

Each chapter gives a useful overview of the book being discussed and theme it represents. Despite this, at times I felt that the discussion was not deep enough. Admittedly, whether this is a fair criticism depends on who the book is aimed at. The academic, or indeed well-read activist, may have read most of these books and, owing to the relative shortness of the chapters, there may be little new. Of course, if written for a wider readership — perhaps the aim given the author's reformist motivations — then more detailed discussion might be excessive. Further, the consistent format of each chapter means that some repetition was difficult to avoid. For instance, the 'potential' of a book is often very similar to its 'influence' to date, and in some chapters the same information is again repeated in the 'Introduction' and 'Overview'. A third criticism that flows from the format is that, at least in the electronic version of the book, there is a lack of information in the contents. As might be expected, the books selected for discussion are not listed in the contents, nor in the titles of each chapter. Rather, it is in the 'Introduction' that the reader first learns of the particular texts that Eadie has selected for discussion.

To aid his study, Eadie used WorldCat, a global catalogue of university and government library collections, to see the number of copies that UK, US and Australian libraries hold of the various titles. In addition, he records the number of Google hits for each book. In absolute terms, the numbers of books held appears quite small. For instance, Ruth Harrison's *Animal Machines* (soon to be re-published by CABI) scores only 32 copies in the UK, 104 in the USA, and 12 books in Australia (148 total). Unsurprisingly, Singer's *Animal Liberation* scores the highest number of library books at 1,786 in total. Perhaps surprisingly, Garner's *Political Animals* scores the highest number of Google hits with 27.5 million, with *Animal Machines*, for instance, at 1.41 million.

Despite this analysis, Eadie points out that his selection of books is a personal one. This brings us to the issue of whether the eight books he selected were indeed reasonable for his purposes. The stand-out omission for me was a book concerned with animal minds and consciousness, being such a vital issue and bloody battleground of debate in the past. An obvious book here would be *Through Our Eyes Only: The Search for Animal Consciousness* (Marian Stamp Dawkins 1993). Alternatively, something earlier on the subject by Donald Griffin, or DeGrazia's *Taking Animals Seriously: Mental Life and Moral Status* (1996). The more general problem, though, is that when one starts to think about alternatives, there are lots of them: Regan's *A Case for Animal Rights* (1983), Rollin's *Animal Rights and Human Morality* (1981), Mary Midgley, Gary Francione... something more literary (eg Coetzee's *The Lives of Animals* 1999). And this is just a selection of more philosophical texts! To be fair to Eadie, many of these authors are mentioned in the 'some other books' section of each chapter. Indeed, in many of the disciplines (but perhaps not political science and law) there are a significant and growing number of influential publications. This reminds me of something I have read in the history of philosophy: if

asked who the greatest six thinkers in western philosophy are, most scholars choose the same four (Plato, Aristotle, Descartes and Kant). However, there is no consensus about the remaining two, with a long list of names being offered. I think the same situation applies to animal welfare and Eadie has done a good job in selecting the books he has.

A final point to make about *Understanding Animal Welfare* is its emphasis on the maltreatment of animals as a universal problem. Eadie constantly reminds us of this simple, but perhaps overlooked, truism. To illustrate this here he suggests that much can be learned from Radford's *Animal Welfare Law in Britain*:

the need for proper animal protection is universal, and law reform to improve the lives of animals adopted in one jurisdiction can be used as a guide for reform in other jurisdictions.

To end, I recommend *Understanding Animal Welfare: An Integrated Approach*, and praise it for its holism and ambitious aim of weaving disparate fields and themes together. I will leave you with Dr Eadie's words, which display his compassionate attitude and aspirations for his final work:

It is hoped the present study based on a selection of modern books provides an increased appreciation of how we have reached the stage we are at today in relation to animal welfare as well as of the complex, difficult, and often interrelated issues involved in providing improved protection for our fellow creatures.

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Blue Juice: Euthanasia in Veterinary Medicine

P Morris (2012). Published by Temple University Press, Philadelphia, Pennsylvania 19122, USA. 244 pages Paperback (ISBN 978-1-4399-0706-1). Price £18.99, US\$28.95.

