital, and in January 1922 he started his work as a full professor and Director of the Internal Medicine Clinic of the newly established FM-Belgrade [7]. In 1923 he established the Department of Internal Medicine and realized the teaching process in special pathology and therapy for internal diseases. In Belgrade he worked on the promotion of the Faculty of Medicine initiating the creation of more specialized clinics in the field of internal medicine and educating young

medical, specialist and teaching staff (Figure 1). Prof. A. Ignjatovski spent most of his teaching and scientific work in Belgrade as the Head of the First Internal Clinic (Internal Clinic A), which he founded and developed in a newly built building, which was put into operation in 1928 [1, 5, 6]. In addition to teaching and scientific activities at the FM-Belgrade, Prof. A. Ignjatovski was one of the most active members and a Deputy President of the Serbian Medical Society (1922-23), and later he was President of the Russian Scientific Institute in Belgrade (1937-41). [5] In the period from 1929-30 he was Dean, and in 1931-32 he was the Vice-Dean of the FM-Belgrade [1, 8-10].

Prof. B. Stanojevic describes the character and scientific approach in the clinical work of Prof. A. Ignjatovski in the following way: "He possessed a very rich medical and general culture, a great experience of a long-time physician and teacher, love for science, students and his associates, an impeccable character who loved our country as his own, possessed great energy and selflessness. His commitment to the good and progress contributed the FM-Belgrade to gain one of its most eminent representatives and pillars of the Faculty, one of the creators of modern internal medicine at our school.

As a lecturer, Prof. A. Ignjatovski was distinguished by the perfect presentation of the material and his lectures always attracted the interest not only of the students, but also of some doctors who were regularly present, hence the teaching room was always full with audience. His interesting lectures were very instructive, always well prepared at the level of a scientific presentation. In the practical classes Prof. A. Ignjatovski introduced the system of so-called "internship", when students, with the help of a teacher and an assistant, managed clinical cases in details and led independent and complete history of the disease. Prof. A. Ignjatovski paid special attention to propedeutics within clinical medicine and this contributed to useful and outstanding exercises from internal medicine.

He included his associates in his scientific research. He received several accolades for his research work; he was elected member of several scientific societies abroad. He was a regular member of the German Internist Society, the Society for the Study of the Bloodstream, and the Czech Medical Association" [1].



Figure 1. Prof. Dr. A. Ignjatovski, sitting with a white coat, with colleagues and students from the first generation of FM-Belgrade, in the laboratory of the Internal Medicine Clinic, March 29, 1925

Contribution of prof. A. Ignjatovski to the development of the Faculty of Medicine in Skopje

Prof. A. Ignjatovski retired from the FM-Belgrade in 1946, and at the beginning of 1948 upon invitation, he came to Skopje as a full professor at the MF-Skopje, and the first Director of the Internal Clinic, as well as the first Head of the Department of Internal Medicine [11-13].

In the minutes of the First Constituent Meeting of the Teachers' Council of the FM-Skopje, held on March 17, 1947, it was stated that the then elected Director of the Internal Clinic, prof. Dr. Mario Krmptić was present at the meeting [14]. He later did not take up his duties, of reasons that are unknown. The Faculty had to seek a new solution.

Upon invitation, prof. A. Ignjatovski came to Skopje from Belgrade in 1948, and he took up the organization of the Internal Medicine Clinic at the FM-Skopje. He became the founder and first Director

of the Clinic and the first Head of the Department (Chair) of Internal Medicine.

After the Second World War, the health status of the population in R. Macedonia was very bad. The creation of the Macedonian Medical Association in 1945 and the FM-Skopje in 1947 meant a new phase, a turn in health care towards better health of the population in R. Macedonia. [11, 12, 15]

We present a segment of the text about the Internal Medicine Clinic - Skopje, written by Prof. Todor Stojcevski on the occasion of the jubilee "Thirty years from the foundation of the Clinics at the Department of Internal Medicine (1975-2005)" [16]:

"In 1948 FM-Skopje hired a retired, long-time experienced clinician, former director of the Internal Medicine Clinic in Belgrade and a full-time professor at the FM-Belgrade, Prof. Dr. Aleksandar Ignjatovski.

The Internal Medicine Clinic at the FM-Skopje was located on the ground floor and on the first floor of the northern wing of the then new hospital building and it had only 116 hospital beds, a small biochemical laboratory, a hand-held RDG for routine radioscopying and ECG equipment. From the domestic staff, Prof. A. Ignjatovski had only three relatively young specialists in internal medicine at his disposal, of whom only one was elected as an assistant, Dr. Dimitar Arsov. The other two were Dr. Isak Tadjer and Dr. Angelko Angelkovski.

