

sense—it is generally an *unconscious* activity, that is to say it operates without the subject's being aware of it.

As I have just said, matters are not so simple in practice, and what actually happens is that the activity of the repressed complex is manifested not directly but indirectly in some distorted form that is often hard to recognise. In the above example, for instance, the subject might have counterbalanced his real attitude towards his friend by developing an exaggerated solicitude for his welfare, and have shewn great concern and dread whenever the friend ran the slightest risk of accident or danger. Again, an abnormally strong emotion might be evoked by anything accidentally associated with the persons in question, a condition that Professor Morton Prince described some ten years ago under the name of "association neurosis." This distortion in the manifestation of the activity of the mental complex is often exceedingly involved, and one of the main difficulties in the psycho-analytic method is the unraveling of the confused end-product, which clinically we call a symptom. The psychological mechanisms by means of which the distortion is brought about are very intricate, so that in the time allotted it would be impossible for me to describe them. They have been worked out with great accuracy and detail by Freud and Jung, and an exact study of them is essential to the use of the psycho-analytic method.

Investigation on the lines presently to be indicated discloses the fact that every psycho-neurotic symptom is to be regarded as the symbolic expression of a submerged mental complex of the nature of a wish. The wish itself on account of its unacceptable nature is concealed, and the symptom arises as a compromise between it and the repressing force exerted by the main personality. The stream of feeling that characterises the wish is dammed up, it can find no direct outlet and so flows into some abnormal direction. The metaphor of "side-tracking" is, I believe, used in American psychiatric circles to indicate this process. In more technical