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Linguistic Features of Proverbs about Health

It has long been noticed that the wisdom and spirit of people are manifested in proverbs, and their knowledge contributes to a better understanding of the people's way of thinking and character [1]. The topic of health in proverbs is of a particular interest in linguaculturology and cognitive linguistics. While calls for a healthy lifestyle, recommendations to take care of health sound from TV every day, various books about health are printed in thousands of copies, centuries of accumulated experience, folk wisdom about health reflected in proverbs are undeservedly forgotten [2]. Consequently, proverbs about health need special consideration.

The aim of the study is to determine linguistic features of proverbs about health in Russian-speaking, English-speaking and German-speaking linguacultures. It is achieved by selecting and analyzing several proverbs comparatively.

The proverbs *Здоровье дороже богатства*, Health is above wealth and *Gesundheit ist das höchste Gut* mean that health is the main value in life, it occupies the highest level among other human needs. In all three proverbs, nouns are used to compare health and wealth. In the German proverb, unlike the others, the superlative of the adjective is used to emphasize that health is the highest value.

The proverbs *В здоровом теле – здоровый дух*, A sound mind in a sound body, *Im gesunden Körper – gesunder Geist* mean that by keeping the body healthy, a person also maintains mental health. The proverbs are a literal translation of the Roman poet-satirist Juvenal's phrase "Mens sana in corpore sano", which speaks of the desire for such harmony, rarely found in life. The English and German proverbs are similar in syntax: in both sentences, ellipsis is used.

The proverbs *Лук от семи недуг*, An apple a day keeps the doctor away, *Ein Apfel pro Tag hält den Doktor fern* do not literally mean that, if one eats an apple or onion every single day, one will remain in good health. In this phrase, apple and onion refer to healthy or preventive daily habits. We observe a complete coincidence in meaning, but a difference in a figurative form: "apple" is used in English and German proverbs, and "onion" is used in the Russian one.

Based on the comparative analysis of proverbs in the Russian, English and German languages, the similarities and differences between proverbial pictures of the world were revealed. All cultures are characterized by the value of health, its preservation throughout life. Mostly the proverbs of three linguacultures are similar in content, but there are also differences that may be due to different factors.

Литература

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