

unintelligible to finance officers) were strongly represented at the meeting. Jeremy Hurst described to his audience some basic designs in mental health service evaluation, which reminded John Carrier (LSE) of the belief that we are all the slaves of some long-dead economist, whether we know it or not. Carrier went on to stress the difference in languages of economics and finance. Your reviewer, who has more than once shown that a particular way of doing things was cheaper (in cost/benefit terms), only to have further service developments scotched by the finance officer on the piffling grounds that they cost more, would say "amen" to that.

The day ended with Jeremy Christie Brown advising the new unit to attend to the "huge gaps" in the Camberwell service: "that raises the issue of whether something discovered in Camberwell can move as far north as Bradford. I suspect it could." And that, precisely, is the problem. There are some rather important differences between the resources devoted to mental illness in Camberwell and say, Bradford—that is why the relationship between the hceu and its future consortium would be important. Maybe Jeremy will even *visit* Bradford?

DAVID GOLDBERG

University of Manchester

Coping with Stress.

By G. Wilkinson. London: Family Doctor Publications (British Medical Association). 1987. Pp. 47. 95p (£1.10 with postage).

This unpretentious volume covers in 40 or so small pages a comprehensive review of our current understanding of stress. It reviews the significance of life events, gives advice on recognition of stress effects in the self and others and gives sensible advice on tackling the problem.

There is some simple guidance on external sources of support and the hazards of reliance on alcohol, smoking and drugs are spelt out. The style will not appeal to everyone but its brevity and down to earth approach make it a useful introduction to self help for the intelligent patient.

The book demands a fairly high standard of literacy and comprehension. We have still not resolved the difficulty of communicating with those whose cognitive abilities are inherently limited or disrupted by current distress.

S. BRANDON

University of Leicester