

Afterword

NO MORE FITTING TRIBUTE TO THE WARSAW RESEARCHERS can be given than that by Dr. Milejowski, written in October, 1942:

And you, Jewish physicians, you deserve some words of recognition.

What can I say to you, my companions in misfortune, my dear colleagues? You, too, were part of the whole. You, too, were menaced by forced labor, starvation, deportation, by all the forms of death that stalked our Ghetto. And you—you gave the murderers a bold answer with your work—"Non omnis moriar!"

Notes

ABBREVIATIONS

- BB—*The Black Book: The Nazi Crime against the Jewish People*, New York, 1946.
BBPJ—*The Black Book of Polish Jewry*, Jacob Apenszlak (ed.), New York, 1943.
BFG—*Bleter far Geshichte*, Warsaw publication of the Historical Institute in Poland.
DY—Shpizman, Leib: *Di Yidn in Nazi-Poilen*, New York, 1942.
MF—*Maladie de Famine*; Warsaw, 1946.

INTRODUCTION

1. Mitscherlich, Alexander and Mielke, Fred, *Doctors of Infamy: The Story of the Nazi Medical Crimes* (New York, 1949), p. 66.

CHAPTER 1

1. Stroop, Jürgen, *Report on the Uprising in the Jewish Residential District and its Liquidation* (Warsaw, 1958), p. 18.
2. Shoshkes, Henry, *No Traveler Returns* (New York, 1945), p. 28.
3. Sloan, Jacob (ed.), *Notes from the Warsaw Ghetto: The Journal of Emanuel Ringelblum* (New York, 1958), pp. 348-359.
4. Stroop, *op. cit.*, p. 102.
5. *Ibid.*, p. 116.

6. Hilberg, Raul, *The Destruction of the European Jews* (Chicago, 1961), p. 121.
7. Sloan, *op. cit.*, p. 97ff.
8. *Im Feuer Vergangen: Tagebücher aus dem Ghetto* (Berlin, 1959), p. 381.
9. Nirenstein, Albert, *A Tower from the Enemy* (New York, 1959), p. 4.
10. Friedman, Philip (ed.), *Martyrs and Fighters: The Epic of the Warsaw Ghetto* (New York, 1954), p. 112.

CHAPTER 2

1. DY, p. 230.
2. BBPJ, p. 180.
3. "Economic Sector of Jewish Residential District in Warsaw, Order of April 19, 1941," BFG, xii (1959), p. 65.
4. Shoshkes, *op. cit.*, p. 31.
5. DY, p. 281.
6. BBPJ, p. 173.
7. Hirsfeld, Ludwik, *Historia Jednego Życia* (Warsaw, 1957), p. 232.
8. DY, p. 242.
9. Trunk, Isaiah, "Epidemics and Mortality in the Warsaw Ghetto, 1939-1942," *YIVO Annual of Jewish Social Science* (New York, 1953), vol. 8, 94.
10. Babitz, Benjamin, "Notes from the Ghetto, Prison, and Fields," BFG, x (1957), p. 155.
11. DY, p. 234.
12. DY, p. 237.
13. Trunk, *op. cit.*, p. 95.
14. BBPJ, p. 43.
15. BBPJ, p. 221.
16. Berg, Mary, *Warsaw Ghetto: A Diary* (New York, 1945), p. 53.
17. *Ibid.*, p. 59.
18. *Ibid.*, p. 60.
19. DY, p. 272.
20. Berg, *op. cit.*, p. 86, p. 88.
21. Goldstein, Bernard, *The Stars Bear Witness* (New York, 1949), p. 90.
22. BBPJ, p. 227.
23. Nirenstein, *op. cit.*, p. 5.
24. Berg, *op. cit.*, p. 90.
25. BBPJ, p. 25.
26. "Likwidacja Żydowskiej Warszawy," *Biuletyn Żydowskiego Historycznego* (Warsaw, 1951), #1, 116.
27. Hirsfeld, *op. cit.*, p. 232.
28. *Ibid.*, p. 301.
29. Ringelblum, Emanuel, "Fun di Letzten Notizen," BFG, xi (1958), 20.

