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**Report from the scientific conference**  
***“Sweet sleep, good conscience – This is happiness, this is good wealth. The Importance of Sleep and Rest in the History, Culture, and Literature of the 17th Century”***  
**(Kazimierz Dolny, November 22-23, 2024)**

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**Abstract:** *A report on the scientific conference on the importance of sleep and rest in the history, culture, and literature of the 17th century, which was held in Kazimierz Dolny on November 22-23, 2024.*

**Key words:** Scientific Conference, Report, Sleep, Rest, Kazimierz Dolny

On November 22-23, 2024, a scientific conference was held in Kazimierz Dolny, at the “Arkadia” Educational and Training Center. It was organized in cooperation with the Polish Society of 17th-century Researchers and the Society of History Enthusiasts in Warsaw. It was titled “Sweet sleep, good conscience – This is happiness, this is good wealth.” Historians and experts specializing in the political and social realities of the 17th century participated in the two-day interdisciplinary session.

The conference began on November 22, 2024, at 11:00 AM. The conference officially opened, during which the audience was welcomed and the basic principles of the scientific assembly were presented.

The conference began with a presentation by Artur Goszczyński (University of Siedlce) who presented a paper entitled “On the Hunting Passion of Władysław IV Vasa and the Hunts He Participated in.” The author presented a pastime extremely close to the heart of the Polish king. The presentation featured a ruler who enjoyed hunting both land and water animals. He also explained how Władysław balanced his significant royal duties with hunting.

The next speaker was Aleksandra Ziober (University of Wrocław). The title of her paper was: “Jan Stanisław Sapieha’s Ways of Rest and Regeneration.” Jan Stanisław came from one of the most important magnate families of the Grand Duchy of Lithuania. His distinguished ancestry enabled Sapieha to achieve the highest positions in the Polish-Lithuanian Commonwealth in his adult life. The burden of responsibility placed upon this man meant that Jan Sapieha spent his free time resting and regaining

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his strength. During the lecture, mention was made of Sapięha's travels for medical treatment, including to Italy, where he sought to regain his health.

The third paper, "Soldier Well-Being – The Role of Sleep and Rest in the Polish-Lithuanian Armed Forces," was presented by Karol Łopatecki (University of Białystok). Adequate rest, both historically and today, remains one of the most important factors influencing soldiers' combat value. Among other things, it ensures: maintaining combat readiness, preventing fatigue, and sustaining morale. Professor Łopatecki presented the rest of Polish-Lithuanian soldiers, its components, and the factors that influenced the quality of soldiers' rest.

The final paper in the first panel of the conference was presented by Emil Kalinowski (Tadeusz Manteuffel Institute of History, Polish Academy of Sciences), and its title was: "Too Young for Sleep, Too Old for Sin? Resting with a Drink in the Light of Noble Memoirs." The first part of the title is a slogan that evokes the dilemmas associated with age and the complexities of various stages of human life. The author of the paper reflects on the lives of Polish noblemen gathered to share alcoholic beverages.

After Dr. Kalinowski's paper, a discussion took place on the presentations heard so far, followed by a lunch break. Afterward, the second panel began.

The event began with a lecture by Krystyna Krawiec-Złotkowska (Pomeranian University in Słupsk) entitled "Sarmatian Dreams of Fame and Eternal Happiness and the Pleasures of the Earthly World in Baroque Poetry (Based on Selected Examples)." Baroque poetry in the Polish-Lithuanian Commonwealth was remarkably complex. It abounded in themes relating to Sarmatism, the desire for fame, love, and the joy and pleasure of earthly life. At the same time, the works depicted the vanity and impermanence of life, which was compared to the afterlife. The author of the paper, presenting the contradictory elements of life, drew on the works of Jan Andrzej Morsztyn, Waclaw Potocki, and Daniel Naborowski.

The second paper was presented by Leszek Teusz (Adam Mickiewicz University in Poznań). He presented a paper titled "The Oneiric Imaginarium of Polish Baroque Poets." The author began by explaining the concept of the 'oneiric imaginarium', which can be defined as the world of dreams. He then discussed its elements, which were characteristic of the Baroque period in the Polish-Lithuanian Commonwealth. In discussing the characteristics of the dream world, the author cited works by Mikołaj Sęp-Szarzyński, Józef Baka, and Daniel Naborowski.