Teaching in internal propedeutics began in the fifth semester, in the autumn of 1949, and the lectures were held by Prof. A. Ignjatovski. The lectures of internal medicine started on time, in the winter VII semester of the academic year 1950/51, when the newly elected assistant professor of internal medicine Dr. Dimitar Arsov began lecturing. The overall course in internal medicine lasted 6 semesters, of a total of 12 for the first generation, with the greatest number of classes of all subjects studied. The first exam in internal medicine was held in June 1952, in front of a three-member commission composed of: Prof. A. Ignjatovski, Prof. Gligor Muratovski and Assist. Prof. D. Arsov. In 1952 Prof. A. Ignjatovski retired. Shortly thereafter, he was entrusted to lead the Infectious Disease Clinic, and the headquarters of the Internal Medicine Clinic was occupied by Assist. Prof. D. Arsov" [16].

Academician Isak Tadjer wrote a very professional and affectionate text about Prof. A. Ignjatovski. Academician Tadjer, who was a collaborator of Prof. A. Ignjatovski, wrote the chapter on Endocrinology in the textbook 'Fundamentals of Internal Propedeutics', part III, where he published his text entitled: 'Prof. Alexander J. Ignjatovski in Skopje' from which we present selected quotes [17]:

"... The newly-formed FM-Skopje, through the Ministry of Public Health of the People's Republic of Macedonia, sent a call to the Professor-emeritus A. Ignjatovski with a request to organize a clinic and to establish a department (chair) for internal diseases in Skopje. Without hesitation and with pleasure, Prof. A. Ignjatovski accepted the invitation, with great dedication to clinical work, science and teaching. His first lectures on Internal Propedeutics were held in an improvised teaching (lecturing) room, in a still moist and unfinished reconstruction of the surgical polyclinic. Here the first generation of medical students listened to their professor in a freezing cold and smoky room with untidy ground floor. The incredible enthusiasm, vitality, perseverance, attention and diligence were movers to over-

come the difficulties. At that time, there were only a few internists in Macedonia, a very small number of young doctors, nurses, laboratory assistants and paramedics. This difficult period of establishing staff at the Internal Medicine Clinic, establishing a Clinical Laboratory and Internal Medicine Polyclinic, increasing the number of hospital beds, supplying equipment, directing to professional and scientific work, participation in congresses and a series of other major changes in the life of this Clinic, undoubtedly carries a personal 'stamp' of the great clinical teacher, initiator and founder of the Clinic for Internal Diseases in Skopje. The clinical experience of half a century and the inexhaustible energy of Prof. A. Ignjatovski were felt, not only at the first steps of development of the new Clinic, but also in the work of the Faculty. Prof. A. Ignjatovski devoted special attention to teaching of internal medicine - propedeutics and clinical work. His first lecture at the same time was the first academic lecture in the field of clinical medicine at the Faculty. Every lecture was delivered by the Professor with much attention and effort, as if it was intended for the most advanced forum. In the beginning he personally realized the practical exercises and colloquiums.

Besides the organizational, professional and teaching work of the Clinic, Prof. A. Ignjatovski actively participated in the work of congresses and sessions of the Macedonian Medical Association (MMA) with a series of lectures and presentations, which always attracted the attention of the audience. He founded and managed the Section of Internal Medicine of MMA.

Both the Internal Clinic and its Department for Infectious Diseases, which later turned into the Infectious Diseases Clinic, were influenced by the vast clinical experience of Prof. A. Ignjatovski, representing the tradition of the classical Russian school of Botkin and Janovski, his immediate teachers. The doctors who worked with him had the opportunity at everyday visits, to get to know and learn about his style beside the hospital bed and the school for diagnostics and therapy: precise observation, approach to the patient, not to the disease, solid and independent treatment of the patient, maximum use of the anamnestic data and clinical physical methods for the examination of patients, critical and sober analysis of phenomena/symptoms, correct indication and measurement of objective laboratory and other auxiliary methods without causing unnecessary disturbing, fatigue and painful manipulation of the patient. He made remarks and reprimands for the unnecessary dispatch of patients to various

specialists, excessive use of X-ray and laboratory tests, and required inspection, palpation and auscultation, and other propedeutic clinical methods to be prevailing and maximally used. He reproached superficial examination of patients without taking the immediate subjective difficulties and changes in the central nervous system of the patient into account, prescribing symptomatic therapy, where it was indicated. On the other hand, he was a strong adversary to French polytherapy/polypragmazia, demanding accurate and meaningful therapy. He devoted a special place to physiotherapy, which in the lack of staff, equipment and instruments was easily overlooked.

