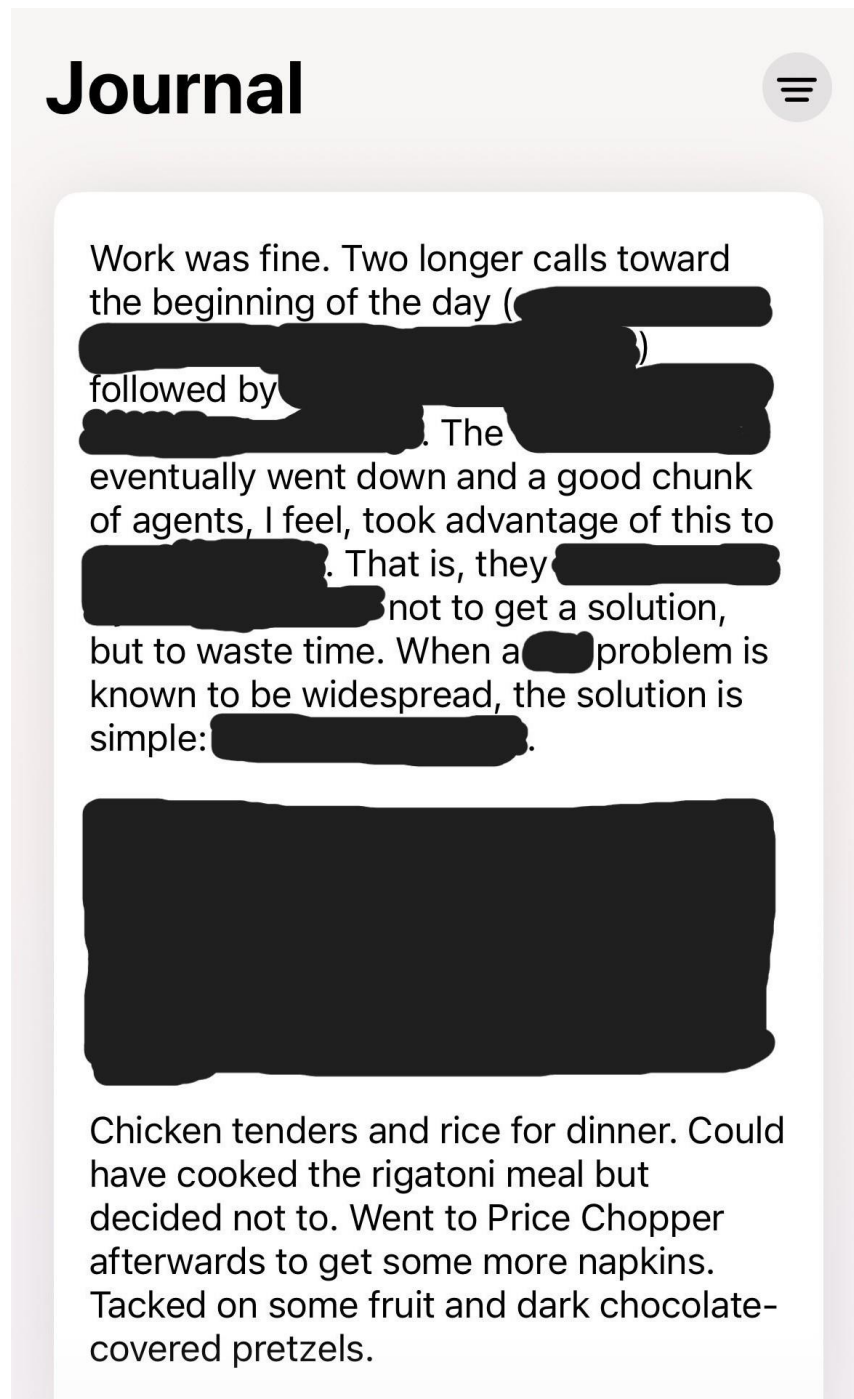


As some of you may be aware, the recent iOS update (17.2) introduced a Journal app for iPhone users. I started using the app on day one, and the following images constitute a *redacted journal entry* dated 1/26/2024. The basic idea here is to – in a scientific sort of way – capture the spontaneity of the journal entry while leaving out all the compromising personal stuff. For me, at least, entries tend to move from the personal to the abstract; the reader may notice the black marker fading away as the whining exhausts itself.



Finally got around to the laundry, the rain having let up. While this was going, I read an article about caffeine from Google Scholar. A finding that stuck with me was that extroverts show a larger caffeine-induced performance increase in cognitive tasks than do introverts. The theory is that as introverts show more cognitive activity in general, they don't benefit as much from the caffeine.

Intrigued by this part of the article, I took to Wikipedia to read some more about the author whose introversion theories were mentioned - Hans Eysenck. His book *The Psychology of Politics* sounds right up my alley. In fact, I might even buy it with the Amazon gift card from [REDACTED].



My pie-in-the-sky dream at this point is to create some sort of synthesis where mathematics becomes as native to political psychology as it is to physics. E.g. humans are to be modeled as vessels containing an entity called "ego" which is proportional to serotonin levels. During a "conflicting interaction" between two individuals, ego may be transferred from one to the other (i.e. from the slave to the master, in the Hegelian sense), though the total "ego" in the system is conserved. Political affiliation has less to do with how much ego one possesses and more to do with how "permeable" one's ego barrier is - with conservatives being relatively closed to ego loss and gain, and with liberals being relatively open. The goal of the theory would then be to explain how increased population density leads one to develop a more permeable barrier over time, perhaps invoking some Kahneman-style cognitive bias. Ideally, the quantity "ego" would be well-defined and measurable for a given person at a given moment in time, and the conservation of ego could be experimentally tested.

Alright, looks like the dark chocolate-covered pretzels kicked in. Two is all it took. The caffeine study says I should expect a crash and perhaps some depressed mood tomorrow. Let's hope I get enough sleep.

Friday, Jan 26



The following are my citations for the entry.

1. The dark chocolate-covered pretzels that got to me...



2. The article about caffeine, with the introvert/extravert stuff on pages 17-18...

<https://link.springer.com/content/pdf/10.1007/BF00845371.pdf>

3. The Hans Eysenck Wikipedia page...

[https://en.wikipedia.org/wiki/Hans\\_Eysenck](https://en.wikipedia.org/wiki/Hans_Eysenck)