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Der Absenderfreistempel auf dem Umschlag in dem Sie diese PM finden, gedenkt dem vor 150 Jahren geborenen **Otto Rostoski**, der in Dresden die erste Diabetesberatungsstelle gründete.

# Renaissance - when science awakens from coma

Clemens M. Brandstetter

For centuries the Catholic Church fought the knowledge of the people with faith, in the Middle Ages this goings-on reached its climax. Fortunately, the Arabs wrote down the knowledge of the Greeks - so it remained hidden from the church. wakes up from the coma

Courageous people oppose faith, they believe in reason and want to know and recognize, recognize above all by measuring, weighing and experimenting. One of them is Francesco Redi (1626-1697) from Arezzo (Tuscany). After graduating from the Jesuit school in Florence, he completed his medical studies in Pisa and in 1666 succeeded his father as personal physician to the Grand Duke Ferdinando II and Cosimo III. However, he did not rest on his laurels, on the contrary: he experimented to show that even lower animals such as worms or flies did not arise by spontaneous generation [a-bio-genesis], but that all life was born from an egg [omnia ex ovo]. The experimental arrangement for his experiment is ingenious: he stores rotten snake meat in three different vessels: one unsealed and accessible, a second hermetically sealed, a third with the opening covered by gauze. He observes that fly maggots develop in the unsealed jar and eggs of flies are laid on the gauze, while the hermetically sealed jar shows no new life at all. He draws the right conclusion from this. Redi still works without a microscope, but he soon accepts the help of magnification technology: his later illustrations in publications on parasites (1684) prove that these drawings were not possible without optical aids. He is considered the founder of helmintho-logy, the science of parasites. Redi refers to a stage in the alternation of generations of parasitic flukes, e.g. in the case of the small liver fluke, which requires two intermediate hosts, snails and then ants, in order to finally infest mammals, rarely humans. The eggs of the fluke enter the intestine of the infested animal via the bile flow, are excreted with feces, and snails feast on them, and the cycle begins again. The infected animals contract dicrozoeliosis, a worm disease.



Naturalists mastered many scientific disciplines at that time, but Francesco Redi was not - as shown in this cancel - a pronounced mathematician



No fly larvae develop in a hermetically sealed vessel: proof that there is no A biogenesis.

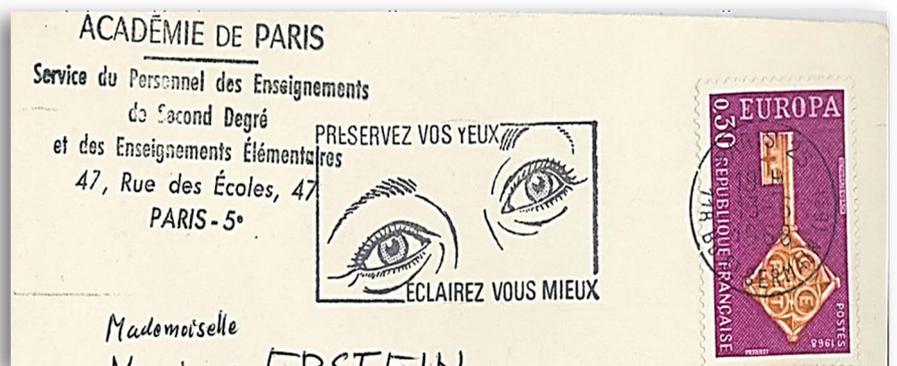


Was Redi already using a microscope invented during his lifetime by A. Leeuwenhoek? (Netherlands 1937)

Redi appeals to man's reason, so that he can always form a clear and certain judgment about any thing, free from obstacles and hindrances. Apparently, at gatherings in suitable rooms, they discuss the latest achievements, or the true inventor of eyeglass lenses, which, despite the "uncertainty of time [sic!], are among the most useful discoveries of the human mind." They also tell stories about living animals, such as that "there might well be snakes with two heads, four cubits long, and entirely black with white heads" and further "Every day I am more and more strengthened in my resolution not to believe natural things except what I see with my own eyes, and unless I am confirmed by repeated experience: for I perceive more and more that it is a very difficult thing to spy the truth deceived by lies." He finds out experimentally that only injected poison of the viper is lethal.

Redi is not only a natural scientist and physician, but also a linguistic genius: he knows Arabic and can thus draw on the scientific fund of

the ancient Greeks: he is revising the dictionary of the Accademia della Crusca, an Italian linguistic society founded in 1583 and considered the guardian of the pure Italian language. The "frullone", the flour mill, is its signet and refers to the separation of chaff from wheat. Prince Ludwig von Anhalt-Köthen is its first German member and he adopts customs of the Crusca into the language academy "Fruchtbringende Gesellschaft" founded in Germany in 1617, which existed until 1680 and was re-established in 2007.



