Sensation & Perception



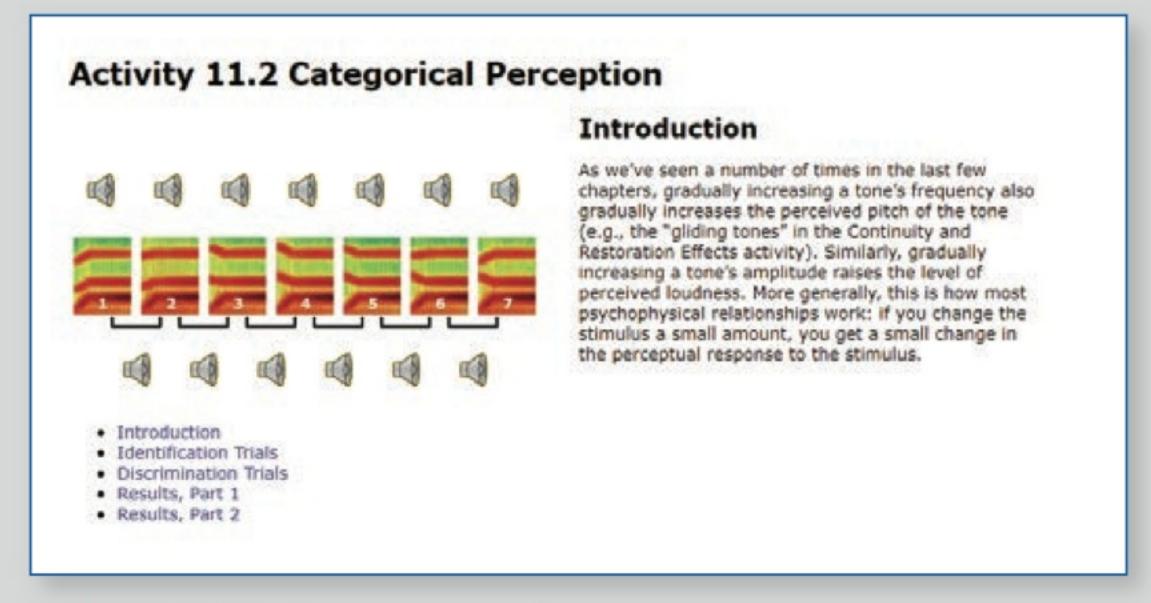


COMPANION WEBSITE oup.com/us/wolfe5e

The **Sensation & Perception**, Fifth Edition Companion Website is a free companion to the textbook that offers you a variety of resources to review chapter content, explore systems and processes, and learn terminology. The site includes the following:

Activity 8.2 Motion Detection Circuit Red Octagons: Delay Cells The red octagons represent delay cells. As you can see, each delay cell receives input from a blue photoreceptor cell and sends output to a purple multiplication cell. Each delay cell fires whenever it is stimulated by the photoreceptor it synapses with. But, as indicated by their name, delay cells do not react immediately upon being stimulated. Rather, each delay cell begins to fire exactly one second after it is stimulated by a blue photoreceptor cell. The delay cell then stops firing exactly one second after it starts. Set the Speed control to "Fast," move the spot of light to the far left position, and click the double-triangle on the right side of the control panel. Pay attention to the red delay cells as the spot moves quickly across the blue photoreceptors. You will see that the delay cells do indeed fire a second after their corresponding Also note that neither the purple nor the green cells fire when the spot of light moves at this "Fast" rate. To find out why, click on a purple cell to learn about what it does Blue Circles: Photoreceptor Cells Red Octagons: Delay Cells Purple Triangles: Multiplication Cells Green Squares: Motion Detector Cells

ACTIVITY 8.2 Motion Detection Circuit



ACTIVITY 11.2 Categorical Perception

CHAPTER OVERVIEWS introduce you to the important concepts presented in each chapter and how the activities explore these concepts.

ACTIVITIES bring to life many of the concepts and examples from the textbook, and give you the opportunity to explore them at your own pace. Referenced throughout the textbook, the activities include perception experiments, illusions that illustrate key concepts, models of cognitive processes, and interactive diagrams of important structures.

ESSAYS expand on selected topics from the textbook and provide additional coverage and examples. Referenced throughout the textbook, the essays include fascinating descriptions of phenomena, explanations of concepts, and real-world case studies and applications.

FLASHCARDS help you learn and review the hundreds of new terms introduced in the textbook.

THE GLOSSARY gives you quick access to definitions for all of the textbook's important terms.

Companion Website Activities and Essays

Throughout the textbook, you will see references to Companion Website resources in **blue text**. These refer to specific activities and essays that are relevant to the topic being discussed.

Below is the full list of activities and essays, by chapter.

CHAPTER	ACTIVITY	ACTIVITY	ESSAY
1	1.1 Psychophysics1.2 Fourier Analysis	1.3 Sensory Areas in the Brain1.4 Neurons	1.1 Senses of Reality Through the Ages
2	2.1 Visual System Overview2.2 From Sun to Eye2.3 Eye Structure2.4 Simulated Scotoma	2.5 Retinal Structure2.6 Phototransduction2.7 Acuity versus Sensitivity2.8 Ganglion Receptive Fields	2.1 How Many Quanta Does It Take?2.2 Clinical Case: The Man Who Couldn't Read2.3 Seeing Illusory Stripes and Spots
3	3.1 Visual Angle3.2 Foveal Acuity3.3 Gabor Patches	3.4 Striate Receptive Fields3.5 Hypercolumns	3.1 Hyperacuity3.2 The Whole Brain Atlas3.3 Seeing Images on the Cortex
4	4.1 Object Substitution Masking4.2 Gestalt Grouping Principles4.3 Object Ambiguity4.4 Infant Object Perception	4.5 Pandemonium4.6 Viewpoint Effects4.7 The Face Inversion Effect	 4.1 The Role of Knowledge in Figure–Ground Assignment 4.2 Dynamic Occlusion 4.3 Bayesian Analysis 4.4 Face Blindness
5	5.1 The Principle of Univariance5.2 Trichromacy5.3 Color Mixing	5.4 Afterimages5.5 Color Constancy5.6 Illusions of Lighting	 5.1 More About Opponent Processing in Color Vision 5.2 The Philosophical Problem of "Inverted Qualia" 5.3 Experiencing Color Blindness 5.4 Color Constancy in the Lab
6	6.1 Monocular Depth Cues6.2 Binocular Disparity	6.3 Stereoscopes and Stereograms6.4 Stereoscopic Correspondence	6.1 Making the Implicit Explicit6.2 Stereo Images on the Web6.3 Stereo Movies, TV, and Video Games6.4 The Moon Illusion
7	7.1 Attentional Cueing7.2 Visual Search7.3 The RSVP Paradigm	7.4 The Attentional Blink and Repetition Blindness7.5 Change Blindness7.6 The Attentional Bottleneck	7.1 Balint Syndrome7.2 Boundary Extension7.3 Attentional Capture
8	8.1 Motion Aftereffects8.2 Motion Detection Circuit8.3 Types of Motion	8.4 Motion Correspondence8.5 Eye Movements	8.1 Perceiving Motion in Static Images8.2 Beyond Second-Order Motion
9	9.1 What We Hear9.2 Structure of the Auditory System	9.3 Equal-Loudness Curves	
10	10.1 Auditory Localization Cues10.2 The Missing-Fundamental Effect10.3 Timbre	10.4 Auditory Stream Segregation10.5 Continuity and Restoration Effects	10.1 Reverberations and the Precedence Effect
11	11.1 Notes, Chords, and Octaves11.2 Categorical Perception	11.3 The McGurk Effect11.4 Word Breaks	11.1 Studying Brain Areas for Language Processing
12	12.1 A Guided Tour of the Vestibular System12.2 Sinusoidal Motion	12.3 Observing Torsional Eye Movement	12.1 Gravity versus Linear Acceleration12.2 Canal–Otolith Integration12.3 Space Motion Sickness
13	13.1 The Need for Touch13.2 Somatosensory Receptors13.3 The Sensory Homunculus	13.4 The Rubber Hand Illusion13.5 Two-Point Touch Thresholds13.6 Haptic Object Recognition	13.1 Living without Kinesthesis13.2 Body Image13.3 Phantom Limbs13.4 Lego Blocks Front and Back
14	14.1 Olfactory Anatomy14.2 Odor Adaptation and Habituation	14.3 Sensory Memory Cues	14.1 Smell-O-Vision14.2 Olfactory Lateralization14.3 Verbal-Olfactory Interactions
15	15.1 Taste without Smell	15.2 Gustatory Anatomy	15.1 Water Tastes