Unusual energy and work capacity did not leave Prof. A. Ignjatovski until the end of his life. Few people had in mind that he had overstepped eighty years of his life, watching him going on foot every day and quickly climbing to the third floor (without using a lift), watching him every day making a visit, working and advocating everything concerning organization and workflow of the Infectious Clinic, too, which was created according to his plan.

Rejoicing for the success of the Clinic and his students, and remembering all the difficulties he and his faithful associates had to overcome in the creation of the Clinic, he often recalled the words of Dr. Astrov ("Uncle Vanya" – A. P. Chehov): "Will those who will live 100 or 200 years after us, and for whom we have paved the way, mention at least one word about us" [17].

A nice text about Prof. A. Ignjatovski as a doctor, teacher and scientist, was written by Prof. Todor Stojcevski, who was a student of the first generation of MF-Skopje, personally knew the Professor and attended his lectures and practical exercises [18, 19].

"Tradition and historical memory are a civilizing obligation for the members of one nation. Prof. A. Ignjatovski is a rare example of an exceptional person, enthusiast and intellectual on a European scale.

The extraordinarily rich academic career of Prof. A. Ignjatovski continued at the MF-Skopje in 1948 as the first Director of the Internal Medicine Clinic and the first Head of the Department (Chair) of Internal Medicine, who was unconditionally accepted to serve those positions, although in advanced years of his age. With youthful enthusiasm, similar to the one he had 25 years ago in Belgrade, he began to organize the Internal Medicine Clinic in Skopje from its foundation. Almost two years, until the election of Dr. D. Arsov as an assistant professor, Prof. A. Ignjatovski held theoretical and practical classes with students himself. His abundant academic career

was not an impediment for him to start working from scratch in many poor staffing and material circumstances. He organized the Clinic to work on modern European principles, with the studious clinical treatment of the patients, their careful observation, as well as by conducting detailed documentation. He introduced regular consultations and discussions with his younger colleagues. He started to gradually introduce professional differentiation and direction of the medical staff in the narrower areas of internal medicine.

Prof. A. Ignjatovski was a great humanist. He loved the patients and sympathized with their pains. One of his axioms and essential message to the medical students, in his introductory lecture, was: "Undoubtedly, the Clinic's patients are the material for your education, but don't you ever forget that these are people, and they are sick people, with whom you have to be extremely careful, courteous and with a serious approach.

The education of students, besides caring for the sick, was the second obsession in the life of Prof. A. Ignjatovski. All his knowledge, years of experience and skills, with a special charm and pedagogical approach, he injected deeply into the awareness of young colleagues. The classroom was always crowded with students, although neither did he nor the listeners bother about the unfinished premises in terms of construction, without floor, with improvised heating, without basic auxiliary means for teaching. These abnormal conditions and the overcrowded hall seemed to give new energy to the oldest and dearest professor at the FM-Skopje.

Prof. A. Ignjatovski was a teacher who with his diligence and incredible activity, for his age, was an example and an incentive for students and doctors to overcome the great difficulties of the newly established Faculty. His motto was - my dear, work and only work is the first prerequisite for success in life. Prof. A. Ignjatovski is a rare man with congenital human and pedagogical affinities, a basic prerequisite that nature gives to great doctors and teachers.

Remembering more than 50 years after his death – which happened on August 18, 1955, and for the goodness that he left to the Macedonian people as one of the main founders of our Faculty of Medicine, Prof. A. Ignjatovski deserves deep respect and a lasting memory.

Great teachers, dear professor, are not forgotten. With a deep piety, we remember for more than half a century after your death, because you were rarely a great man and a humanist"- Prof. Dr. Todor Stojcevski [18].

In 1952, Prof. A. Ignjatovski retired as a professor at the Internal Medicine Clinic at the age of 77, but was invited and continued as a freelance professor to teach about infectious diseases in the academic year 1954/55 [4, 5].

