

# Connection needed

*Here's why you spend spare time on Facebook*

**CAN'T HELP SKIMMING** through your Facebook timeline even as you take a break from work? You may just be wired to do so as the brain prepares us to be socially connected to other people even when we get some rest, says a new research.

"The brain has a major system that seems predisposed to get us ready to be social in our spare moments," said the study's senior author Matthew Lieberman, professor at University of California, Los Angeles.

During quiet moments, the brain is preparing to focus on the minds of other people -- or to "see the world through a social lens," Lieberman said.

Tracking brain activity of study participants using functional magnetic resonance imaging, or fMRI, the researchers found that a brain part called dorsomedial prefrontal cortex might turn on during dreams and rest in order to process our recent social experiences and update



our understanding of the social world.

"It is part of a network in the brain that turns on when we dream and during periods of rest, in addition to when we explicitly think about other people," Lieberman said.

"When I want to take a break from work, the brain

network that comes on is the same network, we use when we are looking through our Facebook timeline and seeing what our friends are up to," Lieberman said.

So although Facebook might not have been designed with the dorsomedial prefrontal cortex in mind, the social net-

work is very much in sync with how our brains are wired.

"That is what our brain wants to do, especially when we take a break from work that requires other brain networks," Lieberman said.

The study was published in the *Journal of Cognitive Neuroscience*. IANS

## Listen up

*Why women are better at remembering tasks-to-do than men*



**NOW IS THE** time to finally listen to your wife as women are better than men at remembering things to do, a new study finds. The study involved putting 100 men and women through a battery of memory tests. These judged prospective memory; that is remembering to carry out plans.

The volunteers, who were aged between 15 and 40, found it harder to remember to do things the further they were into the future, *Daily Mail* reported. The females also excelled at remembering plans that involved doing, rather than saying, something.

"A real life example of this would be, in a family, you would expect the woman to be the one to remember to buy some milk after work," researcher Liana Palermo from the Aston University in Birmingham was quoted as saying.

"Or she will remember to give a book back to a friend when she sees him next.

She will be better at all of these kind of tasks than a man," Palermo added. Palermo said the gender difference may be down to differences in hormones or brain structure.

The brain's memory hub shrinks in men, but not in women, between the ages of 20 and 40.

"An alternative hypothesis is that the sex differences we found could be due to the care-taking role often assumed by women and the fact that in addition to work responsibilities, women also have more responsibilities at home," Palermo said.

"As a consequence of this social role, in daily life women might perform tasks involving prospective memory more than men, enhancing their performance in remembering to remember."

The study was published in the *Quarterly Journal of Experimental Psychology*. IANS

## ALIGN YOUR LIFE

### *The Myth About Toilets*

**M**any clients believe that they are not wealthy because there is a toilet in their money area. Some avoid using that toilet, while some start decorating it with fancy items in a bid to create prosperous energy. I know of a client who broke down the toilet and built his bedroom in that area, so that his money flow would improve. Needless to say that he saw so no such results and tons of money was wasted breaking down the toilet. So why is the location of a toilet so controversial in Feng Shui?

First and foremost, in the olden days toilets were built outside the main house. Since they were considered to be the place of bad energy, they was best kept away from the main living area. But those were the days when land was available abundantly and houses were big. Over a period of time, that concept has changed. Now big houses have almost diminished and tall skyscrapers adorn most places around the world. Therefore there is no option but to place the toilet within the house. Does this mean it will bring bad luck to the family or drain your finances? Absolutely not!

Flying Star school of Feng Shui divides the house in eight sectors based on the compass directions. Each of these eight sectors have a predominant element assigned to it. The interaction between these elements, the function associated with the sector of the house and the yin or yang nature of the element will decide if a particular area is auspicious or not. Therefore to say that the location of toilet in the living room or bedroom is not good is pure myth.

One other common misconceptions people have is that one must close the lid of the toilet or else their wealth will be flushed out. If this were true, then most people will be bankrupt by now. In many countries people have open-air toilets or have no toilet lids at all. Does this mean that people using them will have problems with money? This is purely a misconception and holds no Feng Shui truth to it.

The fact of the matter is that a toilet is not your living room. And so must be minimally decorated. Avoid placing fancy crystals or paintings in this area. Keep it simple and minimalistic. After all it's a just a toilet and does not control your destiny.

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