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## HEALTH TOURISM IN INTERWAR POLAND: A STUDY OF BALNEOLOGICAL RESORTS IN LWÓW, WOŁYŃ, AND TARNOPOL VOIVODESHIPS

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### Turystyka zdrowotna w Polsce międzywojennej: studium uzdrowisk balneologicznych w województwach lwowskim, wołyńskim i tarnopolskim

#### Streszczenie

Celem pracy jest analiza rozwoju uzdrowisk i turystyki zdrowotnej w Polsce w okresie międzywojennym, ze szczególnym uwzględnieniem uzdrowisk balneologicznych położonych w województwach lwowskim, wołyńskim i tarnopolskim. Badanie opiera się na metodzie historycznej, która umożliwia śledzenie głównych etapów rozwoju infrastruktury uzdrowiskowej, specjalizacji medycznych tych uzdrowisk oraz stosowanych metod leczenia, a także pozwala na identyfikację dominujących trendów w organizacji turystyki i wypoczynku w tych uzdrowiskach. Po raz pierwszy w artykule przedstawione zostało systematyczne zestawienie informacji dotyczących uzdrowisk z wymienionych województw, obejmujące ich cechy medyczne, dostępne metody leczenia, poziom i rodzaj infrastruktury noclegowej, a także dane na temat frekwencji, cen oraz przepływów turystycznych. Szczególną uwagę poświęcono roli balneologicznych metod leczenia w terapii chorób, a także procesowi regeneracji zdrowia. Ponadto w pracy uwzględniono aspekty kulturalne i rekreacyjne, które przyciągały turystów do tych uzdrowisk, takie jak organizowane wydarzenia kulturalne, spacer, koncerty czy atrakcje związane z lokalną kulturą. Wyniki tego badania mogą stanowić podstawę dla dalszych badań naukowych nad historią turystyki, opieki zdrowotnej oraz

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życia kulturalnego w Polsce i w Ukrainie, a także stanowić punkt odniesienia do porównawczej analizy rozwoju przemysłu uzdrowiskowego w Europie Środkowo-Wschodniej w okresie międzywojennym.

**Słowa kluczowe:** turystyka zdrowotna, uzdrowisko, spa, okres międzywojenny.

## Abstract

The purpose of the work is to analyze the development of resorts and health tourism in interwar Poland, using the example of balneological resorts located in the Lwów, Wołyń, and Tarnopol Voivodeships. The study employs a historical method, which allows to trace the main stages of the development of resort infrastructure, medical specialization, and treatment methods, as well as to identify trends in the organization of tourism and leisure at these resorts during the interwar period. For the first time, the article presents a systematic compilation of information about the resorts in these voivodeships, their medical characteristics, available treatment methods, accommodation infrastructure, as well as the level of attendance, prices and tourist flows. Special attention is given to the role of balneological treatments in the treatment of diseases and health restoration, as well as the cultural and recreational aspects that attracted tourists to these resort areas. The results of the study may serve as a foundation for further scholarly research on the history of healthcare, tourism, and cultural life in Poland and Ukraine, as well as for comparative analysis of the development of the resort industry in interwar Central and Eastern Europe.

**Keywords:** health tourism, resort, spa, interwar period.

## Introduction

The relevance of this work is determined by the significance of the resort industry in interwar Poland as an important component of the social and economic structure, as well as a key element of the cultural landscape of that time. In the context of the economic and social transformation in interwar Poland, the development of resorts, particularly in the field of health tourism, became not only a response to the challenges of the time but also a factor in the formation of national identity. It is important to note that resorts played a crucial role not only in health improvement but also in the cultural and social integration of various regions of the country, making their study particularly valuable for historical research. In light of these factors, the study of resort infrastructure, medical specialization, and other aspects of health tourism in interwar Poland represents an important area of analysis within the context of both social and economic history.

The study employs several key categories such as “resort”, “health tourism”, “medical specialization”, “accommodation infrastructure”, “treatment methods”, “entertainment”, and “communication”. These categories represent the core components of the functioning of resort complexes, with each playing a specific role in the structure of the resort industry. The category of “resort” is used in a broad sense, encompassing not only places of leisure but also special-

ized medical institutions. "Health tourism" highlights the importance of resorts for treatment, disease prevention, and health recovery. "Medical specialization" refers to the areas of treatment and the medical infrastructure responsible for the well-being of the guests. These categories are employed to provide a deeper understanding of the functioning of resorts as a complex system of various spheres, ranging from healthcare to recreation.

The chronological framework of the study covers the interwar period, from 1918 to 1939. This period is a crucial era in Polish history, marking the country's recent regained independence and its efforts to restore economic and social stability after World War I. During this time, the resort industry experienced significant growth, serving not only as a means of improving the population's health but also as an important part of social life.

The geographical scope of the study is limited to three voivodeships: Lwów, Wołyń, and Tarnopol,<sup>1</sup> which were part of Poland at the time. These regions share similar natural resources that played a key role in the development of the resort industry. They served as important centers for both domestic and international tourism. The geographical specificity, including unique natural and climatic conditions, allowed these resorts to become some of the most visited and popular in interwar Poland. The resorts of Stanisławów Voivodeship (which, along with Lwów, Wołyń, and Tarnopol, formed the so-called southeastern voivodeships of interwar Poland) are not considered in this study. This is because the region hosted numerous resorts with a high degree of diversity – ranging from balneological and climatic to ski resorts, many of which utilized the natural features of the Carpathians as their primary tourist appeal. Given this diversity and specificity, the resorts of Stanisławów Voivodeship require a separate and more in-depth study, which lies beyond the scope of the current analysis.

The aim of this study is to analyze the resorts and tourist infrastructure of the southeastern region of interwar Poland, including Lwów, Wołyń, and Tarnopol voivodeships, with a focus on their role in the development of health tourism, the specifics of medical specialization, infrastructure, as well as the study of natural recreational resources and treatment methods. The object of the research in this article is the resorts of southeastern Poland (Lwów, Wołyń, and Tarnopol voivodeships) during the interwar period, specifically their infrastructure, medical practices, treatment methods, recreational resources, and leisure opportunities for tourists. The subject of the research is the peculiarities of the functioning of the resorts in these voivodeships between 1918 and 1939, includ-

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<sup>1</sup> The names of cities, towns, and other geographic features in the article are presented as they were used during the interwar period (in Polish and in line with Polish conventions). Their current names may differ, as these locations are now part of Ukraine and are transliterated into the Latin alphabet based on Ukrainian spelling.

ing their geographical location, medical specialization, use of natural resources, organization of leisure, frequency of visits, as well as the role of medical personnel and treatment methods applied at the resorts.

