



Addiction and Virtue

Beyond the models of disease and choice
Kent Dunnington

- Intersociety Press USA, 2011
- £19.99 Pb 199pp
- ISBN 978 1 84619 186 2

This book explores varying ideas people have about addiction, seeking to advance from the false dichotomy of viewing it as either a disease or a matter of choice, using the works of Aristotle and Aquinas to see it as a 'habit', distinct from instincts and dispositions.

Addiction is considered a modern phenomenon, being adaptive in filling voids created by society moving from community-focused to self-centred. Other areas explored are addiction's relationship to sin and how it can become a counterfeit form of worship. The final chapter entitled 'Addiction and the Church - the Gospel

and the hope for recovery', challenges all Christians: 'We fear that a gospel powerful enough to redeem the addict would also threaten our own lives of decent and decorous mediocrity.'

In the preface readers are rightly warned that the early chapters are the most technical, but provide the foundation for ideas subsequently developed. The book is demanding in the concentration required and also in the message it conveys, but for people with an interest in the field of addiction it is well worth the effort.

Derrett Watts is a consultant addiction psychiatrist at the Edward Myers Centre in Stoke-on-Trent



Issues Today

Editors: Lisa Firth and Claire Owen

- Independence Educational Publishers
- £5.95 (each) Pb 28pp
- www.independence.co.uk/issues-today.htm

Issues Today is an ongoing series designed for younger secondary school children.

Six of the more recent titles are *Cloning, HIV & AIDS, Fitness, Eating Disorders, Mental Health* and *Self-Harm*. Each topic is introduced with a definition. The first few chapters outline core information. Ethical dilemmas, related to the topic and how the media portrays the subject, are covered in the later chapters. Various different methods are used to engage readers – newspaper clippings, individuals' stories, pie charts, diagrams and factual information.

The vast majority of the chapters are condensed material written by third parties – one of CMF's articles appears in *Cloning,*

and other chapters are edited versions of material from myriad sources ranging from broad-sheets, NHS websites and some perhaps less-reliable online sources. The idea is that students learn to weigh up information that may be one-sided or biased, and learn how to come to their own conclusions. To this end, the chapters contain questions for reflection and group discussion as well as some case scenarios.

Overall, *Issues Today* is a good resource as long as it is used for what it is intended – adult-facilitated discussions with young people.

Carmen Leung is a fourth-year medical student at HYMS and **Rachael Pickering** is a GP in York



Being with God:

Words of Peace; Words of Faith; Words of Hope
A Bible and prayer guide for people with dementia

- Scripture Union Year, 2010
- £6.99 (each) Pb 48pp
- ISBNs 978 1 84427 522 9, 978 1 84427 521 2, 978 1 84427 520 5

These three books are a response by Scripture Union to the challenge of dementia and offer support to a group whose spiritual needs are often overlooked and even ignored. The approach is straightforward. Keep it short, simple, flexible and familiar, and accept the need for repetition.

Dementia is a progressive condition moving from worry about failing memory, through deepening anxiety and frustration to detachment and a 'shut in' state in which communication seems impossible. Many sufferers do retain a spiritual awareness despite severe impairment. The

daily guide allows interaction appropriate to each stage of the condition. Initially the prayers, readings and 'Talk About' material may be shared. Later they may need to be 'conducted' by the carers as they learn to listen and adjust. These resources are an aid to spiritual care. They need prayerful preparation and sensitive personal understanding by the helper.

If these books and the CDs are sensitively used, both helper and 'helped' may be blessed. SU is to be congratulated on meeting a very present need.

George Chalmers is a retired consultant in geriatric medicine



Now in Remission

A Surgical Life
Ken Clezy

- Wakefield Press, 2011
- £19 Pb 288pp
- ISBN 978 1 74305 014 9

This is the autobiography of an Australian surgeon whose Christian faith pervades his writing. He shares his experience of working in places as diverse as Australia, Papua New Guinea (PNG), Tasmania and Yemen. His travels also took him to surgical meetings in many other parts of the world and famous names, including Paul Brand, are often 'dropped'.

It is a very honest book by a man who doesn't pull any punches with either medical or church hierarchies. He shares his delight in surgery, including pioneering work with ruptured spleens, third-world neurosurgery and correction of leprosy deformities. He rose to be professor of surgery in PNG, but

life was not easy for him as he coped with epilepsy, depressive illness in a daughter, the rape of his wife by five rascals in PNG (there are interesting comments on Christian forgiveness) and the murder of colleagues in Yemen; he escaped by having gone late to breakfast.

If you have ever worked in a third-world country, you will definitely want to read it. So for me, having spent a month in PNG, it was fascinating.

A glossary of abbreviations would have been helpful, some chapters seem unnecessarily detailed for the general reader and some medical knowledge is essential for understanding.

