

and her only immediate protest against her own situation was encountered as an exceptionally powerful odour of perspiration.'

The author acknowledges that the hypothetical link between the 'existential debt' and bodily illness is difficult to prove. 'Clearly, in fact, the demand for statistical verifiability is not always appropriate. The fundamental insights, for instance, that form the necessary basis of the investigation are not amenable to statistical treatment.' However, instead of modifying the hypothesis he goes on to attack the scientific method and makes dogmatic statements!

'If one participates in research and therapeutic work with extended responsibility, as for disturbances of speech development, one is most definitely confronted with the evident reality of these sequences.'

Such ex-cathedra statements are perhaps not surprising in view of the 'reciprocal comprehensibility' the author enjoys with his brother, who is a theologian. All in all, a highly-priced, slim volume which will confirm the world-view of the convinced Laingian.

J. LEFF.

**Towards a Psychology of Being**, Second edition.

By ABRAHAM H. MASLOW, D. van Nostrand Company, Inc., Princeton, New Jersey and London. 1969. Pp. 240. Price 21s. paper; 56s. cloth.

To go through this book in detail would be well nigh impossible. The author is particularly articulate and at the same time avoids verbosity. He is basically an existentialist, but careful to avoid being hailed or condemned as a creator of a new ism. Adlerian concepts come into this (p. 10, para. 4). Dr. Maslow emphasises constantly the gap between motivation and gratification. His concept of avoidance of knowledge as avoidance of responsibility is something which every psychotherapist constantly experiences even if he is not able to put it into words. The affinity between peak experience and identity experience is made quite clear; self-actualization is also seen as a basic need. Human values are self-propagated as long as they are healthily regressive and not unhealthily defensive, and the author gives a very fair place of importance to environment and sub-culture.

Dr. Maslow's book is original and learned at the same time. He exudes optimism and compassion, and his book is not only a must for a psychotherapist but also an ought for anybody who wants to be intellectually stimulated.

G. C. HELLER.

**THE LONGEST FOOTNOTE IN HISTORY**

**On Sigmund Freud's Dreams.** By ALEXANDER GRINSTEIN. Wayne State University Press, Detroit. 1968. Price \$17.50.

This book represents an extraordinary and valuable piece of work. The book deals with twenty-one dreams experienced by Freud and reported in *The Interpretation of Dreams*. Twenty of them occurred between 1895 and 1900. The final dream reported was dreamt by Freud when he was seven or eight years old.

The format of the book consists of devoting a chapter to a dream as a general rule: the Count Thun dream, however, takes two chapters, and the four dreams concerning visiting Rome are presented in one chapter. The dream and the often scattered references to it are therefore brought together and dealt with as a unit. The main purpose in the book is to follow up the references, mostly literary, that came into Freud's associations. Most of these references are to German novels which are no longer usually read and therefore would not be part of the reader's literary background. Dr. Grinstein painstakingly summarizes each of the references. At times these are tedious and complicated, and add little to the understanding of the associative material. At other times the summaries are unintentionally hilarious simply as a review of 19th Century German novels. For violence, incest, murder and rape they are well ahead of our current shockers. But for the most part they offer valuable footnotes to the dream associations. The book could be described as the longest footnote in history.

The book is not easy to read, nor was it intended as light reading. The author firmly announces that it is not his intention to 're-analyze' Freud's dreams. Yet the pursuit of the associations and the comments on the further meaning exposed lead unavoidably to some further thoughts. At the end of each chapter there is some general statement concerning the main unconscious themes present in the latent dream content. This aspect of the book is its least successful aspect. In attempting to avoid sensationalism, the comments end in banality. It is quite a burden to read sixty-eight pages, including the detailed summary of ten novels and plays, in order to learn that in the Count Thun dream Freud was rivalrous with his father, that the need to urinate suggests a confusion of genital sexuality and urethral eroticism, etc. Indeed the Count Thun dream does lend itself to some comments. The rebellious, aggressive, ambitious, self-congratulatory aspect of the dream might well be a defence against the fear of passivity. Freud was starting his vacation, felt he might be