Blue Juice: Euthanasia in Veterinary Medicine is a social scientist's take on the issues surrounding companion animal euthanasia and the perspectives of the three main groups affected: the animals; the owner; and the veterinarians. The book discusses the complex ethical and moral decision process, paying special attention to the perspective of the veterinarians who are involved. After all, veterinarians are in charge of the administration of the 'blue juice', a euphemistic way to refer to the euthanasia solution, as one of its most common presentations is as a liquid of that colour. The book is US-centric, as it describes the research that Dr Morris conducted following veterinary practitioners for a couple of years in several hospitals in the United States. During that time she interviewed them while they managed different situations related to decisions to end a life and the interactions that occurred with the animals and their owners. Euthanasia can be a useful tool to end animal suffering and as such is a blessing that allows veterinarians to terminate conditions that negatively affect the animal's well-being, as it happens in the case of patients that cannot be cured or even comforted. In spite of this, the research findings

presented in this book recognise that there are different sources of conflict for veterinarians involved in euthanising an animal. Conflict occurs when animal owners and veterinarians do not share moral values about animals, and even though they are allowed to disagree, they still have to find a way to work with each other as they reach a decision on the appropriateness of euthanasia for each particular case. Even in situations where the decision is made with all the parties in agreement and convinced that it is for the benefit of an animal with a poor prognosis, conflict still arises due to the contrast between the relief of being able to alleviate a suffering animal's pain by euthanising him and the emotional burden associated with ending a life.

The first chapter deals with disagreements between veterinarians and clients about life and death decisions and how they are resolved. The simplest examples to think about in this category are owners who decide to euthanise their animals due to financial reasons, which the veterinarian may consider more or less acceptable. For example, situations in which the owners are of a certain socio-economic status but happen to assign a lower value to their animal than the veterinarian considers reasonable are more troubling and often make more difficult to reach an amicable agreement.

In other cases, requests for euthanasia due to behavioural reasons vary from serious ones, like uncontrollable aggression in a large-breed dog, which are generally agreed to by veterinarians, to minor nuisances, like barking or scratching furniture, that are harder to justify by many. This is even more complicated if the veterinarian doubts that a reasonable effort at behaviour modification has been attempted by the owner.

Owners also claim that caring for a diseased pet may be an unreasonable burden, a fact that may be particularly challenging for a veterinarian to assess. The owner may have young children at home or an elderly person they are already caring for and it may not be easy for them to provide specialised treatment for their pet. At the same time, the veterinarian may not consider the particular problem a sufficient reason to euthanise a pet. For instance, if the condition that afflicts the animal can be treated with a daily pill, the fact that it may not be easy to administer a pill to a particular animal may not be enough of a reason to justify euthanasia.

Furthermore, requests to euthanise a completely healthy pet because it has become an inconvenience to the owner are particularly challenging for veterinarians. Examples that clinical veterinarians have heard go from the need to euthanise an animal because the owner had to move to an apartment that does not allow pets to the absurdity of an animal that no longer matches the colours of the new furniture just purchased. These cases deny the value of the animal's life in favour of the convenience to the humans and present a unique problem for veterinarians who face these requests.

After going over these different situations, the book proceeds to describe the challenges of defining adequate quality of life and the difficulties in determining whether it is too early or too late for euthanasia. The author identifies a consensus among those interviewed in that a shorter more

comfortable life is better than a longer life with suffering. In spite of this, an additional complexity arises when the veterinarian and the owner disagree on the level of quality of life of the pet, as this makes it much harder to reach an agreement on euthanasia as the best option.

Veterinarians are generally comfortable considering euthanasia as a treatment alternative available to end suffering, and in these cases look at it as a positive option. At times it is hard for them to understand owners who may object to the taking of a pet's life on ethical or moral grounds. The author identifies some of the approaches that veterinarians take to resolve disagreements with clients who are not convinced about the best solution for their pets' problems regardless of whether that solution is euthanasia or not. The first thing that veterinarians often do is to inform the client about the animal's status and the treatment options available so they have the necessary information to make an educated decision. Alternative options for owners who want to euthanise healthy animals or those with mild conditions are provided. Veterinarians may be more supportive of euthanasia if some effort to make an alternative solution work was attempted by the owner. Similarly, if money is an issue for the owner, different sources of funding can be suggested depending on the particular circumstances. For clients who have a hard time making a decision, the suggestion of seeking the advice of a trusted friend or family member is made. In spite of these attempts at reaching an agreement, confrontation is at times unavoidable. In these cases, the veterinarian has to remain an advocate for the animal and use whatever tools he has at hand to convince the owner of the most appropriate avenue to pursue for the benefit of the animal.

The second chapter describes the great lengths that veterinarians go to ensure that the euthanasia process is flawless, peaceful and painless, and that the final presentation of the dead animal to the owner leaves them satisfied with their decision and the whole process. At times the author provides too much detail that may be unnecessary. For example, it describes how animal cadavers are stored for cremation at the back of veterinary hospitals or it talks about the arrangements of an ICU (Intensive Care Unit). While these details may be of some interest to those who have never been behind the scenes of a veterinary hospital, they become a distraction from the main thesis, which has to do with the ethical complexity of decisions related to euthanasia of companion animals. While one can understand that the author, who had little experience working in veterinary practices, may be surprised about some of what she witnessed in the process of gathering information for this book, some of these anecdotes add little to this particular book and its main objective and simply provide superfluous details that can be found distracting. Fortunately, this does not happen often.

