

impossible. In the penultimate chapter some rather naïve distinctions are drawn between the dreams of the "analysed", the "unanalysed", and the "normal person".

The above criticisms are not directed particularly against the present work; they are not even peculiar to dream-interpretation. They are the two inevitable objections met with when trying to assess the value of interpreting unconscious activity, no matter what the nature of the product. The author is to be congratulated upon producing a worthy addition to an already distinguished psychological library.

STANLEY M. COLEMAN.

The Ego and the Mechanisms of Defence. By ANNA FREUD. London: The Hogarth Press, 1937. Pp. x + 196. Price 9s.

In this book Anna Freud attempts to classify the various defence mechanisms utilized by the ego according to the specific anxiety situations which call them into being. Three of these situations, objective anxiety, super-ego anxiety and instinctual anxiety, are isolated. Super-ego anxiety forms the basis of neurosis in adults, and analysts have been long familiar with the various defence mechanisms taken by the ego. The author is a specialist in child analysis; the clinical material is obtained from her studies of children, and in consequence it is with the other two anxiety situations that she is mainly concerned. Objective anxiety, the fear of some external danger, is characteristic of the child before the super-ego has come into being. The classical example is little Hans and his horse phobia. The various defence mechanisms, denial in phantasy, restriction of ego-activity and identification with the aggressor, are described in detail and fully illustrated from case-material. The third anxiety situation, which the ego has to guard against, depends upon a quantitative factor, the strength of the instincts. This quantitative change, a sudden accession of instinctual energy, occurs, owing to physiological reasons, at puberty and the climacteric, and also for pathological reasons at the beginning of one of the periodic advances which occur in the psychosis. Here only instinctual anxiety at puberty is investigated, the last section of the book being devoted to the psychological phenomena which signalize the advent of sexual maturity. Analysts, as the author points out, concentrating on infantile sexuality, have tended to neglect this important subject. In the reviewer's opinion Anna Freud's brilliant exposition amply fills this gap.

STANLEY M. COLEMAN.

Bronchial Asthma and the Nervous System [Asma Bronchiale e Sistema Nervoso]. By LUIGI TARGON. Padua: R. Zannoni, 1938. Pp. 126. Price 20 lire.

The book presents in an interesting manner the theory that bronchial asthma is a conditioned reflex, and some sound arguments are brought forward to support this view. The literature of asthma and allied conditions is widely discussed.

In the first chapter are discussed the different conditions in which asthma occurs, and the apparent causes are divided into three groups—predisposing