The development of health tourism in interwar Poland cannot be fully understood without considering the broader political and economic context of the time. After regaining independence in 1918, Poland faced numerous challenges, including economic instability, the need to rebuild infrastructure, and the process of consolidating regional identities within the newly unified state. The development of balneological resorts in Lwów, Wołyń, and Tarnopol Voivodeships was closely linked to these broader national efforts. Investment in resort infrastructure not only contributed to economic recovery but also played a role in integrating diverse regions under a shared vision of national development. Additionally, significant territorial disparities existed within interwar Poland, with the eastern regions being less economically developed than the central and western parts of the country. Recognizing this, the government actively encouraged entrepreneurial initiatives in these areas, offering various incentives, including reduced railway fares for trips to resorts in the eastern regions, to stimulate economic activity and domestic tourism.

Moreover, interwar Poland was not a monoethnic state; many of its eastern regions had significant non-Polish populations (Ukrainians, Belarusians, etc.), sometimes even constituting the majority of inhabitants. In this context, tourism and leisure were also perceived by the authorities as an important integrating factor, helping to “bind” the diverse parts of the country together. By encouraging travel to eastern regions and fostering interactions between different ethnic and cultural groups, the government aimed to strengthen national cohesion and promote a shared sense of Polish identity across its heterogeneous population.

Additionally, these resorts served as significant sites of cross-border interaction, attracting international visitors from neighboring countries such as Czechoslovakia, Romania, and even Germany. There are records of visits to these resorts even by U.S. citizens. The presence of foreign tourists underscored the transnational appeal of Poland’s natural health resources and highlighted the country’s role in the wider European health tourism network. These international connections not only contributed to the economic success of the resorts but also played a subtle role in diplomatic and cultural exchanges. The ability of Polish health tourism to attract international visitors reinforced Poland’s position as a key player in the interwar European tourism landscape, fostering economic and social ties beyond its borders.

The development of medical and health tourism, including the operation of balneological resorts in Lwów, Wołyń, and Tarnopol Voivodeships during the interwar period, has been extensively reflected in numerous sources and studies. The literature on this topic can be broadly divided into two main areas: the his-

torical and geographical description of the region's resorts and the analysis of their socio-economic significance. Publications from the interwar period provide valuable data on the structure of tourist infrastructure, including sanatoriums, hotels, and mineral springs. The works of S. Leszczycki<sup>2</sup> provide a comprehensive understanding of the geography of the resorts and their development within the socio-economic context of interwar Poland. At the same time, the works of V. Lyha<sup>3</sup> and M. Holovaty<sup>4</sup> offer an ecological and geographical analysis of key resorts in Galicia. Issues related to the organization of leisure and the promotion of balneological resorts have been explored in both Polish and Ukrainian historiography. For example, publications by R. Gawkowski<sup>5</sup> and V. Hansky<sup>6</sup> emphasize the mass nature of resort tourism in the context of shaping national identity and improving public health standards. Works such as those edited by M. Loboda<sup>7</sup> add important details about the natural resources of the region and their significance for the development of health resorts. Contemporary studies, such as the monograph by S. Królak<sup>8</sup>, address issues of sustainable development in resort tourism from a historical perspective. At the same time, the works of O. Hryniuk<sup>9</sup> and V. Klapchuk<sup>10</sup> emphasize the role of the region's medical and

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- <sup>2</sup> S. Leszczycki, *Ruch uzdrowiskowo letniskowy w Polsce*, Drukarnia Bratniej Pomocy Medyków UJ, Kraków 1938.; S. Leszczycki, *Uzdrowiska Polski: ich rozmieszczenie oraz rozwój w latach 1921-1938*, Studium Turyzmu Uniwersytetu Jagiellońskiego, Kraków 1939, p. 11.
- <sup>3</sup> В. Лига, *Великий Любін – край цілющих джерел*, Друкарські куншти, Львів 2009, с. 25-31. V. Lyha, *Velykyy Lyubin – kray tsilyushchych dzherel*, Drukarski kunshty, Lviv 2009, p. 25.
- <sup>4</sup> М. Головатий, *Еколого-географічний аналіз та оцінка бальнеологічних курортів Львівської області: дисертація кандидата наук*, Львівський національний університет імені Івана Франка, Львів 2016, с. 304. M. Holovaty, *Ekoloho-heohrafichnyy analiz ta otsinka balneolohichnykh kurortiv Lvivskoyi oblasti: dysertatsiya kandydata nauk*, Lvivskyy natsionalnyy universytet imeni Ivana Franka, Lviv 2016, p. 304.
- <sup>5</sup> R. Gawkowski, *Wypoczynek w II Rzeczpospolitej*, Dragon, Bielsko-Biała 2012, p. 112.
- <sup>6</sup> В. Ганський, *Організація відпочинку населення у міжвоєнній Польщі (1918-1939 рр.)*, "Наукові праці історичного факультету Запорізького національного університету" 2017, вип. 49, с. 171-175. V. Hansky, *Orhanizatsiya vidpochynku naselennya u mizhvoyenniy Polshchi (1918-1939 rr.)*, "Naukovi pratsi istorychnoho fakultetu Zaporizkoho natsionalnoho universytetu" 2017, вип. 49, p. 171-175.
- <sup>7</sup> М. Лобода (ред.), *Курортні ресурси України*, ТАМЕД, Київ 1999, с. 340. M. Loboda (ed.), *Kurortni resursy Ukrainy*, TAMED, Kyiv 1999, p. 340.
- <sup>8</sup> S. Królak, *Turystyka uzdrowiskowa w Polsce – rozważania nad istotą, determinantami i przyszłością*, „Rozwój Regionalny i Polityka Regionalna” 2021, nr 53, pp. 125-146.
- <sup>9</sup> О. Гринюк, *Формування територіально-рекреаційних систем лікувального типу (на прикладі курорту Трускавець): дисертація кандидата наук*, Київський національний університет ім. Тараса Шевченка, Київ 2007, с. 196. O. Hryniuk, *Formuvannya terytorialno-rekreatsiynnykh system likuvalnoho typu (na prykladi kurortu Truskavets): dysertatsiya kandydata nauk*, Kyivskyy natsionalnyy universytet im. Tarasa Shevchenka, Kyiv 2007, p. 196.
- <sup>10</sup> В. Кляпчук, *Туризм і курортне господарство Галичини*, Фоліант, Івано-Франківськ 2012, с. 224. V. Klapchuk, *Turyzm i kurortne hospodarstvo Halychyny*, Foliant, Ivano-Frankivsk 2012, p. 224.

recreational systems in the economy. Thus, the study of balneological resorts in Lwów, Tarnopol, and Wołyń Voivodeships provides a unique example of the interaction between natural resources and human activity during the interwar period. The literature on the topic covers a wide range of issues – from the historical and cultural significance of the resorts to the analysis of their infrastructure and natural factors.