Contribution to the development of scientific and publishing activity

The scientific research activity of Prof. A. Ignjatovski is large and fruitful and covers the broad areas of internal medicine with bordering disciplines. As a young doctor and assistant professor at the MMA in St. Petersburg, he showed great interest and passion for scientific work. In doing so, he worked closely with Prof. M. Janovski in the experimental research of diseases of the blood vessels. His biggest discovery relates to the first successful experimental causality of severe arteriosclerosis in rabbits fed with full-oil-milk and egg yolks to raise blood cholesterol (by depositing lipid substances in blood vessels), and the scientific work was published in Reports of the Russian Imperial Military Medical Academy in St. Petersburg in 1908 with the title "On the influence of animal food on the tissues of the rabbit" [8, 20, 21]. With his discovery he gave humanity the key to controlling the disease that quickly became increasingly common and the greatest killer in the 20th century. The experimental technique introduced by Prof. A. Ignjatovski was wisely used by his colleagues and followers at the Academy to explore the role of fish oil, meat and sunflower oil that are not triggers of arterial lesions and that egg and brain are more effective than milk (Stuckey), that foods with high cholesterol causes deposits rich in cholesterol in the tissues (Wesselkin and Chalator), as well as that hypertension and other factors accelerate vascular lesions (Anichkov) [21].

Prof. A. Ignjatovski is the author of several monographs and internationally recognized and quoted papers in the field of infectious diseases and immunobiology, epidemiological studies, methods for examining the functions of the gastrointestinal tract, studies on tuberculosis and the study on the functions and pathology of blood vessels. He published about 80 scientific papers, among which some are also monographs. Well-known are his works on tetanus toxin, disinfection (monograph - 1916), com-

bating epidemics (1919), method for determination of bile acids (1919), fractional method for study of the gastric functions, method for the action of digitalis to the function of blood vessels, etc. He was an honorary member of several eminent medical associations in Europe [1, 4, 5].

Prof. A. Ignjatovski is the author of several textbooks, among which "Clinical Semiotics and Symptomatic Therapy", in five volumes, with two editions, in Russian (1919) and in Serbian (1929-37). The second edition was printed in Belgrade, in two parts: "Clinical Semiotics and Symptomatic Therapy - Part I - Clinical Examination of Patients" [22] and "Clinical Semiotics and Symptomatic Therapy" - Part II - Objective Examination of Patients" [23].

These books, written in a clear way, with a great clinical experience of the author based on modern methods, at that time, for the examination of the sick, contributed a lot to the education of the students of the FM-Belgrade, as well as the doctors in the former Yugoslavia.

Knowing the difficulties of the students of FM-Skopje due to lack of textbooks, he wrote a textbook-propedeutics for internal diseases and managed to transfer his great clinical experience into three parts, three books, with over 1600 pages. Despite all technical difficulties, prof. A. Ignjatovski, with great enthusiasm and self-support, in 1952 published the first part of the textbook which greatly helped the students and doctors of FM-Skopje to adopt the secrets of the internal propedeutics. After the release of the first part, the publication of the second part followed in 1954, and then he prepared in manuscript the third part for printing [3, 17, 18, 24, 25]. The foundations of the internal propedeutics, as the first medical textbook issued by the University of Skopje, is current even today and should have a new edition, well-groomed and supplemented with new achievements in medicine.

In the first part (the first volume - book) of the "Fundamentals of Internal Propedeutics", printed in 3000 copies in 1952, the following chapters are incorporated: Examining the patient; External examination of the patient; Overview of the airways and lungs; Overview of the patient's heart; and Study of the pathological conditions of the vessels [26].

