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## Mental Fatigue

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By Tsuru Arai

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.This is probably the most intensive study of mental fatigue that has ever been made. After a splendid historical survey of the subject, the author recounts the results of experiments to determine the change in mental efficiency produced by various types of mental work. Among these was a careful study of the effects produced by the mental multiplication of four place by four place numbers continued for 12 hours without interruption. There was a gradual increase in the average time required for each multiplication, until at the close of the 12 hours the average time was almost double that at the beginning. The feeling of fatigue was only slightly correlated with the decrease in mental efficiency. - Journal of Educational Psychology [1913].



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