30. Trunk, *op. cit.*, p. 121.
31. BB, p. 225.
32. BBPJ, pp. 44, 51.
33. *Im Feuer . . .*, p. 402.
34. Friedman, *op. cit.*, p. 61.
35. Sloan, *op. cit.*, p. 53.
36. Turkow, Jonas, *Azoy iz es Geven* (Buenos Aires, 1948), p. 123.
37. *Im Feuer . . .*, p. 372.
38. Friedman, *op. cit.*, p. 90.
39. Mazor, Michel, *La Cité Engloutie* (Paris, 1955), p. 120.
40. Turkow, *op. cit.*, p. 116.
41. *Im Feuer . . .*, p. 374.
42. Turkow, *op. cit.*, p. 125.
43. Berg, *op. cit.*, p. 32.
44. Trunk, *op. cit.*, p. 95.
45. Mazor, *op. cit.*, p. 66.
46. Sloan, *op. cit.*, p. 125.
47. Turkow, *op. cit.*, p. 124.
48. *Gazeta Żydowska*, #125, Dec. 17, 1941; order of Dr. Lauxmann, Postmaster-General of the Government-General.
49. Sloan, *op. cit.*, pp. 140, 214.
50. *Ibid.*, p. 187.
51. Berg, *op. cit.*, p. 61.

CHAPTER 3

1. Goldstein, *op. cit.*, p. 75.
2. *Ibid.*, p. 76.
3. Berg, *op. cit.*, p. 40.
4. Sloan, *op. cit.*, p. 111.
5. Bernshtein, T., "Vegn di Hitleristische Methoden fun der Ekonomische Eksploitatatsie fun Varshever Ghetto," BFG xii (1959), p. 58.
6. Turkow, *op. cit.*, p. 128.
7. Goldstein, *op. cit.*, p. 78.
8. Hirsfeld, *op. cit.*, p. 240.
9. Sloan, *op. cit.*, p. 121.
10. Mazor, *op. cit.*, p. 154.
11. Sloan, *op. cit.*, p. 149.
12. *Ibid.*, p. 128.
13. *Ibid.*, p. 279.
14. *Im Feuer . . .*, p. 384.
15. MF, p. 11.
16. Berg, *op. cit.*, p. 72.
17. Hochberg-Marianska, Maria (ed.), *Dzieci Oskarżaja* (Krakow, 1947) p. 5.
18. Hirsfeld, *op. cit.*, p. 342.
19. Turkow, *op. cit.*, p. 127.

CHAPTER 4

1. Sloan, *op. cit.*, p. 294.
2. BBPJ, p. 39.
3. Fenigstein, Henri, *Varshever Yidish Shpital besn di Nazi-Rezhim* (Frankfurt-am-Main, 1948), p. 6.
4. Hertz, J. S. (ed), *Zygelboim Buch* (New York, 1947), p. 141.
5. Sloan, *op. cit.*, p. 80.
6. Fenigstein, *op. cit.*, p. 8; Sloan, *op. cit.*, p. 113; Trunk, Isaiah, "Melchomo kegn Yidn durch Farshpreitn Krankheit," *YIVO Bleter* (New York, 1953), vol. 37, p. 113.
7. Goldstein, *op. cit.*, p. 65.
8. Reitlinger, Gerald, *The Final Solution* (London, 1953), p. 59.
9. Poliakov, Leon, *Harvest of Hate* (Syracuse, 1954), p. 92.
10. DY, p. 282.
11. Ringelblum, *op. cit.*, p. 11.
12. Trunk, "Epidemics . . ." *op. cit.*, p. 101.
13. Friedman, *op. cit.*, p. 145.
14. BBPJ, p. 123ff.
15. Fenigstein, *op. cit.*, p. 12; Silberschein, A., *Die Juden Ausrottung in Polen* (Geneva, 1944), p. 18.
16. Seidman, Hillel, *Togbuch fun Varshever Ghetto* (Buenos Aires, 1947), p. 112; Ringelblum, *op. cit.*, p. 7.
17. Hirsfeld, *op. cit.*, p. 337.
18. Nirenstein, *op. cit.*, p. 97; Shoshkes, *op. cit.*, p. 152.
19. Fenigstein, *op. cit.*, pp. 12, 15.
20. Hirsfeld, *op. cit.*, p. 337.
21. Bielitzki, L., "Vegn der 'Aktisie' in Varshever Yidisher Shpital dem 18 January, 1943," BFG, i (1948), 211; Turkow, *op. cit.*, p. 462; Blumenthal, N., "Action," *Yad Washem Studies on the European Jewish Catastrophe and Resistance* (Jerusalem, 1960), IV, 70; *Glos Warszawy*, #6, Jan. 26, 1943.
22. Mark, Ber, *Der Oifshand in Varshever Ghetto* (Warsaw, 1955), p. 258.
23. DY, p. 175.
24. BBPJ, p. 21.
25. DY, p. 63.
26. Sloan, *op. cit.*, p. 19.
27. *Ibid.*, p. 197.
28. Berg, *op. cit.*, p. 132.

