

## BOOK REVIEW

**"LETTERS OF HEALTH" by Ivy Pearce**

*Wen-Pin CHANG*

Two very difficult aspects of health education are (1) how to communicate your ideas and (2) how to write the modern medical knowledge in an easily readable and understandable manner to the public. Miss Pearce has achieved these goals with her book on "*Letters of Health*". This book is in letter form with inquiries and answers which make the whole subject very interesting to read, stimulating the attention of both teachers and students, encouraging and guiding the improvement of attitudes to health and practice in the schools as well as in the communities. This book has 14 chapters, each chapter dealing with specific topic of health importance, such as maternal and child health, school health, contagious disease, parasitic diseases, zoonosis, malnutrition, environmental sanitation, and simple first aid. Topics in this book are not confined to major health problems in Ethiopia but also deal with problems common to other African countries.

This book is mainly for the teachers—both for those presently teaching in schools all over the country and those future teachers now at Haile Sellassie I University. A teacher has a vital role in health education both for the prevention of disease and the promotion of health in his-her school as well as in his-her community. With knowledge learned from this book, teachers will be able to teach the promotion of health matters to students and the communities. Miss Pearce has very rightly indicated in her book that: "when answering those letters I have endeavoured to give the principles of prevention of common infectious diseases and disabling conditions so that the graduate can apply them to the teaching situations he finds in rural, urban, semi-urban schools and communities in Ethiopia". It is highly advisable that all teachers in Ethiopia should have a copy of this book for their daily reference, and then, its subsequent contribution to the improvement of general health conditions in the schools and communities in Ethiopia will be very great.

"*Letter of Health*" would also be very useful to newcomers to Ethiopia who need some briefing on the health problems of the places where they are to reside, some in-

formation on the customs and culture of the diverse people of Ethiopia and interesting historical data which could account for certain behaviour patterns of living in a particular area of this vast country.

## LETTERS OF HEALTH

*Readership:* Health workers and teachers in particular, also parents with secondary education and newcomers to Ethiopia.

*Format:* 142 pages, size 14x21½ cm.

*Price:* Eth. \$ 4.50.

On sale in the bookshops throughout the towns and cities of Ethiopia. Those in rural areas can order this book from The **Menno Bookstore**, P.O. Box 1236, Addis Ababa.

ETHIOPIAN COLLECTION  
NOT TO BE TAKEN  
FROM THE DEPARTMENT