



**IN MEMORY OF
Professor JANUSZ A. INDULSKI
(1930 – 1999)**

On the day preceding the funeral, an atmosphere of pensiveness filled a small chapel when we were paying tribute to our dear Editor-in-Chief, bowing our heads before the urn with his ashes. Candle glimmers threw light on his picture showing kindly, smiling face so deeply etched on our memories, the face to be remembered for ever. We were bidding farewell to our much regretted Boss on 10 August 1999, taking him to his last resting place in the Łódź cemetery at Dół. There was a long procession of people whom good fortune let know him as a professional man or privately. The funeral ceremony was attended by representatives of research institutes, occupational health centres, various institutions, organizations and associations from all over the country. The authorities of the city of Łódź, including the Department of Health, civil and military Medical Academies, and many health and medical institutions co-operating with The Nofer Institute of Occupational Medicine were also represented. Among those participating in the funeral there was a large group of present and former employees of the Institute who recalled him with warm feelings, liking and affection, as well as many others who were privileged to be his friends or acquaintances.

Professor Janusz Anatol Indulski was born on 24 June 1930 in Parczew. After his father being arrested by the Gestapo in 1941 and transported to Auschwitz (Oświęcim) – the Nazi extermination camp, Janusz together with his brother worked as manual workers cutting down trees in forests and then in a sawmill. Between 1945 and 1947, the Indulski family lived in Poznań, and

after his father's return from Germany they moved to Szczecin where they stayed until 1959. In Szczecin he completed his secondary school and medical studies at the Pomeranian Medical Academy.

In his professional life one may distinguish several stages. The first one was linked to Szczecin. Studies, usually the most attractive and happy period in the life of every student, was not very joyful to him – as it happened in the 1950s, the years of suffering to those who were not submissive. The first reactions of a young man to injustice and their bitter consequences lead him to joining the-then most democratic students' organization – the Polish Students' Association being just established. Janusz began his activities by joining its Academic Council at the Pomeranian Medical Academy, and later on established the Szczecin District Council. His initiatives gradually developed leading him finally to the central level, where he began to act in the Supreme Fellow-Students Arbitration Court. He often recalled the experience gained at those times and highly appreciated honorary membership granted to him by the Congress of the Polish Students' Association.

In 1952, Maria Anna Tuszyńska, the medical doctor and faculty member of the Pomeranian Medical Academy, became his wife. Five years later, as a young doctor he easily found work at his alma mater in the Department of Human Biology and Endocrinology. Later on he served for several years as the head of the Section for Food and Nutrition Hygiene at the Municipal Sanitary and Epidemiology Station, and was finally appointed director of the District Sanitary and Epidemiological Station, working at the same time as a doctor in the Szczecin Port District Out-Patient Clinic.

In 1959, Janusz left Szczecin for Łódź. Henceforth his activity over several decades was linked to this city and its region. The first years of heading the Department of Health and Social Welfare at the Municipal People's Council were not easy. That was the time when the structure and organization of the national health services were set up. Quite a number of the principles adopted in the 1960s are still followed by the present health care managers. Many 'new ideas' offered today date from solutions initiated by him. Full of energy and enthusiasm, taking advantage of profound knowledge acquired abroad, developing his own skills and providing inspiration for research activities in the Institute of Social Medicine organised by himself at the Łódź Medical Academy, he was gaining successive academic degrees. In 1962 he was awarded the scientific degree of Medical Doctor and in 1965 of Associate Professor of Hygiene and Epidemiology. It was natural that despite his immense dedication and commitment to organisational matters and social involvement, Professor Indulski and his co-workers extended their flourishing research activity. Between 1971 and 1977 Professor Indulski served as the First Deputy Rector and then as the Prorector for Research at Medical Academy in Łódź.

In those years, the desire to ensure that every citizen is provided with efficient and effective medical care became his greatest concern. He was mostly involved in health problems of those whose strenuous working and living conditions were responsible for the occurrence of dangerous diseases, health impairment, and temporary or permanent disability. The great concern for people's health encouraged him to expand his knowledge and gain much experience in the leading home and foreign research centres.

One year (1970–71) spent in the London School of Hygiene and Tropical Medicine gave rise to his numerous study tours and visits to research institutes in Germany, Finland, Italy, Canada and the United States, to mention just a few. He soon won wide international recognition and respect among professionalists involved in public health and health care organization. We can only imagine the potential of his rare intellects and unique talent for organization and management which would have flourished if he could have lived and acted in a different system.

In 1977, Professor Indulski assumed the post of Director of the Institute of Occupational Medicine. That was the beginning of the longest, the most effective, and – as we know now – the last period of his life and superior activity. The Institute became his second home, and the team of co-workers his large family. We can look back with great satisfaction on those twenty two years during which the Institute, under an uninterrupted leadership of Professor Indulski, gained its recognition in the field of occupational health, work hygiene and environmental health, and strengthened its reputation not only among the research institutes supervised by the Ministry of Health, but also among others, which has been evidenced by a high score on a ranking list of all scientific and research institutions in Poland, granted by the State Committee for Scientific Research. All these accomplishments and successes are due to the inspiration and involvement of Professor Indulski who dedicated his life to the development of the Institute. He created a new image of the Institute through setting it along the appropriate lines, establishing new directions of great significance not only from the medical but also from the public health perspectives, and contributing to the development of a number of new areas such as environmental epidemiology or the psychology of work.

