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Early Medical Literature in Maltese during the XIX and XX Century

The first decades of the twentieth century found the Maltese enjoying a very low cultural maturity particularly in health matters. The reasons for this were multifactorial and were partly related to the generally low level of education and limited availability of educational material in the vernacular language. At the turn of the twentieth century, the working class population was reported to be seemingly aware of the value of education and suitable facilities for the pursuit of a comprehensive education had been made available. However because of the overpowering circumstances that the majority of the working class population had to yield to, illiteracy was still much more widely prevalent than supposed. During 1911-12, the average daily attendance in the Government Elementary and Infant Schools amounted to 15,657 students. The average daily attendance in the Secondary Schools and Lyceum amounted to only 616 students while the average daily attendance to University courses amounted to 138 students.¹ The figures suggest that only about 4-5% of children attending primary education completed their studies and progressed to a Secondary level. The Maltese language was taught in the primary classes, but English and Italian reading was only commenced at Standard III, when many of the children would have already been withdrawn from the educational system.²

In 1921 the Hon. W. Bruce studied the prevalent system of education and pointed out the need for a radical revision and expansion of the primary school curriculum.³ Political instability in the second decade of the twentieth century postponed a 1924 Education Bill set to reform elementary instruction. Instead of the Education Bill, a Compulsory Attendance Act was passed enforcing school attendance until the age of 12 years.⁴ Further efforts to reform and update elementary education

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were made in the subsequent years, however the educational standards remained generally low. By 1948, 32 per cent of males aged 10 years and over, and 35 per cent of females were completely illiterate. Furthermore, half of the population had only a primary standard of education and over a quarter had only completed or left school at pre-primary level.⁵

The poor standard of education was further complimented by a general dearth of suitable practical literature in the vernacular language resulting from the fossilisation of the development of Maltese orthography engendered in part by the Language Question. In 1887, the Director of Education Dr. A.A. Caruana prompted the return to an Italo-Maltese alphabet and orthography for the Maltese language first proposed by the *Società Filologica Maltese* in 1843. This set the stage to overcome the political bigotry and academic stagnation that had mitigated strongly against the growth of a Maltese written language, that in turn led to a lack of a reading public and consequently a shortage of suitable Maltese literature.⁶

The establishment of a definitive alphabet and orthography in the late nineteenth century encouraged a number of Maltese publishers to attempt provide publications in the vernacular intended mainly for popular readership. A number of publications in Maltese had predated 1887, but many of these were limited to grammatical, religious or political works. Newspapers in the vernacular similarly restricted their contents to political, religious, and news-event journalism. Little attention had been given to using the printed medium to educate the non-Italian/English literate working-class population, particularly in health matters; though some medical items written in Maltese had appeared in the local newspapers such as *Habbar Malti*, *Is-Sebħ* and *Is-Salib*. In the former journal, Fabrizio Borg published a series entitled *Is-Saħħa u d-dar* (1879)⁷ and *Għajnuna fil-mard għal Għarrieda - Fuk l' Epidemji* (1880).⁸ Borg also published the latter series in *Is-Salib* (1902) and a series entitled *Is-Saħħa ta' l-ulied* in *Is-Sebħ* (1884).⁹

Dr. Fabrizio Borg can be considered as the first Maltese medical journalist who undertook the initiative to educate the working-class population in health matters using the vernacular language. He was also co-editor with Themistocles Zammit of the medical journal *La Rivista Medica* published in the period 1890-1892.¹⁰ He republished on his own initiative two of the above-mentioned series as booklets entitled *Għajnuna fil-mard għal Għarrieda - Fuk l' Epidemji* (1880)¹¹ and *Kelmtejn fuq is-saħħa ta' l-ulied* (1884)¹². These works and his previous series entitled *Is-Saħħa u d-dar* were subsequently republished in

the series *Cotba tal-Moghħdija taż-Żmien* (1906-1911). The theme of these publications reflects the particular needs and the main concerns of medical personnel in Malta dealing with child and infant care, environmental health and hygiene, epidemic disease, and emergency treatment.

The publication of suitable Maltese literature material including publications pertaining to health matters received a significant impetus by the initiative taken at the turn of the century by Alfons Maria Galea. During the period 1899 to 1915, Galea published 150 books in the Maltese language in the series *Cotba tal-Moghħdija taż-Żmien* dealing with various aspects of literature and instruction. Before Galea's publishing enterprise, authors had to publish their own books when they had the means, so that publications were few and far between. The Government Press had also contributed towards popular medical education, through publications issued from the Department of Health.

