

amount of routine examination of the healthy and practical preventive medicine.

The main body of the book consists of tables of data classifying for example the adults and children attending by their various variables. The presenting symptoms are similarly analysed and correlations made where possible with various demographic and social variables. The significance of some of these findings are further discussed and, for example, it is shown that the data here presented do not support the hypothesis that there was a group of doctor-prone patients over a period of three or more years. Interesting profiles of high contact adults are drawn up and the observations of non-disease-orientated complaints are particularly well discussed.

This is not a book that can be easily read, but it is an extremely useful reference work and a model of its kind. It is particularly encouraging to see a number of doctors who have obviously had a specialist training and hospital orientation changing their orientation in making important contributions to the literature of general practice. It is significant that this should come in Israel where there is other evidence that this country is reconsidering its whole structure of medical care at the present time.

Much of the data presented here is directly comparable with a number of recent reports from British general practice. The book would have been even more valuable if appropriate comparisons had been mentioned and discussed.

**Playing and reality.** First edition. D. W. WINNICOTT, F.R.C.P. London. Tavistock Publications. 1971. Pp. 1+169. Price £2.10.

The late Dr Winnicott's fame rests on his unique approach to childhood development and childhood illness. He was a skilled paediatrician and an equally skilled psychoanalyst, who was able to combine an understanding of healthy and sick children from both the traditional medical and from the wider psychological points of view. One of his most important contributions to the development of man were his concepts of the transitional stage of development and of the transitional object, which denote areas of experiencing both inner and external reality.

This book enlarges and extends his ideas in this field. The transitional stage of the development lies between the archaic stage of the very young baby when he is unable to distinguish between "self" and "other", and the later stage when the child is able to delineate realistically a boundary between himself and the outer world. Transitional objects, i.e. such playthings as a rag doll, a piece of cloth, a certain pillow cover that take on specific rôles at certain ages, are deeply loved and cuddled, yet at the same time are mutilated, and survive both treatments. Remnants of this development stage remain in all human

beings and are related to the use that is made of fantasizing in life. It is also related to playing, one of the most important activities of children (and continued into later life), which is fundamental to the formation of relationships in general, of creativeness, and the sense of identity. Winnicott also deals in the book with the search for identity and power that goes on within the adolescent, and he tries to define the rôle of the adult (and thus education) has to play in the struggles of the adolescent.

These contributions are of great importance for the understanding of both children and adolescents; they also touch many aspects of adult neurosis. Some of the chapters of the book are reprints of papers or lectures, and this—at least to the reviewer—disturbs the thread of underlying thought. The book is not easy to read for those who are not familiar with contemporary psychoanalytic thought, because psychoanalytic terminology often uses ordinary English words as technical terms with specific meanings. Unless a reader is aware of this he will be at sea. Nevertheless, the inclusion of fascinating case reports and Dr Winnicott's lucid language and style make the book a pleasure to read. This last literary gift of a great man should be read by all doctors whose interests range beyond their routine work, who want to gain a deeper understanding of the prime sources of human activities in health and diseases, and who feel that traditional medicine and psychiatry do not provide complete answers to the many questions raised by the puzzles of illness and human development.

**Psychological medicine in family practice.** A. R. K. MITCHELL, M.B., CH.B., M.R.C.P.E., D.P.M. London. Baillière Tindall. 1971. Price £1.80.

This book is based on a tape-recorded series of talks made for the Medical Recording Service of the Royal College of General Practitioners. In 21 lively chapters Dr Mitchell ranges over most of the psychiatric problems that confront the young family doctor, for whom the book is primarily intended, though it will also be useful to medical students, nurses and social workers.

Dr Mitchell's approach is holistic and eclectic; he presents all current theories of mental illness and most treatments impartially though not uncritically, and he emphasizes the importance of the doctor's use of himself and his involvement as a therapeutic tool.

This quite short book covers an enormous canvas, and is necessarily condensed, but to offset this Dr Mitchell gives at the end of each chapter excellent suggestions for further reading.

Particularly good are the chapters on the misuses of children, and on being responsible, though one regrets that the author, having said that "opinion is divided as to whether psychopaths are mad or bad, or both" does not venture his own definition of a psychopath.

