**Brain-Related**

**My wife and I took our eight-month-old daughter on a trip involving five plane flights in one week. Many people would be reluctant to travel with a baby that small, but we had a compelling reason: We have Fig Newtons for brains. *(Dave Barry)***

**A man of science says the brain, though only 2 percent of the body’s weight, consumes 20 percent of the body’s energy with rapid thought. *(L. M. Boyd)***

**If typical, you had all the brain cells you were ever going to get by the time you were six months old. *(L. M. Boyd)***

**Alcmaeon and Democritus and Hippocrates felt that the brain was the center of intellectual activity. The view was not accepted by Aristotle, however, and thus did not come into its own until modern times. Aristotle considered the brain merely a cooling organ for the blood. *(Isaac Asimov's Book of Facts, p. 170)***

**That portion of your brain called the cerebrum is “the seat of conscious mental processes.” Animals without backbones have no cerebrum. *(L. M. Boyd)***

**A concentrating human brain doesn’t even use a fourth as much energy as a home computer. *(L. M. Boyd)***

**The secret to sarcasm: People with certain kinds of brain damage lose their ability to understand humor -- sarcasm in particular. Now scientists know why. The brain's right frontal lobe, directly behind the eyes, picks up emotional cues and enables us to understand what's going on in other people's heads. When this lobe is damaged, a person becomes extremely literal, interpreting all events at face value. Israeli researchers studied 25 people with right frontal lobe damage, presenting them with several stories in which people spoke sarcastically. In one such story, subjects were told that Joe fell asleep at work. His boss walked by and snapped, "Don't work too hard." People with normal brains immediately understood that the boss was angry, and that his comment was meant as a dig. But people with frontal lobe damage didn't get the irony, and thought the boss was actually telling Joe to take it easy. Researcher Simone Shamay-Tsoory tells Newsday that this syndrome may not be limited to people with brain damage; subtle differences in the neural "wiring" of the front lobe, she believes, may explain why some otherwise normal people have no sense of irony or humor. In sarcasm, she says, "the literal meaning is different from the true meaning, and some people just don't understand that difference." *(The Week magazine, June 10, 2005)***

**One need not be a chamber to be haunted. One need not be a house. The brain has corridors surpassing material place. *(Emily Dickinson, poet)***

**The brain is a wonderful organ. It starts working the moment you get up and does not stop until you get into the office. *(Robert Frost)***

**Germs attack people where they’re weakest. That’s why there are so many head colds. *(Alfred E. Newman)***

**If typical, your brain is heaviest in weight at about age 20. *(L. M. Boyd)***

**The highest product of the human brain was the invention of good manners. *(Ashleigh Brilliant, in Pot-Shots)***

**If any two people could ever really get inside each other's head, it would scare the pee out of both of them. *(John D. MacDonald, mystery writer)***

**Information fogs the brain: The flood of e-mails, cell-phone calls, and text messages that bombard modern workers can lower their IQs twice as many points as smoking marijuana, a new study says. Researchers at the University of London found that trying to work while checking messages temporarily knocks about 10 points off a person's IQ. (Smoking marijuana, by contrast, results in a loss of four IQ points.) The loss of mental acuity is likely the result of what researchers dubbed "infomania" -- the constant flow of communications and information. The human brain did not evolve in a world of "always on" technology, and it becomes befuddled when juggling many chores at once, leading to stupid mistakes. "If left unchecked, infomania will damage a worker's performance by reducing their mental sharpness," researcher Glenn Wilson tells New Scientist. "This is a very real and widespread phenomenon. *(The Week magazine, May 13, 2005)***

**Through the work of Roger Sperry (Nobel Laureate in Medicine for 1981 and a physicist at California Institute of Technology) and others, it has been demonstrated that in the left side of the brain man stores data accumulated through his experience, education and environment. How man uses that data is determined in the right side of the brain where man has the unique ability of imaging. A member of the Nobel Committee stated, “Dr. Sperry has clearly shown that man has an identity and a soul.” *(Jack H. Holland)***

**Credit left side of your brain for your choice of words, right side for your tone of voice. So says an authority on that matter. *(L. M. Boyd)***

**At least your brain will lose weight as you age. That’s routine. *(L. M. Boyd)***

**Tibetan monks and Inca priests both practiced a brain operation called “trepanation,” in which a small hole was drilled through the skull of a living person, right between the eyes. Its purpose was to stimulate the pineal gland and thereby induce a mystical state of consciousness. The operation is occasionally still practiced today. *(David Louis, in Fascinating Facts, p. 145)***