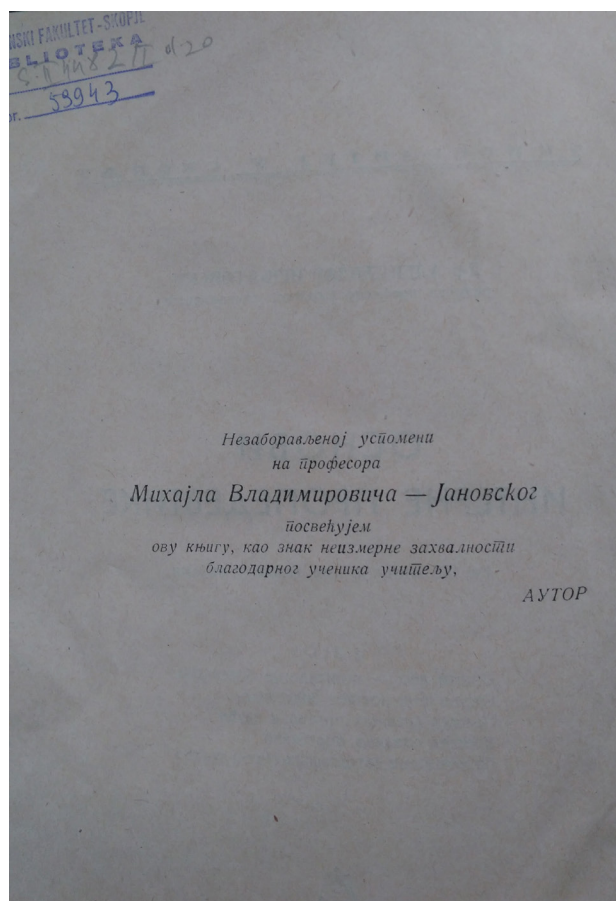
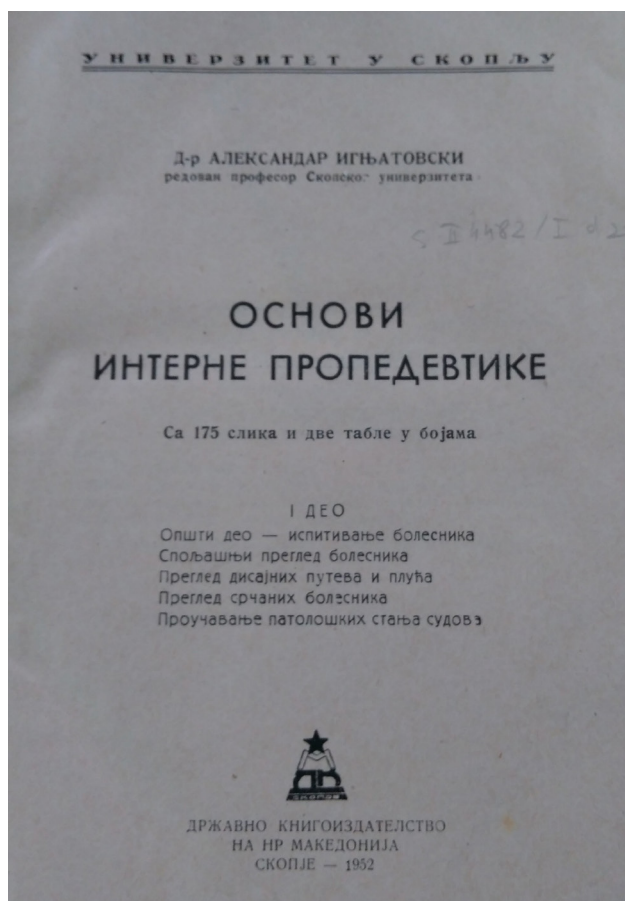


Figure 2. *Fundamentals of Internal Propedeutics: Part I*

The first part is devoted to the memory of Prof. Mihailo V. Janovski, as a sign of immense appreciation by Prof. A. Ignjatovski towards his teacher (Figure 2).

At the beginning (first pages) of the book, there is a part of the introductory lecture of Sergej P. Botkin, 1862, one of the great doctors of Russia, as well as concepts on what the doctor needs to examine and how to see and treat the patient, respecting the basic principle that “Individualization of each case, based on the data obtained, is the task of clinical medicine, and thus the treatment, not of the disease, but of the pain and suffering of the patient ...” [26]

In the preface to the “Fundamentals of Internal Propedeutics”, Prof. A. Ignjatovski gives the two “dogmas” on which the clinical semiotics is based: 1) the sick person is a creature that at any moment of his/her pathological state is transforming; and 2) in nature there is no template and every person shows

his/her pathological state in an individual way. These postulates today are extremely valid in medicine. Prof. A. Ignjatovski points to the importance of the anamnesis for diagnosis of the disease and dedicates much of the book to the extensive taking of anamnesis and the skill of the patient’s examination. The area of electrocardiography was extensively well treated by Dr. Radovan Percinkovski, a young associate of Prof. A. Ignjatovski, later founder and Head of the Clinic of Cardiology at the FM-Skopje.

In the second part - book “Fundamentals of Internal Propedeutics” [27], printed in 1954 in 2000 samples, the following chapters were incorporated: Oral cavity, examination of the esophagus; General overview of the abdomen; Overview of the stomach; An examination of the intestines; Overview of pancreas; Investigation of the peritoneum and abdominal cavity; Investigation of liver and bile pathways; and a View of a Twisted Sleeve” (Figure 3).