CHAPTER 5

1. MF, p. 6.
2. MF, p. 9 ff.
3. Hirsfeld, *op. cit.*, p. 255.
4. MF, p. 17.
5. Personal communication from Dr. Witold Orlowski.

CHAPTER 6

1. MF, p. 81.
2. MF, p. 83.
3. MF, pp. 84-88.
4. MF, p. 89.
5. MF, pp. 259-264.
6. MF, p. 111.
7. MF, pp. 173-187.
8. MF, pp. 189-225.
9. MF, pp. 227-258.
10. MF, p. 107.
11. MF, p. 131.
12. MF, pp. 115-130.
13. MF, pp. 146-153.
14. MF, p. 136.
15. MF, pp. 137-144.
16. MF, pp. 145-46.
17. MF, p. 159.
18. MF, p. 91.
19. MF, pp. 33-77.
20. MF, p. 76.

CHAPTER 7

1. Hirsfeld, *op. cit.*, p. 116.
2. *Ibid.*, p. 396.
3. *Ibid.*, p. 249.
4. Fenigstein, *op. cit.*, p. 6.
5. Turkow, *op. cit.*, p. 505.
6. Turkow, Jonas: *In Kamf fun Leb'n* (Buenos Aires, 1949), p. 237.
7. Goldstein, *op. cit.*, p. 156.
8. Turkow, *Azoy . . .*, p. 32.
9. Niger, S. (ed.), *Kiddush ha-Shem* (New York, 1948), p. 112.
10. Personal communication from Dr. H. Fenigstein.
11. Personal communication from Dr. T. Goliborska.
12. Hirsfeld, *op. cit.*, p. 211.
13. *Ibid.*, p. 373.
14. Shoshkes, *op. cit.*, p. 55.
15. Mark, *op. cit.*, p. 43.
16. Ringelblum, Emanuel: "*Fun di Letzten Notizen*," BFG, xii, 1959, p. 20.
17. Hirsfeld, *op. cit.*, p. 207.
18. "*Anketen*," BFG, i, 1948, pp. 189-193.
19. Mark, *op. cit.*, p. 202.
20. Fenigstein, *op. cit.*, p. 4.
21. Hirsfeld, *op. cit.*, p. 340.
22. Stabholz, Tadeusz: *Siedem Piekiel* (Stuttgart, 1947), p. 17.