Jeremy M. Wolfe

Brigham & Women's Hospital Harvard University Medical School

Keith R. Kluender

Purdue University

Dennis M. Levi

University of California, Berkeley

Linda M. Bartoshuk

University of Florida

Rachel S. Herz

Brown University

Roberta L. Klatzky

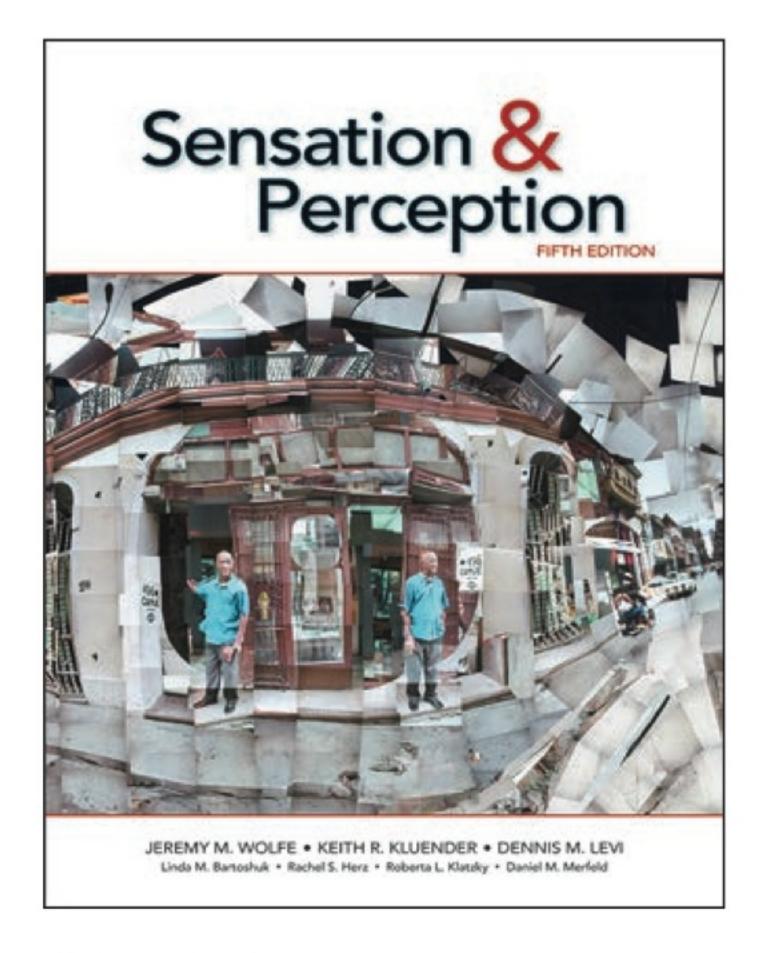
Carnegie Mellon University

Daniel M. Merfeld

The Ohio State University



NEW YORK OXFORD OXFORD UNIVERSITY PRESS



About the cover

Mark Guglielmo, *El Pintor Lincoln Camué* | *The Painter Lincoln Camué*,
Santiago de Cuba, 2015, photo-mosaic,
50 × 94 inches.

Sensation & Perception, Fifth Edition

Oxford University Press is a department of the University of Oxford. It furthers the University's objective of excellence in research, scholarship, and education by publishing worldwide. Oxford is a registered trade mark of Oxford University Press in the UK and certain other countries.

Published in the United States of America by Oxford University Press 198 Madison Avenue, New York, NY 10016, United States of America

© 2018 Oxford University Press

Sinauer Associates is an imprint of Oxford University Press.

For titles covered by Section 112 of the US Higher Education Opportunity Act, please visit www.oup.com/us/he for the latest information about pricing and alternate formats.

All rights reserved. No part of this publication may be reproduced, stored in a retrieval system, or transmitted, in any form or by any means, without the prior permission in writing of Oxford University Press, or as expressly permitted by law, by license, or under terms agreed with the appropriate reproduction rights organization. Inquiries concerning reproduction outside the scope of the above should be sent to the Rights Department, Oxford University Press, at the address above.

You must not circulate this work in any other form and you must impose this same condition on any acquirer.

Address editorial correspondence to: Sinauer Associates 23 Plumtree Road Sunderland, MA 01375 U.S.A. publish@sinauer.com

Address orders, sales, license, permissions, and translation inquiries to: Oxford University Press U.S.A.

2001 Evans Road Cary, NC 27513 U.S.A. Orders: 1-800-445-9714

Library of Congress Cataloging-in-Publication Data

Names: Wolfe, Jeremy M., author. | Kluender, Keith R., author. | Levi, Dennis M., author.

Title: Sensation & perception / Jeremy M. Wolfe, Brigham & Women's Hospital/Harvard University Medical School, Keith R. Kluender, Purdue University, Dennis M. Levi, University of California, Berkeley, Linda M. Bartoshuk, University of Florida, Rachel S. Herz, Brown University, Roberta Klatzky, Carnegie Mellon University, Daniel M. Merfeld, Ohio State University.

Other titles: Sensation and perception

Description: Fifth Edition. | New York, NY: Sinauer Associates is an imprint of Oxford University Press, 2017. | Revised edition of Sensation & perception, [2015] | Includes bibliographical references and index.

Identifiers: LCCN 2017042012 | ISBN 9781605356419 (hardback)

Subjects: LCSH: Senses and sensation. | Perception. | BISAC: PSYCHOLOGY / General.

Classification: LCC QP431 .S445 2017 | DDC 612.8084/6--dc23

LC record available at https://lccn.loc.gov/2017042012

987654321

Printed in the United States of America

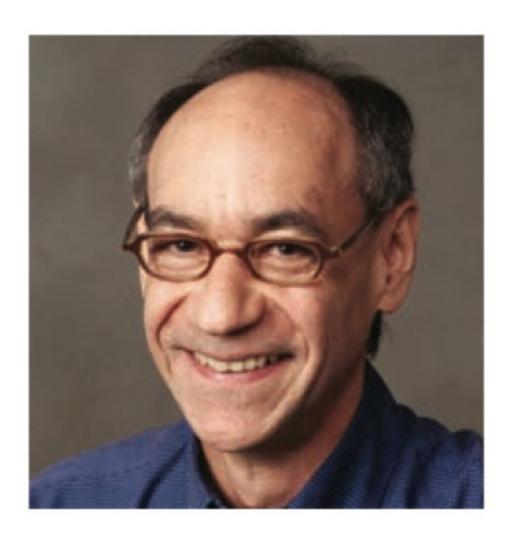
Brief Contents

CHAPTER 1	Introduction 2			
CHAPTER 2	The First Steps in Vision: From Light to Neural Signals 34			
CHAPTER 3	Spatial Vision: From Spots to Stripes 60			
CHAPTER 4	Perceiving and Recognizing Objects 98			
CHAPTER 5	The Perception of Color 136			
CHAPTER 6	Space Perception and Binocular Vision 174			
CHAPTER 7	Attention and Scene Perception 218			
CHAPTER 8	Visual Motion Perception 256			
CHAPTER 9	Hearing: Physiology and Psychoacoustics 282			
CHAPTER 10	Hearing in the Environment 314			
CHAPTER 11	Music and Speech Perception 348			
CHAPTER 12	Vestibular Sensation 378			
CHAPTER 13	Touch 420			
CHAPTER 14	Olfaction 462			
CHAPTER 15	Taste 508			