In 1987, the Institute was given authority to award scientific degrees in medical biology and occupational medicine. Due to Professor's great encouragement and support, research activity flourished. That was crowned by awarding 110 degrees of Medical Doctor, 11 of Associate Professor (Ph.D.) and 13 Professor' degrees. He was a promoter of 49 doctor's dissertations, and nine 'habilitations' were completed under his supervision.

In 1992, the School of Public Health was established, and finally the most desired dream of Professor Indulski came true. At the same time international co-operation and relations were greatly expanded.

The Institute has developed co-operation both with many leading institutions and organizations like the World Health Organization, as well as with scholars of international recognition. The Institute has hosted dozens of world famous scientists from all continents who admired the Director's dedication, openness and friendliness.

One of Professor's student, already professor himself, recalls: "I came to know the value of Professor Indulski when I was given in 1987 a responsible position of the Institute's Scientific Secretary and became his close co-worker. Based on my experience I can say now that he was a great man. It was not a conceited greatness, but the greatness of a man who was brave enough to help others, especially those whose political opinions over past decades – as Professor used to say – not always appeared to be necessarily right". He helped many people who had been rejected by their employees who fired them for fear of being

exposed to the former system. Now some of them work in the Institute and some hold responsible positions in other institutions. We are deeply convinced that in many cases lending them his helping hand Professor determined, to great extent, their future and the opportunity to continue their professional activities.

Professor Indulski was aware of one of the fundamental truths that the development of the Institute depends primarily on the quality of its personnel. He was not afraid — as it happens in the case of mean people — of being surpassed by his students or co-workers. As soon as he noticed someone of his staff having chance of reaching successive step in the professional career through producing and defending dissertation for doctorate or 'habilitation', he began to press directly or indirectly until he could congratulate the winner his/her success. His enthusiasm was inspirational for his people who gathered around him, and under his leadership they developed their own professional, scientific and didactic work.

Over 35 years, Professor Indulski served as a consultant of the World Health Organization (WHO). In total, he spent four years visiting Bangladesh, Philippines, India, the Baltic countries, Mongolia and Puerto Rico to advise the governments of those states on health care issues.

It should also be mentioned that he was one of the two Poles who became members of a very exclusive Collegium Ramazzini, an international society gathering only 100 outstanding scholars.

He was a founder of the Polish Society of Social Medicine and served as deputy chairman of its Executive Board for twelve years (1964–75). For six years (1987–92) he acted as the President of the Polish Association of Occupational Medicine, and later as the Honorary President. He was also a founder and President of the Polish Public Health Association. The granting to Professor Indulski of membership and honorary membership of many international associations and scientific institutions provides further evidence of the international recognition accorded to him and his services to occupational medicine. Among them the following are worthy of special mention: the British Royal College of Physicians, the MEDICHEM Board, the American Conference of Governmental Industrial Hygienists, the American Public Health Association, the US Association for Health Services Research, and the Russian Academy of Medical Science.

He worked in the Council of Social Policy to the President of the Republic of Poland (1992–96). He was a member of the Scientific Council to the Minister of Health and Social Welfare (1967–98). Over recent years he served as a consultant and adviser to the Parliamentary Social Policy and Health Committees. He was an initiator and deputy chairman of the Coordination Committee for the Strategic Government Programme on 'Occupational Health and Safety in the Work Environment' for the years 1994–2001. Since 1962, he was a member of the Committee for Demographic Science of the Polish Academy of Science.

Professor Indulski acted as the Editor-in-Chief of a bimonthly *Medycyna Pracy*, and in 1988 he made a courageous decision to launch the *Polish Journal of Occupational Medicine*, a quarterly published in English, later the *International Journal of Occupational Medicine and Environmental Health* under his editorship. During the period of twelve years, the journal developed gaining the

recognition among publishers and readers. During those years Professor Indulski was invited to join editorial boards of professional journals in the United States, Germany, the Czech Republic, Italy, Japan, Russia and Hungary.

Professor Indulski was the author and co-author of nearly 500 scholarly works in the areas of occupational medicine, social medicine, epidemiology, toxicology and health care organization, mostly related to matters of chemical safety, physical hazards, hygiene standards, risk management, improvement of the work environment and working conditions, prevention at the workplace, education of occupational health physicians, improvement of health care efficiency and health promotion, as well as various aspects of health care reforms in the period of transformation from a centralised to a decentralised economic system. He was also the author of seven textbooks for students. Numerous collective works and Polish translations of the WHO series on vital issues concerning environmental health, protection and promotion of the health of working populations were published under his editorship. In the beginning of 1998 he took the edition of three successive books in his hand, but because of his premature death their publication will have to be delayed by some time. Being aware of the lack of handbooks indispensable for teaching work hygiene, occupational medicine and public health he tried to force the pace of work involved in their elaboration, as if he were aware of short time left to him. He only managed to prepare a general outlook of the handbooks, and find the authors and publishers. Some works were directed by him personally when he was already bedridden because of his illness. Unfortunately he failed to witness their successful publication.

He was awarded the Gold Cross of Merit, the Chivalry Cross, the Officer Cross and the Commander's Cross of the Order of the Rebirth of Poland.

Professor Janusz A. Indulski's death ended a fruitful life of one of top specialists held in great esteem at home and abroad, and wreaked a painful loss on Polish occupational medicine. He will be truly missed by his friends, colleagues and all those who had the honour and pleasure of working with him. His name and his achievements will remain etched on our memories. We shall long benefit from the values which he bequeathed us.

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