Bob Tripney is a retired GP and hospital practitioner in cardiology



Debating Euthanasia *Emily Jackson and John Keown*

- Hart Publishing, 2012
- £15 Pb 190pp
- ISBN 978 1 84946 178 8

This third volume in the series *Debating Law* allows two opposing experts around 30,000 words each to make their case, 'blind' of what the other will say. The result is accessible and engaging, and is bang up to date, including global cases and references from 2011.

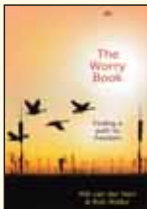
LSE law professor Emily Jackson writes 'in favour of the legalisation of assisted dying'. Elegantly and occasionally movingly, she makes the case as convincingly as I have ever seen it made, and for the reader unfamiliar with both sides of the argument, she is superficially seductive.

At slightly greater length, heavier in style, and more extensively referenced (169 against

Jackson's 71), Professor John Keown, who has moved from Cambridge to Georgetown, argues 'against decriminalising euthanasia; for improving care'. He has done his homework. Although not seeing Jackson's contribution here, he analyses her previous publications and with the quantitative data from the Netherlands and from Oregon on his side, counters her case.

My verdict on the debate? Keown, by a knockout, though after you have read it, you may only agree he wins overwhelmingly on points. My verdict on the book? A state of the art summary of principles and practice.

Andrew Fergusson chairs the advisory group of the CNK



The Worry Book *Finding a path to freedom* *Will van der Hart and Rob Waller*

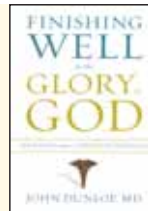
- Inter-Varsity Press, 2011
- £7.99 Pb 176pp
- ISBN 978 1 84474 543 2

Dedicated to those who worry *The Worry Book* offers 'a path to freedom'. With an attractive cover and written by two directors of the popular Mind and Soul website, the book brings together the evidence-based cognitive behavioural therapy approach (CBT), Scripture and a wealth of practical hints and tips. Solutions are not just about praying harder but can incorporate proven psychotherapeutic approaches as well.

The authors are honest; Will is a worrier and Rob a perfectionist. They use lessons from their own and others' lives to inform and encourage. The tone is warm and engaging. Readers

learn what worry is, how it affects them, and how to tackle it. Practical exercises and examples abound, alongside prayer and use of Scripture throughout. Christians can sometimes approach faith and life in black and white ways that worsen uncertainties and doubt. Chapters tackle this head-on and deal with issues such as how to live with uncertainly. Finally the book encourages hope and prayer as well as appropriate use of health and voluntary sector resources. This is a great book for those who worry and also for ministers, families and friends.

Chris Williams is Professor of Psychosocial Psychiatry at the University of Glasgow



Finishing Well to the Glory of God *Strategies from a Christian Physician* *John Dunlop*

- Crossway, 2011
- £9.99 Pb 222pp
- ISBN 978 1 43351 347 3

Dr Dunlop writes from long experience as a Christian and a geriatrician. He garners from his experience stories of patients and acquaintances which illustrate strategies for preparing for and managing the end period of life, and living life as fully as possible to the glory of God. As he says, 'The greatest value we can have is that God ought to be glorified', commenting that 'dying well results from choices made throughout life'.

He writes fluently and interestingly, reminding us that for the Christian, death is an enemy and outside God's original intention for human beings. But

death is also a defeated enemy as a consequence of the death of Christ. This has major implications for our choices in life.

The book has a wealth of wisdom regarding preparing for our inevitable death. It is a book for us all and will be particularly relevant to doctors, pastors, and carers who deal with life-threatening illness in themselves or others. I hope it will be widely read. Do not be put off by the occasional Americanisms – and do remember that 911 is the equivalent of our 999!

Anthony Smith is a PRIME tutor and a retired palliative care physician



Dementia: Frank & Linda's Story *New understanding, new approaches, new hope* *Louise Morse*

- Monarch Books, 2010
- £8.99 Pb 256pp
- ISBN 978 1 85424 930 2

If dementia is a 'no go topic' for you as an individual, or a clinician (whatever your speciality), or both, then read this book! It provides the corrective re-think you need. Written by a cognitive behavioural therapist, it presents an explicitly Christian perspective structured around a married couple's 'case history'.

Clearly, practically and movingly, the day-to-day and sequential issues (and possibilities) for relationship, caregiving, communication, 'personhood', identity and support (practical, emotional, spiritual) are covered, alongside a contemporary intuitive approach (SPECAL) breaking new ground in the provision of formal and informal care (and crying out for a major research grant).

Firmly rooted in the sanctity of 'God's image', replete with

practical advice and useful links, this is a resource for individual caregivers, health professionals, church families, and all thinking Christians. In chapter nine (The Care Funding Maze) I found myself challenged by the poor showing of the traditional 'medical model', the bureaucratic ineptitude of the separated 'social' one, and the clear need to re-unify the two.

If, as cited by one reviewer, 'good care is something that comes from the heart, not the system', then both need to change. Some secular progress is welcomed, but where are the Christian medics? Read it. There's a battle for Christ to be won or lost!

Cameron Swift is a consultant physician and professor of healthcare of the elderly