About the Authors



JEREMY M. WOLFE is Professor of Ophthalmology and Radiology at Harvard Medical School. Dr. Wolfe was trained as a vision researcher/experimental psychologist and remains one today. His early work includes papers on binocular vision, adaptation, and accommodation. The bulk of his recent work has dealt with visual search and visual attention in the lab and in real-world settings such as airport security and cancer screening. He taught Introductory Psychology for over twenty-five years at the Massachusetts Institute of Technology, where he won the Baker Memorial Prize for undergraduate teaching in 1989. He directs the Visual Attention Lab and the Center for Advanced Medical Imaging of Brigham and Women's Hospital.



DENNIS M. LEVI has taught at the University of California, Berkeley since 2001. He is Dean/Professor in the School of Optometry and Professor at the Helen Wills Neuroscience Institute. In the lab, Dr. Levi and colleagues use psychophysics, computational modeling, and brain imaging (fMRI) to study the neural mechanisms of normal pattern vision in humans, and to learn how they are degraded by abnormal visual experience (amblyopia).



KEITH R. KLUENDER is Department Head, Professor of Speech, Language, and Hearing Sciences, and Professor of Psychological Sciences at Purdue University. His research encompasses: how people hear complex sounds such as speech; how experience shapes the way we hear; how what we hear guides our actions and communication; clinical problems of hearing impairment or language delay; and practical concerns about computer speech recognition and hearing aid design. Dr. Kluender is deeply committed to teaching, and has taught a wide array of courses—philosophical, psychological, and physiological.



LINDA M. BARTOSHUK is Bushnell Professor, Department of Food Science and Human Nutrition at the University of Florida. Her research on taste has opened up broad new avenues for further study, establishing the impact of both genetic and pathological variation in taste on food preferences, diet, and health. She discovered that taste normally inhibits other oral sensations such that damage to taste leads to unexpected consequences like weight gain and intensified oral pain. Most recently, working with colleagues in Horticulture, her group found that a considerable amount of the sweetness in fruit is actually produced by interactions between taste and olfaction in the brain. This may lead to a new way to reduce sugar in foods and beverages.

RACHEL S. HERZ is an Adjunct Assistant Professor in the Department of Psychiatry and Human Behavior at Brown University's Warren Alpert Medical School and Part-time Faculty in the Psychology Department at Boston College. Her research focuses on a number of facets of olfactory cognition and perception and on emotion, memory, and motivated behavior. Using an experimental approach grounded in evolutionary theory and incorporating both cognitive—behavioral and neuropsychological techniques, Dr. Herz aims to understand how biological mechanisms and cognitive processes interact to influence perception, cognition, and behavior.



ROBERTA L. KLATZKY is the Charles J. Queenan, Jr. Professor of Psychology at Carnegie Mellon University, where she also holds faculty appointments in the Center for the Neural Basis of Cognition and the Human–Computer Interaction Institute. She has done extensive research on haptic and visual object recognition, space perception and spatial thinking, and motor performance. Her work has application to haptic interfaces, navigation aids for the blind, image-guided surgery, teleoperation, and virtual environments.



DANIEL M. MERFELD is a Professor at The Ohio State University and also serves as the Senior Vestibular Scientist at the Naval Medical Research Unit in Dayton (NAMRUD). Much of his research career has been spent studying how the brain combines information from multiple sources, with a specific focus on how the brain processes ambiguous sensory information from the vestibular system in the presence of noise. Translational work includes research developing new methods to help diagnose patients experiencing vestibular symptoms and research developing vestibular implants for patients who have severe problems with their vestibular organs.



Contents

Introduction 2	
Welcome to Our World 2	Sensory Neuroscience and
Sensation and Perception 3	the Biology of Perception 19
Thresholds and the	Neuronal Connections 23
Dawn of Psychophysics 6	Neural Firing: The Action Potential 24
Psychophysical Methods 8	Neuroimaging 26
Scaling Methods 10	Development over the Life Span
Signal Detection Theory 13	Summary 32
Fourier Analysis 17	

2

The First Steps in Vision: From Light to Neural Signals 34

A Little Light Physics 34

Eyes That Capture Light 37

Focusing Light onto the Retina 38
The Retina 41
What the Doctor Saw 41
Retinal Geography and Function 43

Dark and Light Adaptation 46

Pupil Size 47

Photopigment Regeneration 47

Sensation & Perception in Everyday Life:

When Good Retina Goes Bad 48

The Duplex Retina 48 Neural Circuitry 48

Retinal Information Processing 49

Light Transduction by Rod and Cone Photoreceptors 49

Lateral Inhibition through Horizontal and Amacrine Cells 52

Convergence and Divergence of Information via Bipolar Cells 52

Communicating to the Brain via Ganglion Cells 53

Scientists at Work: Is One Photon Enough to See? 57



Spatial Vision: From Spots to Stripes

Visual Acuity: Oh Say, Can You See? 61

A Visit to the Eye Doctor 65 More Types of Visual Acuity 66 Acuity for Low-Contrast Stripes 67 Why Sine Wave Gratings? 70

Retinal Ganglion Cells and Stripes 71

The Lateral Geniculate Nucleus 72

The Striate Cortex 73

The Topography of the Human Cortex 76 Some Perceptual Consequences of Cortical Magnification 77

Receptive Fields in Striate Cortex 78

Orientation Selectivity 79 Other Receptive-Field Properties 80 Simple and Complex Cells 80 Further Complications 81

Columns and Hypercolumns 82

Selective Adaptation: The Psychologist's Electrode 85

The Site of Selective Adaptation Effects 89 Spatial Frequency–Tuned Pattern Analyzers in Human Vision 89

The Development of Vision 92

Sensation & Perception in Everyday Life:

The Girl Who Almost Couldn't See Stripes 93

Development of the Contrast Sensitivity Function 94 Scientists at Work: Does the Duck's Left Eye Know What the Right Eye Saw? 95

Summary 95

Perceiving and Recognizing Objects 98

From Simple Lines and Edges to **Properties of Objects** 99

Scientists at Work: Rüdiger von der Heydt, Border Ownership, and Transparency 102

What and Where Pathways 103

The Problems of Perceiving and Recognizing Objects 106

Mid-level Vision 108

Finding Edges 108 Texture Segmentation and Grouping Figure and Ground 118 Dealing with Occlusion 120

Parts and Wholes 121 Summarizing Mid-level Vision 121 From Metaphor to Formal Model 122

Sensation & Perception in Everyday Life:

Material Perception: The Everyday Problem of Knowing What It Is Made Of 123

Object Recognition 124

Multiple Recognition Committees? 130 Faces: An Illustrative Special Case 131

The Perception of Color 136

Basic Principles of Color Perception 137

Three Steps to Color Perception 138

Step 1: Color Detection 138

Step 2: Color Discrimination 139

The Principle of Univariance 139
The Trichromatic Solution 141
Metamers 141

The History of Trichromatic Theory 143
A Brief Digression into Lights, Filters,
and Finger Paints 144

From Retina to Brain: Repackaging the Information 145

Cone-Opponent Cells in the Retina and LGN 146 A Different Ganglion Cell Helps to Keep Track of Day and Night 147

