

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