Ideas for Social Researches − Chapter 1 − Public Health, Medicine, and Neurophysiology

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Effect of long-term creative writing and reading of fiction on behavior and brain function

After spending many years for reading fiction and creative writing, it is supposed by me that this activity affects social behavior and brain function in multiple positive and negative ways (the effect is not straightforward). Detailed medical research on multiple respondents of different ages living in different countries would be rather interesting.

Safety of agricultural products produced in the polluted environment of Kathmandu

Kathmandu (Nepal), as many other cities of the third world, is highly polluted. At the same time, a lot of agricultural products (both plants and animals) are produced in proximity to the polluted areas of the city. It is supposed that regular consumption of these products may increase poisoning significantly and affect multiple body systems that are not affected through inhaling polluted air. It would be interesting to research the effect of consumption of such products on society.

Dates: 2018. Locations: Kathmandu (Nepal).

Insufficient review of altitude euphoria in mountaineering guidebooks

Multiple mountaineering guidebooks describe all symptoms of the altitude sickness. But in fact, the most important of these symptoms is a feeling of euphoria which is not considered by amateur climbers as symptom but may drive them to death or injury much more quickly than any other reason. It is desired to perform research on the topic of public knowledge of this symptom and its review in guidebooks (including online materials) for providing official recommendations from public healthcare and regulatory organizations to authors of the guidebooks.

Dates: 2012 − 2016.

Effect of open garbage containers on public health

Poor neighborhoods with open garbage containers may be dangerous for public health because some parts of population will regularly collect garbage from containers for personal use and for sale. In case if some specific natural experiments need to be researched, you may look at the case of Eastern and Central Europe where some poor neighborhoods are inhabited by Slavic and Roma populations, but collection of garbage from open containers is performed by Roma of all ages only (or mainly).

Dates: 2019. Locations: Belgrade, Serbia.

Smartphones may negatively affect vision of kids and teenagers

It is supposed, that smartphones may negatively affect vision of kids and teenagers because they have not well-developed self-control to minimize usage of these devices with just several minutes per day.

Dates: 2010’s.

Usage of cleaning moistures in fast food restaurants may affect public health

In different countries, I regularly observed that salespeople in fast food restaurants (even those positioning themselves as "healthy") use cleaning moistures sprays to clean semi-opened glass walls in shells with demonstrated food. It is supposed that it causes the minimal amount of spray to be regularly mixed with food and consumed by buyers. Obviously, it may negatively affect public health; that's why some regulatory standards must be implemented.

Dates: 2010's.

Throwing out and destruction of objects with a purpose to move forward in life

Some people have a habit to destroy or throw out some old things before making the next step in life (including destruction of digital objects). In some cases, such behavior may be self-sufficient without making real step in life, just for eliminating internal anxiety (and it may even look like a symptom of a neurological disease). This phenomenon is probably well-researched already.

Effect of different elements of nature on psychological condition

It is well-known that "being connected to nature" improves psychological condition of humans. But it is also interesting how different elements of nature change this condition. For example, it would be great to compare influences of different types of landscapes: mountains, rivers, seas/oceans, lakes, plains, deserts, forests. Also, it would be great to see the effect of presence of megafauna; the simplest way to do it is to check condition of people who visit zoos and aquariums regularly.

New testing framework to track alcohol consumption by flight dispatchers

In informal communication, it was found that some flight dispatchers (not in Russia) may overuse alcohol (and maybe even recreational drugs); and this overuse is probably not tracked through standard tests (if some regular tests are really passed by these people, I'm not sure about presence of testing policies). It is recommended to perform deeper research of this topic, and maybe, even implement a new testing framework to track alcohol consumption by flight dispatchers.

Dates: 2018.

Banning "profession" of drinking partner

In informal online communication with young female from South Korea, it was found that she became addicted to alcohol after working for some time as drinking partner. It is recommended to research similar situations more deeply and to promote banning this "profession" globally.

Dates: 2018.