23. Hirszfeld, *op. cit.*, p. 339.
24. Seidman, *op. cit.*, p. 12.
25. Turkow, *In Kamf . . .*, p. 237.

CHAPTER 8

1. Keys, Ancel, *et al.*, *The Biology of Human Starvation* (Minneapolis, 1950), p. 19 ff.
2. Helweg-Larsen, Per, *et al.*, "Famine Disease in German Concentration Camps and Sequelae," *Acta Psychiatrica et Neurologica Scandinavica*, Supplement 83, Copenhagen, 1952.
3. Keys, *op. cit.*, p. 129.
4. *Ibid.*, p. 63.
5. *Ibid.*, p. 1239 ff.
6. *Ibid.*, p. 22.
7. *Ibid.*, p. 186.
8. Helweg-Larsen, *op. cit.*, p. 77.
9. Gillman, Joseph, and Gillman, Theodore, *Perspectives in Human Malnutrition* (New York, 1951), p. 334.
10. *Ibid.*, p. 456.
11. Helweg-Larsen, *op. cit.*, p. 282.
12. Wohl, Michael G., and Goodhart, Robert S. (eds.), *Modern Nutrition in Health and Disease* (Philadelphia, 1960), p. 875.
13. Keys, *op. cit.*, p. 317.
14. *Ibid.*, p. 616.
15. *Ibid.*, p. 562.
16. Helweg-Larsen, *op. cit.*, p. 207.
17. Keys, *op. cit.*, p. xix.
18. Hoelzel, Frederick: "Letter to the Editor," *American Journal of Clinical Nutrition*, vol. 3, Nov., 1955, 513-515.
19. Keys, *op. cit.*, p. 196.
20. *Ibid.*, p. 226.
21. *Ibid.*, p. 785.
22. Kleiber, Max, *The Fire of Life* (New York, 1961), p. 247.
23. Keys, *op. cit.*, p. 338.
24. *Ibid.*, p. 576 ff.
25. Gillman, *op. cit.*, p. 392.
26. Wohl, *op. cit.*, p. 883.

Bibliography

BOOKS

- Apenszlak, Jacob (ed.). *The Black Book of Polish Jewry*. New York, 1943.
- Apfelbaum, Emil (ed.). *Maladie de Famine*. Warsaw, 1946.
- Berg, Mary. *Warsaw Ghetto: a Diary*. New York, 1946.
- Fenigstein, Henri. *Varshever Yidish Shpital besn di Nazi-Rezhim*. Frankfurt-am-Main, 1948.
- Fichez, L. F., and Klotz, A. *La Senescence Prématuro et ses Traitements*. Vienna, 1961.
- Friedman, Philip (ed.). "Martyrs and Fighters: The Epic of the Warsaw Ghetto." New York, 1954.
- Gillman, Joseph, and Gillman, Theodore. *Perspectives in Human Malnutrition*. New York, 1951.
- Goldstein, Bernard. *The Stars Bear Witness*. New York, 1949.
- Hertz, Jacob (ed.). *Zygelboim Buch*. New York, 1947.
- Hilberg, Raul. *The Destruction of the European Jews*. Chicago, 1961.
- Hirszfeld, Ludwik. *Historia Jednego Życia*. Warsaw, 1957.
- Hochberg-Marianska, Maria (ed.). *Dzieci Oskarżaja*. Krakow, 1947.
- Kermisz, Joseph (ed.). *Dokumenty i Materiały do dziejów Okupacji Niemieckiej w Polsce*, Vol. II, "Akcje" i "Wysiedlenia." Warsaw, 1946.

- Keys, Ancel, et al. *The Biology of Human Starvation*. Minneapolis, 1950.
- Kleiber, Max. *The Fire of Life*. New York, 1961.
- Mark, Ber. *Der Oifsthand in Varshever Ghetto*. Warsaw, 1955.
- Mazor, Michel. *La Cité Engloutie*. Paris, 1955.
- Mitscherlich, Alexander, and Mielke, Fred. *Doctors of Infamy: The Story of the Nazi Medical Crimes*. New York, 1949.
- Neustadt, Melech. *Hurbn un Oifsthand*. Tel Aviv, 1948.
- Niger, S. (ed.). *Kiddush Ha-Shem*. New York, 1948.
- Nirenstein, Albert. *A Tower from the Enemy*. New York, 1959.
- Poliakov, Leon. *Harvest of Hate*. Syracuse, 1954.
- Reitlinger, Gerald. *The Final Solution*. London, 1953.
- Seidman, Hillel. *Togbuch fun Varshever Ghetto*. Buenos Aires, 1947.
- Shoshkes, Henry. *No Traveler Returns*. New York, 1945.
- Shpizman, Leib. *Di Yidn in Nazi-Poilyn*. New York, 1942.
- Silberschein, A. (ed.). *Die Judenausrottung in Polen*. Geneva, 1944.
- Sloan, Jacob (ed.). *Notes from the Warsaw Ghetto: The Journal of Emanuel Ringelblum*. New York, 1958.
- Stabholz, Tadeusz. *Siedem Piekiel*, Stuttgart, 1947.
- Stempelberg, Herman (ed.). *Męczeństwo, Walka, Zagłada Żydów w Polsce*. Warsaw, 1960.
- Stroop, Jürgen. *Report on the Uprising in the Jewish Residential District and its Liquidation*. Warsaw, 1958.
- Szner, Zvi (ed.). *Extermination and Resistance: Historical Records and Source Material*. Vol. I, Haifa, 1958.
- Turkow, Jonas. *Azoy iz es Geven*. Buenos Aires, 1948.
- Turkow, Jonas. *In Kamf farn Lebn*. Buenos Aires, 1949.
- Wohl, Michael G., and Goodhart, Robert S. (eds.). *Modern Nutrition in Health and Disease*. Philadelphia, 1960.
- The Black Book: The Nazi Crime against the Jewish People* (no editor). New York, 1946.
- Im Feuer Vergangen: Tagebücher aus dem Ghetto* (no editor). Berlin, 1959.

