

In the footsteps of famous Bonaparte



By Olga Pasiyak

This is a project of global scale. For 10 years more than 60 cities of France, Germany, Italy, Poland, Russia, the Czech Republic, Austria and Spain have joined the Federation. Pavel Latushko, Ambassador of Belarus to France, noted that the participation of Borisov expands the partnership between our country and France and consolidates contact between non-governmental organisations and local authorities. It also offers one more opportunity to talk about Belarus to a wider world, about our common, though problematic and tragic, history, and, certainly, to attract more tourists. This aspect was noted also by Dominique Gazuy, Ambassador of France to Belarus, "According to queries on the Internet, today, Napoleon is the second most

'In France all people have heard of Berezina, but nobody imagines where it is situated'. This phrase of Charles Napoleon, direct descendant of the great French emperor, have been heard many times at the Belarusian and French meeting in Borisov on the *Roads of Napoleon* project. Amid a swarm of photographers, a Memorandum of Joining of Borisov to the European Federation of Napoleonic Cities was signed, where our country became the 9th member state.

popular person after Christ, and if you get information about Borisov when searching online for 'Napoleon', then tourist interest in the town will grow significantly." To aid this, they plan one more Belarusian and French project — a thematic exhibition in the National History Museum. The main guest at the Borisov meeting, Charles Napoleon, was generous with his emotions.

"When in France we speak about Berezina, we are talking about a catastrophe. I have been to Borisov before and I always wonder that such a cruel battle had happened on such a quiet river. It is important for tourists to understand what happened here and to feel the atmosphere of the historical event."

Borisov has a good chance to become an attractive cultural location. In the near future, representatives



Reconstruction of events of 1812 at Berezina

of the journal of the European Federation of Napoleonic Cities will come here to take photos of local interest points for the December issue where 80-100 pages are planned to be dedicated to the Belarusian town. The is-

sue will be presented in Paris by Vladimir Miranovich, Borisov's Executive Committee Chairman, and even before this, information about the suburbs of Berezina will appear on Internet-resources of the Federation.

Video mapping recreates well-known Vytautas' Fara

By Tatiana Vishnevskaya

Famous church to be 'drawn' in night sky on June 6th to mark the opening of the 10th Republican Festival of National Cultures

As the Vytautas Church (Vytautas' Fara) was reconstructed several times during its history, there are plans to create several models of the church. The depictions will be created based on authentic historical data, drawings and photos. The relic will appear before spectators as a Catholic and as an Orthodox church, with the hosts telling the history of the construction and the destruction of the building. At a particular moment of the ceremony, the bells in the major operating churches in Grodno will begin to ring. The ceremony will involve the Grodno Kapella choir, as well as other choir groups and church hymns will also be performed.



Vytautas' Fara Church

A sculptural composition will be installed on the site of the Vytautas Church in the form of a semi-destroyed arch with a memorable inscription. The monument is being created by Grodno sculptor, Sergey Bilyduk.

The Vytautas Church was blown up by authorities on November 29th, 1961. This was Grodno's largest church

and it was built under the instruction of Duke Vytautas in 1389, firstly as a wooden building, and later the Catholic building was rebuilt in stone during the time of Stephen Báthory in the 16th century.

During its history, the Catholic property has caught fire several times. After the 1889 fire, the church was restored as the Orthodox St. Sophia Cathedral. In 1918, it returned to the Catholics, and church operated as a garrison Catholic church. Before its destruction, the building was used as a warehouse.

Later this year, another sculpture — Memorial Crosses — is planned to be installed near the Grodno Regional Drama Theatre to honour the lost churches. It will serve as a reminder for Grodno residents of the Catholic church of Bernardine (later St. Boris and Gleb Monastery) of the 17th-20th century, which was previously located on that site.

Advice from Dr. Zhukova

Laughter helps you live longer

How do emotions influence the condition of human body?

Olga Velikova, Volkovysk



The health and longevity of any person depends directly on what emotions accompany him or her throughout their life. With this fact, it is possible to ascertain that emotions have a huge influence on our health, both physical and psychological.

Moreover, there is a theory about psychosomatic diseases where, under the influence of negative emotions and the inability to beat stress, people have severe chronic diseases.

Psychosomatic diseases (from Greek ψυχή — soul and Greek σωμα — body) are a group of disease states appearing as a result of interaction of mental and physiological factors. Psychosomatic disease is one of the most difficult problems in modern medicine, despite of the fact that strong interrelation of the mind and the body was observed as far back as Hippocrates and Aristotle. At the heart of psychosomatic illness lies the initially corporal reaction to conflict worries, accompanied by changes and pathological abnormalities in the organs. Corresponding predisposition can influence the choice of affected organ or system. Historically this group includes classical psychosomatic diseases (the

the general state and promote an advancement of the condition. Happy people fall ill less often and, if they do fall ill, they come through the illness easier. The wounds of the optimist heal faster!

In big cities, people are under a lot of pressure. They do not know how to relax, they feel more anxious, they have worries, stresses and, as a result, they fall ill more often. It is necessary with patience and desire to learn how to cope with difficult situations which, of course, happen in our uneasy life.

A good mood and the right attitude to a situation will help to cope with stress. Positive people have a lower level of chemical substances causing inflammation and emotional tension. Possibly, positive emotions mobilise the internal resources of people, helping them to cope with disease. In this way, there is an opinion that laughter prolongs life. A case exists where one doctor cured a terminal patient by means of laughter. For days, the patient watched comedies and funny cartoon films, laughed to exhaustion and finally recovered! Medical practice describes also many cases of full treatment of seriously ill patients, using only the help of belief in this healing.

Adult people):



Positive emotions — good for your health

bronchial asthma, ulcerative colitis, essential hypertension, neurodermatitis, rheumatoid arthritis and gastroduodenal ulcer. Now these diseases also include ischemic heart disease, psychosomatic thyrotoxicosis, diabetes and obesity. One can also add radiculitis, migraine, intestinal colic, irritable bowel syndrome, gallbladder dyskinesia and sterility, when pathology of the reproductive system is excluded.

Considering the negative influence of emotions on health, the majority of authors of scientific works on psychosomatics note the important role of positive emotions which can help people to recover from an illness and strengthen their health. It was known long ago that positive emotions improve the condition of sick people and can even lead to recovery. While negative emotions worsen

ple, pressured by daily cares, often forget how happy they were in childhood. But to be healthy, it is necessary to become an optimist, to learn how to rejoice, to always present a smiling front to the world and to pay more attention to people close to you, bringing pleasure to them and to yourself. Someone who is positive in any situation, not only improves quality of life, but also exudes a positive aura.

Try to get only positive emotions, and they will always have a positive influence on your health. Visiting theatres, concerts, sporting competitions or even a hobby can also be sources of positive emotions. Be optimists! Please yourself and your relatives, smile to them each day — be happy and healthy!

By Tatiana Zhukova, doctor of higher category, D.M. Ph.D.

Convenience for future mothers

Smartphone application allows expectant mothers to monitor progress without visiting the doctor

A new smartphone application now allows expectant mothers to monitor the heartbeat and development of their child, as reported in the British media. Bellabeat Connected System allows a baby's heartbeat to be monitored, alongside weight and movement. The programme is also set to question mothers on their 'feelings', to give advance warning of the possible onset of depression.

Improvements are planned, to allow mothers to monitor their own blood pressure, weight gain and blood sugar level.