CONTENTS

PART I

CHAPTER		PAGE
I.	MENTAL WORK AND FATIGUE: DEFINITIONS AND	
	Problems	I
	Mental Work versus Bodily Work	
	Mental Work versus Play and Mere Activity	
	The Concept of Mental Fatigue	
	The concept of Mental Paligue	
11.	THE DECREASE IN EFFICIENCY OF A SINGLE	
	FUNCTION UNDER CONTINUOUS EXERCISE	13
	A Sample Experiment	Ŭ
	The Amount and Rate of Fatigue of a Single	
	Function	
	I unction	
III.	THE CURVE OF WORK	45
	Initial Spurt	
	End Spurt	
	Spurt after Fatigue and Spurt after Disturbance	
	Rhythm of Attention	
	Other Rhythmical Fluctuations	
	•	
	Warming Up	
	Adaptation	
	Summary	
	Speculative Analyses of the Curve of Work	
	The Curve of Satisfyingness	
IV.	THE INFLUENCE OF CONTINUOUS MENTAL WORK,	
	SPECIAL OR GENERAL, UPON GENERAL ABILITY	79
	Experimental Results	13
	The Symptoms of Mental Fatigue	
	The Relations of 'Muscular' Work and Fatigue	
	The relations of muscular work and rangue	

to 'Mental' Work and Fatigue

CONTENTS

viii

CHAPTER							PAGE
V.	General	Theories	OF	Mental	Work	AŅD	
	Fatigu	Е					III
	Definiti	ons					
	Dodge':	s Theory of	Me	ntal Work	c		
	The M	echanical o	r E	nergy The	eory and	i the	
	Biol	logical or R	espor	nse Theory	7		

VI. THE HYGIENE OF MENTAL WORK 126 Means of Increasing Mental Efficiency Means of Preventing Injury from Over-work

PART II

INTRODUCTION TO PART II...... 142 VII. The Problems of Individual Differences A Concrete Illustration of the Problems of

Individual Differences

VIII. THE MEASUREMENT OF INDIVIDUAL DIFFERENCES 152 Simple and Compound Differences Units and Scales for Measuring Mental Differences

> The Variability of a Mental Measurement Tables of Frequency or Distribution

- THE INFLUENCE OF SEX 169 IX. Sex Differences in Ability Sex Differences in Variability Sex Differences in Traits Not Measured Objectively
- X. THE INFLUENCE OF REMOTE ANCESTRY OR RACE 206 A Sample Study of Racial Differences The Results of Measurements of Racial Mental Differences The Interpretation of the Differences between

One Race and Another in Achievement

	CONTENTS	ix
CHAPTER		PAGE
XI.	THE INFLUENCE OF IMMEDIATE ANCESTRY OR	
	 FAMILY The Variability of Individuals of the Same Sex and Ancestry Methods of Measuring Resemblance Measurements of Resemblance in Related Individuals 	225
	The Specialization of the Influence of Near Ancestry	
	The Analysis of Mental Inheritance	
XII.	THE INFLUENCE OF MATURITY Changes in Mental Traits with Age The Difficulties in Inferring Changes in In- dividuals with Age from Differences be- tween Old and Young Individuals	270
XIII	THE INFLUENCE OF THE ENVIRONMENT	281
	Difficulties in Estimating the Amount of In- fluence of the Environment	
	Measurements of the Influence of the Environ- ment	
	The Method of Action of Differences in En- vironment	
	The Relative Importance of Original Nature and Environment	
XIV.	THE NATURE AND AMOUNT OF INDIVIDUAL DIF- FERENCES IN SINGLE TRAITS The Amounts of Difference in Different Traits The Continuity of Mental Variations	315
	The Relative Frequencies of Different Amounts of Difference	
	The 'Chance' or 'Probability' Distribution in the case of Single Mental Traits	

~	CONTENTS
CHAPTER	Page
XV.	The Relations between the Amounts of
	DIFFERENT TRAITS IN THE SAME INDIVIDUAL 347
	The Measurement of Relations between Mental
	Traits
	The Relations between the Amounts of Dif-
	ferent Traits in the Same Individual
XVI.	THE NATURE AND AMOUNT OF INDIVIDUAL DIF-
	FERENCES IN COMBINATIONS OF TRAITS : TYPES
	OF INTELLECT AND CHARACTER
	A Sample Problem: Individual Differences in Imagery
	The Theory of Multiple Types and the Single-
	Type Theory
	Individual Differences in the Average Amount
	of a Combination of Traits
Biblio	GRAPHY OF REFERENCES MADE IN THE TEXT 389
_	

INDEX 401

.

i

.