PERIODICALS

- American Journal of Clinical Nutrition*, vol. iii, #6, 513.
- Bleter far Geshichte*. Publication of the Jewish Historical Institute in Warsaw.
- Babitz Benjamin, "Notizen fun Ghetto, Lager, un Felder," vol. x (1957), 155.
- Bernshtein, T., "Vegn di Hitleristische Methoden fun der Eksploitatsie fun Varshever Ghetto," vol. xii (1959), 58.
- Bioletzki, L., "Vegn der 'Aktse' in Varshever Yidish Shpital dem 18 Januar 1943," vol. i (1948), 211.
- Document (German), "Economic Sector of Jewish Residential District of Warsaw, Order of April 19, 1941," vol. xii (1959), 65.
- Ringelblum, Emanuel, "Fun di Letzten Notizen," vol. xi (1958), 20.
- Helweg-Larsen, Per, et al. "Famine Disease in German Concentration Camps and Sequelae," *Acta Psychiatria et Neurologica Scandinavica*.
- "Likwidacja Żydowskiej Warszawy," *Biuletyn Żydowskiego Instytutu Historycznego*, #1 (1951), 116.
- Yad Washem Studies on the European Jewish Catastrophe and Resistance*, vol. iv, Jerusalem, 1960.
- YIVO Annual of Jewish Social Science*, New York, Trunk, Isaiah: "Epidemics and Mortality in the Warsaw Ghetto," vol. viii, 1953, p. 94.
- YIVO Bleter*: publication of YIVO Institute of Jewish Research, Trunk, Isaiah: "Melchomo kegn Yidn durch Farshpreitn Krankheit," vol. 37, 1953, p. 113.

NEWSPAPERS

- Gazeta Żydowska*, #125, December 17, 1941 (official German publication, printed in Polish, for Jews).
- Głos Warszawy*, #6, January 26, 1943 (organ of the Polish underground).

PERSONAL COMMUNICATIONS

(letters, questionnaires, interviews)

Doctors Witold Orłowski, Henri Fenigstein, Z. Askanas, T. Goliborska, Roman Kocen, Chaim Einhorn, Israel Rom, Leo Heller, T. Stabholz, Leon Wulman, Marek Wirecki, D. Krysiak, K. Zakrzewski.

Mr. and Mrs. Alfred Pozarik (accountant and nurse at the Czysa Hospital).

Mrs. Rose Odess (administrator), Mrs. K. Svedosh (nurse).

Mr. Isaac Zuckerman and Mr. Jonas Turkow (active leaders in Ghetto movements).

