

book is not entirely devoted to the negative aspects of stress; occasionally it draws out some of the more positive results of stress.

The remit of the book is to give an update of the research which is being carried out in this area, the book forming part of a series of studies in occupational stress. All of the chapters give an extensive outline of the literature, but some are much more easy to read than others, especially those which endeavour to apply practically the research findings, even if at times the significance of the findings is not all that clear.

When considering our own work environments, in which at times many seem to be frequently off sick or to be disenchanted with their work role, we would do well to read the chapters on promoting the individual's health and well-being, and on workplace interventions for stress reduction and prevention. As regards our patients we often have to make judgements about an individual's ability to return to work after illness. This book, as well as considering factors in the person which may affect his or her ability to cope with work, also considers the intricacies of the work environment, which are to a large extent outside of the control of the individual concerned (such as the way in which offices are arranged or a computer is designed). An increased awareness of these issues may improve the judgements we are able to make.

This book is very much an overview and is probably best recommended as a reference book outlining the scope of the available literature. There are other books which cover in more depth particular aspects of this research, such as stress in health professionals, with which we might identify more closely.

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**Alzheimer's Disease, Down's Syndrome and their Relationship.** Edited by J. M. BERG, H. KARLINSKY and A. J. HOLLAND. Oxford: Oxford University Press. 1993. 297 pp. £55.00 (hb).

As their specialities have grown, old age psychiatrists and psychiatrists in learning disability have always found it easy to talk to each other. Much of the conversation has tended to be about models of care, deinstitutionalisation and, perhaps with some smugness, about how far ahead of general adult psychiatry they both are in these areas. A further area of crosstalk has involved similarities and differences in patterns of dependency and of cognitive impairment.

Until quite recently, the research potential of this overlap has not been fully realised – until, that is, it

was discovered that people with Down's syndrome (DS) have a high vulnerability to a dementia similar both clinically and neuropathologically to Alzheimer's disease (AD). This handsomely produced book is a testament to the research advances already achieved, and the work yet to be done, that have stemmed from this seminal observation.

There are 28 contributors, from the US, Great Britain and Canada. The book is in 14 chapters, with a lucid foreword by Sir Martin Roth focusing on recent changes in the understanding of AD and on the potential of the DS/AD link to inform research into the ageing process itself. The chapters fall into five parts, representing overviews of current understanding of the two conditions; evidence for an association between them; clinical issues of diagnosis and management; approaches to formal assessment; and current understanding of aetiology. The chapters are well set out, with clear summaries at the head of each and good subheadings. The book is well indexed. There could have been more editorial control of overlap between chapters; in particular, virtually all contain much the same potted historical resume.

The 'overview' section is rather elementary; most sufficiently interested readers will be familiar with at least one of the conditions. I found the chapter by Beach, on the history of what he calls a "scientific symbiosis" between AD and DS, fascinating, capturing as it does the excitement of the early neuropathological observations by Jervis and the progression to the search for clues to AD on chromosome 21 – and the rest, as they say, really is already history and familiar even to the lay public.

The main 'gem' in the book for me was Lawrence Whalley's account of what DS has told us and might continue to tell us about AD; he manages as few can to make molecular genetics understandable to those who cannot distinguish a Western and a Rorschach blot. I also found the editors' chapter informative, not only on clinical features, but also on service needs and ethical dilemmas of rights and decision-making. I learned a lot from the account by Percy on biological markers, although I was a little disappointed by how relatively little work had been done on marker overlap between the two conditions.

Overall, this volume is a worthy attempt to do justice both to recent advances and to future prospects, and to address clinical and psychological as well as biological aspects. It is certainly worth its cover price to any psychiatric or general hospital library.

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