## Research Problems and Methods

The article focuses on addressing the following research problems:

- How did the geographical location and natural resources influence the formation and development of balneological resorts, as well as their attractiveness as health resorts?
- How did the natural and medical conditions determine the specialization of each resort in the treatment of specific diseases?
- What trends and factors influenced the dynamics and frequency of visits to resorts, as well as the seasonal fluctuations in the number of visitors?
- How did the professional composition and qualifications of the medical staff at the resorts align with the needs of the visitors and the specialization of the resorts?
- What treatment methods were predominant at these resorts, and how did they contribute to strengthening health and the recovery of visitors?
- How effective and developed was the infrastructure for accommodating guests at the resorts, and to what extent did it match the volume of tourist traffic?
- What did the pricing policy of the resorts entail, and what were the costs of medical services, accommodation, and treatments at the resorts in the late 1930s?
- What role did leisure activities and cultural programs play in enhancing the appeal of resorts to visitors?
- How was the transport accessibility of the resorts ensured, and what informational resources and navigation tools facilitated the convenience of tourists?

These research problems constitute the main focus of the study, revealing the multifaceted nature of the resort system and tourist infrastructure in interwar Poland within the specified voivodeships.

The methodology of this study is based on a comprehensive approach that combines various historical and social methods. The research is grounded in the principles of historicism, which involves analyzing the subject in the context of its time, as well as the principle of objectivity, which requires an impartial and

neutral approach to sources and facts. It is also important to highlight the principle of consistency, which ensures a logical and structured presentation of the material. Both traditional and specialized historical methods were employed in the course of the study, allowing for a thorough examination of all aspects of the phenomenon under investigation.

Methodologically, the study is based on a systemic approach, which includes the analysis of various elements that constitute a unified whole. The article employs structural-functional, dialectical, and hermeneutic methods, allowing for the examination of both the internal mechanisms of resort functioning and their interaction with broader socio-economic and cultural processes of the interwar period. Additionally, typological and historical-geographical methods are used, helping to assess the unique characteristics and geographical location of the resort regions, as well as a descriptive method for in-depth analysis of historical sources and archival materials. To substantiate the conclusions, comparative and generalizing methods, as well as induction and deduction, are employed, enabling the formulation of broader conclusions about the development of the resort industry in interwar Poland.

## Location and natural resources

The geographical location and natural recreational resources of the resorts of Truskawiec, Szkoło, Niemirów, Lubień Wielki (Lwów Voivodeship), Huta Stepańska (Wołyń Voivodeship), and Zaleszczyki (Tarnopol Voivodeship) during the interwar period played a key role in shaping their significance and attractiveness for visitors, contributing to the development of unique health complexes that attracted tourists not only from various regions of Poland but also from beyond its borders. All of them are now in Ukraine.

Truskawiec was located in the foothills of the Eastern Carpathians, at an altitude of about 350 meters above sea level, which provided the resort with a mild climate, sheltered from harsh winds by the surrounding mountains.<sup>11</sup> Situated in a narrow valley surrounded by forests and mineral springs, Truskawiec had abundant resources of therapeutic waters, which made it one of the most popular resorts in interwar Poland. Water sources rich in hydrogen sulfide, iodine, iron, and magnesium, such as "Naftusia", were used for drinking treatments, aiding in the treatment of kidney, stomach, and liver ailments. The salt-alkaline waters of Truskawiec had similar compositions to those of Karlovy Vary, which further enhanced the resort's reputation.<sup>12</sup> The forested area, clean air,

<sup>11</sup> *Krótki informator turystyczny po województwach wschodnich (lwowskie, stanisławowskie, tarnopolskie i wołyńskie)*, Nakładem P.B.P. „Orbis”, Lwów 1936, p. 17.

<sup>12</sup> Б. Матолич (ред.), *Мінеральні води та курорти Львівщини*, Палітра Друку, Львів 2003, с. 96. В. Matolych (red.), *Mineralni vody ta kurorty Lvivshchyny*, Palitra Druku, Lviv 2003, p. 96.

and many sunny days throughout the year made Truskawiec an ideal place for climatotherapy.<sup>13</sup>

Szkló was located at an altitude of about 240 meters above sea level, surrounded by forests and marshes. Its main natural resource was its hydrogen sulfide waters, renowned for their therapeutic properties. Positioned on the north-western edge of Lwów Voivodeship, Szkló was accessible to residents of the region's major cities. Mineral springs with high hydrogen sulfide content, along with unique therapeutic peat mud, formed the basis of its treatment offerings.<sup>14</sup> The surrounding pine and mixed forests provided clean, comfortable air, particularly beneficial for patients with respiratory conditions.

Niemirów, located about 10 km from the town of Rawa Ruska, also in Lwów Voivodeship, was renowned for its mineral springs rich in hydrogen sulfide and iron. Situated at an altitude of around 270 meters above sea level amid extensive forested areas, it benefited from a favorable microclimate.<sup>15</sup> The peat bogs with healing mud and Niemirów's hydrogen sulfide waters were used primarily for the treatment of musculoskeletal and skin conditions. Its geographic proximity to major population centers in Lwów made Niemirów a popular destination for short-term rest and treatment.<sup>16</sup>

Lubień Wielki, at an elevation of 280 meters, was known for its chloride-sodium waters, used in therapeutic baths. Located just a few kilometers from Lwów, the resort was easily accessible for residents of the region's major cities. Its natural environment, comprising pine and mixed forests, fostered a healthful and relaxing atmosphere.<sup>17</sup> The resort's proximity to large urban centers and convenient transport connections ensured a steady flow of visitors, supporting its rapid development during the interwar period.

The resort of Huta Stepańska, located in Volhynia, was a relatively young spa destination featuring mineral springs rich in iron and salts, suitable for both external and internal therapeutic use. Situated at an altitude of 170 meters above sea level and surrounded by forests, it enjoyed a microclimate conducive to health and recovery.<sup>18</sup> The resort also had abundant peat mud resources, uti-

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<sup>13</sup> C. Koźmiński, B. Michlska, E. Szczepanowska, K. Górnik, *Zarys turystyki zdrowotnej i uzdrowiskowej*. Wyd. Naukowe US, Szczecin 2013, p. 205.

<sup>14</sup> О. Федунь, *Бальнеологічні ресурси Передкарпаття*, ВНТЛ, Львів 1999, с. 167. O. Fedun, *Balneolohichni resursy Peredkarpattya*, VNTL, Lviv 1999, p. 167.

<sup>15</sup> Л. Устименко, *Історико-суспільні аспекти становлення та розвитку лікувально-оздоровчого туризму*, "Питання культурології" 2014, вип. 30, с. 134-142. L. Ustymenko, *Istoryko-suspilni aspekty stanovlennya ta rozvytku likuvalno-ozdorovchoho turyzmu*, "Pytannya kulturolohiyi" 2014, vyp. 30, p. 134-142.

<sup>16</sup> Державний архів Львівської області. Ф. 1. Оп. 9. Спр. 5385. Арк. 121-132. Derzhavnyy arkhiv Lvivskoyi oblasti. F. 1. Op. 9. Spr. 5385. Ark. 121-132.

