

behaviour by pharmacy alone. The chapter also indicates where drugs might be considered and suggests a small range of behaviours that might be modified.

The chapter on foster care is well thought out and gives adequate emphasis to this important area of shelter management. Foster carers are a considerable asset to any active welfare organisation and the chapter gives an indication of how foster carers might be selected and used. Even long-term foster care is mentioned — a technique that is under-utilised in the UK.

The chapter on neutering is another schizophrenic one. It gives almost an 'idiot's guide' to such simple surgery as castration and I question why such ubiquitously known detail has been included. There is a useful section on paediatric neutering which is a more commonly accepted practice in the US. Some anaesthetic regimes are given and there is a good insight for any veterinary surgeon thinking of taking up very-early-age neutering. Strangely there is little about the post-operative complications most commonly raised in the UK, such as urinary incontinence, or about the advantages of early neutering.

The chapter on euthanasia covers both ethical issues and techniques across a range of species. Again, drugs mentioned are often not licensed for animal use in the UK, but some useful ideas are expounded. There is an important section on the effects of repeated euthanasia on the human undertaking the task which should be taken to heart by some shelters in this country.

The chapters on disaster medicine and animal cruelty do not sit comfortably with the rest of the book. Few shelters here need a plan for dealing with disasters, as this task is usually taken on by other organisations such as the RSPCA and Local Authorities. While it is useful to have issues of animal cruelty highlighted, and particularly the link between human cruelty to animals and to other vulnerable humans, I know of no evidence to show that animals admitted to shelters are more likely to have been subjected to cruelty than animals presented in everyday practice. The research does include the British papers by Monro published in *The Journal of Small Animal Practice* and it is good to see international recognition for her work.

Even at the end of the full five-hundred-plus pages, I was unsure of the target audience. There is much for everyone, from animal carers to veterinary surgeons. It would need to be a selective reader who is able to pick out the parts for their particular purpose. The strong North American influence limits the usefulness of much of the book to the British reader and inevitably this reduces its value for money. While it has much to commend it, I could not recommend it without those significant reservations and I therefore do not believe it could be an effective 'shelter bible' here.

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Environmental Enrichment for Captive Animals

Young RJ (2003). Published by Blackwell Publishing Ltd as part of the UFAW Animal Welfare Series. Blackwell Publishing Ltd, 9600 Garsington Road, Oxford OX4 2DQ, UK (www.blackwellpublishing.com). 240 pp. Paperback (ISBN 0 6320 6407 2). Price £27.50.

There is much to commend in this new book on environmental enrichment for captive animals. It is broad in scope and, with a few minor exceptions, up-to-date in content. The author obviously knows and cares about his subject and, equally obviously, has consulted widely with the key players in this field. Young's précis of the 'animal rights' viewpoint is one of the best I have read in some time. The final chapter provides an excellent summary of information sources about environment enrichment. All the more pity, then, that the text is marred in places by some largely avoidable faults.

The author's stated aim is to produce a book that is "scientifically rigorous but also practical", with an emphasis on "a good basic understanding of animal welfare and the scientific evidence that environmental enrichment does indeed improve animal welfare".

To a large extent, the book achieves this. Young weaves together the theory of animal welfare and the practice of environmental enrichment into a text that will be useful to lecturers and students, zoo curators and zoo keepers, laboratory technicians and farm hands, and many others besides.

The book begins with an overview of the history of the development of environmental enrichment as a tool for improving animal welfare. This is brief but well done. In the chapters that follow, Young explores why, when and how enrichment should be used and considers different types of enrichment for different categories of animals in captivity. There are specific chapters on food and foraging enrichment and on social enrichment. The chapter on housing is the best; I was particularly pleased to find here a detailed discussion of the importance of lighting and photoperiod. This aspect of the captive environment is often overlooked, or treated as if it is of little importance in comparison to food provision and enclosure 'furniture'.

I was surprised to find virtually nothing in the book about olfactory enrichment. Whilst some recent attempts at olfactory enrichment have been lamentably poor (little more than "let's bung this in and see what happens"), there has also been some good work in this area. Olfaction is of such importance to mammals in particular that olfactory enrichment deserves at least a mention.

The black and white illustrations are good quality but are nearly all of zoo animals — in fact, the book as a whole has a strong bias towards zoo animals, yet (as the author acknowledges) far more animals live in captivity on farms or in laboratories than in zoos. It is a pity that the production budget could not have stretched to one or two more photographs and diagrams. The summary of the work by Mason *et al* (2001), on the welfare of mink on fur farms, cries out for an illustration of the experimental set-up.