The Government Press had contributed towards popular medical education, through publications issued from the Department of Health. These included a number of pamphlets or books in the vernacular addressing various aspects of public health including *Twissijiet fuk il-Mard tal-Kolera meħruġin mill-Gvern biex jixxerdu fost in-nies* (1885)¹³; *Fuq il-mard tat-tfal u kif nilqulu* (1885)¹⁴; *Chielmtejn fuk il-Pesta u chif yekrida* by G. Caruana Scicluna (1901)¹⁵; *Id-dubbien u n-nemus u chif nilkghu ruhna mill-ħsarat tagħhom* by A. Critien (1929)¹⁶; and "*Il-Grieden*" (1936)¹⁷. The titles reflect the preoccupations of the Public Health Officials at the turn of the century. With the exclusion of the one publication dealing with child-care, the publications dealt mainly with infective disease and its vectors. Another publication dealing with the endemic infection - Brucellosis - written by the epidemiologist Amadeo Fava and entitled *Il-Falib tal-Moghħza - Industrija Maltija* was published by the Empire Press in 1931.¹⁸ In addition the Government Press also published lecture notes aimed at training paramedical personnel including *Ktieb il Qabla* by S.L. Pisani (1883);¹⁹ *Tagħlim għall-istudenti ta' l-Iskola tal-Kwiebel ta' l-Isptar Centrali* by G.B. Schembri (1897);²⁰ and *Il-Ctieb ta l' Infermier* by J.S. Galizia (1904).²¹

Alfons Maria Galea's initiative injected new blood into Maltese publishing, while it made books more easily accessible to popular demand. Galea (b.1861 d.1941), a member of the most notable bourgeois families in the nineteenth century, rose to prominence mainly through his philanthropic activities.²² An analysis of the collection

shows titles dealing with travel, geography, history, archaeology, natural history, folklore, and technical education. Fiction appears to have been less popular with 7 novels, 12 plays, 4 works of poetry, and 18 works dealing with religious themes.²³ Four issues - nos. 22, 54, 61, and 110 - dealt with medical subjects in an attempt at educating the population in child-care, health matters and general hygiene. Many of the medical publications in the series *Cotba tal-Mogh'dija taż-Żmien* were republications of medical works written in Maltese previously published either in limited number by the authors themselves or in the vernacular newspapers. The first publication published in 1902 [Issue No.22] was entitled *Nibżgħu għal saħħitna: Tagħlim għat-Tfal*. This was a self-care booklet aimed at children written by A. Preca.²⁴ The second medically-related publication [Issue No.54] of the series published in 1906 included two sections: *Tagħlim għall-Ommijiet fuq it-Trobbija ta' Uliedhom* by E.B. Vella published for the *Pro Infantia* Association²⁵ and *Għajnuna fil-mard għal Għarrieda - Fuk l' Epidemji* by F. Borg.²⁶ The third publication by F. Borg published in 1907 [Issue No. 61] was entitled *Is-Saħħa u d-dar*, and dealt with home and environmental hygiene.²⁷ The last issue [Issue No. 110] to deal with medical matters was published in 1911. Written by F. Borg and entitled *Is-Saħħa ta' l-ulied*, it incorporated a series of 13 chapters dealing with child-care.²⁸ It also included a section entitled *Mard l-Għajnejn f'it-Trabi* written by L. Manche,²⁹ and *Fuk il-Mard ta' n-Nies ta' s-Snajja* by G. Busuttil. The latter, written originally in 1885, dealt with industrial disease and injuries of various trades.³⁰