In a further edition (which will surely be called for) certain proof-reading errors need correction. On p 96 'compliments' should surely read 'complements'; on p 130 'effect' is printed where 'affect' must be intended, and on p 159 'threefold' should be 'threshold'.

Dr Mitchell writes that he has sought to make his book not only instructive, but also interesting and enjoyable. He has succeeded.

**Stress in industry.** EDITED BY J. F. L. ALDRIDGE, M.B., M.R.C.P., D.I.H., J. L. KEARNS, M.B., D.I.H. and R. F. TREGOLD, M.D., M.R.C.P., D.P.M. London. International Committee on Occupational Mental Health. 1971. Pp. xviii + 106. Price 50p.

These proceedings of a seminar held last year at St George's House, Windsor Castle, contain much of importance to the general practitioner. The seminar was arranged by the International Committee on Occupational Mental Health (an independent and autonomous body) at the suggestion of the World Federation for Mental Health. There were 33 participants from Europe and the United States representing industrial medicine and psychiatry; senior personnel and line management; the trades unions; psychology, sociology and social psychiatry.

General practitioners, familiar with the effects of stress on their patients, will be encouraged to read of ideas for improving mental health through and at work. The editors give a fascinating account of the development of the seminar and, as the various strands are woven together, a rich fabric of potential value for health appears. The description of the national mental health campaign in Sweden, started late in 1968, of a company campaign in Holland using a comprehensive computer-based information system and of problems of education in mental health in Yugoslavia give valuable practical evidence of what can be achieved. The last chapter attempts to summarize the conclusions of the seminar. The preceding four chapters cover four main concerns of the participants: Who deals with stress? (a wide task not limited to doctors); communication (the doctor must have a wide interest in management); society's responsibility ("we are our brother's keeper"); and the release of tension, delightfully illustrated by Hector the Hedgehog who curls up and becomes inaccessible under stress within the prickly spines of defensive symptoms.

Counselling and T-groups are familiar in medicine and it is salutary to read of their application in industry. At the modest price of 50p this report should be read by those who wish to see progress in positive mental health and by doctors, especially general practitioners with part-time appointments in industry.

This international committee has woven a rich fabric. Unfortunately, in the present climate of

general, political and medical opinion about the meaning of work and its relation to health, attempts to fashion a useful garment from this fabric may seem as insubstantial as the Emperor's clothes. General practitioners could give substance to the garment by helping to promote positive mental health, in co-operation with industry, in the ways suggested in this far-seeing report.

**Sociology in medicine.** Second edition. M. W. SUSSER AND W. WATSON. London. Oxford Medical Publications. 1971. Pp. 428. Price: £3.50 with paper covers. £5 with board covers.

Susser and Watson's first edition was published in 1962 and soon established itself as one of the best books available on medical sociology. Professor Susser is an epidemiologist and Professor Watson a sociologist. The second edition has just been published in August 1971. It contains a number of important improvements in sections on social class and the organization of the medical professions.

The importance of medical sociology is being progressively recognized in the various new undergraduate curricula, general-practitioner teachers who are coming new to the subject can be advised to use this book which is easily readable and acts as an introduction and a textbook simultaneously.

An admirable feature is that the chapters are not inter-dependent and it is quite possible to read chapters out of order or select topics of special interest. For general practitioners the sections on "Social class and the disorders of health" and "The cycle of family development" can be especially recommended. The advent of a major new system of health service administration makes the chapter on "Medicine and Bureaucracy" particularly topical and relevant. This section should be read by all doctors concerned with medical administration and is a classic exposition of this subject.

Although the book contains many references to British work it is disappointing to find such authorities virtually ignoring the numerous theoretical advances in general practice in the last decade. This omission mars the book. For example the writer quite correctly notes (p. 237) that "the goal of treating the whole patient and ministering to all the needs physical, psychological and social that bear on his medical problem is often lost within the restricted aims and authority of the specialist department". They even quote *The Lancet's* (1959) half serious proposal to create a whole person doctor called 'holognosologist'. They entirely omit, however, any reference that this is one of the general practitioner's main rôles and one moreover that only a generalist can fulfil. Similarly in the chapter on the cycle of family development they correctly point out that "The members of a family share a pool of genes and a common environment" as well as common modes