Redi believes only what he sees with his own eyes



Italy 1983



Germany 2017

But Redi is also a literary man and uses a special verse measure, the dithyrambos: verses of three and eleven syllables alternate in order to conjure up the staggering gait of the intoxicated Bacchus and his Ariadne in the listener's mind. As a doctor, however, Redi

advises younger colleagues or inquiring patients in his "Consulti medici" not to drink wine; at the very least,



the fermented grape juice should be diluted with well water. His work "Bacco in Toscana" (1685) comprises about one thousand verses. Furthermore, Redi believes that people's health depends more on the kitchen and the table than on the pharmacists' books and pills. The way Redi dealt with his patients was described by Girolamo Venanzio thus: Francesco Redi knows how to discuss illnesses with his patients and illustrate them with his language. He can answer the most subtle questions and is able to season his explanations imaginatively with spontaneous grace without seeming affected. He enriches his words with deft turns of phrases and clever inflexions, giving them new and understandable meanings. Redi condemns charlatans and quacks.

The author of the article himself walked in the footsteps of Francesco Redi in Arezzo, because he researched the mating behaviour of the nudibranch genus *Limax* in Italy for almost two decades. Redi described such hermaphrodite mating of two *Limaces* on walls in Arezzo with protruded penis lengths of 90 cm. Gerhardt (1933) described a *Limax redii* from northern Italy because it also has a penis length of about 90 cm, but the copulation Redi observed in Arezzo belongs to the *Limax corsicus* group occurring to the south. Warum auch immer, jedenfalls hat die Katholische Kirche eine Büste, die Francesco Redi darstellt im Dom von Arezzo anbringen lassen.

Literatur:

- [Wikipedia.org](http://Wikipedia.org)
- *With the author*



SEBASTIANO RICCI 1659-1734  
NÁRODNÍ GALERIE V PRAZE



Bacchus and Ariadne; Czechoslovakia 1983, souvenir sheet



Personalized stamp from Austria



Cathedral of Arezzo (Antigua and Barbuda 2000)

Limax sp. mating - entwined with each other

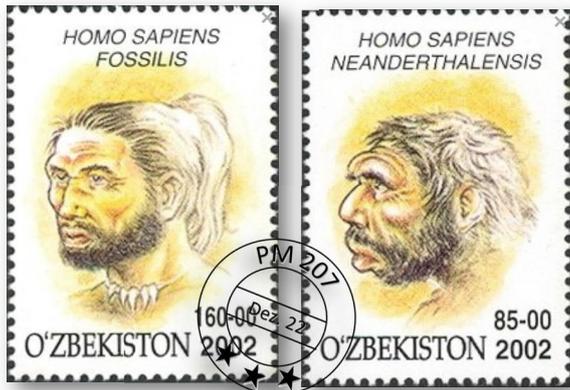
Penis: length 90 cm

Bell: exchange of sperm packages



# The Neanderthal and our health

D.M. Vogt Weisenhorn

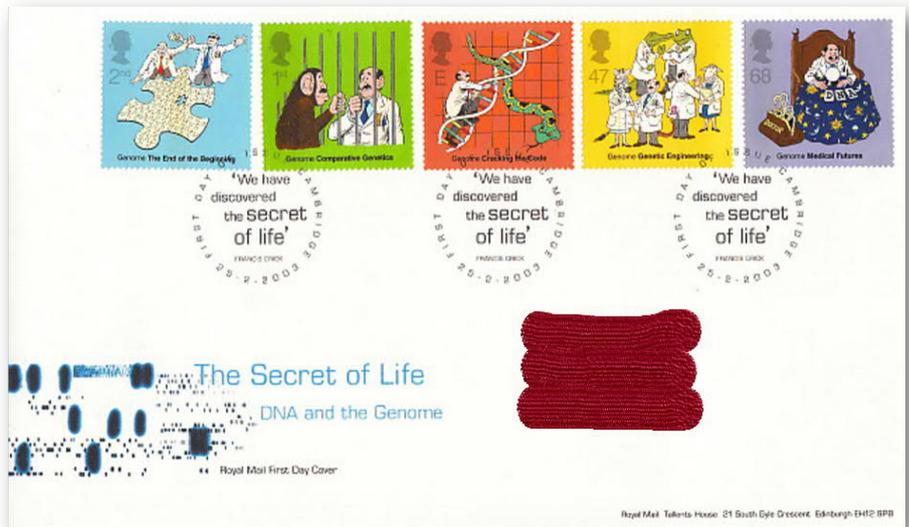


Uzbekistan 2002: Neanderthals and Homo sapiens intermingled about 50,000 years ago

400,000 years ago, prehistoric humans migrated from Africa to Europe and parts of Asia. They developed into Neanderthals, while those who stayed at home became Homo sapiens. The latter then conquered the entire world from Africa. Thus Homo sapiens came to Europe 45,000 years ago. There he mixed with the still living Neanderthals, whose population, however, was already shrinking and finally disappeared 40,000 years ago. But the Neanderthals left us something very essential: through sexual contact with Homo sapiens, the Neanderthals left traces in our genome, which was

proven in 2010 by Svante Pääbo and colleagues. Approximately 2% of our genome - i.e. the entire gene library of humans - are remnants of the Neanderthal genome.