It appears that a significant proportion of the early vernacular medical literature dealt with infant care. The high infant mortality had long preoccupied the medical profession and the attempt at educating the population in aspects of child-care is not surprising. The infant mortality at the time was excessively high averaging 250 per 1000 live births. The rate came down only after the Second World War.³¹ At the turn of the twentieth century sometime before 1905, the *Pro Infantia* Association was founded in an effort at reducing the high infant mortality. With the object of spreading practical hygienic measures, the Association in 1907 published an informative booklet about child care entitled *It-Trobbija tat-Tfal jeu Tuissijet għall ommijiet* written by Dr. L. Manche and translated into Maltese by Lawyer E.L. Vella. The booklet dealt with marital/pregnancy problems, and infant/child care.³² Other medically-related publications were published by the St. John's Ambulance Brigade. First established in Malta in 1882, it was not until 1909 that the Brigade came

into being thanks to the enthusiasm of Lieutenant William R. Gatt and his committee. The aim of the Brigade was to provide volunteers for Public duty primarily in First Aid and Rescue. It also set out to train individuals, generally through courses, in First Aid matters.³³ In 1916, the Brigade published a book in Maltese entitled *L' Ewwel Għajnuna lil mim ikorri*. This dealt with first aid instruction and was a translation by R.J. Sammut of the standard Brigade's handbook by J. Cautlie published in England. The original British edition of this work was prepared by Peter Shepherd in 1878. The Maltese version went through four editions, the second published in 1934 was translated by T. Zammit, while the third and fourth editions (1938-1943) were translated by R.L. Casolani.³⁴ In anticipation of the advent of the Second World War, G. Galea in 1938 published a first-aid book for use during wartime *L-ewwel għajnuna lil min ikorri fi żmien ta' gwerra*. This ran in two editions and discussed the first aid management of possible injuries from gas chemical warfare, physical injuries, and burns.³⁵

Another significant contributor to the dissemination of health matters to the working-class population was Agostino Levanzin (b.1872, d.1955). Levanzin joined University to read medicine but became an apothecary after obtaining his BA. He subsequently joined the course of law and qualified a solicitor. He started his journalistic career in 1891 editing *Lo Studente Maltese* (1891-92) and *Il-Habib tal-Poplu* (1898-99).³⁶ In September 1908 he started publishing the newspaper *In-Naħla*. While primarily a general newspaper, Levanzin included frequent items of medical interest written in Maltese suitable for the general population. In the series of 179 issues (September 1908 - February 1912), the newspaper carried informative items dealing with several forms of infectious disease including brucellosis,³⁷ cholera,³⁸ influenza,³⁹ typhoid,⁴⁰ and plague.⁴¹ In July 1909, he started the publication of a series of articles entitled *Għomja Famusi* wherein the experiences of several famous blind individuals including some Maltese personalities were outlined and furthermore wrote a leader entitled *Għal Għomja*.⁴² He further summarised the work by Paolo Mantagazza *Arte di Campar Vecchi* with the title *Chif tghix mitt sena*,⁴³ and propagated a dietary regimen by a serial entitled *Il Cura ta' s-Saum* based on the articles written by Upton Sinclair in the February-March 1911 issues of the *London Magazine*.⁴⁴ Other published titles included *X'għandu uiehed jagħmel biex naħarbu mill-mard tal-corla*; *Snien Dras u Njeb*; and *Is-Saħħa*.⁴⁵ His wife Lucija Levanzin Inglott similarly occasionally

wrote about health matters in her serial column entitled *Għan-Nisa*. Levanzin became a very strong proponent of the 40-day dietary regimen for health, publishing in 1911 his series of articles in a booklet entitled *Il-Cura ta' s-Sawm*.⁴⁶ His interest in dietary measures stimulated his activities after his emigration to America in 1912. There he underwent a fast of 31 days for physiological studies and lectured on total fasting and gave a personal demonstration under strict medical supervision.⁴⁷ After returning to Malta from America in 1928, he issued *In-Naħla* again [Issues 180-192] and included items of medical interest such as dieting, vaccination against smallpox, brucellosis and its transmission by goats, and enteritis.⁴⁸ He further published a series of articles criticising Prof. J. E. Debono's work on diabetes published in 1927.⁴⁹ Unlike the educational articles that appeared in *In-Naħla*, other turn of the century newspapers in the vernacular such as *Malta Tagħna* generally dealt only with medical matters that had news value.⁵⁰

The medical cultural propagation using the Maltese language was taken up by Dr. Guze Bonnici in 1938 as editor of *Ġabra ta' Kitba Maltija*. Guze Bonnici (b.1907 d.1940) graduated as a doctor from the University of Malta in 1931. His University years were crowned in 1931 by the founding of the *Għaqda tal-Malti (Università)* by Bonnici and Ruzar Briffa. The *Ġabra ta' Kitba Maltija* series saw the publication of a number of novels written by Maltese authors including *Il-Qawwa ta' l-Imħabba* (1938) and *Helsien* (1940) by Guze Bonnici himself. The series was also planned to include plays and poetry.⁵¹ While being primarily a reformatory novel, *Il-Qawwa tal-Imħabba* deals also with the medical and social problems of tuberculosis before the availability of adequate therapy.⁵² In the preface of the book, Bonnici wrote that:

'Il-marda tas-sider hu ġerħa kerha fil-laħam ħaj tal-bniedem u jmiss u jherri għadd ta' ħlejjaq bla qies. Hu aktar ħafif biex jintriqebb milli biex jingħaleb u jitfejjaq. U l-aqwa għorrief, b'hegga u b'sabar qaddisa, ininu u jeħdlu taħt it-toqol ta' l-istarrig biex jikxfu xi duwa li twaqqaf din il-herba u tnissel xaqq ta' tama f'qalb il-mittiefsa u fi qrabathom. Sa issa l-għerf mexa 'l quddiem ħafna, iżda għadu ma wasalx biex iqis ruħu rebbieħ fuq dan il-mard. U hi ħasra tassew kbira tara quddiemek mijiet ta' zgħażaġħ, fl-aħħjar ta' ħajjithom, imejlu rashom għajjena u jroddu ruħhom lill-Hallieq, milquta għal mewt mit-tuberkolozi. Iżda f'jum fil-qrib, għad tinkxef xi duwa li xxejjen il-qawwa qattliela ta' dan il-mard u tnaqqas il-herba li jizra' fil-familji.'

During the 1930s the incidence of pulmonary tuberculosis averaged 0.64 per 1000 population with a case fatality rate of about 60%. The sick were nursed at the Connaught Hospital at Mdina that was adapted for pulmonary tuberculosis cases in 1909. The management at this time was mainly supportive or surgical, besides undertaking preventive measures to control spread of infection. Effective therapy was only made available in 1944 after Waksman extracted the antibiotic streptomycin from *Streptomyces griseus*. Streptomycin was being used in Malta by 1947.⁵³

Ġuże Bonnici also embarked on attempting popular instruction in the medical field. In 1932 he published a book about child-care entitled *It-Trobbija tat-Tfal*. This was divided into three main sections dealing with the pregnant woman and delivery, with infant care, and the final section with child-care.⁵⁴ This publication was followed by a series of articles *Tagħlim fuq is-Saħħa* in the vernacular newspaper *Il-Berqa* published during November 1937 and May 1938. These articles were subsequently in 1939 collected in one publication entitled *Il-Ġmiel ta' Ġisimna* which was the first of the series *Ġabra ta' Tagħlim* which was to include various aspects of knowledge and trades. *Il-Ġmiel ta' Ġisimna* is an anatomical and physiological description of the human body utilising 55 illustrations mostly copied from a standard anatomical book published in Italy [L. Calori: *Tavole Anatomiche rappresentanti la struttura del corpo umano*, Sassi. Bologna, 1850].⁵⁵

A contemporary to Ġuże Bonnici was Juan Mamo (b.1886 d.1941). Born at Luqa, Mamo was well aware with the social inequalities of the rural population. This awareness promoted his wish to initiate a progressive change in Maltese mentality through cultural propagation. Because of his beliefs, Mamo became a staunch follower of Manwel Dimech and contributed regularly to *Il-Bandiera tal-Maltin*. He also initiated two newspapers - *Il-Ljun* (1922) and *Il-Fqir Malti* (1923) - to promote Dimech's teachings. The central theme of Mamo writings was that the Maltese population should realise its backwardness, and should embark on the road of knowledge. To enable the propagation of knowledge, Mamo established a publishing house *Dar Hruġ il-Kotba Meħtiġin*". His first publication in 1930 was the popular socio-political novel *Uljed in-Nanna Venut fl-Amerca*. The novel combines an educational intention with a secure literary ability, and is based on emigration as a social traditional necessity.⁵⁶

Mamo's subsequent publication in 1934 was an informative semi-scientific booklet entitled *Giabra ta Sigrieti: ta Xebħ-is-sħarijiet, ta Misteri, ta Curzita, ta Arti u Industria, u riċetti - formoli ta l' Acbar Htieġa*. This book included a number of tricks and remedies for every day problems. The final sections of this book deal with popular medical [remedies no.143-170] and veterinary [no.173-181] medications.⁵⁷ Mamo's herbal knowledge can be gleaned from an episode in his novel *Uljed in-Nanna Venut fl' Amerca*, wherein he describes the purgative effects of the fruit of the Squirring Cucumber.⁵⁸