Step 3: Color Appearance 148

Three Numbers, Many Colors 148

Sensation & Perception in Everyday Life: Picking Colors 149

The Limits of the Rainbow 150 Opponent Colors 151 Color in the Visual Cortex 153

Individual Differences in Color Perception 155

Language and Color 155 Genetic Differences in Color Vision 158

From the Color of Lights to a World of Color 159

Adaptation and Afterimages 160
Color Constancy 163
The Problem with the Illuminant 164
Physical Constraints Make Constancy
Possible 164

What Is Color Vision Good For? 167

Scientists at Work: Filtering Colors 171

Summary 172

6

Space Perception and Binocular Vision 174

Monocular Cues to Three-Dimensional Space 178

Pictorial Depth Cues 179 Occlusion 179

Size and Position Cues 180

Aerial Perspective 183

Linear Perspective 184
Seeing Depth in Pictures 185

Triangulation Cues to

Three-Dimensional Space 187

Motion Cues 187

Accommodation and Convergence 189

Binocular Vision and Stereopsis 190

Stereoscopes and Stereograms 194

Sensation & Perception in Everyday Life:

Recovering Stereo Vision 196

Random Dot Stereograms 197
Using Stereopsis 199
Stereoscopic Correspondence 200
The Physiological Basis of Stereopsis and Depth Perception 202

Combining Depth Cues 204

The Bayesian Approach Revisited 204
Illusions and the Construction of Space 206
Binocular Rivalry and Suppression 208

Development of Binocular Vision and Stereopsis 210

Abnormal Visual Experience Can Disrupt Binocular Vision 213

Scientists at Work: Stereopsis in a Hunting Insect 215

Attention and Scene Perception 218

Selection in Space 221

The "Spotlight" of Attention 223

Visual Search 224

Feature Searches Are Efficient 225

Many Searches Are Inefficient 226

In Real-World Searches, Basic Features Guide Visual Search 227

In Real-World Searches, Properties of Scenes Guide Visual Search 228

The Binding Problem in Visual Search 229

Attending in Time: RSVP and the Attentional Blink 230

The Physiological Basis of Attention 233

Attention Could Enhance Neural Activity 233 Attention Could Enhance the Processing of a

Specific Type of Stimulus 234

Attention and Single Cells 234

Attention May Change the Way Neurons Talk to Each Other 237

Disorders of Visual Attention 237

Neglect 238

Extinction 239

Sensation & Perception in Everyday Life:

Selective Attention and Attention Deficit Hyperactivity Disorder (ADHD) 240

Perceiving and Understanding Scenes 241

Two Pathways to Scene Perception 241

The Nonselective Pathway Computes Ensemble Statistics 241

The Nonselective Pathway Computes Scene Gist and Layout—Very Quickly 242

Scientists at Work: Do Ensembles

Make Gists? 245

Memory for Objects and Scenes Is Amazingly Good 246

But, Memory for Objects and Scenes Can Be Amazingly Bad: Change Blindness 249

What Do We Actually See? 250

Summary 253

8

Visual Motion Perception 256

Motion Aftereffects 257

Computation of Visual Motion 259

Apparent Motion 261

The Correspondence Problem—Viewing through an Aperture 262

Detection of Global Motion in Area MT 264

Sensation & Perception in Everyday Life:

The Man Who Couldn't See Motion 266

Second-Order Motion 267

Motion Induced Blindness (MIB) 268

Using Motion Information 269

Going with the Flow: Using Motion Information to Navigate 269

Avoiding Imminent Collision: The Tao of Tau 270 Something in the Way You Move: Using Motion Information to Identify Objects 271

Eye Movements 272

Physiology and Types of Eye Movements 273
Eye Movements and Reading 276
Saccadic Suppression and the Comparator 276
Updating the Neural Mechanisms for Eye
Movement Compensation 278

Development of Motion Perception 278

Scientists at Work: Guess Who's Coming to Dinner 279

Hearing: Physiology and Psychoacoustics 282

The Function of Hearing 283

What Is Sound? 284

Basic Qualities of Sound Waves: Frequency and Amplitude 284 Sine Waves and Complex Sounds 286

Basic Structure of the Mammalian Auditory System 287

Outer Ear 288
Middle Ear 288
Inner Ear 290
The Auditory Nerve 296
Auditory Brain Structures 300

Basic Operating Characteristics of the Auditory System 302

Intensity and Loudness 303

Scientists at Work: Why Don't Manatees Get Out of the Way When a Boat Is Coming? 305

Frequency and Pitch 306

Hearing Loss 307

Treating Hearing Loss 309
Using versus Detecting Sound 311

Sensation & Perception in Everyday Life:

Electronic Ears 312

Summary 313

10 Hearing in the Environment 314

Sound Localization 316

Interaural Time Difference 317
Interaural Level Difference 320
Cones of Confusion 321
Pinnae and Head Cues 322

Scientists at Work: Vulcan Ears 326

Auditory Distance Perception 326 Spatial Hearing When Blind 329

Complex Sounds 330

Harmonics 330 Timbre 331

Sensation & Perception in Everyday Life:

Auditory "Color" Constancy 333

Attack and Decay 335

Auditory Scene Analysis 336

Spatial, Spectral, and Temporal Segregation 337 Grouping by Timbre 338 Grouping by Onset 339 When Sounds Become Familiar 341

Continuity and Restoration Effects 342

Restoration of Complex Sounds 343

Auditory Attention 344

Music and Speech Perception 348

Music 349

Musical Notes 350

Sensation & Perception in Everyday Life:

Music and Emotion 354

Making Music 355

Speech 357

Speech Production 357

Speech Perception 362

Scientists at Work: Tickling the Cochlea 368

Learning to Listen 369 Speech in the Brain 373

Summary 376

Vestibular Sensation 378

Vestibular Contributions 381

Evolutionary Development and Vestibular Sensation 382

Modalities and Qualities of Spatial Orientation 383

Sensing Angular Motion, Linear Motion, and Tilt 383

Sensation & Perception in Everyday Life:

The Vestibular System, Virtual Reality, and Motion Sickness 384

Basic Qualities of Spatial Orientation: Amplitude and Direction 385

The Vestibular Periphery 387

Hair Cells: Mechanical Transducers Semicircular Canals 389 Otolith Organs 395

Spatial Orientation Perception 398

Rotation Perception 399 Translation Perception 400 Tilt Perception 401

Sensory Integration 402

Visual-Vestibular Integration 402

Active Sensing 404

Reflexive Vestibular Responses 405

Vestibulo-Ocular Responses 405 Vestibulo-Autonomic Responses 408 Vestibulo-Spinal Responses 410

Spatial Orientation Cortex 413

Vestibular Thalamocortical Pathways 414 Cortical Influences 414

When the Vestibular System Goes Bad 416

Falls and Vestibular Function 416 Mal de Debarquement Syndrome 416 Ménière's Syndrome 417

Scientists at Work: Vestibular Aging 417

Sensation & Perception in Everyday Life:

Amusement Park Rides—Vestibular Physics Is Fun 418

13 Touch 420

Touch Physiology 422

Touch Receptors 422 From Skin to Brain 430 Pain 436

Scientists at Work: Tickling Rats 438

Tactile Sensitivity and Acuity 441

How Sensitive Are We to Mechanical Pressure? 441 How Finely Can We Resolve Spatial Details? 442 How Finely Can We Resolve Temporal Details? 444 Do People Differ in Tactile Sensitivity? 444

Haptic Perception 446

Perception for Action 446
Action for Perception 447
The What System of Touch: Perceiving Objects and Their Properties 448
The Where System of Touch: Locating Objects 454
Tactile Spatial Attention 455
Social Touch 456
Interactions between Touch and Other Modalities 457
Sensation & Perception in Everyday Life:

Haptic Simulation for Surgical Training 459

Summary 460

14 Olfaction 462

Olfactory Physiology 464

Odors and Odorants 464
The Human Olfactory Apparatus 465
Sensation & Perception in Everyday Life:
Anosmia 469

Neurophysiology of Olfaction 470

The Genetic Basis of Olfactory Receptors 473
The Feel of Scent 476

From Chemicals to Smells 477

Theories of Olfactory Perception 477
The Importance of Patterns 480
Is Odor Perception Synthetic or Analytical? 481
The Power of Sniffing 483
Odor Imagery 484

Olfactory Psychophysics, Identification, and Adaptation 484

Detection, Discrimination, and Recognition 484
Psychophysical Methods for Detection and
Discrimination 486

Identification 486

Individual Differences 488

Scientists at Work: A New Test to Diagnose Parkinson's Disease 490

Adaptation 491

Cognitive Habituation 493

Olfactory Hedonics 494

Familiarity and Intensity 495
Nature or Nurture? 495
An Evolutionary Argument 497
Caveats 498

Associative Learning and Emotion: Neuroanatomical and Evolutionary Considerations 499

The Vomeronasal Organ, Human Pheromones, and Chemosignals 500

Sensation & Perception in Everyday Life: Odor-Evoked Memory and the Truth behind Aromatherapy 503

15 Taste 508

Taste versus Flavor 509

Localizing Flavor Sensations 510

Sensation & Perception in Everyday Life:

Volatile-Enhanced Taste: A New Way to Safely Alter Flavors 512

Anatomy and Physiology of the Gustatory System 513

Taste Myth: The Tongue Map 515
Taste Buds and Taste Receptor Cells 515
Extraoral Locations for Taste Receptors 517
Taste Processing in the Central
Nervous System 517

The Four Basic Tastes? 519

Salty 519 Sour 520 Bitter 520 Sweet 522

Are There More Than Four Basic Tastes? Does It Matter? 524

Umami 524 Fat 525

Glossary G-1
References R-1
Photo Credits P-1
Index I-1

Genetic Variation in Bitter 525

Supertasters 526 Health Consequences of Variation in Taste Sensations 528

How Do Taste and Flavor Contribute to the Regulation of Nutrients? 529

Taste 529

Scientists at Work: The Role of Food Preferences in Food Choices 529

Flavor 531 Is All Olfactory Affect Learned? 532

The Nature of Taste Qualities 533

Taste Adaptation and Cross-Adaptation 534
Pleasure and Retronasal versus
Orthonasal Olfaction 534
The Pleasure of the Burn of Chili Peppers 534
Summary 536

Preface

If you are lucky, you will have a career doing something that you really enjoy. We, the authors of this book, are lucky. We are fascinated by the human senses and we are fortunate enough to be employed to investigate how different aspects of different senses work. We want to know the answers to fundamental questions about the senses: How does our brain create a three-dimensional perception of the world from two-dimensional images, formed on the back of each eye? Why do some substances taste "sweet"? We also want to know the answers to perceptual questions that arise from important problems in the world, so we work on problems like oral pain or disorders of balance that have medical applications, or issues such as airport security that have broader societal implications.

We wrote this undergraduate textbook in the hope that we might spread some of our enthusiasm to you, our reader. In service of that goal, each of the 15 chapters of this book aims to tell a coherent and interesting story that will give the reader enough background and exposure to current research to understand why these topics are interesting and how they might be further investigated. For every topic in the book, we are acutely aware that there is vastly more information than we can squeeze into a chapter. Moreover, we are not naive or immodest enough to believe that you will devour a chapter on "The Perception of Color" or "Perceiving and Recognizing Objects" in the way that you might devour a good novel. However, we do hope that you will find each chapter to be more than a compilation of facts. We hope to be like Cleopatra in Shakespeare's play "Anthony and Cleopatra": while other texts may "cloy the appetites they feed," we hope our work "makes hungry where most it satisfies" (Act 2, Scene 2). It is our hope that this book teaches enough to inspire the reader to want to know more.

In service of these goals, we have produced a textbook that is reasonably comprehensive while still being digestible. It is possible that you, the student, may not think so at 3:00 a.m. the day before the final exam, but that was the goal. We want to present a coherent introduction to

the important topics in our field. As noted, we can't cover *everything*. If you, the instructor, or you, the interested student, think we missed something that should be in here, please feel encouraged to drop us an email. Each time we revise the book, we add some new topics and we take some material out.

Some of that extra material can be found on the text's companion website, oup.com/us/wolfe5e. There you will find a number of brief essays on topics that we broken-heartedly removed from earlier versions of our chapters. Given the chance, each of us can talk your ear off on the topics in this book, but we have sincerely tried to avoid doing this. In addition to the essays, the website features a host of great demonstrations made possible by Evan Palmer of San Jose State University, the guardian of our website.

In trying to convey our enthusiasm for this material, we wanted to create a beautiful book. If we have succeeded, it is in no small part due to our publisher, Sinauer Associates. The people at Sinauer produce beautiful books and we have enjoyed working with their talented editors to produce a book that strives to be both aesthetically and intellectually appealing.

We were pleased by the reception of the earlier editions of our textbook and pleased that this reception warranted a Fifth Edition. Between editions, each of us keeps an eye out for new findings that seem worthy of note in the textbook. When it comes to writing, we always discover that we have more new material that we can squeeze in but, in each chapter, you will find some of what we have learned since the Fourth Edition. One new feature in the Fifth Edition is called *Scientists at Work*. In these highlighted sections, you will find a more extended discussion of one piece of research. The goal of this feature is to show you how to think like a scientist, and what the thought process is in designing experiments that yield scientific results. Another feature of the textbook are Sensation & Perception in Everyday Life boxes. Here we discuss the application of basic scientific knowledge to practical problems in the real world. For example, as you will see in Chapter 5, aspects of

the color picker in your graphics program can be directly traced to our understanding of how your eye and brain derive the experience of color from different mixtures of wavelengths of light. We trust that you will recognize or even invent other applications of the information presented here. That, as they say, is an exercise for the reader. Speaking of readers, it is always a question whether or not anyone actually reads the preface. If you did and you are reading this, please send a note to jwolfe@bwh.harvard.edu. It is fun to hear from folks in the field. If you are reading this for a course, tell us who is teaching. Odds are that one of us knows your instructor. Please also feel encouraged to send us notes and comments about the actual text. There are quite a few changes in the current edition that were driven by intelligent reader comments about the previous editions. Thanks.

ACKNOWLEDGMENTS

Our editor, Sydney Carroll has kept this project going over several editions and always manages to gracefully cajole us into doing our work more-or-less on time. Lou Doucette did a fantastic job copyediting. She caught our errors, improved our words, and made our text fit for public use. Mark Siddall came up with an endless set of clever ideas for better images and photos (check out Figure 7.33). Danna Lockwood coordinated and oversaw the entire production process, as well as developed figures, helped clarify prose, and corrected any leftover inconsistencies or unclear writing. We also wish to thank the entire production department at Sinauer, especially Christopher Small and Ann Chiara, who created an elegant book design and cover. Mike Demaray, Craig Durant, and colleagues at Dragonfly Media Group created the beautiful art program of this text.