<sup>17</sup> В. Лига, оп. цит., с. 25-31. V. Lyha, op. cit., p. 31.

<sup>18</sup> О. Тарасенко, В. Соколов (ред.), *Курорти та санаторії України*, Фолігрант, Київ 2009, с. 432. O. Tarasenko, V. Sokolov (eds.), *Kurorty ta sanatoriyi Ukrayiny*, Folihrant, Kyiv 2009, p. 432.

lized for various treatments. Its remote geographic location made it somewhat less accessible, but this isolation contributed to a tranquil atmosphere ideal for prolonged treatment in a secluded setting.

Zaleszczyki was uniquely situated on a peninsula surrounded by the Dniester River, which formed a natural border between Poland and Romania. The resort was located at an altitude of 150 meters above sea level, with the southern orientation of the peninsula contributing to a much warmer climate than in most of interwar Poland. Protected by the Dniester and the rocky right bank, Zaleszczyki enjoyed a warm, almost subtropical microclimate reminiscent of the Black Sea coast.<sup>19</sup> This climate made Zaleszczyki ideal for heliotherapy, air and water treatments, river bathing, and a fruit-and-vegetable diet, which made the resort particularly popular for family vacations with children and for climate therapy.

## Medical specialization and areas of treatment

The medical specialization of each of the resorts – Truskawiec, Szkoło, Niemirow, Lubień Wielki, Huta Stepańska, and Zaleszczyki – during interwar Poland was shaped by unique natural resources and geographic locations, which supported the development of specialized treatments for various patient groups.

Truskawiec was best known for its unique water sources, particularly “Naftusia”, which had a mild diuretic effect and was used for treating kidney, bladder, and urinary tract disorders. The “Naftusia” water was rich in organic compounds and light hydrocarbons, making it effective in treating chronic inflammatory kidney conditions, urolithiasis, and other urological issues.<sup>20</sup> Additionally, sulfur-rich springs and mineral baths were widely employed to treat musculoskeletal ailments. The resort also specialized in treating digestive system disorders, including gastritis, peptic ulcers, and chronic colitis. During the interwar period, Truskawiec emerged as a premier resort for the comprehensive treatment and rehabilitation of patients with kidney and digestive system diseases.

The resort of Szkoło was a specialized center for treating musculoskeletal disorders due to its abundant hydrogen sulfide water sources and local deposits of therapeutic mud. Hydrogen sulfide baths, known for their anti-inflammatory and analgesic properties, were used to treat chronic joint diseases, rheumatism, and arthritis.<sup>21</sup> Therapeutic mud was applied in poultices and wraps for condi-

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<sup>19</sup> R. Gawkowski, op. cit., p. 64.

<sup>20</sup> Т. Глухенький (ред.), *Курорти західних областей України*, Держмедвидав УРСР, Київ 1959, с. 232. Т. Hlukhenkyy (ed.), *Kurorty zakhidnykh oblastey Ukrainy*, Derzhmedvydav URSR, Kyiv 1959, p. 232.

<sup>21</sup> J. Burczak (ed.), *Małopolska Wschodnia. Lwów – Stanisławów – Tarnopol*, Wyd. Agencji Telegraficznej, Warszawa 1935, p. 28.

tions such as neuralgia and injuries, supporting rehabilitation after fractures and surgeries. Szkoło was also recommended for patients with skin conditions like psoriasis and eczema due to the antiseptic properties of its hydrogen sulfide water. The resort thus became an important destination for the treatment of rheumatological and dermatological disorders.

Niemirów resort specialized in the treatment of rheumatic diseases and respiratory disorders, thanks to its rich sources of hydrogen sulfide and iron-rich waters. The water from Niemirów's springs, used both for drinking and bathing, was effective in improving the condition of patients with chronic joint and muscle diseases. The iron-rich waters were employed to strengthen the immune system and treat anemia. Niemirów also featured therapeutic mud sources, used in the treatment of neuralgia and recovery from injuries. In addition to joint treatments, Niemirów was recommended for patients with asthma and bronchitis, as the surrounding pine forests provided a natural inhalation effect that eased breathing.<sup>22</sup> During the interwar period, Niemirów became one of the major centers for the treatment of rheumatism and anemia.

The resort of Lubień Wielki specialized in treating circulatory and nervous system disorders. Its sodium chloride-rich waters were used for baths and irrigations, beneficial for patients with chronic hypertension, vascular diseases, and nervous disorders. Sodium chloride baths improved circulation and alleviated pain in cases of neuralgia and sciatica. Lubień Wielki was also recommended for post-surgical recovery, as saline and mineral water therapies promoted tissue regeneration and strengthened muscle tone.<sup>23</sup> Due to its proximity to Lwów and well-developed infrastructure, the resort attracted visitors seeking comprehensive treatment for cardiovascular diseases and nervous system disorders.

The resort of Huta Stepańska specialized in treating blood disorders and general body fatigue. Its iron-rich mineral waters were consumed by patients with anemia and chronic infectious diseases, enhancing metabolic function and boosting hemoglobin levels. The resort's therapeutic mud was applied for post-injury recovery and treatment of skin conditions. Huta Stepańska was also recommended for patients experiencing exhaustion and overall physical weakness, as the iron-rich waters helped restore vitality and strengthen immune function.<sup>24</sup> With a low visitor count, the resort maintained a tranquil atmosphere, providing an ideal setting for those requiring extended recuperative care.

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<sup>22</sup> M. Piotrowski (ed.), *Przewodnik zdrojowo-turystyczny*, Warszawa 1934, p. 368.

<sup>23</sup> W. Przywieczerski (ed.), *Uzdrowiska polskie*, Zakład Graficzny Instytutu Wydawniczego „Biblioteka Polska”, Bydgoszcz 1937, p. 37.

<sup>24</sup> В. Павлов, Л. Черчик, *Рекреаційний комплекс Волині: теорія, практика, перспективи*, Надстир'я, Луцьк 1998, с. 122. V. Pavlov, L. Cherchyk, *Rekreatsynnyu kompleks Volyni: teoriya, praktyka, perspektyvy*, Nadstyrya, Lutsk 1998, p. 122.

The resort of Zaleszczyki, often referred to as the “Polish Merano”, specialized in climatotherapy due to its warm microclimate, which resembled that of southern Europe.<sup>25</sup> The resort was popular for treating chronic lung and bronchial diseases and was also used for rehabilitating children with weakened immune systems and developmental issues related to bones and joints. With abundant sunny days, Zaleszczyki offered patients the opportunity for extended stays outdoors in the sun, promoting vitamin D production and strengthening the skeletal system. The resort also practiced fruit and vegetable diets to detoxify the body and improve health, while recommending water treatments in the Dniester River for hardening and boosting immunity.