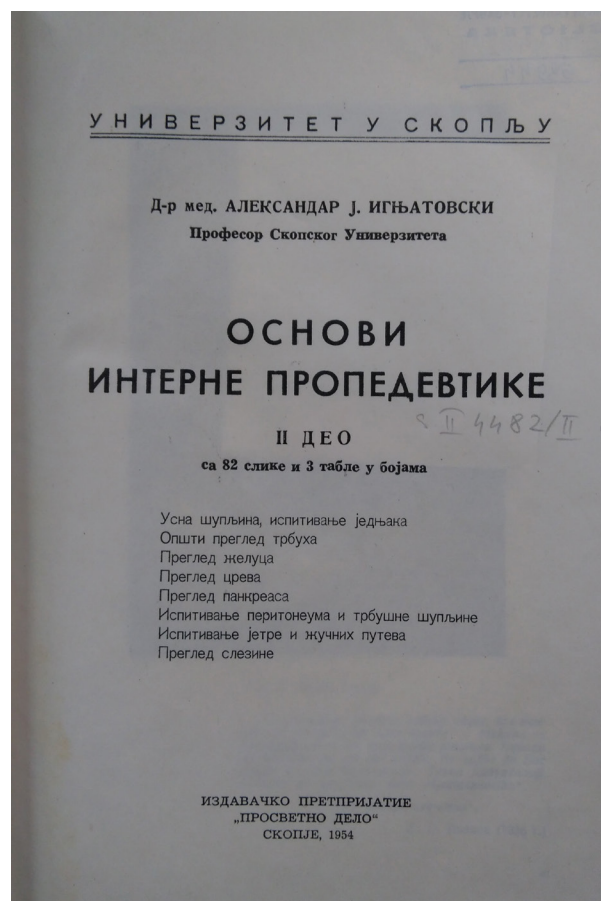


Figure 3. *Fundamentals of Internal Propedeutics: Part II*

At the beginning (first pages) of the book, there is an image of the great Russian physician, the Academician Ivan P. Pavlov, Nobel Prize winner of physiology and medicine in 1904, and an excerpt from his presentation “About the Work of the Young Scientist” (1936) is given, with the basic message which reads: “Conquer from the beginning the alphabet of science, before you climb to its peaks ... Never start another issue until you have adopted the first one. Never think you already know everything. Do not let yourself be conquered by vague bloating. Such bloating will contribute to losing the measure of objectivity” (Figure 4) [27].

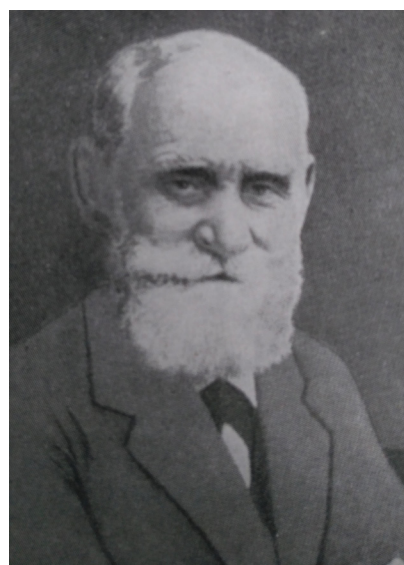


Figure 4. *Ivan Petrovich Pavlov, 1923*

The third part (book) “Fundamentals of Internal Propedeutics” was published in 1963 in 1000 copies, after the death of Prof. A. Ignjatovski. Certain chapters in the book are written by younger colleagues, followers of the professor and future managers of the Institutes and Clinics of the FM-Skopje (Figure 5). The content includes the following chapters: 1) Metabolism - Prof. A. J. Ignjatovski; 2) Vitamins - Prof. Sinisha B. Bogdanovic, from the University of Belgrade; 3) Endocrinology - Prof. Isak Tadjer; 4) Hematology – Assist. Prof. Jonche Nedelkoski; 5) Kidneys – Assist. Prof. Dimitar Hrisoho; 6) Locomotor apparatus - Prof. Branislav Stanojevic, from the University of Belgrade; 7) General symptomatic therapy - Prof. A. J. Ignjatovski; 8) Sulfonamides - Prof. Sinisha B. Bogdanovic, from the University of Belgrade; 9) Antibiotics - Prof. Sinisha B. Bogdanovic, from the University of Belgrade [28].

The texts of Prof. I. Tadjer, Assist. Prof. J. Nedelkovski and Assist. Prof. D. Hrisoho are the first written texts in R. Macedonia in those specific fields. The topics were written in a contemporary way, by presenting the achievements of medicine at that time and they were a strong stimulant for the development of these subspecialties.

The book also presents a picture of Prof. A. Ignjatovski, as well as brief instructions for students of medicine at their start with their lectures/work at clinics, p. V-VI, from which we provide a segment:

“No doubt the patients in the Clinic are material for education of the students, but, dear listeners, you have to constantly think that they are people, and especially sick people. Your colleague, your brother, and your mother can be among them. Your examinations undoubtedly disturb the sick, even increase his troubles, but he submits them because he understands the purpose of the examination. In relation to the patient you have to be careful and serious, to think that you have come professionally to the patient’s room. Nothing is more irresponsible than when a student shows no scientific interest in the patient, if he sits on a bed, takes the newspaper from the sick and reads. For me, he is no longer my doctor.