By knowing which parts of our genetic makeup are descended from Neanderthals, it is possible to decipher which characteristics - including those relating to our health - are still influenced by these genes today. Several Neanderthal genes determine, for example, skin and hair colour, some bone density, and above all the ability to cope with changing day-night rhythms. Also, an adaptation of the blood to life



Great Britain 2003: First day cover - Decoding of the human genome

in large heights with the help of primaeval gene variants is present, whereby Homo sapiens could adapt better to the special environmental conditions of their new homeland.

Less obvious is that the expression of diseases is co-determined by Neanderthal genes. In 2020, for example, it will be shown that a genetic region that still originates from the Neanderthal genome is associated with a more severe course of Covid-19 disease. Certain gene variants in



Personalized Stamp Austria, AFS: Ancient genes influence the immune system and associated diseases

this region increase the risk of needing artificial respiration threefold. Of course, one can now ask why this change, which can lead to a more severe course of an infection, is not eradicated by

evolution over the millennia. However, it is assumed that these gene variants provide for a particularly active immune system and were thus originally useful. The theory is also supported by the fact that the risk of suffering from certain auto-immune diseases is increased by Neanderthal

genes. Variants of these genes are associated with dermatitis, Graves' disease and rheumatoid arthritis. Therefore, a genetic modification that was originally beneficial may be rather harmful in today's world and under today's living conditions. Many of our diseases



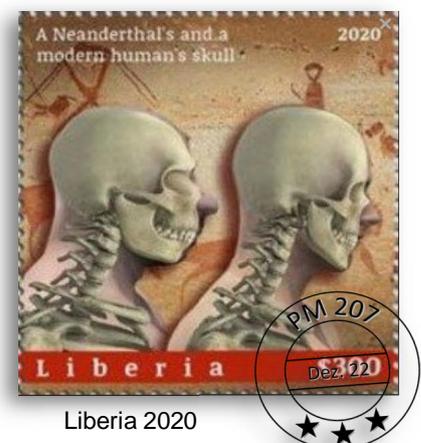
Italy 2019, Great Britain 2014; Italy 2016 - The old genes also determine the development of e.g. celiac disease, prostate cancer and the fertility of women.

are associated with an over-activation of the immune system - as is the case with Covid-19. If, for example, the risk factor of obesity is added, which also influences our immune system, this can be too much for our body and we fall ill.

Other gene variants that Homo sapiens received from Neanderthals apparently also influence the development of metabolic diseases in today's Europeans. One variant is associated with gluten intolerance (celiac disease). In contrast, variants of these genes have a positive effect on malaria and prostate cancer: they reduce the risk of developing malaria and prostate cancer. In about one third of all women in Europe, a Neanderthal gene variant is present that causes cells to produce more receptors for the hormone progesterone, which is necessary for maintaining pregnancy. Women with this variant have less bleeding at the beginning of pregnancy as well as fewer miscarriages and also give birth to more children. This gene variant thus increases fertility.

Neanderthals also have more elongated heads and thus more elongated brains than Homo sapiens. This is now attributed to genetic variants that alter the activity of two genes that play an important role in brain development. They are explicitly involved in the formation of so-called myelin sheaths, insulating sheaths of nerve fibers that increase the conduction speed of impulses. This can drastically affect our ability to learn and coordinate movements. Possibly, this can also explain why the Neanderthal genes also influence the tendency to depression and addictive behavior.

Literature: <https://www.riffreporter.de/de/wissen/gene-neandertaler-homo-sapiens>



Liberia 2020

# The Lebanon cedar in medicine and as philatelic study material

Dr. med. Rolf Spiess / Dr. D.M. Vogt Weisenhorn



Finland 2017: The typical Christmas decoration for us comes from a spruce or fir. The branches and cones of the Lebanon cedar are rather unusual for us at Christmas. © Flickr-SidPix

Now it comes again: the time of the Christmas tree. We know it mostly as a coniferous tree from our native forests, that is, fir or spruce. On the other hand, their close relatives from the same family - cedars - are considered less suitable for this purpose. Cedars should also not be confused with cypresses. The latter spread an intense odor due to a high content of essential oils, while cedar woods have almost no odor. Also, cedar oil used in aromatherapy/care is a distillate of cypress, and may contain portions of the toxic thujone. Therefore, caution is advised when reaching for "cedar oil".