Next came Barbara Kaszowska-Wandor (Jagiellonian University), with a paper entitled "Nebuchadnezzar's Transformations: Dream Interpretations from the Book of Daniel in 17th-Century Culture." The dream interpretations found in the Book of Daniel were of interest to 17th-century readers, as, in addition to religious themes, they also explored historical and political themes, seeking the fulfillment of ancient prophecies. The author also highlighted the interpretations that depicted the passing of earthly powers and the triumph of God, which served to encourage and strengthen the faithful.

In the second panel, Tomasz Kolowca (Jagiellonian University) presented his final presentation, "To Pour Your Heart with Beer and Tell the News – Blacksmiths, Raftsmen, and Others: Breaks, Entertainment, and Relaxation in Several 16th- and

17th-Century Poems.” The first part of the title is a metaphor that refers to social gatherings of the time, during which various beverages were consumed and stories were shared. Later, the doctor spoke about blacksmiths and raftsmen, people from the lower classes, based on, among other things, Jan Kochanowski’s poem *Satyr albo Dziki człowiek* (Satir or Wild Husband).

After this presentation, a discussion on the presentations heard in the second panel took place, followed by a coffee break. After this, the third panel began, which was the last of the day.

The panel began with Andrzej Tadeusz Staniszewski (Jagiellonian University), who presented a paper entitled “Burton, Howl, and Seventeenth-Century Nights – Sleep, Rest, Imagination.” In the 17th century, sleep and imagination were perceived as important elements of human experience, although their role and interpretation varied depending on the cultural and literary context. Dreams were often treated as windows into the spiritual world, and in literature, they appeared as motifs with diverse functions, from reflecting personal experiences to revealing revealed truths. This was particularly evident in Burton’s work, which the author of the paper drew on.

The next speaker was Justyna Gałuszka (Jagiellonian University), who presented a paper entitled “Once Again on the Myth of the Peaceful Sleep of the Rulers of the Polish-Lithuanian Commonwealth in the Context of the Sandomierz Rebellion.” The doctor began her presentation with a brief discussion of the Sandomierz Rebellion, also known as the Zbrzydowski Rebellion. She then discussed the provisions of the agreement reached between the king and the rebels, which contributed to the failure to enact the state reforms sought by King Sigismund III Vasa. This proved that the rulers’ peaceful sleep was a myth, as the lack of reforms and failure to punish the rebels led to the preservation of the nobility’s so-called “golden freedom.”

Andrzej Korytko (University of Warmia and Mazury in Olsztyn), entitled “All that remains is for us to finally rest... Free time of parliamentarians during the Sejm sessions in the first half of the 17th century,” was the last presentation of the day. In his introduction, the professor noted that the Sejm sessions in the Polish-Lithuanian Commonwealth had a strictly defined schedule, and due to the usually intense deliberations, deputies and senators had very little free time. Despite this, however, if any spare time arose, the nobles devoted it to social gatherings, entertainment such as feasts or hunting, and also to attending to their own private matters.

After Professor Korytko’s lecture, a discussion on the presentations from the last panel was held, followed by a gala dinner. This was the final element of the conference, scheduled for November 22, 2024.

The second part of the conference began the following morning, November 23, 2024.

Paulina Biernacka was the first to present a paper entitled “Sixteenth- and Seventeenth-Century Imagination of Eternal Sleep as exemplified by the Funeral Chapel of Bishop Andrzej Noskowski of Płock in Pułtusk and the Kryski Family Tombstones in Drobin.” The two-hundred-year period covered by the paper is characterized by an intense belief in eternal life in religious life. Contemporary images of “eternal sleep” often depicted the deceased in a reclining position on tombstones and in mortuary chapels. This is precisely what the tombstones in Pułtusk and Drobin look

like. The author of the paper devoted time to explaining the history and meaning of the tombstones themselves. She also presented the ancient understanding of death and the afterlife.

Julia Paduch (University of Wrocław) then presented a paper entitled “The Eternal Sleep of the Dead. Bedrooms in French Castles in the 17th Century – Construction and Changes.” The author presented the processes of change that took place in French castles. Emphasis was placed on the changes in the bedrooms. These rooms, previously built in a typical Renaissance style and sparsely decorated, began to be modernized according to the new guidelines introduced by the Baroque. Ms. Paduch presented in detail the aforementioned changes in the bedrooms of the French aristocracy.