The following reviewers read and critiqued drafts and/ or previous versions of the text, and we are grateful for their expert assistance:

Nicole D. Anderson, MacEwan University
Jeffrey Andre, James Madison University
Martin Arguin, University of Montreal
Simona Buetti, University of Illinois at UrbanaChampaign

Cheryl A. Camenzuli, Molloy College
Leslie Cameron, Carthage College
Linda C. Carson, University of Waterloo
Kathleen Cullen, McGill University

Thomas A. Daniel, Westfield State University
Nicolas Davidenko, University of California, Santa Cruz
Christopher DiMattina, Florida Gulf Coast University

Joshua Dobias, Rutgers, The State University of New Jersey

Colin Ellard, University of Waterloo Stephen Emrich, Brock University

Rhea Eskew, Northeastern University

Danielle Gagne, Alfred University

Carmela Gottesman, University of South Carolina, Salkehatchie

Michael E. Hildebrand, Carleton University

Eric Jackson, University of New Mexico Aaron Johnson, Concordia University

Ingrid S. Johnsrude, Western University

Jane Karwoski, University of Nevada, Las Vegas

Brock Kirwan, Brigham Young University

Roger Kreuz, University of Memphis

Leslie D. Kwakye, Oberlin College

Michael Landy, New York University

Michael Lantz, Concordia University at Loyola

Glenn Legault, Laurentian University

Max Levine, Siena College

Olga Lipatova, Christopher Newport University Zili Liu, University of California, Los Angeles Alejandro Lleras, University of Illinois at Urbana-Champaign

Justin A. MacDonald, New Mexico State University Kristen L. Macuga, Oregon State University

Janice C. McMurray, University of Nevada, Las Vegas John Monahan, Central Michigan University

Richard Murray, York University

Gina O'Neal-Moffitt, Florida State University

Michael Owren, Emory University

Jennifer Peszka, Hendrix College

Robert Remez, Barnard College, Columbia University Adrián Rodríguez-Contreras, The City College of New York

Lisa Sanders, University of Massachusetts, Amherst Eriko Self, California State University, Fullerton Kevin Seybold, Grove City College Steve Shevell, University of Illinois at Chicago Rachel Shoup, California State University, East Bay T.C. Sim, Sam Houston State University

Joel Snyder, University of Nevada, Las Vegas

xviii PREFACE

Miriam Spering, University of British Columbia
Kenneth Steele, Appalachian State University
Julia Strand, Carleton College
William Stine, University of New Hampshire
Greg Stone, Arizona State University
Duje Tadin, University of Rochester
Jeroen van Boxtel, University of California, Los Angeles
Rachel Walker, Charleston Southern University
Dirk B. Walther, University of Toronto
Scott N.J. Watamaniuk, Wright State University
Laurie Wilcox, York University

Finally, many, many colleagues sent us reprints and answered questions about points both specific and general. We gratefully acknowledge their help even if we cannot list all of their names (and even if we may *still* have failed to get things *exactly* right). We are also indebted to the users of the text, students, and faculty who pointed out errors, typos, and other shortcomings in the first four editions. We hope we caught them all and we hope that the readers of this edition will continue to offer us assistance. As noted earlier in the preface, if you find a flaw or if you have any other comment—even a positive one—please feel encouraged to let us know. You can use jwolfe@bwh.harvard.edu as a point of contact for all of us.

Media and Supplements

FOR THE STUDENT

Companion Website (oup.com/us/wolfe5e)

The Sensation & Perception, Fifth Edition companion website provides students with a variety of interactive resources and study and review materials to help them master the important concepts covered in the textbook. The site is available to students free of charge and includes the following resources:

- Introductions give students an engaging entry point into the important concepts presented in each chapter.
- Web Activities lead students through important processes, phenomena, and structures. These interactive exercises give students the opportunity to explore a variety of topics in an interactive, exploratory format, including perception experiments, illusions that illustrate key concepts, models of cognitive processes, and interactive diagrams of important structures.
- Web Essays expand on selected topics from the textbook and provide additional coverage and examples.
- *Flashcards* help students master the hundreds of new terms introduced in the textbook.
- An online *Glossary* provides definitions for all textbook bolded terms.

Dashboard (www.oup.com/us/dashboard)

Dashboard delivers a wealth of automatically-graded quizzes and study resources for *Sensation & Perception*, along with an interactive eBook, all in an intuitive, web-based learning environment. See below for details.

FOR THE INSTRUCTOR

Ancillary Resource Center (oup-arc.com/access/wolfe-5e)

- Textbook Figures and Tables: All of the figures and tables from the textbook, formatted for optimal legibility when projected. Complex images are provided in both a whole and split version.
- *PowerPoint Presentations*: For each chapter of the textbook, two PowerPoint presentations are provided:
 - Figures & Tables: All of the figures and tables from the chapter, with titles on each slide, and complete captions in the Notes field.
 - *Lecture*: A complete lecture presentation that consists of a detailed lecture outline with selected figures and tables.
- Instructor's Manual: A variety of resources to aid in course development, lecture planning, and assessment. The Instructor's Manual includes the following resources for each textbook chapter: Chapter Overview, Chapter Outline, Chapter Summary, Learning Objectives, and References for Lecture Development.
- *Test Bank*: A complete set of multiple-choice, short answer, and essay questions for each chapter of the textbook. Questions cover the full range of material covered in each chapter, including both factual and conceptual questions, and all are keyed to specific textbook sections, learning objectives, and Bloom's taxonomy. Available in Microsoft Word, Diploma, and LMS formats.

Dashboard (www.oup.com/us/dashboard)

Dashboard by Oxford University Press delivers a wealth of study resources and automatically-graded quizzes for *Sensation & Perception* in an intuitive, web-based learning environment. A built-in color-coded gradebook allows instructors to track student progress. Dashboard includes:

- Interactive eBook: A complete eBook is integrated into Dashboard and includes in-text links to Activities and Essays.
- All Student Companion Website Resources: Activities, Overviews, Web Essay, Flashcards, and Glossary.
- Activity Quizzes: Each activity is accompanied by a brief assignable quiz, giving instructors the option to use the activities as assignments.
- *Study Questions*: A set of questions designed to give students the opportunity to test their understanding of each chapter's material.
- *Chapter Summaries*: Review activities that combine a detailed overview of each chapter's content with a fill-in-the-blanks exercise to check comprehension.

To learn more about any of these resources, or to get access, please contact your local OUP representative.

VALUE OPTIONS

eBook

(ISBN 978-1-60535-715-7)

Sensation & Perception, Fifth Edition is available as an eBook, in several different formats, including RedShelf, VitalSource, and Chegg. All major mobile devices are supported.

Looseleaf Textbook

(ISBN 978-1-60535-727-0)

Sensation & Perception is also available in a three-hole punched, looseleaf format. Students can take just the sections they need to class and can easily integrate instructor material with the text.



Introduction

Questions to Contemplate

Think about the following questions as you read this chapter. By the chapter's end, you should be able to answer and discuss them.

- How can scientists study something as personal as your internal sensations and perceptions?
- Are there laws that relate the physics of the world to your subjective experience?
- What is happening when you think that you might have heard something or felt something but you're not sure? If a stimulus is detectable, why isn't it detectable all the time?
- Are there rules that relate the activity of your brain to your subjective experience?
- How do sensation and perception change over the life span?

Welcome to Our World

ou've taken the plunge to read at least part of a textbook on "sensation and perception." You may be majoring in psychology or studying an allied field, such as neuroscience or biology, or you may be simply curious. No matter what interests you most, your understanding will be informed by sensation and perception.

"Why?" you ask. Most everything you know or think that you know about the world around you depends on how you sense and how you perceive. These foundational experiences began even before you were born. Your senses help you to keep upright, stay warm or cool, avoid pain and poisonous things, and be safe from danger. Your experiences of the rich tapestry of life through movement, touch, smell, taste, hearing, and vision inform most everything that you believe to be true.