Genetic mapping of cats living in coastal rocks of Eastern Istanbul

In the Asian part of Istanbul you may see embankment with a length of several tens kilometers protected by artificial rocks from sea storms. These rocks are inhabited by hundreds (or may be even thousands?) of feral cats; and probably, it is one of the largest populations of feral cats in the world. It would be interesting to build a genetic map of this population (it may help to understand

dynamic of distribution of cats in territories where they were not present earlier). It is supposed that it may be extremely important in the context of COVID-19 pandemic.

Dates: 2019. Locations: Eastern Istanbul, Turkey.

Potential dangers for public health in the countries of tropical Africa

Bats roosting at the tops of high buildings may be sources of different infections.

Minibuses used for public transport have tightly placed seats with broken metallic parts that may cut knees of passengers (although in informal communication with a local citizen, it was found that such cutting happens in accidents only).

Dates: 2019. Locations: Kampala and Entebbe, Uganda; Addis Ababa, Ethiopia; Madagascar.

Vomiting as a part of religious exaltation in Evangelist churches in tropical Africa

In religious ceremonies in Evangelist churches in tropical Africa, some of parishioners are vomiting. In informal communication with one parishioner, it was found that such practice is performed irregularly (depending on mood), it is usually started upon reaching teenage years (little children don't do it), and it is not inherited from parents. It would be interesting to research origins and development of this practice in different regions.

Dates: 2019. Locations: Kampala, Uganda.

Insufficient coverage of spine disks protrusion risks in mass literature, popular news, and maybe even medical research

In my travels over many countries and in global online communication, I met different people from the age group of 20−40 years old suffering from spine disks protrusions caused by multiple sports activities (parachute jumping, long distance running, mountain hiking), incorrect sitting postures (non-comfortable offices, usage of laptops), motorbike travels by roads of low quality, and moderate physical work (like work of nurse). However, at the same time I almost never met in the same period of time any descriptions of such medical problems through active chaotic reading of travel blogs, sportive forums, semi-professional sportive literature, and medical news at resources like https://www.sciencedaily.com/. That's why it is supposed that aforementioned medical issue is not covered enough by professional researchers.

Dates: 2013-2019. Locations: Ukraine, Kazakhstan, India, Italy, Uganda.

Increasing touristic flow to developing tropical countries by providing more readable and more detailed review of risks to contract tropical diseases

In informal communication with local population and expats living in tropical regions of Uganda and India, it has been found that risks of contracting multiple tropical diseases is considered by them as absent or negligible, even if these areas are listed as dangerous at https://wwwnc.cdc.gov/travel and similar resources. That's why, it would be reasonable to provide for tourists the information about these risks in more detailed and more readable format. For example, in comparison with risks of getting into road/flight accident in home country and country

of travel, in comparison with getting seasonal flu in home country, and in comparison with risks of becoming petty crime victim in the same countries. Also, more detailed maps of distribution of tropical diseases would be helpful, even if they are not "scientific enough". It is supposed that such information may increase touristic flow coming to developing tropical countries.

Dates: 2018, 2019. Locations: several locations in Uganda; Thiruvananthapuram, India.

Solution of flat feet problem in developing subtropical and tropical countries

In travels to Morocco and Uganda, it has been noticed that many people use flip-flops as daily regular shoes during all their lives, and it may cause widespread problem of flat feet. It is supposed that modern industry can minimize cost difference between completely flat flip-flops and flip-flops better adapted to keeping feet healthy. So, this public health problem may be resolved easily just with minimal legal changes prohibiting sales/import of completely flat flip-flops.

Dates: 2019. Locations: Morocco, Uganda.

Locking doors at home as a first symptom of psychological and sexual issues in females

It has been noticed that some females of age group 30−45 having poor sexual and social life may put too much attention to implementing locks in internal doors in home and locking/unlocking different parts of home without serious purposes. It is supposed that such behavior may be considered as a part or as a first symptom of more serious problems that require immediate medical or counseling intervention.

Dates: 1990's, 2019. Locations: Russia, Uganda.