Now for some minor quibbles. The text is liberally sprinkled with grammatical and punctuation errors, and there are some factual errors: Darwin's major work is entitled, "*On the Origin of Species ...*" and was first published in 1859, not 1858; the index omits several major topics (eg lighting, substrate, safety) that are discussed in some detail in the text; olfaction appears in the index only under "Senses". These errors and omissions detract from the many good qualities of the book, and they are not helpful when it comes to convincing those in authority that enrichment for captive animals is a topic deserving of serious attention.

Despite these criticisms, this book deserves to be bought and read by a wide audience. It should be required reading for all undergraduate students intending to carry out research projects involving environmental enrichment. I very much hope that Young's book will be successful enough to warrant a second edition, retaining all that is good (and there is much that is very good) about the content, but with some fierce editing.

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Empty Cages — Facing the Challenges of Animal Rights

Regan T (2004). Published by Rowman & Littlefield Publishers, 4501 Forbes Boulevard, Suite 200, Lanham, Maryland 20706, USA; or PO Box 317, Oxford OX2 9RU, UK (www.rowmanlittlefield.com). 229 pp. Hardback (ISBN 0 7425 3352 2). Price £16.95.

Tom Regan is a well-known animal rights philosopher and his excellent book *The Case for Animal Rights*, published in 1984, had a significant impact on the debate surrounding this topic. This new book is dedicated to and appears to be targeted at 'muddlers'. These are people with an interest in animal rights but who are confused or are procrastinating about becoming an ARA (Animal Rights Advocate). This book is a primer for such people. It is divided into four parts. In part one Regan discusses ARAs and how he became one. Part two is a philosophical discussion of rights, both human and animal, and is an abbreviated account of Regan's philosophy of rights. Part three is a series of chapters describing how animals are abused on farms and elsewhere. In part 4, 'muddlers' are encouraged to become ARAs and the reasons for not doing so are discussed and found inadequate.

The book is written in the first person. Regan observes that ARAs are not usually violent. However, the media are against them and, being supportive of big business, portray ARAs as violent criminals. Regan describes three types of ARAs: those who are born with an empathy for animals ('Davincians'), those who become ARAs after a single experience ('Damascans'), and the 'muddlers' who take years to reason out why they should become an ARA. Regan considers himself one of the latter.

Regan's philosophy is fairly straightforward and will be familiar to many readers of this journal. It is briefly and adequately outlined in this book, and remains a strong

argument for animal rights. Mammals, and perhaps birds and fish, like humans are "subject-of-a-life" and therefore have moral rights similar to humans, including the right to be treated with respect. Regan takes a black and white perspective on the use of animals — essentially, animals have moral rights and should not be used. Those who use them are doing wrong and should be stopped by targeted advocacy from ARAs.

The use by government agencies and the animal industries of words like 'humane' should be treated with cynicism. These words are used to fool the public. There is no point in making the cage bigger, it has to be emptied. There is no justification for using animals for meat, fur, entertainment or in research and these uses must be stopped. The book is fundamentalist in its approach, one has to accept Regan's analysis as it is the only truth. There is no room for disagreement or compromise. There is no room for improving the conditions of animals used for meat, fur or entertainment. By implication those working in the field of animal welfare science are stooges for animal-using industries.

Part three covers particular areas of animal use and abuse, such as veal production, hunting, and fur farming. Most of this section will be familiar to readers of this journal. Regan avoids interesting areas of animal use like the use of animals as draught animals. About 50% of the land ploughed every year is ploughed by draught animals but this use is not mentioned. Other issues ignored include pest control to maintain environmental integrity or biodiversity and the abuse of pet animals by loving but ignorant owners. This is nothing new, as animal rights philosophers often ignore these topics and select particularly horrid examples to illustrate their ideas. This is particularly so in books like this one which is aimed at a less knowledgeable and critical audience.

If animals have moral rights equivalent to those of humans then there are major issues about what to do with them. There is no serious discussion of what to do with the animals released from the 'cages'. Regan mentions farm animal sanctuaries but this is pure fantasy. Philosophers often appear ignorant of basic biology and economic reality. Regan calls a cow a 'he'. This may be a typographical error but it might be an indication that he considers such basic biological issues irrelevant. He ignores the probability that if domestic animals are of no economic value then they will become extinct or only a few will remain perhaps on reserves primarily as sources of entertainment. This unwillingness to discuss the outcomes of his reasoning weakens the power of his conclusions profoundly.

This book is written for an American audience. *Empty Cages* is certainly a much easier read than Tom Regan's *opus magnum* named above but I found nothing new and significant in it. If you are familiar with the popular animal rights press and have read Regan's previous analysis of animal rights I would not bother reading this book. It may be that after more than 20 books he has little new to add to the subject or I may be suffering from animal rights literature fatigue.

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