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Sommario/riassunto	In The Objects of Life in Central Africa the history of consumption and social change from 1840 until 1980 is explored. By taking consumption as a vantage point, the contributions deviate from and add to previous works which have mainly analysed issues of production from an economic and political perspective. The chapters are broad-ranging in temporal and geographical focus, including contributions on Congo, Zambia, Zimbabwe and Angola. Topics range from the social history of firearms to the perception of the railway and include contributions on sewing machines, traders and advertising. By looking at the socio-economic, political and cultural meaning and impact of goods the history of Central Africa is reassessed.