Be very careful in talking to the patient. Unconsciously, at the time of your investigation, with a careless question asked, you can create to the patient suspicion of tuberculosis that can not be cured, create a doubt about syphilis, cancer ... Patients are too sensitive to the words of doctors and students. They understand each word about their

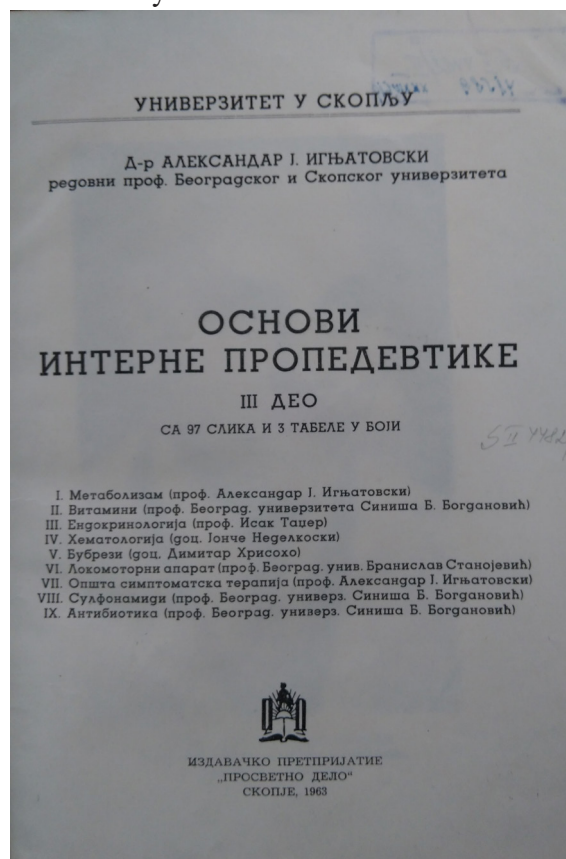
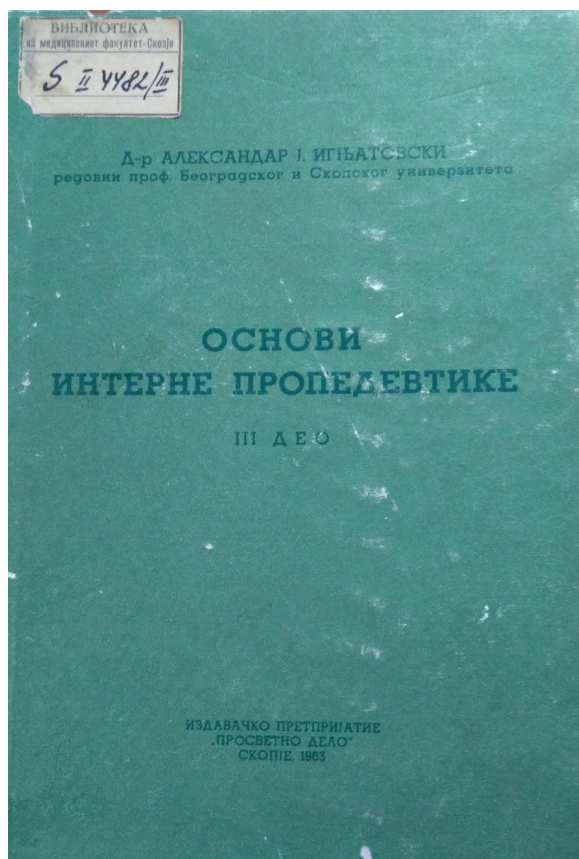


Figure 5. *Fundamentals of Internal Propedeutics: Part III*

illness, see the change of your face, evaluate your facial expressions, analyze it all in their own way, very often evaluate them incorrectly and wrongly.

... Our attitude towards the patient is clear: medicine is a patient's friend, its task is to heal the sick. If it is not possible to achieve this, then medicine tends to at least alleviate the pain of the sick; if it does not succeed, it remains to comfort the patient as the mother comforts the child. And this you must adopt, and thus act from this day to the end of your life" [26].

These words and messages from Prof. A. Ignjatovski are extremely current even today and every doctor should learn and adopt them.

