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BOOK REVIEWS by Drs. J.J. & N. Hajek

MEDICINAL HERBS - by M. Mairesse. 178 pages, index, ref., ill., quality paperback; ARCO Publ. - Prentice-Hall Canada, \$5.95.

This is a perfect textbook for the uninitiated on healing by herbs, with an exact glossary of terms and dosages. Herbs are listed alphabetically and the index contains both herbs and diseases.

AN APPLE A DAY - by Mel Borins. 96-page, quality paperback, 9" x 7", ill., biblio. Holistic Press, P.O. Box 1355, Stn. B, Downsview, Ont. M3H 5W3. 1980, \$8.95.

The author is an eminent Toronto physician with an allegiance to allopathy: "...my instructors at the Faculty of Medicine gave me my most valuable and useful tools for treating the disease process" (page 93). Obviously, his attitude differs from that of Robert Mendelsohn. Despite its modest subtitle: "A holistic health primer", the booklet is written responsibly and carefully and reveals a lot of practical experience.

According to Borins, health comprises a balanced unity of physical, psychological and spiritual well-being. Our body provides biofeedback in the form of disease symptoms if one of these components becomes unbalanced. If we can find and treat the cause, the healing process is shortened, as is demonstrated in case histories. Drugs remove symptoms but they do not necessarily remove the cause; so the physician should also take into account nutrition, sexuality, exercise, relaxation, emotions and environment. Only the patient, by his lifestyle, can take responsibility for maintenance of health and prevention of illness.

As for nutrition, the author recommends food be eaten in as close to the natural state as possible, thus preserving its enzyme content. He is very aware of both the controversy and constant development in this field, so avoids going into much detail. We ourselves do not support his endorsement of dairy products. The instructions for relaxation are effective, and the recommended reading has been carefully picked. The book is very successful in achieving its aim: to help the family physician educate his patients to better health.