Verbalization of emotional experience and its interpretation by other people

I'm not sure that correct psychological and medical terms will be used further; I'll just try to explain the idea in the most readable way.

From my observations, it is supposed that verbalization (both oral and written) of emotional experience is performed with one of the following purposes (or even with several purposes reached simultaneously):

- deeper attachment to the verbalized experience (or part of it);
- detachment from verbalized experience (or part of it);
- constructing parallel stream of life based on the experience (or part of it) in own mind and in minds of other people with keeping this stream in semi-detached state in relation to own life.

Question: how each of these processes is reflected physiologically on the person's brain?

As you can guess, interpretation of verbalization may contradict the purposes of this verbalization. For example, a person verbalizes some traumatic or antisocial experience with a purpose of detaching from it; but readers/listeners receiving this verbalization do the opposite, in their actions they try to attach the verbalized experience deeper to the person.

Question: how opposite reaction of readers/listeners is reflected on the person's brain?

Using back slings for transporting kids in developing African countries may be risky for both mother and kid

For several times in my trip to Uganda and Rwanda, it has been observed that mothers use back slings for transporting kids with age up to 3-4 years. It is supposed that such method of transporting kids may be harmful for mother's spine because she needs to walk in semi-bent position, harmful for kid's spine because the most pressure is performed at the lower part of the kid's spine, dangerous for kid because there is a risk of falling to the ground from mother's back or being struck in road accident (mother will not be able to catch kid with her hands or protect kid in another way in such situation).

Dates: 2019. Locations: Uganda, Rwanda.

Safety of fruits sold in street shops in developing countries

In multiple countries around the world, the fruits are sold in open boxes on the streets with heavy traffic. What sorts of them are safe to buy and consume, and what sorts of them are the most dangerous after long-term exposure to traffic contaminants?

Dates: 2011 − 2019.

Solution of mosquitoes problem in the center of Antananarivo

The center of Antananarivo has the largest amount of mosquitoes between all tropical urban and rural areas visited by me in such countries as Sri Lanka, India, Nepal, Uganda, Rwanda, Ethiopia, Madagascar. Considering that in some of these countries I lived near paddy fields, in the city with open drainage channels, and in rural area on the shore of Victoria lake, it is possible to make a conclusion that the only probable sources of mosquitoes are several lakes located in the center of Antananarivo. It is supposed that these lakes have zero ecological value; that's why large amounts of insecticides may be applied to eliminate the problem of mosquitoes quickly.

Dates: 2019. Locations: Antananarivo, Madagascar.

How modern Catholic church fights consanguineous marriages in the countries of Latin America, Sub-Saharan Africa, and South Asia?

The idea is based on the following article: https://www.sciencenews.org/article/medieval-catholic-church-may-have-helped-spark-western-individualism You should just respond the question in the subject of this idea.

Implementing administrative and legal barriers against tobacco products and "flavoured sugar" products on markets of developing countries

The idea came from provincial Madagascar, but it concerns all other parts of developing world too. Currently, local population has limited amount of finances to purchase tobacco products and so-called "flavoured sugar" products (all confectionery and sweetened yogurt products) that you may find as the main source of income in multiple provincial shops. However, as local economics will

develop, these products may be source of multiple public health issues. That's why it would be great to start a global initiative to implement administrative and legal barriers against all these products on markets of developing countries. Waiting while free market mechanisms will do it may take too much time.

Dates: 2019. Locations: Madagascar.

Road accident risks for kids living along intercity highways in developing countries

In my travels in developing countries, it has been observed multiple times that little kids living along provincial roads and intercity highways play sometimes in 0.5m from the road, close to heavy trucks running on 80 km/hr speed. It should be good idea to research whether such behavior causes noticeable amounts of road accidents, and if yes, then implementing some protective measures.

Dates: 2014, 2019. Locations: Kyrgyzstan, Uganda, Madagascar.

