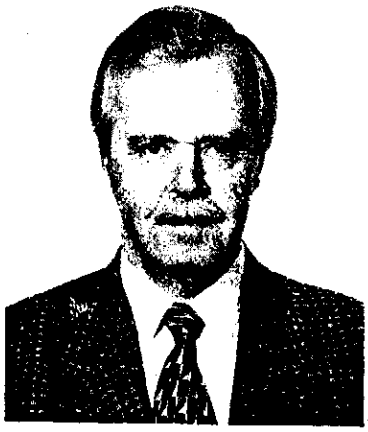
Leonid Alexander Kitajev-Smyk



Leonid A. Kitajev-Smyk, was born on 18 May 1931 in Moscow, the capital of the USSR. His father, Alexander, was a professional administrator and his mother, Matriona, was a diplomat-economist.

Dr. Kitajev-Smyk spent his childhood in Russia, China, and Japan with his parents. His adolescence was passing during the Second World War, under fascist bombing first, then in a small village in the middle of wild steppe nature. There he had to do the hard men's rural work, for all the grown men had left their homes for the front to liberate the homeland. The guiding feeling of his childhood and adolescence was a so called "joy of learning varieties of the world."

After having graduated from a secondary school and Moscow Medical Institute Number 1 (where he got an excellent diploma of "doctor of medicine"), he worked as a practitioner from the year 1955. He was living his youth with the feeling of "unconcern" that was a kind of psychological defense from dangers of the repressive communist regime under the dictator Stalin.

In 1956, for successful treating and researching of the grippe epidemic, Dr. Kitajev-Smyk was transferred to the Academy of Medicine as a junior researcher. There he assisted in studying homotransplantation of endocrine glands of animals. He realized that this type of transplantation has no prospects, as the living substance on the Earth is divided into species protected by immunity from adhering to each other. While experimenting with animals he researched the effect of the heart glucosides and neuroleptics and participated in working out new medicines.

In early childhood (at the age of five) his father told him about space, and since that time, he always dreamt of flying to other planets. When his father fell ill he started thinking of the future of space medicine, of treating with imponderability. Therefore, he left his successful scientific career and, in 1960, passed as a senior researcher to the secret Flight Research Institute.

There were some facts that made Dr.Kitajev-Smyk feel lucky. First, it was a civilian institute so there was not any military routine and foolishness so peculiar to military establishments. Second, he led a small group of medical researchers, so he was completely free in holding experiments and did not suffer from the authorities pressure. Third, he was carrying out the "pioneer" (in the USSR) researches, hence, he was allowed to define the extent of secrecy of the results. He always registered them as "unsecret" and could publish them in unsecret magazines and present them in international scientific conferences.

In 1961 Dr. Kitajev-Smyk started studying the effects of the imponderability on humans and animals in aviation flights by parabola. The imponderability in thirty seconds of duration could be created repeatedly and its effect could be studied on many people of different,age, sex, and health. He has been in such kind of imponderability 2580 times. By imponderability of short duration he carried out physiology, psycho-physiology, and ergonomic experiments. Most of them were the first carried out in the world. He got many interesting results and theoretical conceptions. He also participated in preparing the first soviet astronauts-Y. Gagarin and others.

In 1963 Dr. Kitajev-Smyk was the initiator in studying the influence of artificial gravity on people during flights to other planets. He helped invent and build a "surface interplanetary space-craft imitation"-a large revolving centrifuge. The useful constructive novelty of this centrifuge was the possibility of entering its internal apartments during the revolution (without stopping it). This fact increased the number of physiological, psycho-physiological, psychological, ergonomical, and sociological researches of stress appearing during continuous (many weeks) revolving. The results of this research have been reflected in the monograph, "Psychology of Stress" (L. A. Kitajev-Smyk, publishing house Nauka, 1983, Russian). In this publication different recommendations were worked out for building interplanetary space-crafts and flying in them.

The main emotion of that period of Dr. Kitajev-Smyk's life was "exhausting inspiring by realization of higher purposes." At that time the Soviet Empire entered a period of stagnation and hidden collapse. Aviation and astronautics were the last among all industries and sciences to have been enveloped in stagnation. Because of that, in 1973, he left the prestigious job in astronautics and passed to the newly established Institute of Psychology and began summarizing all the results he had gotten from studying stress. He found and published the general conception of stress, which explains the vegetative and somatic display of stress, cognitive changes under stress, and breaches of human intercourse under extraordinary influences.