In 1939 Mamo published an informative book on midwifery practice *Obstetricia Illustrata: Tgħarrif fuq it-Twelid bil-Qabla w it-Tabib*. This compendium of 64 plates contained more than 172 selected figures of modern and ancient engravers with notes in English and Maltese. The book is divided into two main sections showing illustrations from modern and ancient midwifery. Other sections include an explanation of medical terms and a translation from the Cow & Gate publication *Motherhood*. The reproductions were taken from a number of 16th to early twentieth century midwifery books. Seven illustrations are labelled as Lithograph Stephani - ex-librix Dr. Nicoloi Gulia. These have been identified as copied from an Italian midwifery book [F. Capuron: *Corso teorico-pratico di ostetricia*. Della Speranza, Firenze, 1838].⁵⁹ Contemporary to Mamo's obstetric book was a booklet issued by Nestle' & Anglo Swiss Milk Products Ltd in 1939 *Twissijiet lill-Ommijiet Żgħażaġħ* which dealt with child and infant care.⁶⁰ The Nestle Group started commercial activities in Cottonera around 1900 through ship chandlers and in 1905 a sales office of the newly created Nestle' & Anglo-Swiss Condensed Milk Co. was opened in Valletta. In 1913 a Nestle' subsidiary company was established in Valletta-Marina as Nestle' Milk Co. Ltd.

Further planned midwifery related publications by J. Mamo included: *Illustrated Curious Offspring* which was to be a book of plates showing 100 curiosities; and *Midwifery seen through Illustrations: Eghlim žmien It-Tqala. Is-Sinjali tat-Tqala* containing 30 selected fine plates and clear advice to the pregnant woman (64 pages). Other medically related planned publications included *It-Tabib tad-Dar, Kif Tfejjaq Tnax-il Marda, and Ktieb il-Fxejjex li Jfejqu* These publications listed in *Obstetricia Illustrata* were never issued because of the unexpected demise of Juan Mamo in 1941. Mamo was found dead with broken ribs in the limits of Wied Babu, presumably following a fall of the cliffs while searching for medicinal plants.⁶¹

The Second World War brought about a tremendous upheaval in the social circumstances of the population with a general improvement in education. The improvements in socio-economic conditions and improvements in medical care resulted in a significant change in the disease spectrum of the population. The pioneering medical publications of the late 19th and early 20th century had brought forward a greater awareness for the need of educating the populace in basic health measures. In addition the increasing educational status of the population increased the potential readership thus creating a greater demand for vernacular medical education. This gave the impetus for the steady publication of popular medical literature in the Maltese language in the form of book, pamphlets, leaflets and journals published by individuals, associations and the Department of Health. The importance of making available simple vernacular educational material is still recognised today and this activity remains an important tool of the Department of Health Promotion.

Notes

- ¹ E. Magro, *Office of Public Instruction. Reports on the workings of Government Departments during the financial year 1911-12*. Government Printing Office, Malta, 1912, Section. N +25p.
- ² J. Reynolds, *Education: Malta and Gibraltar illustrated*, (ed.) A. Macmillan, (London), 292-300.
- ³ W. Bruce, *Report on the Educational System of Malta*, Government Printing Press, Malta, 1921.
- ⁴ Bill to make provision for the management, diffusion and control of education in these Islands. *Malta Government Gazette 1924*, No. 6642:p.313; Act XXII of 1924. *Malta Government Gazette 6th September 1924*.
- ⁵ *Census '85. Vol. 1 - A demographic Profile of Malta and Gozo*, Central Office of Statistics, (Malta 1986), 77.
- ⁶ D. Marshall, *History of the Maltese language in local education*, (Malta 1971), 66.
- ⁷ F. Borg, *Is-Saħħa u d-Dar*. This included ten sections: I. *Id-Dar*, II. *Arja-Ventilituri*; III. *L' arja u 'n-nifs*; IV. *Taħsir ieħor ta l' arja*; V. *Ventilazioni*; VI. *Id-Dawl*; VII. *Ilma, Bjut u Diar*, VIII. *Cauha u Šhana*; IX. *Umdità*; X. *Iż-żina tad-diar*.
- ⁸ F. Borg: *Għajnuna fil-mard għal għarrieda - Fuk l'Epidemji*. Included 15 sections: I. *Contusioni*; II. *Liui, Kliħ u cosor*, III. *Feriti*; IV. *Il-Ħruk u*

's-samta; V. *Dhul ta xi Haġia*; VI. *Il Għaxua*; VII. *L' Apuplexia*; VIII. *Il Convulsioni*; IX. *Telf tan-nifs*; X. *Telf tad-demm*; XI. *Veleni*; XII. *Rabia tal Clieb*; XIII. *L' Edpidemja*; XIV. *It-Tifu*; XV. *Fl-Marsuttin*.