The next presentation, presented by Radosław Lolo (Aleksander Gieysztor Academy of Humanities), was titled: “Wilgefortis – the Old Polish Patron Saint of Dreams and More.” It is worth mentioning at the outset that Wilgefortis was not an Old Polish saint, but rather a heroine of folk legends from the Karkonosze Mountains and the Klodzko region. Images in which Wilgefortis appears depicted a crucified, bearded woman. Despite the lack of actual evidence for the existence of Wilgefortis, her legend persisted and took root. This phenomenon sparked the interest of Radosław Lola, who decided to thoroughly investigate this folk legend, which he then presented at the conference.

The final paper in the panel was a presentation by Julia Pomian (University of Wrocław), entitled: “Dream Apparitions as an Element of Communication at Marian Shrines in the 17th Century.” In the 17th century, as in previous centuries, dreams were also seen as messages from God. Dream apparitions played a role in communication at Marian shrines by inspiring pilgrimages and the construction of sacred buildings, and served to strengthen the faith of Catholics and promote local cults. Ms. Pomian, a researcher interested in the cult of Mary in the Polish-Lithuanian Commonwealth, addressed these issues.

After Julia Pomian’s lecture, a discussion took place on the presentations heard in the above panel, followed by a coffee break. The second and final panel of the day began.

The new panel began with a presentation by Mariusz Sawicki (University of Opole), entitled “Recreation and Feasting in Selected French Memoirs and Accounts of the Polish-Lithuanian Commonwealth during the Reign of Polish Kings. A Contribution to Research on Polish Customs in the Second Half of the 17th Century.” This was followed by an analysis of how French authors described relaxation and feasting in Poland during the reign of elected kings, with particular emphasis on their perspective and comparison with French customs. In addition to describing the intricacies of Polish politics, the memoirs also contained information about courts, travel details, feasts, and social gatherings between Polish and French aristocrats. Professor Sawicki explained that a careful and objective analysis of French accounts provides valuable information about noble customs, as well as the French perception of Poles.

Next came Andrzej Klonder (Casimir the Great University in Bydgoszcz), who presented a paper entitled “Dreams in Seventeenth-Century Conversations. Based on German-Polish Aids for Learning Foreign Languages.” In the 17th century, as in

earlier centuries, dreams were seen as both messages from God and foreshadowing or warnings about the future. This paper addressed the issue of sleep and the attempts of sleeping laypeople to understand dreams, drawing on numerous works, including those in foreign languages.

The next paper was presented by Adam Kucharski (Nicolaus Copernicus University in Toruń). “Tiredness and Rest in the Everyday Life of a Traveler as Exemplified by the Travel Diary of Aleksander Janusz Zasławski-Ostrogski (1667-1669).” Every journey involves physical and mental strain, the degree of which depends solely on individual factors. Particular difficulties arose in earlier times, when the condition of roads was far from satisfactory, and journeys were made by horseback and lasted for many days or weeks. Professor Kucharski, using Aleksander Janusz Zasławski-Ostrogski’s diary as an example, presented journeys typical of the 17th-century Polish aristocracy and the associated elements of everyday life and difficulties.

The last speaker at the conference was Marcin Broniarczyk (Tadeusz Manteuffel Institute of History, Polish Academy of Sciences), who presented a paper entitled “Sleep, Rest, and the Organization of Free Time of Peregrines from the Polish-Lithuanian Commonwealth in the Light of Parental Instructions from the 16th-18th Centuries.” At the very beginning, Mr. Broniarczyk explained that long journeys abroad, then called peregrinations, were among the most important elements of the education of 17th-century sons of magnates. He further explained parental instructions, which were a collection of guidelines and advice given by fathers to their sons or their guardians, including recommendations on morality, customs, education, and conduct in various situations.

After Marcin Broniarczyk’s paper, a discussion took place on the presentations heard in the last panel. After its conclusion, a summary of the entire symposium began, followed by the official conclusion of the scientific conference.

#### **Disclosure statement**

No potential conflict of interest was reported by the author(s).

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