

# RMRC, Bhubaneswar

(Laxmi Narayan Memorial Library)  
Weekly Current Awareness Service

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"I HAVE A PASSION OF READING BOOKS. I GET POSITIVE AND NEW THOUGHTS FROM BOOKS AND ALSO GET INSPIRATION MESSAGE WHICH ALWAYS INFLUENCE MY MIND"

Shri Narender Damodar Modi

## About Monday Morning

Monday morning is a weekly E- CAS (Electronic Current Awareness Service) of RMRC Library, Bhubaneswar which carries one Biomedical & health science news item and some useful current medical research links so that the scientists can access the articles. This E- Bulletin starts its journey from 21<sup>st</sup> Nov. 2016. In this maiden attempt we cordially invite your inputs and suggestions to improve in future.

Dr. Banamber Sahoo, Lib & Inf. Officer  
Satyajit Nayak & Twinkle Rout (Lib. Trainee)

# Drinking may help in productivity

LONDON: Suffering a creative block? Drinking a pint of beer may trigger productivity and help you think out of the box for your artistic tasks, a study suggests.

Scientists from the University of Graz in Austria found that people performed better in a range of creative tasks after drinking moderate amount of alcohol.

In one word association test, a pint of beer for men, or around 350 millilitres (ml) for women, increased test scores by around 40 per cent.

In the test, participants were given three words and asked to think of a word that can be connected to each - for example, the word 'pit'

can be attached to 'peach', 'arm' and 'tar'.

Alcohol helps remove parameters which surround a problem, allowing more creative thought, researchers said.

However, while alcohol boosted creativity it decreased 'executive function'. This may impede tasks that require motor skills, such as painting or dancing. "Anecdotal reports link alcohol intoxication to creativity," Mathias Benedek, from the University of Graz, was quoted as saying by *The Telegraph*.

"Alcohol impaired executive control, but improved performance in the Remote Associates Test," said



Benedek, lead author of the research was published in the journal *Consciousness and Cognition*. "Beneficial effects are likely restricted to

very modest amounts of alcohol, whereas excessive alcohol consumption typically impairs creative productivity," he said.

This kind of study is not new. In 2015, "a Danish brewer," the same *Telegraph* states,

"released The Problem Solver beer which aimed to increase creativity by providing the exact amount of alcohol needed to trigger expansive thinking." That study found that tipsy participants performed better.

'The Problem Solver', which has since gotten a website of its own, is aimed at taking people as close to their creative peak as possible.

<http://epaper.newindianexpress.com/c/21327513>

## 1. How your mind protects you against hallucinations.

More than 300 years ago, the philosopher René Descartes asked a disturbing question: If our senses can't always be trusted, how can we separate illusion from reality? We're able to do so, a new study suggests, because our brain keeps tabs on reality by constantly questioning its own past expectations and beliefs.

Hallucinations occur when this internal fact-checking fails, a finding that could point toward better treatments for schizophrenia and other psychiatric disorders.

For more details click on the below link.

<http://www.sciencemag.org/news/2017/08/how-your-mind-protects-you-against-hallucinations>

## 2. Insomnia linked to premature birth in study of 3 million mothers.

Despite strides in maternal medicine, premature birth remains a vexing problem for obstetricians worldwide. But an analysis of medical records from almost 3 million pregnant women in California<sup>1</sup> suggests that a surprisingly simple intervention — better sleep — might help to address the issue. For more details click on the below link.

<http://www.nature.com/news/insomnia-linked-to-premature-birth-in-study-of-3-million-mothers-1.22419>

## 3. A metabolic pathway that feeds liver cancer.

A little-studied gene may explain how some liver cancer cells obtain the nutrition they need to proliferate, according to new research from the University of Maryland. The results of this research will be published as an Editors' Pick in the Aug. 18 issue of the *Journal of Biological Chemistry*. For more details click on the below link.

[https://www.eurekalert.org/pub\\_releases/2017-08/asfb-amp081017.php](https://www.eurekalert.org/pub_releases/2017-08/asfb-amp081017.php)

## 4. WHO Weekly epidemiological record.

Deployments from the oral cholera vaccine stockpile, 2013–2017. For more details click on the below link.

<http://apps.who.int/iris/bitstream/10665/258707/1/WER9232.pdf?ua=1>



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## E- CAS (Current Awareness Service)

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