Absenderfreistempel 1983

meta-analysis) shows that regardless of the dosage form and setting, a positive effect is achieved on sleep quality in both hospital and nursing home settings. Improved sleep quality results in improved physical as well as mental health. Inadequate and/or disturbed sleep has been shown to increase the risk of obesity, arterial hypertension, diabetes, stroke, coronary heart disease, Alzheimer's disease, Parkinson's disease, depression and anxiety.

However, genuine cedar oil also has other potential in medicine. A long-standing goal of anti-cancer research is to find compounds that have fewer side effects compared to currently approved drugs. Indeed, the essential oil isolated from the leaves of *Cedrus libani* may have potential for drug development due to its high concentrations of

Apparently, properly dosed, aromatherapy/care can be effective according to recent studies. After all, aromatherapy is supposed to increase well-being and have an influence on our mood. A review of different studies on aromatherapy/nursing (a



San Marino 2009 - sleeping Madonna



germacrene D and  $\beta$ -caryophyllene. The essential oils of *Cedrus* species also show bioactivity against bacteria and viruses. However, research here is still in its infancy.

Nun aber zurück zu den Zedern selbst. Rezente Zedern-Arten kommen im Mittelmeerraum vor, eine Art im westlichen Himalaya. Die philatelistisch wohl bekannteste Art ist die Libanon-Zeder. Das schöne, dauerhafte und leicht zu bearbeitende Holz der Libanon-Zeder wird seit fast 5.000 Jahren verwendet. In der Antike wurde es zum Palast- und Tempelbau genutzt. Es war zudem ein gefragtes Holz für den Schiffsbau und zur Möbelherstellung. Heute ist die Libanon-Zeder im Libanon ein seltener Baum geworden und wird in gemäßigteren Zonen als „Ersatzbaum“ zur Erhaltung der Wälder während der Klimakrise in Betracht gezogen.



Yugoslavia 1988



The three cedar species native to the Mediterranean region:

- *Cedrus libani* (Lebanon 1966 - cedar in the snow - airmail)
- *Cedrus brevifolia* (Cyprus 1979)
- *Cedrus atlantica* (Algeria 1981)

Nevertheless, the Lebanon cedar is the tree that adorns the flag and the coat of arms of Lebanon. Thus, it is not surprising that this cedar can be found on early stamps of Lebanon..

A small philatelic study of these stamps and the presentation of a few varieties is presented below in reflection of the political conditions in Lebanon after World War I. This development is exemplified by the 0.1 piaster stamp first issued on March 1, 1925, with the Lebanese cedar as the central motif.

Since 1920, Lebanon was a French mandate

territory "État de Grand Liban" as part of the "League of Nations Mandate for Syria and Lebanon". The 13 postage stamps with landscape motifs (Mi.Nr. LB 58-70) including the Lebanon cedar stamp (Mi.Nr. LB 58) issued on 1 March 1925 all bore the overprint "GRAND LIBAN" (see "1925" below).

In 1926, Lebanon receives a constitution and the Republic of Lebanon comes into being. On July 1, 1927, the postage stamps Mi. Nos. LB 104-116 appear with an overprint of the new country name "République Libanaise" in red and the overprint "GRAND LIBAN" in red through (see "1927" illustration on the left). In the "1927" illustration on the right, there is an aberration: the "R" in "République Libanaise" is open at the top (not mentioned in the Michel catalogue).

On May 4, 1928, Mi.Nos. LB 121-133 appear with the overprints like the numbers LB 104-116, but now also with the overprint of the country name in Arabic, and the old Arabic inscription now also in red (see “1928” illustration on the left). There is also a special feature of the Lebanon cedar stamp Mi.No. 121: an inverted red overprint (also not mentioned in the Michel catalogue; see “1928” illustration on the right).

On November 2, 1928, Mi. No. LB 148 appears, which is the Lebanon cedar stamp Mi. No. LB 121 with



1925



1927



1928



1928 - Surcharge

the additional red overprint of the surcharge amount (5 Lebanese piasters) in French as well as Arabic (illustration: “1928 surcharge”).

Overall, the political conditions after World War I (and also later) in Lebanon are determined by the numerous religious groupings. The resulting conflicts are often manipulated by the mandate powers. Thus, the constitution of the Republic of Lebanon is also suspended by France from 1932-1943. In 1943, the new Lebanese government unilaterally dissolved the French mandate. Only through international pressure is France persuaded to accept Lebanon's independence.

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