## Visitor Frequency

During the interwar period, the frequency of visits to various resorts in Lwów, Wołyń, and Tarnopol Voivodeships showed significant differences, reflecting both the popularity of these places and their accessibility, as well as the level of infrastructure. The resort of Lubień Wielki in the mid-1930s attracted about 3.000 visitors annually. This figure made Lubień Wielki a fairly popular resort in the region, owing to its nationally known mineral water and medical facilities. Niemirów during the same period welcomed an average of 3.500 visitors per year. This indicates a high level of popularity, likely driven by the well-developed infrastructure and skilled medical staff. Niemirów was particularly popular among those seeking wellness through hydrotherapy and massage treatments. Szkoło was visited by 500 people annually. Despite the lower volume of tourist traffic, the resort maintained a stable level of interest due to its unique sulfuric waters and accessibility for residents of nearby areas. Truskawiec was the largest and most visited resort in the region. For example, in 1936, it attracted 18.000 guests. The high attendance at Truskawiec can be attributed both to its extensive medical facilities and the widespread popularity of its unique mineral water, “Naftusia”. In the same year, Huta Stepańska hosted 500 vacationers.<sup>26</sup> Although the number of visitors was relatively small, this can be explained by the resort's remoteness and its recent opening, which may have hindered the growth of its visitor flow. Nonetheless, the resort attracted people

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<sup>25</sup> S. Lenartowicz (ed.), *Przewodnik po Polsce (w 4 t.). T.2: Polska Południowo-Wschodnia*, Sp. Akc. Nasza księgarnia, Warszawa 1937, p. 540.

<sup>26</sup> Т. Ковальчук, *Регіональний туризм у Польській Республіці в міжвоєнний період: Волинське воєводство: дисертація кандидата наук*, Києво-Могилянська академія, Київ 2012, с. 136. Т. Kovalchuk, *Rehionalnyy turizm u Polskyy Respublitsi v mizhvoeyennyy period: Volynske voyevodstvo: dySSERTatsiya kandydata nauk*, Kyievo-Mohylyanska akademiya, Kyiv 2012, p. 136.

due to its specific balneotherapy offerings. Zaleszczyki was visited by an average of 4.000 people per year, reflecting its appeal for both family vacations and wellness. The warm climate, well-developed infrastructure, and variety of recreational activities, including river beaches and sunbathing, made it popular among residents of southern Poland and neighboring areas. The frequency of visits to the resorts ranged from as few as 500 visitors per year in Huta Stepańska and Szkło to 18.000 in Truskawiec, with Lubień Wielki, Niemirów, and Zaleszczyki in intermediate positions (3.000-4.000 guests).<sup>27</sup> Truskawiec became the undisputed leader, owing to its unique natural therapeutic resources as well as its more developed medical and tourist infrastructure.<sup>28</sup>

## Medical staff

The resorts under consideration provided services from qualified medical staff, focusing on comprehensive treatment and health recovery, although the number of specialists and their qualifications varied significantly. In 1936, the resort of Lubień Wielki welcomed 3.000 visitors. The medical staff consisted of 5 doctors, one nurse, and one masseur, resulting in a ratio of 1 doctor per 600 visitors and one medical worker (including nurses and masseurs) per 428 visitors.<sup>29</sup> This indicates a relatively balanced ratio of doctors to guests, although the low number of nurses and masseurs placed an increased workload on each specialist. In 1936, Niemirów hosted 3.500 guests and had a more substantial number of specialists: 7 doctors, 5 of whom practiced directly, and 2 who supervised the baths, along with two nurses and six masseurs. Thus, there was approximately 1 doctor for every 500 visitors, and each medical staff member served an average of 219 people, a high figure compared to the other resorts. The extensive team of masseurs in Niemirów highlights the importance of hydrotherapy and massage procedures at this resort. In Szkło, there were 500 visitors recorded in 1936, and they were attended to by two doctors and three masseurs. This resulted in a ratio of 1 doctor for every 250 visitors and 1 medical worker for every 167 visitors. Such a ratio suggests a more personalized approach to patient care and potentially better availability of procedures. Truskawiec was the largest of the resorts under consideration, with 18.000 visitors. The resort was serviced by 39 doctors, three of whom were dentists. This gave a ratio of 1 doctor for every 462 visitors, and taking into account all medical staff, one

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<sup>27</sup> *Uzdrowiska polskie*, op. cit., p. 273.

<sup>28</sup> Державний архів Львівської області. Ф. 1. Оп. 9. Спр. 73. Арк. 29-32. Derzhavnyy arkhiv Lvivskoyi oblasti. F. 1. Op. 9. Spr. 73. Ark. 29-32.

<sup>29</sup> H. Piotrowski (ed.), *Przewodnik zdrojowo-turystyczny*, Nakł. własny, druk B. Pardecki, Warszawa 1937, p. 96.

medical worker was responsible for 167 visitors.<sup>30</sup> Thus, Truskawiec not only had the largest number of medical personnel but also the most optimal distribution for providing quality care to a large influx of guests. In 1936, Huta Stepańska welcomed 500 visitors and had minimal medical staff consisting of one doctor, one paramedic, and one masseur. This resulted in a ratio of 1 doctor for every 500 visitors and 1 medical worker for every 167 visitors, which was relatively high for such a small resort.<sup>31</sup> However, due to the limited staff, the ability to provide specialized care was somewhat constrained. In 1936, Zaleszczyki hosted 4,000 visitors, who were served by 8 doctors.<sup>32</sup> The ratio was 1 doctor for every 500 visitors, which was typical for medium-sized resorts and allowed for the maintenance of stable service quality. The resorts varied significantly in the size and distribution of medical personnel. At the largest resort, Truskawiec, the most optimal distribution of doctors and medical staff was observed, ensuring sufficient medical care even with a large influx of guests. Niemirów also stood out for its high number of masseurs, enabling a wide range of wellness treatments. Meanwhile, at resorts like Huta Stepańska and Szkło, with fewer doctors and specialists, access to personalized treatment might have been more limited, potentially affecting their popularity and placing a higher workload on medical staff.

## Therapeutic methods and treatment options

During the interwar period, the resorts of Truskawiec, Szkło, Niemirów, Lubień Wielki, Huta Stepańska, and Zaleszczyki employed a variety of therapeutic methods that aligned with contemporary scientific understanding and technologies focused on natural healing and the use of local resources. These methods included the use of mineral waters, mud therapy, climatotherapy, as well as dietary and physical treatments.

Mineral waters were a key component of treatment at most resorts. In Truskawiec, for example, the unique “Naftusia” spring was used to treat kidney and urinary tract diseases due to its diuretic and antiseptic properties. At Niemirów, hydrogen sulfide and iron-rich waters were prescribed for drinking, baths, and irrigations, aiding in the treatment of blood disorders and improving joint conditions in cases of rheumatism. The Lubień Wielki waters, rich in sodium chloride, were utilized for bathing, irrigations, and inhalations, providing relief for

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<sup>30</sup> *Księga adresowa Małopolski: Lwów – Stanisławów – Tarnopol. Z informatorem M. Stol. Warszawy, województwa krakowskiego, łódzkiego, pomorskiego, poznańskiego i śląskiego. Rocznik 1935/1936*, Kraków 1935, p. 136.

