
The subtitle of Harris's book is essential. Its subject matter is the school health service in England and Wales since its creation in 1907; schoolchildren themselves are seldom centre stage, and their parents scarcely feature. This is an account from the inside.

Its origin is Harris's thesis concerning historical changes in children's average height between 1900 and 1950, a rather un promising beginning. But as he writes in his charming and generous preface, the book has undergone a long gestation. The result has been worth it—of modest length, but with a good index, a prodigious 30 page bibliography, and the whole thing attractively presented. His publisher has served his scholarly well.

This is the first full length published account of the history of the school health service for over 60 years. Two other theses have been completed recently. As such it cannot fail to be of importance. It will appeal to non-historians: accounts of difficulties of grappling with less precise indices of population health than physical height—malnutrition, for example, or new angled concepts like vitamins—will strike a chord with epidemiologists everywhere. Debates around the value of universal screening, which run in and out of this account for most of its length, will interest those now working with the elderly.

The book retains a narrow focus. The political mileage to be made from the development of the school health service is merely hinted at, and little attention is given in general to the wider political context. Others will take these issues up, gaining from the groundwork Harris has laid.

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This book on the commissioning of mental health services usefully complements a recent publication by the Faculty of Public Health Medicine in Britain covering the same subject. It brings together the recent initiatives and legislative changes in the area including the care programme approach (CPA) and supervision register, as well as giving definitions of priority groups such as those with severe mental illness.

Subsequent sections cover provider, purchaser, and commissioner perspectives including those of health authorities, general practitioners, and social services. There is a very useful chapter on different methods of estimating local need which integrates epidemiologically based needs assessment, Goldberg and Huxley's filters of care, and expert views on service provision, describing how these can be modified using local demographic and deprivation characteristics. The final section covers practical aspects of strategy implementation.

There are only a few quibbles and omissions from what is a very useful book. In spite of the title, the emphasis is on adult general mental health services so there is very little about the subspecialties of child and adolescent psychiatry, old age psychiatry, or liaison psychiatry. It was surprising to see the use of annual suicide rates as one indicator of health service need without the use of aggregated figures or confidence intervals. Although there is a chapter on the effectiveness of various interventions, there is very little in terms of evaluating different models of community psychiatric service. Forms of management such as COP are described uncritically, even though there is little evidence of effectiveness in terms of mental state, social functioning, or quality of life.

In conclusion, this book is of interest as a practical reference for those involved in commissioning mental health services, a fact to which my well-thumbed copy will testify. Although primarily written for a British audience, many of the general principles are equally applicable elsewhere.

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This book provides both a comprehensive and informative introduction to the developing area of health psychology. It works particularly well as a textbook as it is clearly laid out, incorporates chapter overviews, provides questions and discussion points, and draws on extensive research from around the world. It is therefore particularly well suited to those either teaching or studying health psychology, but would also be of use to other health professionals, particularly in the field of health promotion. It is also accessible enough to provide a good introduction for those with a general interest in this area.

The book begins by highlighting some of the theories and models underpinning the study of health psychology, looking at the role beliefs and behaviour play in health and illness, providing support and criticism for each. This is an important area, but can be quite complex for those not well versed in psychology. However, these models do become clearer and their relevance is demonstrated as they are examined in the context of specific areas of health behaviour, including drug use, diet, exercise, and sexual health. After a comprehensive account of placebos, the author goes on to look at how health psychology can contribute to the various stages of illness such as susceptibility, progression, and treatment. As for evolution and disease, this book would be a useful way for any health professional to access this area of evolving importance.

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