Aaron Jasinski, Clarity II, 2015

It is small wonder that the questions posed in this textbook have been front and center for big thinkers since the first written words, and probably sooner. Today, a small army of researchers continue to pursue answers. This first chapter provides an introduction to the sorts of questions that captivate the authors of this book and the sorts of methods that researchers have developed to answer those questions. These are only examples, as the list of possible others is endless. The rest of the book will introduce you to a panorama of questions that have occupied and continue to occupy the attention of anyone who really wants to know how we know what we think we know.

Sensation and Perception

What does your smartphone feel as you run your finger down its touch screen (Figure 1.1)? What does it hear as you whisper into its receiver? We assume that

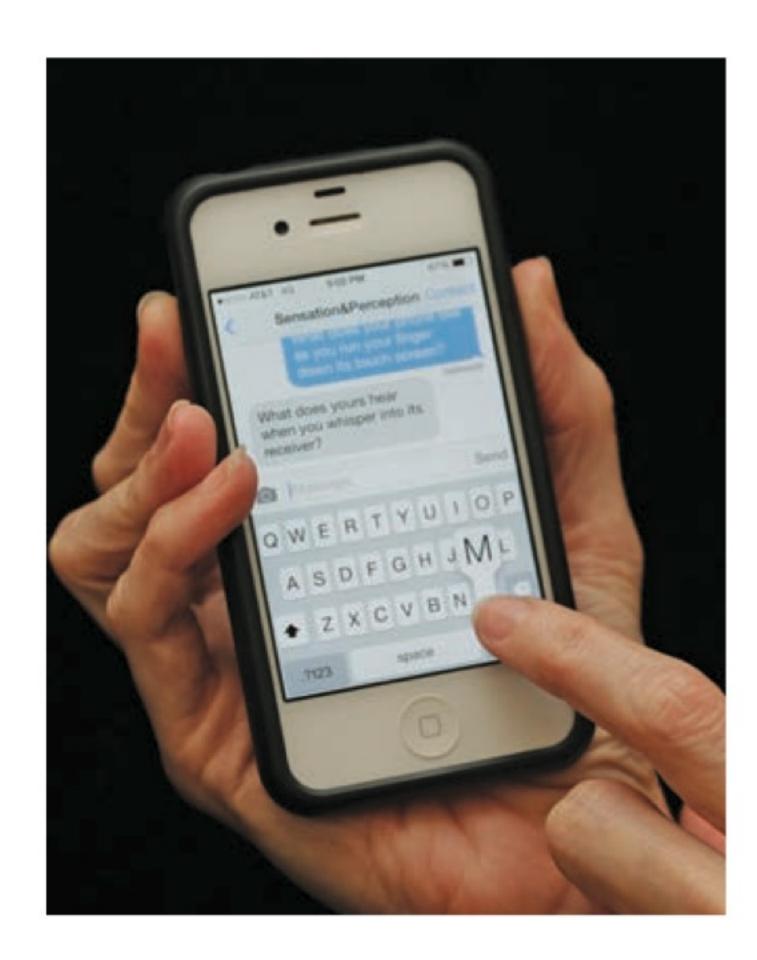


Figure 1.1 Would it make sense to ask what a cell phone feels when you stroke its screen?

sensation The ability to detect a stimulus and, perhaps, to turn that detection into a private experience.

perception The act of giving meaning to a detected sensation.



Figure 1.2 Étienne Bonnot de Condillac imagined how a statue could develop a mental life.

these are silly questions, though it would not be silly to ask about the lightest touch that the screen could sense or the faintest vibration in the air that the microphone could sense. What does your cat feel as you run your finger down its back? That seems a more reasonable question, though you have no access to the private experience of the cat. You don't even have access to the private sensations of a person whose back you might stroke. Your own sensory experience is directly accessible only to you.

This book is titled *Sensation & Perception*. The ability to detect the pressure of a finger and, perhaps, to turn that detection into a private experience is an example of **sensation**. **Perception** can be thought of as the act of giving meaning and/or purpose to those detected sensations. How do you *understand* the finger that runs down your back? Is it a gesture of affection? Is it an officer at an airport security checkpoint looking for contraband? This book will trace the path from stimuli in the world, through your sense organs, to the understanding of the world that you perceive.

Everything we feel, think, and do depends on sensations and perceptions. For this reason, philosophers have thought, talked, and written about the topic in profound and systematic ways for over two millennia. (See Web Essay 1.1: Senses of Reality Through the Ages.) The idea that mental life depends on sensation and perception has deep roots. The eighteenth-century French philosopher Étienne Bonnot de Condillac (1715–1780) (Figure 1.2) famously asked his readers to imagine the mental life of a statue with no senses, and he concluded that the statue would have no mental life. Then Condillac imagined opening the statue's nose and giving it a whiff of the scent of a rose. Then, he thought, the entire mental life of the statue would consist of that smell. If more senses and more experience were provided to the statue, Condillac imagined, a real mental life would develop. If our mental life depends on information from our senses, then it follows that the place for the study of the senses is within the science of human behavior and human mental life—that is, within psychology. Of course, psychologists do not have the topic entirely to themselves. Researchers studying topics in sensation and perception can be found in biology, computer science, medicine, neuroscience, and many other fields. Indeed, the authors of this book come from academic departments of ophthalmology, radiology, optometry, speech, language and hearing sciences, and community dentistry in addition to psychology. Critically, however, we approach the study of sensation and perception as a scientific pursuit. As such, it needs scientific methods. That's why the next sections of this chapter are devoted to an array of methods used in the study of the senses.

METHOD 1: THRESHOLDS What is the faintest sound you can hear? How would you know? What is the loudest sound you can hear? This last question is not as stupid as it may sound, though it could be rephrased like this: What is the loudest sound you can hear safely or without pain? If you listened to sounds above that limit, perhaps by blasting your music too enthusiastically, you would change the answer to the first question. You would damage your auditory system. Then, you would be unable to hear the faintest sound that you used to be able to hear. Your threshold would have changed (for the worse). How would you measure that? As we'll learn in this chapter, a variety of methods are available for measuring just how sensitive your senses are.

METHOD 2: SCALING—MEASURING PRIVATE EXPERIENCE When you say that you "hear" or "taste" something, are those experiences—what the philosophers

call **qualia** (singular *quale*)—the same as the experiences of the person you're talking to? We can't really answer the question of whether your qualitative experience of "red" is like my qualitative experience of "green" or, for that matter, "middle C." We still have no direct way to experience someone else's experiences. However, we can demonstrate that different people do, in some cases, inhabit different sensory worlds. Our discussion in this chapter will show how scaling methods can be used to perform this act of mind reading.

qualia In reference to philosophy, private conscious experiences of sensation or perception.

FURTHER DISCUSSION of qualia can be found in Chapter 5 on page 158.

METHOD 3: SIGNAL DETECTION THEORY—MEASURING DIFFICULT DECI-

SIONS A radiologist looks at a mammogram, the X-ray test used to screen for breast cancer. There's something on the X-ray that might be a sign of cancer, but it is not perfectly clear. What should the radiologist do? Suppose she decides to call it benign, not cancerous, and suppose she is wrong. Her patient might die. Suppose she decides to treat it as a sign of malignancy. Her patient will need more tests, perhaps involving surgery. The patient and her family will be terribly worried. If the radiologist is wrong and the spot on the mammogram is, in fact, benign, the consequences may be less dire than those of missing a cancer, but there will be consequences. This is a perceptual decision, made by an expert, that has real consequences. Our discussion of signal detection theory will show how decisions of this sort can be studied scientifically.