International guide on nutrition for future and novice parents

It is well-known that availability of different food products varies from country to country. As you can guess, the best, the most cheap, and the most available sources of Omega-3 are very different in Russia and Madagascar, for example. Amount and assortment of products with excessive amounts of added sugar varies too. I have read nutrition guides written for future and novice parents living in US, UK etc. And obviously, I (as any other educated person) would be able to translate all US guides requirements easily to any other country with use of Wikipedia. But it would be great to have an official international guide on nutrition that considers particularities of local markets. (Note, that such guide should pay special attention to ecological situation and safety of consumed food in some developing countries.)

Effect of ethnic genetic micro-admixtures on human behavior, and possibility of existence of so-called "genetic memory"

In the process of regular updates of technology on one genetic ancestry testing service used by me, a lot of different micro-admixtures were found. The most exotic of them are the following: Sicily, Ethiopia, Sudan, Vietnam, North America (Native Americans), with the most part of origin coming from Eastern Europeans and Ashkenazi Jews. All other ethnic groups between "center" and "exotic regions" were expected by knowledge of family history, or they were standard for people grown up in European part of Russia, because they are coming from neighbor countries.

All information about ethnic micro-admixtures has been found in adult age. However, I had some strange ideas of relatedness to these regions in my head much earlier. Here are some facts:

- my first feature film script has been written completely with inspiration, and it was made in the style of Italian American movies;
- my visual ideal of female beauty is "dark brown" ethnic type which is common on territory from Morocco to Southern Indostan (including Ethiopia, obviously); although it could be influenced by one of my female classmates from elementary school who was the darkest and smartest girl in the class; none of my direct relatives has "brown" color of skin;

- in the process of exploring East Asian medieval literature in teenage years, after reading Chinese and Korean literature, I stopped exactly at Vietnamese literature with skipping Japanese literature almost completely, and without any interests to other parts of the region; "the point of satisfaction" has been reached exactly with Vietnam;
- in the contrast to the visual ideal of feame beauty described above, by strange coincidence, the very first ideal analyzed (not dreamed about) in teenage years was Native American female type; although it was obviously influenced by one of Thomas Mayne Reid's adventure novels.

All this may look ridiculous, but some people may be interested in deeper research of this topic. Genetics is not mathematics, so even 0.01% matter and may change situation completely.

Checking too quiet behaviour as the cheapest reliable method to diagnose serious medical problems in African kids

My trip to Uganda included visiting a village near Kampala with one of my Ugandan girlfriends. We were guests in home of her sister and her several neighbours: I had a chance to see her nephews (boys of 5-9 years old) raised by that sister and another one (who was working in Oman). Boys behaved themselves very quietly during almost 6 hours while I stayed in their home (the most part of time they played in the yard but they did not laugh and did not scream). The girlfriend and her sister were very lively and communicative. I asked whether boys are sick, but the girlfriend responded that it is their normal behaviour and one of them is just *"stubborn"*.

In other African villages and cities visited by me, random boys and teenagers whom I met on the streets were much more lively. They observed me with curiosity, called me *"mzungu!"*, and even touched my hand unexpectedly with running near me to another direction.

It is supposed that such quiet behaviour in boys whom I met in the first village could be caused by long-term poisoning with heavy metals (or something similar). I have read that in DRC some kitchen utensils are made with use of metals taken from broken cars, and these metals may be rather poisonous. Obviously, I'm not sure, and obviously, I'm not a professional medical worker. But probably, such observations of kids or questioning relatives about behaviour of kids may be the cheapest reliable method to diagnose serious medical problems in African rural areas. It is especially important for large countries with underdeveloped infrastructure, minimal amount of medical equipment, and minimal amount of qualified medical staff: such approach allows to perform quick cheap large-scale country-wide screening of families/kids in any environment to better adapt political and economical decisions to reality.

However, it should be strictly noted that the whole idea of this basic screening approach is based on ethnic stereotype describing normal behavior of African kids as "very lively".

Dates: 2019. Locations: village near Kampala, Uganda.

