## CONTENTS

Chapter		PAGE
I.	Introduction	1
II.	THE LAWS OF LEARNING IN ANIMALS	6
	onataciones of Immar Dearming	
III.	Associative Learning in Man	17
	Varieties of Learning	
	The Causatian of the Year Call 11 to 15	
	The Operation of the Laws of Habit in Man	
IV.	LEARNING BY ANALYSIS AND SELECTION	32
	Analysis and Selection in General	
	The Subtler Forms of Analysis	
	The Higher Forms of Selection	
v.	MENTAL FUNCTIONS	54
	The Organization of Connections	31
	The Description of Mental Functions	
	Characteristics of Mental Functions	
	The Concepts of Efficiency and Improvement	
	The Measurement of Efficiency	
	Summary	
VI.	THE IMPROVEMENT OF MENTAL FUNCTIONS BY	
	PRACTICE: SAMPLE STUDIES	85
	Improvement in Telegraphic Sending and Re-	05
	ceiving	
	A Sample Measurement of the Effect of Exercise	
	upon the Ability to Typewrite	
VII.	THE AMOUNT, RATE AND LIMIT OF IMPROVEMENT	116
	Experimental Results	
	The Frequency of Improvement	

CHAPTER	PAGE
V2	The Rapidity of Improvement under Experi- mental Conditions
	Differences amongst Individuals in the Rate of Improvement in the Same Function Differences in Functions in the Rate of Improve-
	ment
	The Commensurability of Gains by Different In- dividuals and in Different Functions
	The Limit of Improvement
VIII.	The Factors and Conditions of Improvement The Elements in Improvement External Conditions of Improvement Physiological Conditions of Improvement Psychological Conditions of Improvement Educational Conditions of Improvement
IX.	Changes in Rate of Improvement
X.	THE PERMANENCE OF IMPROVEMENT
XI.	Improvement in Informational, Appreciative, Analytic, and Selective Functions 332

CHAPTER		PAGE
XII.	THE INFLUENCE OF IMPROVEMENT IN ONE MENTAL	
	Function upon the Efficiency of Other	
	Functions	350
	Facilitation and Inhibition	
	Changes in Expectation of Mental Discipline	
	Cross Education	
	Experimental Data on the Spread of Improvement	
	The General Rationale of Mental Discipline	
	Mental Discipline in Schools	
	Present Opinion concerning Mental Discipline	
Вівцю	GRAPHY OF REFERENCES MADE IN THE TEXT	434
Index		443