METHOD 4: SENSORY NEUROSCIENCE Grilled peppers appear on your table as an appetizer. They have an appealing, smoky smell. When you bite into one, it has a complex flavor that includes some of that smokiness. Fairly quickly you also experience a burning sensation. There is no actual change in the temperature in your mouth, and your tongue is no warmer than it was, but the "burn" is unmistakable. How does the pepper fool your nervous system into thinking that your tongue is on fire? This chapter's exploration of sensory neuroscience will introduce the ways in which sensory receptors and nerves undergird your perceptual experience.

METHOD 5: NEUROIMAGING—AN IMAGE OF THE MIND Suppose you arrange to view completely different images with different eyes. We might present a picture of a house to one eye and of a face to the other (Tong et al., 1998). The result would be an interesting effect known as binocular rivalry (see Chapter 6). The two images would compete to dominate your perception: sometimes you would see a house, and sometimes you would see a face. You would not see the two together. One reason binocular rivalry is interesting is that it represents a dissociation of the stimuli, presented to the eyes, and your private perceptual experience. Even if we cannot share the experience, modern brain-imaging techniques enable us to see traces of that experience as it takes place in the brain. Methods of neuroimaging will be our final methodological topic in this chapter.

DEVELOPMENT Development, the study of the changes over the life span, is not really a "method," but it is an approach to the study of sensation and perception that should be introduced in this opening chapter, so we will do so in the last section.

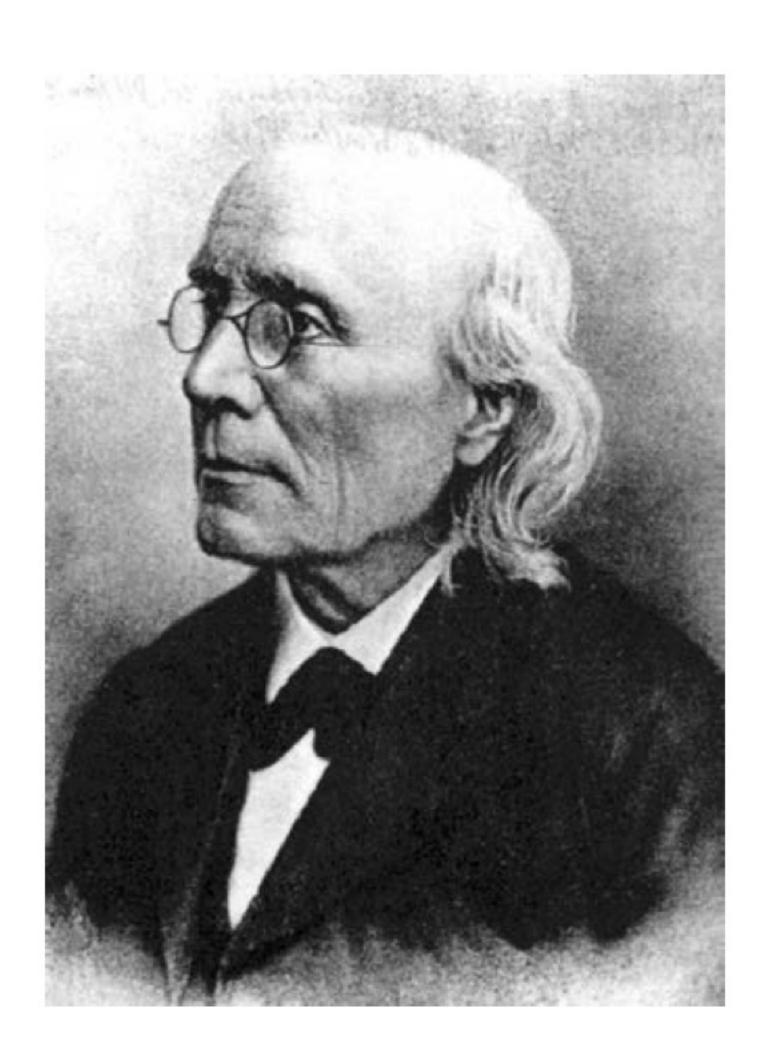


Figure 1.3 Gustav Fechner invented psychophysics and is thought by some to be the true founder of experimental psychology. Fechner is best known for his pioneering work relating changes in the physical world to changes in our psychological experiences.

dualism The idea that the mind has an existence separate from the material world of the body.

materialism The idea that the only thing that exists is matter, and that all things, including the mind and consciousness, are the results of interaction between bits of matter.

panpsychism The idea that the mind exists as a property of all matter—that is, that all matter has consciousness.

psychophysics The science of defining quantitative relationships between physical and psychological (subjective) events.

two-point touch threshold The minimum distance at which two stimuli (e.g., two simultaneous touches) are just perceptible as separate.

Thresholds and the Dawn of Psychophysics

Early on, study of the senses was a mix of experimental science and philosophy. Fascinating work can be found in ancient Greek philosophy, in medieval Islamic science, and in the writings of sages in China or India. We will start much later with the very interesting and versatile nineteenth-century German scientist-philosopher Gustav Fechner (1801–1887) (**Figure 1.3**). Fechner is sometimes considered to be the true founder of experimental psychology (Boring, 1950), even if that title is usually given to Wilhelm Wundt (1832–1920), who began his work sometime later.

Before making his first contributions to psychology, Fechner had an eventful personal history. Young Fechner earned his degree in medicine, but his interests turned from biological science to physics and mathematics. By 1833, he was a full professor of physics in Leipzig, Germany. Though this might seem an unlikely way to get to psychology, events proved otherwise. He became absorbed with the relationship between mind and matter. This pursuit placed him in the middle of a classic philosophical debate between adherents of dualism and materialism. Dualists hold that the mind has an existence separate from the material world of the body. Materialists hold that the mind is not separate. A modern materialist position, probably the majority view in scientific psychology, is that the mind is what the brain does. Fechner proposed to effectively split the difference by imagining that the mind, or consciousness, is present in all of nature. This **panpsychism**—the idea that the mind exists as a property of all matter—extended not only to animals, but to inanimate things as well. Fechner described his philosophy of panpsychism in a provocative book entitled Nanna, or Concerning the Mental Life of Plants. This title alone gives a pretty good idea of what Fechner had in mind.

Fechner was a very hardworking young scientist. He worked himself to exhaustion. In addition to being overworked, he suffered severe eye damage from gazing too much at the sun while performing vision experiments (a not uncommon problem for curious vision researchers in the days before reliable, bright, artificial light sources). The visually incapacitated Fechner had some form of mental breakdown that left him sometimes unable to speak or eat. Not only did he need to resign from his position at the university, he also withdrew from almost all his friends and colleagues. For 3 years he spent almost all of his time alone with his thoughts.

He apparently solved his eating problem with a diet of "fruit, strongly spiced ham and wine" (Fancher, 1990, p. 133). His vision was also recovering. Then on October 22, 1850 (a date still celebrated as "Fechner Day" by some), while lying in bed, Fechner had a specific insight into the relationship between mental life and the physical world. From his experience as a physicist, Fechner thought it should be possible to describe the relation between mind and body using mathematics. His goal was to formally describe the relationship between sensation (mind) and the energy (matter) that gave rise to that sensation. He called both his methods and his theory **psychophysics** (*psycho* for "mind," and *physics* for "matter").

In his effort, Fechner was inspired by the findings of one of his German colleagues, Ernst Weber (1795–1878) (**Figure 1.4**), an anatomist and physiologist who was interested in touch. Weber tested the accuracy of our sense of touch by using a device much like the compass one might use to draw circles. He used this device to measure the smallest distance between two points that was required for a person to feel touch on two points instead of one. Later, Fechner would call the distance between the points the **two-point touch threshold**. We will discuss two-point touch thresholds, and touch in general, in Chapter 13.

For Fechner, Weber's most important findings involved judgments of lifted weights. Weber would ask people to lift one standard weight (a weight that stayed the same over a series of experimental trials) and one comparison weight that