

Animal Rights, Human Responsibilities?
David Williams

■ Grove Books Ltd 2008
■ £3.50 Pb 28pp ■ ISBN 978 1 85174 701 6

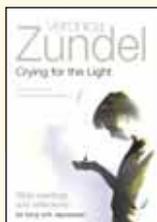
This short booklet is part of the Grove Ethics Series which aims to provide 'fast moving explorations of Christian life and ministry'. As a practising vet who also teaches in Cambridge, David Williams draws on a wealth of experience in tackling questions about the Christian view of the status of animals, and our responsibilities to them.

Rapidly touring both the biblical status of animals and philosophical standpoints taken, from Descartes to Singer and beyond, he proceeds to cover issues around animal sacrifice, vegetarianism, and how Jesus' priority for the weak might relate, culminating in a discussion of how the new creation could

inform our ethics. Each chapter ends with questions for thought or discussion, making this a good resource for a group interested in getting to grips with these issues.

Throughout, his love for animals and extensive experience of both their relationships with people, and their care, shine through. This not an exhaustive discussion however, more a helpful raising of the issues. If you are looking for detailed analysis, try elsewhere, but if you simply wish to begin thinking these things through, this inexpensive booklet by someone with a great deal of relevant experience will serve you well.

Matthew Welberry Smith
is an SpR in nephrology in Leeds



Crying for the Light
Bible readings and reflections for living with depression
Veronica Zundel

■ The Bible Reading Fellowship 2008
■ £5.99 Pb 159pp ■ ISBN 978 1 84101 565 1

Depression is a common problem and can present particular challenges for Christians, being viewed by some as evidence of weak faith, unconfessed sin or demonic activity.

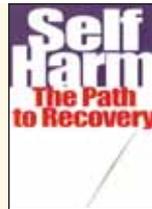
Veronica Zundel has long experience of depression and writes from a Christian perspective. *Crying for the Light* is 'not a self-help book, a medical textbook or a complete guide to depression'. Rather it is a collection of Bible texts and paraphrases, personal comments and reflections, poems and prayers, information and advice.

Zundel's frankness about her own experience will undoubtedly connect with some, helping them

to feel less alone. Mindful of those with impaired concentration, she offers bite-sized readings and reflections. She gives important information about depression and debunks some myths. Several poems are thought-provoking.

However, the unsystematic use of paraphrased Scripture and of the Apocrypha is rather superficial at times, while some potentially misleading advice lacks biblical balance – for example, avoid church if you find it unhelpful. I would hesitate to recommend this book, but some may find it helpful.

Everett Julyan *becomes a consultant psychiatrist in Glasgow on 1 August*



Self Harm
The Path to Recovery
Kate Middleton and Sara Garvie

■ Lion Hudson 2008
■ £7.99 Pb 144pp ■ ISBN 978 0 74595 319 9

This is a self help book which is practical and uses real life examples to good effect. The first section addresses 'What is self harm and how does it develop?' The authors explain the role of emotions and explain why some people deal with intense emotions by self harming. They emphasise that the first step towards recovery for the person who self harms is actually to want to be helped.

They recommend that the person should consult the GP and constructively discuss topics which can usefully be raised by the patient with the GP at this consultation. The second section of the book is called 'Recovering from self harm'. The authors explain the unhelpful reactions to

strong emotions such as anger, frustration, anxiety, and sadness, and how these emotions can be managed effectively. The third section is 'For those caring for sufferers', where the importance of carers and the common mistakes they may make are discussed.

This is a book aimed at patients who self harm and their carers. There is minimal reference to the broader medical literature, and there is no discussion of a Christian perspective on the issue of self harm, but this book should prove useful for both patients and their carers.

Dominic Beer *is a consultant psychiatrist in London*



Learning to be the Patient
A Doctor's Cancer Journey
Hazel Butland

■ AuthorHouse 2008
■ \$11 Pb 292pp ■ ISBN 978 1 43439 696 9

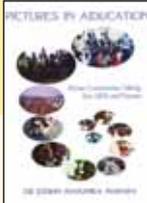
CMF member Hazel was a GP, police surgeon, and a doctor at a local hospice; someone full of energy and outside interests; a Christian, a wife, and a mother. She was diagnosed with breast cancer at the age of 50. This book stems from her journal, mixing narrative and reflection on issues like the diagnosis, telling the family, the treatment with its uncertainties and side effects, and her efforts to continue working and socialising.

It provokes all sorts of questions about getting the balance right. Somehow she manages to be both doctor and patient – even by attending the day hospice where she is known as the doctor, yet benefiting

enormously from making a mosaic. Alongside her cancer journey she deals with past hurts from a previous position in general practice, old pain resurfacing when facing new trauma.

This book is well worth reading – but do bear with her and remember why the journal was written. In places it becomes a little tedious and it is tempting to skip the recurring thoughts and the detail on drug regimes and constipation! Initially I couldn't put the book down. It is perhaps overlong, but it is honest, insightful, and describes a journey of faith.