There are sections of the book in which the author becomes perhaps too insistent upon making veterinarians and technicians too insensitive, as people who cannot wait to get away from the client to start making jokes about their patients and to badmouth their clients. Anybody who has worked in a veterinary hospital knows that the environment behind the scenes can get a little out of hand at times if forced by the

circumstances, but that, most of the time, it is as professional and respectful as when in front of the client. This shows that the author is an outsider to the world of small animal practice, and that when embedded in different veterinary hospitals she was surprised at some of the things she saw. Although she interviews exclusively veterinarians, the book is written primarily from the perspective of a client who peeks inside the world of veterinary medicine, instead of from the perspective of a veterinarian.

The following two chapters deal with the veterinarian's response to their clients in a framework provided by the different types of emotions generally displayed by pet owners. They also discuss the training of recent veterinary school graduates as they go through their first euthanasias and how they learn to deal with the issues associated with them. With regards to this training, the author identifies room for improvement on the teaching of ethics, communication and dealing with clients and issues related to euthanasia in American veterinary schools. For instance, her research found that issues like how to give bad news or how to recommend euthanasia to a client, discussing costs and expenses or handling the clients' emotions are not always part of the curriculum in many veterinary schools.

A brief and interesting discussion of cognitive dissonance with regards to animal euthanasia is offered. It goes into how veterinarians, at times, modify their definition of terms like health, sickness or terminal disease to remain ethically consistent and not euthanise healthy animals. It recognises the difficulties that are encountered when defining terms like quality of life, pain or discomfort in scientific terms and how the definitions of some of these concepts change from person-to-person and from situation-to-situation. The author challenges the reader to consider the incorporation of values in many of these decisions as a way to resolve potential conflicts.

The last section of the book, Chapter 5, deals with the emotional stress associated with the death of an animal, especially if it happens via euthanasia. Interestingly, it actually refers to the veterinarians' stress, which is often not recognised. It discusses problem- and emotion-focused strategies used by veterinary practitioners to cope with the stress associated with having to euthanise animals. It provides different examples, from the challenges that veterinarians face when they are tasked with euthanising animals for reasons they cannot justify to those who have to deal with clients who refuse to euthanise animals that have little hope for survival and may already be suffering.

It describes how veterinarians try to make the process of euthanasia as comfortable and unstressful for the animals as possible. For example, they often allow the owner to be present, even though that imposes additional stress for the veterinarian and the staff. After all, an owner would rarely be permitted to be present for other procedures, such as surgeries. The research does conclude that the strategy of bringing the owner in to witness the euthanasia procedure also can be used by the veterinarian to deal with their own stress and guilt over the euthanasia and as a way to justify having to go through it.

There are sections of the book that actually go beyond the issue of euthanasia and explore aspects of the relationship between veterinarian, client and patient that are only peripherally related to euthanasia. There are examples of the use of dark humour by veterinarians and their staff to deal with stressful situations or how veterinarians behave differently behind the scenes than when they are in front of the client, as happens at times when dealing with difficult clients. The author reflects as well on the challenges that veterinarians face to meet the demands of their clients while appropriately attending to the needs of their patients. The book also delves, albeit briefly, into other ethical issues facing the veterinary profession, such as onychectomy or terminal surgeries in veterinary schools, to reflect the continuous change in societal values and how they affect the work that veterinarians do. Some of these examples are important and do not receive the necessary attention they deserve in this book whose main focus are issues related to the euthanasia of companion animals. Perhaps they could have been saved for other publications on interpersonal relationships between veterinarians and their clients or on the effect that the evolving relationship between animals and humans has on the veterinary profession.

Even though the author interviewed primarily veterinarians, this book may be found useful by clinical veterinarians and by their clients as well. Veterinarians may find some comfort in knowing that their concerns are shared by many other members of their profession and may learn of different alternative options to deal with these issues. Pet owners will similarly benefit by gaining a better appreciation of the complexity of these issues and of the perspective of the veterinarians. In the end, one can hope that this improved understanding of the issues related to companion animal euthanasia by all parties involved will result in a benefit to the animals, and that will be everybody's gain.

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Stress and Pheromonotherapy in Small Animal Clinical Behaviour

D Mills, MB Dube and H Zulch (2013). Published by Wiley-Blackwell, 9600 Garsington Road, Oxford OX4 2DQ, UK. 296 pages Paperback (ISBN 978-0-470-67118-4). Price £44.99.

Pheromonotherapy is a relatively new addition to the types of treatments that can be used in behavioural medicine. The number of published studies has been limited, so understanding appropriate use of the various synthetic pheromones is challenging. Behaviourists have typically recommended them as something that can be used in therapy, but without a good feel for whether the pheromone is truly indicated or not. The addition of this book to the literature is useful in understanding the broad scope of stress-related behavioural problems and the implications of stress for animal welfare. It also suggests why some types