



the risk that Chiron took and surrender control of their situation to resources inside themselves but outside the ego? This is usually a slow and difficult process. However, it turns out — and this may be the key insight in Kearney's book — that dying patients are particularly open to this form of growth. Kearney's approach is a very simple form of guided imagery. He does not claim complete resolution of all suffering but a real shift in the patient's level of comfort, acceptance and even aliveness. The examples he gives leave me, for one, profoundly affected and impressed.

Tom A. Hutchinson, MB
Professor
Medicine and Epidemiology
McGill University
Montreal, Que.

Efficiency versus Equality: Health Reform in Canada

Edited by Michael Stingl and Donna Wilson. 209 pp. Fernwood Publishing, Halifax, and Regional Centre for Health Promotion and Community Studies, University of Lethbridge. 1996. \$24.95. ISBN 1-895686-69-5

Overall rating: Good
Strengths: Case for health promotion in an era of reform
Weaknesses: Book dated; effectiveness and cost of implementing strategies not discussed
Audience: Those interested in health promotion or community health services

Strategies are addressed for meeting the challenges of reform: public participation, improved community health services, and healthy public policy.

In the first section, Stingl discusses equality, efficiency and social values in choices and conflicts inherent in reform; Janet Storch articulates foundational values in the WHO definition of health, *New Perspective on the Health of Canadians*, the National

Health Care Forum, and population health; and Timothy Caulfield examines Oregon's 1989 health care plan.

Next, Michael Yeo writes on the ethics of public participation, Gail MacKean and Wilfreda Thurston construct a model for public participation in planning and decision-making and Cécile Rousseau presents the mental health resource movement in Quebec as an example of community empowerment.

Strengthening community services through reform is the focal point for section three. Sharon Matthias presents a value-based framework for citizen participation. Judith Kulig analyzes the exclusion of front-line health workers from decision-making. Robert Marchand, Jacques Durocher and Pierre Tousignant assess the mandate of regional public health directorates in Quebec in monitoring the effects of restructuring and reporting on population health.

In the section on healthy public policy, Dieter Haselbach compares cuts in health expenditures in Germany and Canada; Malcolm Brown reviews changes in Alberta's financing of medical care; and Michael Burgess discusses various means by which the conflicts between health promotion and treating illness are addressed.

In the last section, Donna Wilson considers the changes underway in Alberta and Harley Dickinson reviews definitions of health and outlines components of the health promotion framework.

The book is dated: there are few references or examples since 1994. Its thrust has been overtaken by the National Health Forum, reductions in expenditures and restructuring. Public health departments are being downsized or obliterated. Trends in consumerism indicate the public is moving away from values and beliefs of health promotion.

The authors exclude effectiveness of health promotion from their dis-

cussions. The public envision equity in access to effective services. Regional authorities strive to provide services at affordable costs. It would be interesting to know how the editors would present strategies for health promotion within the current era of reform.

J. Ivan Williams, PhD
Deputy Director, Research
Institute for Clinical Evaluative Sciences
in Ontario
North York, Ont.

Books and other media received

Livres et autres documents reçus

Books for patients

The Rights of the Dying: A Companion for Life's Final Moments. David Kessler. 204 pp. HarperCollins. 1997. \$29.95. ISBN 0-06-018753-0

When Life Becomes Precious: A Guide for Loved Ones and Friends of Cancer Patients. Elise NeeDell Babcock. 275 pp. Illust. Bantam Books, Toronto. 1997. \$19.95. ISBN 0-553-37869-4

Cardiology

On Call Cardiology. M. Gabriel Khan. *On Call Series.* 343 pp. Illust. Harcourt Brace. 1997. \$28.95. ISBN 0-7216-6848-8

Education

Bedside Diagnosis: An Annotated Bibliography of Literature on Physical Examination and Interviewing. 3rd ed. Henry Schneiderman, Aldo J. Peixoto. 203 pp. American College of Physicians. 1997. Distributed in Canada by the CMA. \$36.95 (\$29.95 members). ISBN 0-943126-55-X

Medical Meanings: A Glossary of Word Origins. Revised. William S.