

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

of therapy fail. Hopefully it also provides some insight as to the successful use of pheromonotherapy.

The book is divided into two parts, with the first covering the basics of stress and stress management and the second dealing with common behavioural problems seen in a small animal practice. Within each section, the major topic is very well covered, with various terms defined so there is no confusion to the reader as to exactly what is being discussed.

As in all books, there are strengths and weaknesses. 'Stress' is a major part of the discussions within the first half of this book and that discussion is not disappointing. The authors do an excellent job at helping the reader understand the many complicated factors relating to stress and its management. Unfortunately, that also makes the reading more difficult. This is not the type of book you can pick up and smoothly read through. It takes a lot of thought and re-reading to understand what the authors intended. It is a complicated subject that is well handled. There are many figures included with most being somewhat helpful to the point being made.

In the second part of the book, the authors discuss specific stress-related types of problems that are commonly seen in a typical small animal veterinary practice: house soiling; separation problems; sound sensitivities; travel-related problems; and new pet introductions. Their descriptions of aetiology and other influences are excellent.

There are enough weaknesses to the book that I cannot wholeheartedly recommend it for veterinary practitioners. While 'pheromonotherapy' is part of the title, it was one of the weakest areas of discussion. This is probably a result of very limited research data, but I was really let-down after reading that section. The second area where the book falls short is in the significant lack of references. Many of the potential readers will be those who have a practice specialising in behaviour and these are the same individuals who like to go back to original sources for information. That is not possible in most cases because the reference is usually not given. Good research results that are included within the various chapters are typically not referenced either, thus researchers are not receiving appropriate credit for their publications. For the references which are listed at the end of a chapter, they typically are not cited within the text. Or, their title is so vague that it may not be obvious why the paper is even named as a reference.

The authors of *Stress and Pheromonotherapy in Small Animal Clinical Behaviour* do a good job at discussing stress and giving useful discussions about handling animal stress. Unfortunately the pheromonotherapy portion of the book is lacking.

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