⁹ F. Borg, *Kelmtejn fuq is-saħħa ta' l-ulied*. Included 13 sections: I. *Il-Hasil*; II. *Il-Lbies*; III. *Ir-Rdiġ*; IV. *Il Ftama*; V. *Il Fruj*; VI. *Ir-Rqad*; VII. *Ix-Xaħxiħa*; VIII. *Is-Snien*; IX. *It-Tilqin tal-Jidri*; X. *Il-Logħob u ix-Xoġħol*; XI. *Is-Swat u il Biża'*; XII. *It-Tagħlim*; XIII. *It-Tfal fil-Mard*.

¹⁰ P. Cassar, *Medical History of Malta*, (London 1965), 542.

¹¹ F Borg, *Għajnuna fil-mard għal-għarrieda*, (Malta 1880).

¹² F. Borg, *Kelmtejn fuq is-saħħa ta' l-ulied*, (Malta 1884).

¹³ Anonymous, *Twissiet fuk il-Mard tal-Kollra meħruġin mill-Gvern biex jixxerdu fost in-nies*, (Malta 1885).

¹⁴ Anonymous, *Fuq il-mard tat-tfal u kif nilqulu*, (Malta 1885).

¹⁵ G. Caruana Scicluna, *Chielmtejn fuk il-Pesta u chif yekrida*, (Malta 1901).

¹⁶ A. Critien, *Id-dubbien u n-nemus u cghif nilkghu ruħna mill-ħsarat tagħhom*, (Malta 1929).

¹⁷ Anonymous, *Il-Ġrieden*, (Malta 1936).

¹⁸ A. Fava, *Il-Ħalib tal-Moġħża - Industrija Maltija*, (Malta 1931). Included 8 sections: *Ix-Xeuka tagħna*; *Id-Deni 'rkiek*; *L'importanza tal-Problema*; *Il-Ħalib*; *Immunizzazioni tal-Moġħża jeu tal-Bniedem*; *Tgħollija tal-Ħalib - Sterilizzazioni*; *Pasterizzazioni tal-Ħalib*; *Distribuzioni tal-Ħalib Pasterizzat*.

¹⁹ S.L. Pisani, *Ktieb il Qabla*, (Malta 1883). Included 16 sections: I. *Fuq il-Ġisem u t-Tnissil*; II. *Fuq il-Baida*; III. *X'ijjib il-Ħbiela*; IV. *Fuq it-Tarbija*; V. *Igiene tal-Ħbiela*; VI. *Fuq il-Ħlas*; VII. *Presentazzioni tal-Wiċċ*; VIII. *Presentazzioni tat-tarf tal-Warrani*; IX. *Igiene tal-Ħlas*; X. *Wara il-Ħlas*; XI. *Igiene ta wara il-Ħlas*; XII. *X'għanda tagħmel il-qabla meta iseyyħulha għal-mara b'ujigh tal-ħlas*; XIII. *Ħlas teumi*; XIV. *Rimi*; XV. *Moli*; XVI. *Qasma tas-Sultan*.

²⁰ G.B. Schembri, *Tagħlim għall-istudenti ta' l-Iskola tal-Kwiebel ta' l-Isptar Ċentrali*, (Malta, 1897). Subdivided into five subsections: I. *Il-Ġisem tal-Bniedem*; II. *Ħbiela bis-sinjali tagħha*; III. *Ħlas*; IV. *Emorraġija*; V. *Is-Sinjali tat-tarbija mejta ġewwa l-utru - Pariri li tista' tati l-kabla u xi tagħlim li din jaħtieġ tcun taf fis-sengħa tagħha*.