Index

- Acidosis, 67
 Allergy, 61, 68
 Amyloidosis, 70
 Amzel, Dr. Roza, 73
 Apathy, 56
 Apfelbaum, Dr. Emil, 48, 74
 Askanas, Dr. Zdzislaw, 74
 Asthma, 55, 61
 Auditory apparatus, 54
 Autopsies, 68, 92
 Avitaminoses, 53, 59, 67, 93
- Beggars, 28
 Bielenki, Dr. Owsiej, 74
 Blacher, Dr. Leon, 75
 Blood, 59, 63, 93
 Blood pressure, 55, 59, 62
 Bone changes, 58, 70
 Brain, 69
 Braude-Heller, Dr. Anna, 75
- Carbohydrate metabolism, 65
 Caritas, 30
 Cataracts, 53
 Charity organizations, 20, 29, 30
 Chickenpox, 61
 Children, 36, 56
 Circulation, 55, 59, 62, 93, 95
 Contractures, 58
 Creatine, 62
- Diabetes, 65
 Diarrhea, 51, 60, 69
 Doctors, 44, 46
 Dysentery, 69
- Edema, 51, 57, 66, 92
 Einhorn, Dr. Chaim, 76
 Elbinger, Dr. Regina, 77
 Electrocardiograms, 63
 Endocrines, 55
 Eyes, 53
- Fajgenblat, Dr. Simon, 53, 77
 Fejginowna, Dr. Bronislawa, 46
 Fenigstein, Dr. Henryk, 78
 Ferszt, Fajga, 79
 Fliederbaum, Dr. Julian, 48, 79
- Food:
 availability, 25
 parcels, 30
 prices, 23-25
 rations, 22
 recipes, 25-26
 soup kitchens, 30
- Ghetto:
 cultural life, 82
 economic life, 19
 extent, 17
 liquidation, 18

- Goldflam, Dr. Samuel, 46
 Goliborska, Dr. Theodosia, 79
- Hair, 55
 Heart, 55, 59, 62, 63, 69, 93
 Heller, Dr. Ari, 80
 Herzenkruk, Jerzy, 80
 Hirsfeld, Dr. Ludwik, 25, 27, 36, 46
 Hospital, 38
 deportations, 42
 liquidation, 43, 44
 location, 39
 starvation in, 40
- Infectious diseases, 20, 60
- Judenrat, 17, 29, 48, 81
- Khappers, 29
 Kocen, Dr. Mieczyslaw, 46, 80
- Lungs, 54, 59, 69, 94
- Marmalade order, 26
 Measles, 61
 Mental changes, 51, 56
 Metabolism, 94
 basal, 65
 carbohydrate, 65
 nitrogen, 67
 Milejkowski, Dr. Israel, 47, 81, 96
 Muscles, 52, 58
- Neuritis, 60
- Orlowski, Dr. Witold, 49
- Pakswer, Dr. Ryszard, 83
 Parathyroid, 55
 Parotid, 58, 93
 Plonskier, Dr. Moryc, 83
 Prognosis, 61
 Pulse, 55, 59, 93
- Raszkes, Dr. Boleslaw, 52, 84
 Rations, 22, 23
 Research, 47
 data, 49
 material, 89
 norms, 50
 organization, 48
 purpose, 47, 50
 techniques, 92
 Ringelblum, Dr. Emanuel, 34
 Rotbalsam, Dr. Israel, 84
 Rubinsztajn, 29
- Senescence, 56
 Skin, 52, 57
 Smuggling, 32-37
 children, 36
 penalties, 34
 social function, 35
 techniques, 33
 Starvation:
 allergy in, 61
 basal metabolism in, 65
 blood in, 59, 64, 93
 bones in, 58, 70
 carbohydrate metabolism in, 65
 circulation in, 62
 ears in, 54
 edema, 51, 57, 66, 92
 eyes in, 53
 fever in, 52, 57
 heart in, 55
 in adults, 51ff.
 in children, 56ff.
 in hospital, 40
 lungs in, 54, 59, 69, 94
 mental changes in, 56
 mortality, 27
 muscles in, 58
 nitrogen metabolism in, 67
 prognosis, 61
 skin in, 52, 57
 teeth in, 54
 tongue in, 54
 voice in, 54
 weakness, 52
 weight in, 51, 56
 Stein, Dr. Joseph, 40, 84
 Szajnman, Dr. Michael, 85
 Szejnman, Dr. Mieczyslaw, 46, 85
 Szejnfinkiel, Dr. Suzanne, 85
- Teeth, 54
 Thyroid, 55
 Tongue, 54
 Toporol, 30
 Tuberculosis, 20, 60, 68
- Ulcers, 64
 Urine, 51, 60, 64
- Vitamins, 53, 59, 67, 93
 Voice, 54
- Wohl, Dr. Ichaskil, 86
- Zarchi, Japina, 86
 Zweibaum, Dr. Kazinierz, 86