Humans without fluent knowledge of any language

Basing on informal communication with an immigrant from Kyrgyzstan, it is supposed that you may meet in Kyrgyz middle class of Bishkek some people who have not fluent knowledge of any language due to the following reasons:

- Russian language is actively used in urban areas of Kyrgyzstan by all ethnic groups;
- rural migrants coming to Bishkek don't need to use the full vocabulary of Kyrgyz language even in the amount required for village life, and gradually lose knowledge of this language;
- absence of self-learning culture in some families does not allow kids to acquire full vocabulary of Russian literary language;
- communication circle of rural migrants fixes incorrect grammar and accent as a norm.

So, in result we may have some part of middle class population who cannot speak fluently any language; they may have limited knowledge of conversational Kyrgyz language and limited knowledge of Kyrgyz dialect of conversational Russian language only (also basics of English, Turkish, and Chinese languages may be known). However, deeper research is required to confirm whether such phenomenon is really widespread.

It is supposed that such population may be used as sample for some neurophysiological research.

Dates: 2010's. Location: Kyrgyzstan.

Ideal design of public toilets in airports

This idea is not really social; it is almost purely design and engineering idea, and it was written down by me much time ago, but considering COVID-19 pandemic, it became rather hot unexpectedly.

Here is the problem: in none of 30+ airports visited by me the design of public toilets fulfilled requirements of active single traveller. Typical active single traveller may have the following baggage in the trip (maximal set of objects is listed further):

- small bag with documents, smartphone, ebook reading device, money, credit cards, medicaments etc (several items in this list may be very costly and very fragile);
- small backpack with clothes and other necessary objects which will be needed in case if main baggage will be lost/delayed by airlines; also this backpack may include photo camera, GPS device, and some other devices that don't fit the small bag with documents, and also, may be very costly and very fragile too;
- laptop bag with laptop and accessories, which also may be very costly and fragile;
- either large backpack or wheeled bag with main baggage;
- jacket, that can be rather long, really heavy, and even very costly, if in the point of destination the weather is extremely cold (-10…-40 by Celsius scale).

As you can guess, placing all these items in clean secure locations in a typical public toilet cabin in any airport may be either extremely problematic or really impossible: either cabins are very small, or cabins don't contain any shelves/hooks, or hooks look very insecure, or "hooks" are not hooks in fact, but just straight metallic tubes (like in Frankfurt airport), or access to cabins for people with health problems (where space is larger) may be limited. Sometimes (like in Dubai airport), the floor of cabin may contain up to 1-2 cm of water (either due to actions of users or due to actions of cleaners). Obviously, in male cabins the floor may be actively sprayed with urine (I don't even tell about seats which may be completely dirty).

Here is the set of design and engineering solutions that may resolve all aforementioned problems and some other problems:

- each toilet cabin should contain 2 sets of folding shelves at 2 opposite walls; at wall #1 there should be single shelf for placing large backpack or long heavy jacket; at wall #2 there should be 3 shelves (attached vertically one above another) for placing laptop bag, small backpack, and small bag; folding shelves should be attached at walls starting from 20 cm above the floor to avoid breaking fragile items, if the shelf attachments will fail; to avoid sliding of objects, the sides of each shelf should be made with ledges and the surface of shelves should be made ribbed; obviously, if shelf at wall #1 will be closed, there will be enough space to place wheeled bag;
- it should be possible to lift toilet seat with foot pedal, for those people who are afraid to touch it even through the piece of paper, but want to urinate quickly;
- the floor of each cabin should be skewed a little to allow quick flushing all dirt out into the hole on the floor;
- the device that allows to take paper piece by piece should be transparent to allow seeing how many paper pieces are inside;
- "American style" toilet bowls with water inside should not be used at all; it is not pleasant to fill how it splashes in all directions on your actions when you are sitting on the bowl or urinating there;
- considering my experience of living in different countries, I can say that so-called "Balkan style" toilet bowls have the best flushing parameters (maybe, in fact they are produced in EU countries, but I have seen them in Serbia and Albania only); I'm not sure about construction details, but you may perform your own "field research" to find them; maybe the reason is in more strong stream of water falling from tank placed at 2m height above the bowl;
- toilet cabin doors and toilet entrance doors should allow opening in double directions with foot to avoid touching door handles with hands;
- flushing in toilets should be possible to be activated with both light detectors (for forgetful users) and foot pedal (for all others);

- each cabin should have hand washing device inside; to save space, engineers may implement folding water pipe and may direct the stream of water into toilet bowl.

