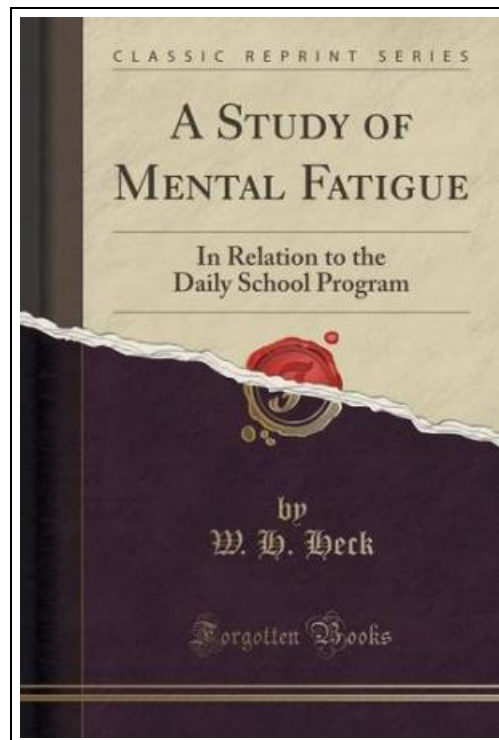


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Forgotten Books, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Excerpt from A Study of Mental Fatigue: In Relation to the Daily School Program American books on school management and hygiene show a practical though not complete agreement as to the curves of fatigue in relation to the daily school program. Conclusions from German experiments on fatigue are the main bases for this American opinion, which is somewhat as follows: The child s efficiency, on the average, is greatest from about 9:30 (after a period for settling down to work) to 11 a.m., and then declines until the noon intermission; the child comes back in the afternoon partially refreshed by the long recess and the midday meal, depending of course upon the length of the recess (usually one hour) and the quantity and quality of the food eaten; the second high plateau of efficiency, which is lower than the corresponding plateau of the morning session, extends from about 1:30 to 2:30 p.m., and is followed by a decline to the lowest point of the day at the time of dismissal. Some writers believe that the second plateau occurs later in the afternoon than 1:30 p.m. In a one-session school day the decline from the high morning plateau is interrupted to only a small degree by one or two short recesses, and extends to a point below that at the close of the morning session of a two-session day. Such text-book opinions are fast becoming guides for making daily school programs throughout the United States. About the Publisher Forgotten Books publishes hundreds of thousands of rare and classic books. Find more at This book is a reproduction of an important historical work. Forgotten Books uses state-of-the-art technology to digitally reconstruct the work,...



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