

Travel Articles

Travel Articles:

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A partial list of travel articles by Mel Borins:

Family fun in Tennessee
Doctor's Review April 2015

Virginia is for Lovers " of Trains and Trails
The Medical Post June 2014

Quebec's Gaspe is (Great) for the Birds
The Medical Post May 2014

Welcome to Wisconsin, Where the "Door" is Always Open
Metro News Oct 2013

Ann Arbor: a College Town With Class
The Medical Post Aug 2013

A Whale of a Time on the St. Lawrence River
The Medical Post May 2013

Awash in colour in India
The Medical Post Oct 2012

Eastern Quebec has Plenty for the Flower Lover
Metro News March 2012

Kerala: India's Tropical Paradise

The Medical Post Oct 2011

Off the Beaten Path in Lanai
The Medical Post April 2011

How Sweet it is - Sampling Quebecâ€™s Maple Syrup
The Medical Post March 2010

Galapagos Galore
The Medical Post November 2009

Savouring Quebecâ€™s Gourmet Route
The Medical Post September 2009

Back in the Saddle Again
The Medical Post September 2009

Supernatural Sooke
Just for Canadian Docs Sept/Oct 2009

Return to Rab
The Medical Post June 2009

Wildly beautiful Alaska
The Medical Post April 2009

Chills and Thrills at Quebec Winter Carnivale
The Medical Post January 2009

Choosing Cruising
Just for Canadian Doctors Sept 2008

Take Only Photos, Leave Only Footprints
Just for Canadian Doctors July/Aug 2008

Seaside Sojourn-Floridaâ€™s Panhandle
Just for Canadian Doctors June 2008

Green Getaway
The Medical Post June 2008

Quebec City fetes 400 years
The Medical Post May 2008

Unleash Your Artist - Take Time Off to Get Creative
Just for Canadian Doctors April 2008

Itâ€™s Wise to Retreat
Just for Canadian Doctors Jan/Feb 2008

Maui Wowee
The Medical Post February 2008

Miami on the Cheap
The Medical Post December 2007

Just the Two of Us
Just for Canadian Doctors Nov/Dec 2007

Dear Diary - Keeping a Journal or Travel Diary
Â Just for Canadian Doctors Oct 2007

Melatonin for Jet Lag
Canadian Journal of Diagnosis September 2007

The Joy of Cruising
Just for Canadian Doctors September 2007

Go Away - For the Health of it!
Just for Canadian Doctors July/Aug 2007

Take a Tour - Many Benefits of Guided Vacation Tours
Just for Canadian Doctors June 2007

The Best of Bangkok: Five Sights not to Miss
Just for Canadian Doctors June 2007

Off the Beaten Path in Bali
The Medical Post May 2007

Education is a Trip! Â
Just for Canadian Doctors April 2007

Me? Take a Cruise?
The Medical Post February 2007

Sun Sets on Bali of Old
The Medical Post January 2007

Calgary Stampede
The Medical Post July 2006

Finding Yourself in a Strange Place
The Medical Post June 2006

Vacationing with Kids Helps Family Reconnect
The Medical Post March 2006

A Swing Through Mazatlan
The Medical Post February 2006

Volcanic Delights Abound in Magical Hawaii
The Medical Post November 2005

Letting Nature Do the Healing
The Medical Post September 2005

Back to Sri Lanka
The Medical Post January 2005

Letter From Mexico
Canadian Family Physician January 2005

Traveler Heal Thyself
Outpost Magazine October 2004

Take Caution! Traveling with Diabetes
Canadian Journal of Diagnosis October 2004

The Beach Less Traveled
The Medical Post February 2004

Our Best Medical Advice
Dreamscapes May 2003

You Asked Us
Dreamscapes March 2003

Sandy Sanibel
The Medical Post January 2002

Traditional Mexico
The Medical Post November 2001

Take a Holiday - It's Good for You
Canadian Family Physician December 2000

Avoid Those Post-Vacation Blues
Dreamscapes November 2000

Go Away, Just for the Health of It
Doctor's Review November 2000

Beauty and Deceit
The Medical Post September 2000

Are you a Traveller, Tourist or Pilgrim?
The Medical Post September 2000

The Train Keeps a Rollinâ€™ - Agawa Canyon
The Medical Post September 2000

Gourds and Grass Skirts
The Medical Post August 1999

Tantalizing Hawaii
The Medical Post November 1998

Forget 1st Class-Hereâ€™s No Class
Family Practice June 1998

Have Family Will Travel
Family May/June 1998

Orangutans! Meeting Sumatraâ€™s "Men of the Forest"
The Medical Post March 1998

Trouble in Indonesia
Family Practice March 1998

Spiritual Interventions in Bali
Canadian Family Physician February 1998

Chinaâ€™s Medicine: A Perfect Mix
Family Practice November 1997

Letter from Taiwan
Canadian Family Physician September 1997

Regroup Your Energies With a Travel Diary
Family Practice July 1997

Sinking to New Depths
Family Practice April 1997

Taiwan: Where a Touch of the West meets the East
The Medical Post February 1997

A Worthwhile Trip off Chinaâ€™s Main Roads
Family Practice February 1997

Suzhou: the Venice of China
The Medical Post October 1996

Birds of a Feather Flock Over to Algonquin Park

The Toronto Star August 1996

The Multitudinous Masses of Beijing
The Medical Post June 1996

In the Jungle the Lions Didn't Sleep at Night
Family Practice April 1996

Holidays for Health's Sake
Leisureways February 1996

Carrying a Weapon Can be a Frightening Experience
The Medical Post February 1995

Travelers' Spirit of Giving
Family Practice November 1994

Funeral - Burial Rites of Torajan People are Nothing Short of Shocking
The Medical Post May 1994

Doctor Breeds Clean Living in Japanese Healthcare Garden
The Medical Post December 1993

Bali High: Spiritual Celebrations on this Tropical Paradise are an Intoxicating Experience
The Medical Post November 1993

Cook Islands' Messengers From Heaven
The Medical Post February 1993

Getting Away From It All! Again
The Medical Post February 1993

Galungan "Here Comes Our Ancestors"
Doctors Review October 1992

Afghanistan: I'll Be Back Again
The Medical Post May 1992

Go to Goa before Goa Gets Gone!
The Medical Post April 1991

Death in Bali-Cremation Taught Lesson in Living
Ontario Medicine March 1991

Bali-ho!
The Medical Post October 1990

My Son Cried for His Fuzzy Friend, the Sacrificial Lamb
The Medical Post February 1990

Escape to Kashmir
Doctors Review January 1990

Yorkshire Sculpture Park a Vast Open-Air Art Gallery
The Toronto Star November 1989

Traditional Medicine of India
Canadian Family Physician April 1987

Traditional Healing on an Island Paradise
The Medical Post Oct 1984

Snakes, Monkeys used in Oriental Healing
The Medical Post June 1982

Tahunga Know-How is Passed Down through Family
The Medical Post July 1981

Have Some Faith, Come to Fiji and Get Healed
The Medical Post June 1981

Life's a Beach - So Take Five!
The Medical Post

Ancient Herbal Remedies Hit the Spot in Thailand
The Medical Post December 1981

Recalling the Horrors of Hiroshima
The Medical Post November 1981

Traditional Healing in Thailand
Kissan World August 1981

Never Knock the Local Healer - His Cures Often Beat Modern Drugs
The Medical Post June 1981