<sup>31</sup> *Uzdrowiska polskie*, op. cit., p. 124.

<sup>32</sup> Державний архів Тернопільської області. Ф. 231. Оп. 6. Спр. 3623. Арк. 17-18. Derzhavnyy arkhiv Ternopilskoyi oblasti. F. 231. Op. 6. Spr. 3623. Ark. 17-18.

vascular diseases and respiratory issues.<sup>33</sup> Thus, each resort utilized its water resources according to their specific composition, and the treatment methods varied from internal consumption to external baths and irrigations. These natural therapies were central to the healing practices at the resorts, supporting a holistic approach to health and wellness. At Truskawiec and Niemirów,<sup>34</sup> mineral and hydrotherapy treatments included hot baths, which were beneficial for muscle pain and chronic inflammatory conditions.

Mud applications and wraps were widely used at Szkoło and Niemirów resorts, where local muds contained high concentrations of hydrogen sulfide and minerals.<sup>35</sup> These treatments were applied for the treatment of rheumatic and neurological disorders. Mud therapy was also employed at Huta Stepańska for post-injury and post-surgery recovery. Physicians believed that the thermal and chemical properties of the muds promoted improved blood circulation, reduced inflammation, and alleviated pain, which was in line with the prevailing medical trends of the time, focused on tissue regeneration and strengthening joints and muscles.

Climate therapy played a significant role at the resorts, particularly in Zaleszczyki. The mild climate, abundant sunshine, and protection from winds made this resort popular for treating chronic respiratory diseases and for the rehabilitation of weakened children. Staying outdoors, regular sunbathing, and walks along the Dniester River helped strengthen the immune system and promoted physical recovery. At other resorts, such as Huta Stepańska, the natural environment with dense forests was also considered a beneficial factor for health improvement.

Dietary treatments, based on natural products, were popular and supported as part of the spa therapy. In Zaleszczyki, for example, patients often followed a fruit and vegetable diet, which was believed to be effective for detoxifying the body and improving overall health. Diets including fresh vegetables, fruits, and local dairy products were also recommended to patients in Truskawiec, where it was believed that such foods positively influenced digestion and metabolism.<sup>36</sup> These approaches emphasized the importance of natural nutrition in restoring strength and promoting health recovery.

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<sup>33</sup> W. Przywieczerski (ed.), *Uzdrowiska polskie: przewodnik*, Związek Uzdrowisk Polskich, Warszawa 1936, p. 89.

<sup>34</sup> Державний архів Львівської області. Ф. 1. Оп. 9. Спр. 2175. Арк. 11. Derzhavnyy arkhiv Lvivskoyi oblasti. F. 1. Op. 9. Spr. 2175. Ark. 11.

<sup>35</sup> В. Комар, *Історія містечка Немирів і його однойменного санаторію*, Тріада плюс, Львів 2014, с. 324. V. Komar, *Istoriya mistechka Nemyriv i yoho jednoymennoho sanatoriyu*, Triada plus, Lviv 2014, p. 324.

<sup>36</sup> В. Літописець, *Трускавець – володар «живої води»*, Сурма, Дрогобич 2008, с. 64. V. Litypsets, *Truskavets – volodar “zhyvoyi vody”*, Surma, Drohobych 2008, p. 64.

Physiotherapeutic procedures, including massages and therapeutic exercises, were also widely used in interwar sanatoria. Massages were particularly common at Niemirów and Szkoło, where they were employed as a means to restore joint mobility and relax muscles after injuries or in cases of chronic musculoskeletal diseases. In some sanatoria, such as Lubień Wielki and Truskawiec, physiotherapy also included outdoor exercises, particularly morning gymnastics, which were an integral part of the therapeutic methods of the time.<sup>37</sup>

At many resorts, particularly in Zaleszczyki, sunbathing and hydrotherapy were considered important therapeutic methods. It was believed that daily exposure to the sun and swimming in the Dniester River helped with acclimatization, improved metabolism, and increased vitamin D levels, which was especially beneficial for children with bone issues and patients suffering from chronic illnesses.<sup>38</sup>

Overall, the use of natural therapeutic resources and treatment methods at the resorts under consideration during the interwar period reflected the popular ideas of the time regarding natural healing, which were based on the integration of natural factors and medical science in resort medicine. These methods formed the foundation for a holistic approach to treatment and rehabilitation, relying on the unique natural advantages of each resort.

## Accommodation infrastructure

The accommodation infrastructure at the resorts in Lwów, Wołyń, and Tarnopol Voivodeships during the interwar period was quite diverse and catered to tourists with varying needs and financial means. The resorts offered hotels, guesthouses, and private homes, which allowed for the organization of vacations for a large number of guests.

Truskawiec was the largest resort in the region, with a well-developed network of hotels and guesthouses providing a high level of comfort. Truskawiec had approximately 5,000 rooms, located across 7 hotels and 26 guesthouses.<sup>39</sup> All accommodation facilities were equipped with sewage systems and offered the possibility of providing specialized diets, which was particularly important for visitors requiring therapeutic diets. With such infrastructure, Truskawiec was capable of accommodating a large number of guests simultaneously, creating comfortable conditions for extended stays and treatment.

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<sup>37</sup> *Informator zjazdowy oraz katalog wystawy przyrodniczo-lekarskiej i uzdrowiskowej*, Drukarnia Antoniego Gojawicyńskiego, Lwów 1937, p. 42.

<sup>38</sup> *Krótki informator turystyczny*, op. cit., p. 18.

<sup>39</sup> *Skorowidz Hotelowy Rzeczypospolitej Polskiej. Spis hoteli, pensjonatów, zajazdów, sanatoriów, lecznic, itd.* Kraków 1930, p. 196.

Zaleszczyki resort offered a variety of accommodation options for its guests. There were two hotels, one with 22 rooms and the other with 8 rooms, along with 15 guesthouses. Additionally, Zaleszczyki had an officer's rest house with 300 places and a tourist house for 80 people, making it popular among families and organized tourist groups. The resort also had a school tourist base, providing opportunities for youth and schoolchildren to rest.

At Huta Stepańska resort, there were 7 guesthouses, 5 of which were Polish and 2 Jewish. Each of them had between 8 and 19 rooms, providing accommodation for a significant number of guests, although the infrastructure here was much more modest compared to Truskawiec and Zaleszczyki. This set of accommodation facilities reflected the more intimate character of the resort.