**Those who work with their brains need more sleep than those who work with their muscles, according to medical researchers. *(L. M. Boyd)***

**Novelty is like a vitamin for the brain. *(Dr. Donalee Markus, learning specialist, on how new experiences can help improve memory)***

**If you, sir, are an average man, you’ve got 66 pounds of muscle and 40 pounds of bone. To say nothing of 3.25 pounds of brain. I don’t like that ratio. *(Boyd’s Curiosity Shop, p. 27)***

**Nonsense wakes up the brain cells. *(Dr. Seuss)***

**The sides of your brain do different jobs. You’ve read that. Researchers now say each side also seems to support a different mood, even a different personality. *(L. M. Boyd)***

**Researchers discover “sweet spot” in brain: “If you binge on sweets even though you’re not hungry, you can blame part of your brain. A University of Missouri-Columbia researcher has discovered an area of the brain that appears to control the intake of high-fat foods. Psychology professor Matthew Will found that deactivating a section of the brain in the temporal hole that affects emotion and motivation prevented binge eating of high-fat foods. “Interestingly, this region only controlled feeding that occurred after the subject reached fullness, and had no effect on the normal response that hunger brings,” Will says. The study appeared in a recent issue of NeuroReport. *(Rocky Mountain News, October 12, 2004)***

**Brain teasers don’t make you smarter: Recent years have seen an explosion in “brain games” that, when played a few hours a week, purport to sharpen your overall cerebral reflexes, like a fitness regimen for the mind. A study by British researchers suggests that such “training” does help – but only if your goal is to score better on the brain teasers. Otherwise, the game provided no discernible boost to memory, planning, general reasoning, or similar cognitive skills. “The expectation that practicing a broad range of cognitive tasks to get yourself smarter is completely unsupported,” neuroscientist and study author Adrian Owen tells BBC.com. The study asked 11,000 volunteers, all viewers of the British TV show Bang Goes the Theory, to do brain-teaser workouts for at least 10 minutes a day over a period of six weeks; a control group was asked to research trivia questions by simply surfing the Web. Participants did get better at the mathematical and logic games, but their skills didn’t transfer to tasks beyond those they’d specifically trained for. “Statistically, there are no significant differences” between subjects “who played our brain-training games and those who just went on the Internet for the same length of time,” Owen says. Some scientists wondered whether the six-week study period was long enough for brain games to produce meaningful results. But Olive Ballard of the Alzheimer’s Society, which helped fund the research, said the study shows that “staying active by taking a walk, for example, is a better use of our time.” *(The Week magazine, May 7, 2010)***

**Your brain each day uses 100 times more connections than all the telephone systems in the world. *(Reader’s Digest: Strange Stories, Amazing Facts)***

**Hard-wired for violence: Some people's brains are programmed for violence, a new study has found. After studying the brains of 142 test subjects, researchers at the National Institutes of Health have figured out why a single, defective gene can predispose people to violent, anti-social behavior. When a person gets a "weak" version of the gene, he doesn't make enough MAOA, an enzyme that normally mops up the brain's stress hormones. As a result, he responds to perceived maltreatment differently than other people; his anger and resentment is more pronounced, and it doesn't fade. People with this "violence gene" actually had measurably smaller impulse-control centers in their brains, and hyperactive alarm centers. In tests, they were quicker to lose their cool under stress and less able to control their violent instincts. But even if a person has the defective gene, researcher Peter Schofield tells the Australian Broadcasting Corporation, he's not likely to be dangerous unless primed by trauma -- such as physical or mental abuse during childhood. "It's neither nature nor nurture," Schofield says. "It is a complex mixture of both." *(The Week magazine, April 7, 2006)***

**What kind of brain is the Web giving us? Dozens of studies point to the same conclusion: When we go online, we enter an environment that promotes cursory reading, hurried and distracted thinking, and superficial learning. Skimming is becoming our dominant mode of thought – our preferred method of both learning and analysis. What we’re experiencing is, in a metaphorical sense, a reversal of the early trajectory of civilization: We are evolving from cultivators of personal knowledge into hunters and gatherers in the electronic data forest.” *(Nicholas Carr, in Wired)***

**Grandpa: "How did you get the computer back on? I tried for an hour." Grandma: "It's because we women think with both sides of our brain at the same time. Men can only think with one side of their brain at a time, so both sides fight with each other over who's in control." Grandpa: "That's not true!" Grandma: "Yes it is!" *(Brian Crane, in Pickles comic strip)***

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