
Călin Ioan Dușe, *A Healthy mind in a healthy body - Mens sana un corpore sano*, the second edition, revised and enlarged, Cluj-Napoca, Presa Universitară Clujeană, 2022, 536 pp.

The work *A healthy mind in a healthy body – Mens sana in corpore sano*, is the second revised and added edition of the homonymous book written by Călin Ioan Dușe. As the author confesses, this synthesis brings together “some studies, which he has published over time, but also some chapters from published books, in such a way that they feed both the mind, but especially the soul. Also, in the introductory word, the author reasons that the genesis of the volume, which he offers to the public, can be found in the courses taught online to master’s students, in the academic year 2020-2021.



After the introduction and the necessary critical notes, the author presents *Education and education to the Romans*, by which he concludes by saying that “the importance of Roman education was not limited to the small additions that it managed to bring to the classical education of the Hellenistic model, but especially by the fact that it managed to spread this model of education throughout the Empire over the centuries.”



Trying to offer a solution to the prolonged crisis of Romanian education, the author proposes the Romanian solution, making an exhaustive presentation of the Romanian education system, a successful model in which children's education was oriented in a practical sense and in the direction of their training in the spirit of integration in the life of society, so in the sense of knowing how to exercise one's rights and duties. To highlight the above, the author presents four biographies of some personalities of Roman culture and civilization: Varo (116-27 BC), Cicero (106-43 BC), Seneca (1 BC/1 AD-65 AD) and Quintilian (35-96 AD).

The next chapter is entitled Saint Paul the Apostle, a great genius of Christianity, succeeded by the Didachian the first manual of Christian education, Saint Clement the Roman, a model of a spiritual father and Emperor Constantine the Great - a cornerstone in the promotion and defense of Christianity. The following chapters are monographs dedicated to Saint Basil the Great (330-379) - a precursor to modern education, who then deals with the Importance of the family in the writings of the Cappadocian Fathers, about Saint John the Golden Mouth (354-407) - a preacher of almsgiving, Photia (810-893), Simeon the Metaphrast/Logophatus (900-987), Saint Simeon the New Theologian (949-1022) and Michael Psellos (1018-1078).

The last essay in this anthology is dedicated to the University of Constantinople, which the author says "managed to become famous throughout the world from the XI and until the defeat of the Byzantines in 1453. At the same time, it exerted a strong influence on both the Arab East and the Latin West." It is rightly mentioned that neglecting educational and cultural values can generate special social problems that the state will be able to manage only by allocating considerable financial resources.

Going through the work, we will be fascinated to meet representative personalities who shaped the history of human civilization. We recall the special way in which the author penciled the process of education and academic system among the Romanians. Prominent classical authors or representative Holy Fathers, emperors who made a major contribution to the promotion of culture and universal spirituality are masterfully presented by the Cluj-based PhD compared with the princeps edition, the second edition, presents a valuable analysis of the era of Emperor Constantine the Great (306- 337).

The work ends with appendices and the bibliography used in writing these syntheses, which are methodologically necessary. In the appendices we have a Glossary of ascetic terms and a Byzantine Chronology, which provides an orientation in the specialized language of Christian patrology, situating it in the series of events that concern the birth, the age of glory and the decline of the Byzantine Empire.

Taking into account the useful aspect of the popularization of the themes in the field of patristics and knowledge in the field of Hellenistic culture, the interest that the first edition aroused among readers, I highly recommend this book to readers for studying.

I discovered, once again, in the colleague of the doctoral studies, completed under the supervision of the renowned patrologist Archid. Univ. Prof. Dr. Constantin Voicu, the brother in the service of the pulpit and the department, through the strong, logical and natural argumentation of the events that left the Christian world the cultural treasure of the Greco-Roman world inherited by the Byzantine Empire.

Christ turned water into wine, the soul ties between people evolve towards a stronger essence, which unites, like the Church, the Mystical Body of God, One in unity and faith.

The Latin Father Ieronim appreciated the Western apologist Tertullian as “eruditus et ardens vir”. Father Professor Dr. Călin Ioan Dușe, valuable teaching staff of the Faculty of Greek-Catholic Theology - Oradea Department - within Babeș-Bolyai University Cluj-Napoca, member founder of the Center for Patristic Studies and Ancient Christian Literature (CSPLCA) and the Center for Studies and Frontiers in Theology, within Babeș-Bolyai University, he is also the signatory of other works and studies of high academic standing. We mention here only the welcome recent volumes: *The Roman Empire and Christianity during the Apostolic Fathers*, Cluj University Press, Cluj-Napoca, 2019; *The Roman Empire and Christianity during the time of Saint Clement the Roman*, Cluj University Press, Cluj-Napoca, 2021. All these fully motivates the membership of His Holiness in the International Association of Patristic Studies AIEP-IAPS.

MIRCEA CRICOVEAN

We congratulate, also on this blessed occasion, the worthy university, hardworking in the Lord's field, asking the Good God to grant him grace and gift in the pastoral and scholarly realm. Our author, a true researcher, writes with nostalgia and scientific precision looking back to those times. The unity of the Church is our dream, of those who toil in the Lord's field.

So may the good God help us.

MIRCEA CRICOVEAN

PhD lecturer, "*Ioan Slavici*" University of Timișoara,
Romania, *cricovean@yahoo.com*