²¹ J.S. Galizia, *Il-Ctieb ta' l-Infermier*, (Malta 1904). Had a total of 15 chapters: I. *Il-ġisem*; I. *L-Infermier*, II. *Il-Camra tal-Marid*; III. *Ventilazzioni*; IV. *L-indafa tal-marid*; V. *L-ichel tal-marid*; VI. *Banji*; VII. *X-għandu josserva l-infermier fil-marid*; VIII. *Faxxaturi*; IX. *Sodod u*

cmamar speciali; X. *Antisepsi*; XI. *Operazzionijet*; XII. *Massage*; XIII. *Emergenzi*, jew *mard għal għarrieda*; XIV. *Dieta tal-morda*.

²² J.C. Camilleri, 'Galea, Alfons M.' in *Maltese Biographies of the Twentieth Century*, (eds). M. J. Schiavone, L. J. Scerri, (Malta 1997), 285-286.

²³ A. Aquilina, 'History of Maltese Publishing: Cotba tal-Mogħdija taż-Żmien', in *Heritage: An encyclopedia of Maltese culture and civilization*, (1993), 68, 1353-1356.

²⁴ A. Preca, 'Nibżgħu għal Saħħitna: Tagħlim għat-Tfal', in *Mogħdija taż-Żmien*, No.22, (Malta 1902), 45-56.

²⁵ E.L. Vella, 'Tagħlim għall-Ommijiet fuk it-Trobbija ta' Uliedhom', in *Mogħdija taż-Żmien*, No.54, (Malta 1906), 1-30.

²⁶ F. Borg, 'Għajnuna fil-mard għal-għarrieda - Fuk l'Epidemji', in *Mogħdija taż-Żmien*, No. 54, (Malta 1906), 33-82.

²⁷ F. Borg, 'Is-Saħħa u d-Dar', in *Mogħdija taż-Żmien*, No.61, (Malta 1907).

²⁸ F. Borg, 'Is-Saħħa ta' l-ulied', in *Mogħdija taż-Żmien*, No.110, (Malta 1911), 1-36.

²⁹ L. Manche, 'Mard l-Għajnejn fit-Trabi', in *Mogħdija taż-Żmien*, No. 110, (Malta 1911), 37-40.

³⁰ G. Busuttill, 'Fuk il Mard ta' n-nies ta' s-snajja', in *Mogħdija taż-Żmien*, No.110, (Malta 1911), 41-80. Included: I. *Iż-Żebbiegħa*; II. *Il-Bajjada*; III. *Il-Ħajjata*; IV. *Lis-Scarpan*; V. *Il-Cunjaturi*; VI. *Il-Mastrudaxxi*; VII. *Il-Ħassiela u tal-Mogħdija*; VIII. *Il-Furnari u l-Għaġġiena*; IX. *Il-Ħaddedin*; X. *Ta' t-Tabacc*; XI. *Is-Sulfarini u il Giġifogu*; XII. *In-Nissiegħa*; XIII. *Tal-Mtierah*; XIV. *Is-Sahra*.

³¹ C. Savoņa-Ventura, 'Reproductive performance on the Maltese islands during the Second World War', in *Medical History*, (1990), 151-177.

³² L. Manche, 'It-Trobbija tat-Tfal jew Tuissijiet għall-ommijiet', (trans.) Dr. E. L. Vella, in *Pro Infantia*, (Malta 1907). Contained: I. *Chelmtein għal min jakra*; II. *Żuieg u reguli li għandom icunu osservati*; III. *It-tkala*; IV. *Il-Ħlas*; V. *Uara il-Ħlas*; VI. *Irdieħ naturali jew ta' l-omm ta' l-imreddgħa*; VII. *Irdieħ artifiċjali jew mill-flixcun mill-animat*; VIII. *Ichel imħallat*; IX. *Ftama*; X. *Ilbies tat-tarbija u tat-tfal*; XI. *Aria, Daul u Ilma*; XII. *Irkad u Eserċiziu*; XIII. *Educazioni tal Moħ u tal Kalb*; XIV. *Chelmtein fuk il cura fid-dar*.

³³ C. M. Gaffiero, 'Ninetyeth Anniversary of St John Ambulanca Brigade'. *The Sunday Times of Malta*, 19 September 1999, 38-39.

- ³⁴ J. Cautlei, 'L' ewwel għajnuna lil min ikorri', in *St. John's Ambulance Brigade*, (Malta, 4 editions, 1916/1934/1938/1943).
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