Szkło resort could accommodate up to 300 guests at a time. The resort had 3 guesthouses, each with 8 to 14 rooms. This made Szkło a place for a more limited number of visitors, which may have attracted those seeking solitude and tranquility. The resort's infrastructure allowed it to host tourists in need of short-term rest and rehabilitation. Niemirów had approximately 700 rooms in 45 villas and guesthouses, making it a large and popular resort.<sup>40</sup> The infrastructure was designed to meet the diverse needs of guests, including dietary meals and various accommodation options. The large number of villas and guesthouses indicated a high level of infrastructure and the resort's appeal to visitors with different preferences.

The resort of Lubień Wielki could accommodate from 2.000 to 2.500 people at a time, making it one of the largest resorts in the region in terms of accommodation capacity. It had 4 hotels, which collectively offered 160 single and double rooms, as well as 6 guesthouses. The infrastructure of Lubień Wielki was designed for mass tourism, allowing the resort to host a large number of visitors simultaneously, creating comfortable conditions for both recreation and treatment.<sup>41</sup>

Overall, the accommodation infrastructure at the resorts of Lwów, Wołyń, and Tarnopol Voivodeships was diverse and well-organized, covering various types of hotels and guesthouses.<sup>42</sup> Depending on the size of the resort, the number of available accommodation spots ranged from several hundred to several thousand. Truskawiec, with its extensive network of hotels and guesthouses, was the leader in terms of the number of rooms and amenities, while Zaleszczyki and Lubień Wielki also offered significant accommodations for visitors. Szkło and Huta Stepańska, on the other hand, catered to smaller groups of tourists, attracting those who preferred a more tranquil and less crowded environment.

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<sup>40</sup> T. Wilgat, *Rozmieszczenie przemysłu pensjonatowo-hotelowego w Polsce*, Kraków 1939, p. 12.

<sup>41</sup> Державний архів Львівської області. Ф. 1. Оп. 9. Спр. 81. Арк. 61-64. Derzhavnyy arkhiv Lvivskoyi oblasti. F. 1. Op. 9. Spr. 81. Ark. 61-64.

<sup>42</sup> *Przewodnik dla podróżnych: hotele, pensjonaty, uzdrowiska w Polsce 1935/1936*, Polska Agencja Telegraficzna, Warszawa 1935, p. 21.

## Pricing and Services

The prices at the resorts of Lubień Wielki, Niemirów, Szkoło, Truskawiec, Huta Stepańska, and Zaleszczyki during the interwar period were an important aspect of the functioning of these resorts. The cost of treatment, accommodation, and additional services varied depending on the season, class, and type of procedures, reflecting both the economic situation of the time and the social structure of the visitors. The following are the price details as of 1937-1938. At Huta Stepańska resort, the cost of treatments such as salt and mud baths ranged from 1.1 to 3.3 zlotys, depending on the class. Mud compresses and other services, such as compresses for feet and hands, also had their own tariffs, which were reduced for different categories of citizens, including clergy, military personnel, and officials. The pricing system at Huta Stepańska included fixed rates for accommodation and meals, which ranged from 1 to 5 zlotys, depending on the accommodation conditions and season. Doctors and their families were entitled to significant discounts, including free treatment, highlighting the importance of medical staff at the resort. Lubień Wielki was known for its sulfur baths, the cost of which ranged from 2 to 3 zlotys per session, depending on the class. In the summer months, prices increased by 50 groszy. There were discounts of 50% for government officials and military personnel, and 10% for teachers. The cost of accommodation in a single room ranged from 2 to 3.5 zlotys, also depending on the season. The resort fee at Lubień Wielki was 14 zlotys for the entire stay, while the administrative fee was 2 zlotys per person.<sup>43</sup> At Niemirów, the prices for various treatments ranged from 1.8 to 5 zlotys, depending on the type of bath (sulfur, mud, or gas) and other medical procedures. Doctors and their families were entitled to a 100% discount, underscoring the priority of medical services at the resort. Accommodation prices ranged from 2.6 to 6 zlotys per day, depending on the type of room and season. Truskawiec offered a variety of treatments, such as salt and sulfur baths, mud baths, and inhalations. Prices for these treatments started at 2 zlotys for inhalations and went up to 7 zlotys for mud baths.<sup>44</sup> The resort fee in Truskawiec ranged from 13 to 25 zlotys, depending on the season, while accommodation in guesthouses started at 5.5 zlotys per room. Szkoło, with its sulfur baths and mud treatments, offered more affordable prices, ranging from 1.25 to 3.5 zlotys per session.<sup>45</sup> Discounts were also available for certain groups of people, including doctors, nurses, and low-income individuals, making the resorts more accessible to various social classes. In Zaleszczyki, the resort fee was relatively low, amounting to 10 zlotys for an individual's

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<sup>43</sup> *Uzdrowiska polskie*, op. cit., p. 166.

<sup>44</sup> *Uzdrowiska polskie*, op. cit., p. 224.

<sup>45</sup> S. Lenartowicz, , op. cit., p. 540.

entire stay, while for a family of three, the fee was 15 zlotys. Furnished rooms with local residents could be rented for 20-40 zlotys per month, indicating that the resort was affordable for long-term stays. Thus, the prices at the resorts varied widely, depending on factors such as seasonality, the class of medical treatments, and the type of guests. The resorts offered significant discounts for medical professionals and provided different options for accommodation and treatment, catering to the financial capacities of their visitors.

## Leisure activities and entertainment

During the interwar period, the resorts of Truskawiec, Szkło, Niemirów, Lubiń Wielki, Huta Stepańska, and Zaleszczyki offered a wide range of leisure activities that complemented the healing treatments and attracted tourists. These activities included cultural events, as well as sports and social activities, catering to the diverse tastes and needs of vacationers. Truskawiec was known for its entertainment options, which included daily dance nights and orchestra performances in the resort's park.<sup>46</sup> Additionally, the town featured a theater and a cinema, with a library and reading room available for visitors.<sup>47</sup> The resort attracted tourists with its extensive walking routes, allowing them to enjoy the surrounding nature. Automobile tours to nearby areas were also organized. Zaleszczyki, with its warm climate and unique location on the banks of the Dniester River, offered beach recreation and sunbathing. Tourists were attracted by swimming, boating, and river excursions. The leisure activities were further enhanced by various cultural events, such as concerts, theatrical performances, and Sunday festivals.<sup>48</sup> Entertainment evenings on the beaches and daily dances attracted both locals and vacationers. Szkło and Huta Stepańska offered more modest entertainment. Szkło was known for its peaceful atmosphere, with activities such as walks and reading complementing the restful environment. In Huta Stepańska, besides radio, there were no particular attractions, but the natural beauty and the tranquility of the forests provided an opportunity for peaceful outdoor relaxation. Niemirów offered tourists a secluded retreat surrounded by forests, with opportunities for walks and picnics. The resort wasn't filled with entertainment, but the presence of restaurants and musical evenings made the stay enjoyable. Over time, Niemirów resort increased the number of cultural ac-

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<sup>46</sup> Т. Лоренц, *Трускавець у 1461-1936 роках. Історичний нарис*, Кальварія, Львів 2017, с. 195. T. Lorents, *Truskavets u 1461-1936 rokakh. Istorychnyy narys*, Kalvariya, Lviv 2017, p. 195.