Jean Maxwell *is a retired palliative care consultant in Essex*



Pictures in AIDUcation

Edwin Mavukina Mpara

- Trafford Publishing 2008
- £9.92 Pb 181 pp
- ISBN 978 1 42515 757 9

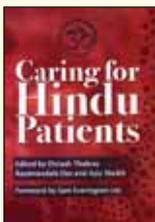
The author writes from two decades' experience responding to the AIDS crisis in his native Zambia, in Botswana, and most recently in the UK. During that time, as well as caring for and treating affected individuals and families, he has also been actively developing a strategy for educating whole communities to respond to HIV using a mixture of images (mostly culled from TALC's educational slides library), stories, and African proverbs.

The aims of the strategy are to equip communities to protect themselves against HIV, to tackle stigma, and to care effectively and compassionately for those affected. Tackling prejudice, denial, ignorance and stigma head on, this approach has inevitably brought him into conflict with community leaders and others. Yet in the long run, the impact has been positive,

with evidence of increased health-seeking behaviour, including access to voluntary testing and counselling services, by members of local communities who have been involved with this educational approach.

The book is part history of the response to HIV in Zambia and Botswana, part autobiography, part a manual for the AIDUcation approach, and part an overview of the AIDS pandemic in southern Africa today. It makes interesting reading, although is hampered without the pictures Dr Mpara uses in his AIDUcation programmes. Nevertheless, for those seeking an effective educational strategy for HIV prevention, this book is a useful addition to the growing literature.

Steve Fouch is CMF Head of Allied Professions Ministries



Caring for Hindu Patients

Diviash Thakar, Rasamandala Das and Aziz Sheikh (Eds)

- Radcliffe Publishing Ltd 2008
- £24.95 Pb 130pp
- ISBN 978 1 85775 598 5

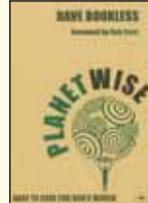
This book does 'exactly what it says on the tin!' It is clear, well presented, simple, concise and practical. The book will help all health professionals care for their Hindu patients. The contributors come from varying perspectives: Hindu and Muslim, medical and non-medical, and primary and secondary care.

I found the case studies and the practical examples in the chapters, the websites, the

leaflets in the appendices, and 'Key Point' summaries at the end of each chapter very helpful.

The book is great on what I should know and do. But what I longed for was some biblical power to motivate my spirit to follow Jesus' example of loving my neighbour to the glory of God.

Neil Menon is a GP programme director in Northampton



Planetwise

Dare to Care for God's World
Dave Bookless

- Inter-Varsity Press 2008
- £7.99 Pb 160pp
- ISBN 978 1 84474 251 6

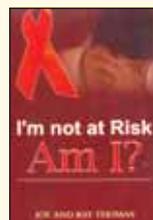
A number of recent books rightly respond to the fact that Christians have not taken their responsibility towards God's earth seriously. *Planetwise* is by Dave Bookless, a vicar and director of A Rocha UK, a Christian environmental movement.

The first half is a biblical theology of 'creation care', drawing out the big picture of our responsibility for the environment. It is refreshingly readable and hopeful, not merely aiming to induce guilt. It reminds us that creation and redemption are inseparable, and that Jesus is right at the centre of both. Bookless anticipates questions and addresses them, providing helpful exegesis of tricky passages.

The second half explores how we 'live it out'. This section seems theologically weaker, sometimes resorting to proof-texting. Bookless needs to do more work to convince us of some of his points. This is a shame given the fact that this section is helpful in not simply reciting common lists of 'green top tips'. In particular, the direct experiences from the author's family life are refreshing.

If you're looking for an introduction to the issue I wouldn't start here. Try John Stott's *New Issues Facing Christians Today*. If you know more, and want some creative practical applications, then this book is helpful.

Rachel Roach is a part time environmental policy consultant



AIDS: I'm Not at Risk, Am I?

Joy and Ray Thomas

- Judah Trust/OM 2005
- No price given. Pb 224pp. The full text is available on the Judah Trust website: www.judahtrust.org
- ISBN 978 0 95529 170 8

Now in its third imprint, the Thomas's book was written to answer the many questions and concerns they have responded to in the course of two decades of ministry around the world. Aimed at the lay reader, including the worried well, the bereaved, those living with HIV and AIDS, and those who care for them, this book is nevertheless comprehensive.

It goes into technical detail about the virus and about tests and treatments, as well as looking at issues around counselling and helping the bereaved, including those who have lost children to AIDS. It looks at biblical responses to HIV and the issues it

raises, and at practical pastoral care for those living with the spiritual pain and isolation that an HIV-positive or AIDS diagnosis can bring.

Using stories, power point slides in the form of a lecture, and other illustrations, the book aims to communicate complex issues in direct and practical ways. It is a useful resource for churches, and while the clinical sections are not detailed enough for a physician to find useful, it does address psychosocial and spiritual issues in a manner that will be relevant to any Christian doctor with HIV-positive patients.

Steve Fouch is CMF Head of Allied Professions Ministries