



**Foundations**  
*A survival guide for junior doctors*  
Laurence Crutchlow (ed)

- CMF, 2012
- £20.00 Hb 158pp
- ISBN 978 0 90674 743 8

Several years in the making *Foundations* has finally been published. It was worth the wait.

First, a note about the title... You may be mistaken for thinking this book has been written exclusively for junior doctors in their Foundation Years. Whilst it is an essential read for newly-qualified Christian doctors, it is equally relevant for junior doctors of all grades, as well as final year medical students and those further on in their careers.

*Foundations* is helpfully split into four sections: Live, Think, Act and Work and covers over 70 topics, ranging from spiritual issues to ethical dilemmas; conflict in the workplace to working overseas.

Beautifully presented and laid out, *Foundations* is split into easily-

manageable, bite-sized chunks, making it perfect for dipping into over a cup of coffee, or flicking through at the end of a busy day.

Each double-page spread looks at a topic from a Christian perspective, examining what the Bible has to say, offering helpful, practical advice, prayer points and some 'food for thought'. And if you've ever felt like you're the only person who has faced a given situation, or struggled with a particular issue, you'll be encouraged by the testimonies from 'real' junior doctors.

So buy a copy for yourself, one for a friend and one for a final year medical student graduating this summer. Read, re-read and pass it on. You will not be disappointed!

*Sarah Maidment is a trainee GP in Oxford*



**Heaven is for Real**  
*A little boy's astounding story of his trip to heaven and back*  
Todd Burpo

- Thomas Nelson
- £6.50 Pb 156pp
- ISBN 978 0 84994 615 8

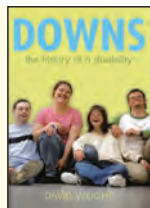
We talk of heaven, but is it for real or is it just a nice idea? In 2003 Todd and Sonja's little boy (not quite four years old) almost died from a ruptured appendix. After his recovery, Colton began talking spontaneously about heaven – how the angels sang for him and how he had sat on Jesus' knee. Over the next 18 months amidst childhood games and the rough and tumble of family life, his parents gradually pieced together a story of what Colton had seen and heard there. This book is an account of the child's glimpse of heaven.

You have to find your way through the setting of Mid-West

American family life, but the record is, in John Piper's words, 'compelling and convincing' and remarkably true to what the Bible says about heaven. It will encourage those who doubt, and thrill those who believe. We read it with tears in our eyes. It would help us as Christian doctors to see our work in its wider context and it would help many patients who fear what lies beyond.

In the words of one commendation, 'If you're ready to go to heaven, this book will inspire you. If you're not ready for heaven allow a little child to lead you'.

*Peter Pattison is a retired GP in Hampshire*



**Downs, the history of a disability**  
David Wright

- Oxford University Press, 2011
- £14.99 Hb 256pp
- ISBN 978 0 19956 793 5

David Wright is a Professor of History at McGill University in Montreal specialising in the history of medicine, disability, philosophy, social history and law. He outlines the history of Down's syndrome from medieval to modern times.

Wright is particularly interesting in his tracing of social attitudes which in the late 20th century led at first to 'normalisation', and later to community care when asylums were closed. In modern times, the consideration of human rights for Down's has risen. He traces the role of the Kennedy family in the USA who fostered special summer camps out of which evolved the Special Olympics. This raised the public profile of people with Down's and showed their achievements.

In an otherwise excellent account of the scientific findings, Wright does not mention the current research into dementia and the amyloid theory linked to the 21 chromosome. It would also have been interesting to have had some information on attitudes in developing countries where people with Down's are concealed at home as if they were a disgrace.

This is a very readable book with an extensive bibliography and glossary. The author has a sister with Down's who has married and lives independently with some support, and works in a sheltered workshop. As an historical account of changing attitudes this book is highly recommended.

*Anthony Cole is the former Medical Director of the Lejeune clinic*



**Hitting the Rock**  
Chris Maggs

- Purple Plum Books Year: 2011
- £6.99 Pb 310pp
- ISBN 978 0 95700 680 5

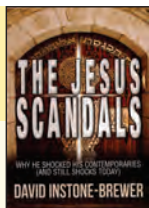
This is Chris Maggs' cancer journey, written in three parts: 'Jesus has Chemo', 'Jesus has Chemo again', and 'Matters of the Heart' - intriguing headings. The book gives an honest account of his illness and his experiences as an NHS patient attending five different hospitals over the course of his treatment. Chris writes about his thoughts and feelings about hitting rock bottom, and the way it affected him and his faith. There are detailed accounts, some traumatic but some humorous, of his experiences. He reflects on these and the impact his illness made on him, his faith, family, and church. In particular,

he shares how intimately he was aware of God's presence, and God's love expressed through his 'body' the church.

Written by a non-medical person, the book reveals what it is really like being a cancer patient in the NHS today; long waits, delays in diagnosis and treatment, but gratitude for the skill and care given. It is a deeply reflective account, with helpful sections on his physical, emotional and spiritual journey. He gives many profound insights and useful nuggets of wisdom.