<sup>47</sup> K. Wojciechowski, *Województwo lwowskie jako teren letniskowy*, „Samorząd” 1938, nr 2, pp. 26-28.

<sup>48</sup> Державний архів Тернопільської області. Ф. 36. Оп. 1. Спр. 16. Арк. 3. Derzhavnyy arkhiv Ternopilskoyi oblasti. F. 36. Op. 1. Spr. 16. Ark. 3.

tivities, including excursions to regional landmarks.<sup>49</sup> Wielki Lubień offered a more active leisure experience, as the local sports facilities allowed visitors to engage in various sports, including tennis and badminton. The resort also organized cultural events, such as dance nights, concerts, and literary readings held in the hotel halls. Thus, each of these resorts provided its own options for relaxation and leisure.<sup>50</sup> From attending concerts and dances to beach walks and nature excursions, leisure activities were an essential part of the resort experience. They catered to both the preferences of city dwellers and the cultural traditions of the regions, making the stay more attractive and enjoyable for visitors.

## Transport links and information

The resorts placed a great emphasis on the convenience of transportation and the availability of information for tourists. These measures helped attract visitors from various regions of the country, creating conditions for easy arrival and orientation at the locations. Truskawiec, one of the largest and most developed resorts, had a railway station, making it easily accessible from Lwów and other major cities. Year-round rail service allowed visitors to arrive and depart at convenient times, while special bus lines connected the resort to nearby towns. The train station featured an information bureau where visitors could learn about accommodation, therapeutic treatments, and local attractions.<sup>51</sup> Zaleszczyki also had direct railway connections to major cities in the southeastern provinces, making the resort convenient for tourists from other regions of Poland. Passengers arriving at the station were offered luggage transportation services and transfers to the hotels. Given the resort's popularity, the station also had an information desk that provided details about therapeutic procedures, entertainment, and excursions. Niemirów was also connected to the country's railway network, and seasonal bus routes facilitated access to the resort. A small bureau was available for consultations and to guide tourists, providing information about guesthouses, sanatoriums, and available leisure and treatment options. Niemirów was known for its secluded atmosphere, and transportation services allowed visitors to easily reach the resort while enjoying its tranquility. Szkoło was located at a considerable distance from major transport hubs, making it more isolated, but access was possible via buses and seasonal railway connections. The resort also had a guest support service where visitors could learn about the schedule of treatments, activities, and room availability. Lubień Wielki

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<sup>49</sup> *Informator podróżniczo-turystyczny na rok 1937/38*, Warszawa 1937, p. 223.

<sup>50</sup> H. Piotrowski (ed.), *Przewodnik zdrojowo-turystyczny na 1931-1932 r.*, Wydział zjednoczonych pracowników niewidomych Rzeczypospolitej Polskiej, Warszawa 1931, p. 152.

<sup>51</sup> *Informator podróżniczo-turystyczny*, op. cit., p. 224.

was one of the resorts with a well-developed transportation system. Railway connections with nearby cities provided convenient access, and transportation services were also organized for tourists arriving with luggage. The resort's information center provided tourists with all the details about treatments, leisure activities, treatment schedules, and relaxation options. Huta Stepańska was considered a rather remote resort, located in the quiet wilderness of Volhynia, known for its natural beauty and tranquility, but it required more complex logistics. Access to Huta Stepańska was provided by seasonal bus lines and private transport. Information services were less developed, but visitors were provided with reference materials and maps. The resorts aimed to ensure convenient transportation routes and on-site support for guests, making the trip comfortable and accessible. Direct railway connections and seasonal bus lines played a key role in allowing tourists to comfortably reach the resorts and return home.<sup>52</sup> Information bureaus and support services helped visitors navigate the resorts, contributing to the growth of tourism and increasing the popularity of the resort destinations.

## Conclusion

In the interwar period, the resorts of Lwów, Wołyń, and Tarnopol Voivode-  
ships played a crucial role in the development of both tourism and healthcare. These balneological resorts, with their natural resources and medical capabilities, became centers of attraction for both Polish tourists from across the interwar Poland and international visitors. Major resorts such as Truskawiec and Niemirów specialized in treating gastrointestinal diseases, urinary and reproductive system issues, respiratory conditions, and musculoskeletal disorders. The treatment methods used, including mineral baths, mud therapy, and inhalations, not only helped restore health but also maintained a high level of scientific and medical traditions. The development of infrastructure at the resorts, especially in Truskawiec, contributed to the creation of comfortable conditions for visitors. The resorts offered a variety of accommodation options, ranging from luxurious hotels and guesthouses to more modest rest homes and villas. In the larger resorts, there was a well-developed system of dietary nutrition and sanatorium services, which attracted a specific category of tourists. At the same time, smaller resorts, such as Szkło and Huta Stepańska, offered limited accommodation options, reflecting their lesser popularity and more restricted visitor numbers. The frequency of visits also varied significantly depending on the size of

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<sup>52</sup> K. Kałczyński (ed.), *Informator turystyczny na rok 1935*, Polski Touring Klub, Warszawa 1935, p. 214.

the resort and the level of service provided. Truskawiec and Niemirów attracted tens of thousands of tourists annually, while the smaller resorts served only a few hundred visitors. This was also influenced by seasonal variations, with the peak of visits occurring during the summer months when the climatic conditions were most suitable for therapeutic treatments and nature-based recreation. Tourist flows at the resorts reflected their medical specialization, infrastructure, and accessibility to visitors. Despite the focus on medical treatments, the resorts also offered a variety of leisure activities. The larger resorts organized cultural events, such as concerts and exhibitions, which helped visitors not only restore their health but also diversify their leisure time. Smaller resorts, mainly focused on health tourism, provided a more peaceful atmosphere for relaxation, combining therapeutic treatments with natural landscapes and relaxation. The resorts of Lwów, Wołyń, and Tarnopol Voivodeships significantly contributed to the region's economic development by creating jobs and attracting tourists. However, uneven infrastructure development across different areas led to variations in the level of service and the number of visitors to the resorts. At the same time, they became an important element of social life, supporting cultural and scientific activities, and played a significant role in shaping Poland's overall image as a tourist destination, with its southeastern regions becoming an important hub for health tourism. Thus, the resorts of Lwów, Wołyń, and Tarnopol Voivodeships not only provided medical treatment but also became key centers for cultural exchange, influencing the development of tourism and healthcare in interwar Poland.

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**Mariya Fleychuk:** Formal analysis; Methodology; Resources; Software; Validation; Visualization; Writing – Original Draft Preparation; Writing – Review and Editing.

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