At the end of the book, the wife of Prof. A. Ignjatovski, Irina Ignjatovska, thanks all the contributors who contributed to this work being printed after his death, thus completing his scientific work.

The editorial activity of Prof. A. Ignjatovski is also important. He was a member of the editorial boards of the journals "Serbian Archive" and "Macedonian Medical Review" (1949-53) [3, 24, 29].

Prof. A. J. Ignjatovski died on 18.08.1955 in Jesenice, Slovenia, and the funeral was performed a few days later at the new cemetery in Belgrade [5, 25].

Conclusion

Prof. A. Ignjatovski dedicated more than 5 decades of his life to the medical professional, scientific and teaching activity in Russia, Serbia and Macedonia, and he was a teacher of many generations of students and a wide range of doctors internists. He is the founder of internal medicine science and practice activities in the former Royal Yugoslavia and Serbia, and after the Second World War in Macedonia.

The work of Prof. A. Ignjatovski is built into the initial development of the Clinic for Internal Medicine, as well as the FM-Skopje and the medicine in R. Macedonia. The bright memorial of the founder and first Head of the Internal Medicine Clinic and the first Head of the Department (Chair) of Internal Medicine within the Faculty of Medicine at the University of Skopje have been permanently incorporated in the history of medicine in R. Macedonia and in the memory of numerous students, doctors and specialists-internists in R. Macedonia and beyond.

The excellent clinician and great teacher, Prof. Dr. Aleksandar J. Ignjatovski, is being remembered with great respect and gratitude for his work that he assigned the medical science in the

former Yugoslav republics, and his name is quoted in the world literature.

Acknowledgement

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Резиме**ПРОФ. АЛЕКСАНДАР ЈОСИФОВИЧ ИГЊАТОВСКИ,
ОСНОВАЧ И ПРВ ДИРЕКТОР НА КЛИНИКАТА ЗА ИНТЕРНА МЕДИЦИНА
И ПРВ ШЕФ НА КАТЕДРАТА ЗА ИНТЕРНА МЕДИЦИНА
НА МЕДИЦИНСКИОТ ФАКУЛТЕТ ВО СКОПЈЕ, Р МАКЕДОНИЈА****Момир Поленаковиќ¹, Дончо Донев²**¹ Македонска академија на науките и уметностите, Скопје, Република Македонија² Медицински факултет, Универзитет Св. Кирил и Методиј во Скопје, Скопје, Република Македонија

Александар Јосифович Игњатовски е роден во Смоленската област – Русија на 18.3.1875 г. Завршил медицина во Ст. Петербург во 1899 г., каде што започнал специјализација по интерна медицина и се усовршувал во Берлин, Хајделберг, Минхен и Париз. Во 1905 г. бил избран за доцент во Ст. Петербург, продолжил како вонреден професор во 1908 г. во Одеса и редовен професор во 1912 г. во Варшава. По започнувањето на Октомвриска револуција, раководел со Интерната клиника во Ростов, а во 1920 г. емигрирал во Белград. Во 1922 г. бил избран за редовен професор на Медицински факултет во Белград и директор на Првата интерна клиника, која ја формирал, ја развил и раководел со неа до неговото пензионирање во 1946 г. Во 1948 г. дошол во Скопје како редовен професор и прв директор на Интерната клиника на Медицинскиот факултет во Скопје. Ја изучувал патогенезата на артериосклерозата и прв експериментално докажал и објавил труд во 1908 г. дека е таа поврзана со високото ниво на холестерол во крвта. Тој се занимавал и со имунобиологијата и инфективните заболувања, посебно со туберкулозата и со тетанусот. Проф. А. Игњатовски бил одличен клиничар, наставник и научник, кој напишал повеќе учебници и објавил над 80 труда. Најзначајни негови учебници се: „Клиничка семиотика и симптоматска терапија“, во пет тома и со две изданија, на руски (1919) и на српски јазик (1929–1937), и „Основите на интерната пропедевтика“ во три дела, објавени во Скопје во 1952, 1954 и 1963 г. Делото на проф. А. Ј. Игњатовски, како врвен клиничар и голем учител и научник, е вградено во развојот на интерната медицина и на медицината воопшто, во Русија, Србија и во Македонија. Светлиот спомен на основачот и прв директор на Интерната клиника и прв шеф на Катедрата по интерна медицина на Медицинскиот факултет во Скопје трајно се вградени во историјата на медицината во Р Македонија. Проф. А. Ј. Игњатовски починал на 18.8.1955 г.

Клучни зборови: историја на медицината, интерна медицина, артериосклероза, Александар Игњатовски