Obviously, some other recommendations may be taken from Middle Eastern and East Asian users who have different toilet practices; I have listed the basic recommendations only that can be cheaply implemented in any country of the 2nd or 3rd worlds.

The most widespread of the most terrible visual health defects in developing countries

Just a short statistics of the most widespread of the most terrible visual health defects observed in trips:

- 2 cases of face deformations of different sizes in Madagascar (beggar female and village female);
- 2 cases of general complex body defects in Albanian Roma beggars (both are males);
- 2 cases of undeveloped arm in Batumi city in Georgia (both are males);
- 1 case of leg deformation in Sri Lanka street beggar (male).

I'm not sure whether such statistics will give you something, but maybe it can be used as a starting point for some medical research. As you can understand, such health problems are already generally rare in the modern 2nd and 3rd worlds' countries, and mainly, they happen in males due to some reason.

Dates: 2004 − 2019.

Psychological and neurophysiological basements for choosing global travel routes

All my previous travel routes have been chosen with use of complex and strict visa limits, financial limits, temporal limits, interests, and random opportunities. However, upon analysis of these routes several regularities have been discovered. Some routes gradually mixed with each other into circles without any preliminary plan on travelling by circles:

- "Eastern European circle" with endpoints in Tatarstan, Czech Republic, Cyprus, St. Petersburg, and with "center" in Odessa area where one of my grandmothers was born;
- "Asian circle" with endpoints in South Korea, Mongolia/Irkutsk, Central Asia, Sri Lanka/Kerala, and with "center" in Nepal;
- "Indian ocean circle" with endpoints in Madagascar, Rwanda/Uganda, Ethiopia, UAE, some parts of the previous "Asian circle" at the North, and currently unknown "center".

The life has turned in such way that travelling *slightly outside* of these circles or *deeply inside* of them was impossible, dangerous, or very hard at least. I don't know how it happened. And obviously, exploring my case is not enough, you should talk with many other travellers having similar objective travel limitations. If some regularities will be found in routes of other travellers too, it may affect touristic industry significantly. Generally, I suppose that all I did is just extremely complex ritualized behaviour.

Dates: 2004 − 2019.

Numeric limits of topics learned in self-educational courses

In 1990's, 2000's, and 2010's, three giant self-educational courses have been passed by me either consciously or unconsciously. When I started to write down details of every self-learning period in 2019th, I have come to similar limits:

- 180+ authors and books in 1990's (obviously, some of them were forgotten);
- 180+ authors, books, movies, artists, and web resources in 2000's (obviously, some of them were forgotten);
- 100+ authors/books/blogs, 140+ cities/villages, and 40+ protected natural areas in 2010's (some parts of travels were really self-educational).

("Authors" include reading full collections of works containing up to several tens volumes per each. "Books" include subscriptions to periodic magazines for many years and encyclopedias.)

It is supposed, these numbers may have some strict neurophysiological or psychological basement which should be researched with the large group of respondents; and it is supposed that such research may provide valuable data for pedagogy.

Dates: 1990's, 2000's, 2010's.

Phenomenon of "maturity spillover" in females

It is supposed that maturation of females happened as a result of communicating with older males may be distributed (through communication) to their female friends, classmates, relatives, and co-workers, even if these other females don't date older males. So, we may have so-called "maturity spillover" phenomenon, when female dates males of her age but applies to them the same standards that her female friends use for dating older males, and/or behaves in a way that is not typical for her age and circle of contacts. The most interesting part of this spillover may be its neurophysiological effect, if it is present certainly.