I recommend this book to you.

*David Towers is a retired GP, now living in Cheltenham*



**The Jesus Scandals**  
*Why he shocked his contemporaries*  
David Instone-Brewer

- Lion Hudson, 2012
- £7.99 Pb 192pp
- ISBN 978 0 85721 023 4

**D**on't be put off by the front cover and title, suggestive of yet another tale in the 'religious conspiracy' genre. The 'scandals' it refers to are the very scandals of Jesus' life, relationships, ministry, and teaching; the author is a scholar in Rabbinics and the New Testament who writes elegantly and accessibly.

The contemporaneous Jewish background to familiar biblical history deepens the reader's understanding of Jesus' words and ministry, and their appreciation of its first century impact. Each chapter addresses a different subject with medical and related

themes including healing, alcohol abuse, mental illness, suicidal despair, marital abuse and the pathology of death by crucifixion.

The book would be a valuable tool for group discussion and learning, with restrained use of 'Notes' to the text, and helpful 'Further Reading' and 'Index' sections.

Among much else, I learned that Jesus' statement that 'Where two or three are gathered in my name, I am in their midst' was a claim to divinity. If that's news to you, too, then do read this book.

*Julian Churcher is London Staffworker for CMF*



**Changed Agents: Nine Years in Nepal**  
Nick & Ros Henwood

- Grosvenor House Publishing Ltd, 2011
- £8.99 Pb 287pp
- ISBN 978 1 90844 756 2

**Y**ears later holding hands when we returned to England felt almost conspiratorial' - one of the many memorable phrases from Nick and Ros Henwood's iconic book on cross-cultural living in Nepal.

This is the most insightful and readable account of cross-cultural mission to have hit the market for many years. It's also incredibly honest. It is written in simple, well-defined chapters, with Nick and Ros alternating their own insights and perspectives.

The Henwoods must have made meticulous notes from day one to give this detailed account of the delights and the dangers, the 'blending and the blundering', the crises and the resolutions of living and working both with a Christian mission organisation and with a secular agency.

The book is packed with insights, humour, and variety. For those of us who have had equivalent experiences it elicits wry smiles. For those who have yet to respond to a God-given or humanitarian call to work abroad, this is the best personalised manual for cross-cultural living they could put their hands on. It could become a classic. Nick and Ros have taken the trouble to document their version of experiences that have significance in a day when more missionaries than ever are working abroad.

Whether you have worked abroad yourself, are planning to hit the trail, or want an engaging and enjoyable read, buy this book, and share it with others.

*Ted Lankester is Medical Director of InterHealth and Community Health Global Network*



**The Primary Care Guide to Mental Health**  
Sheila Hardy and Richard Gray

- M&K Publishing, 2012
- £22 Pb 102pp
- ISBN 978 1 90553 910 9

**T**his book does what it says on the tin - teaches about common mental health problems in primary care, with an emphasis on what generalists rather than specialists need to know. Each chapter gives an overview, the epidemiology, common signs and treatments, and also some pointers on how to screen.

As such, the chapters on stress, sleep, dementia, and overall health, are prominent with less text space given to conditions where management is often initiated from secondary care. Helpfully however, the role of the GP is highlighted in these illnesses, where the person's

physical health can be neglected and a wider approach missed.

The target audience is within the UK. There are better books on the market for the developing world. For a book that is aimed at non-specialists, there is little on alternative and patient-led approaches to staying mentally well, including an almost complete silence on the role of spirituality and community.

This book is a simplified and partly primary-care orientated look at a range of mental health problems, but fails to deliver a holistic primary care punch.

*Rob Waller is a Consultant Psychiatrist, NHS Lothian*



**Human Dignity in Bioethics and Law**  
Charles Foster

- Hart Publishing, 2011
- £30 Pb 183pp
- ISBN 978 1 84946 177 1

**H**uman dignity has become a much maligned term partly because it is seen as undefinable and inherently theological. Charles Foster's book, which argues that dignity is the only sustainable 'Theory of Everything' in bioethics and law, swims bravely against this tide.

Foster argues that dignity is the direct route to the right answer in most bioethics problems and actually underpins each of Beauchamp and Childress's four principles. He contends that its meaning can be derived from a study of what makes humans thrive. The book takes up this theme and examines dignity in a range of contexts from human enhancement technologies, through to more everyday problems such as the provision

of single sex hospital wards. He argues that dignity is ubiquitous because dignity is to be found wherever there is a human being.

Foster references Judaeo-Christian interpretations of dignity, from Aquinas to modern day writers such as Luke Gormally. However, his exploration of the topic does not take an explicitly theological perspective. Given the dismissal of dignity by secular commentators, this serves to make his case stronger.

Foster's writing is wide-ranging and erudite. His call to the bioethics community to reconsider dignity is timely and makes for an engaging read.

*Helen Barratt is a Clinical Research Fellow in Public Health in London*