

Chimpanzees also like to follow trends, study shows

A recent study reveals that chimpanzees in a Zambian sanctuary have adopted what researchers call a "fashion trend" by placing blades of grass or sticks in their ears and, in some cases, their rectums.

According to Ed van Leeuwen, the lead author of the study, this behavior was first observed in 2010 when a female chimpanzee began putting objects in her ear. This action was soon imitated by others in her group. Researchers concluded the behavior was a social tradition rather than for a practical purpose, as the chimpanzees appeared relaxed and were not trying to alleviate pain or itchiness.

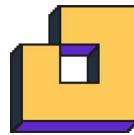
More than ten years later, a separate group of chimpanzees at the same sanctuary, located miles away, began exhibiting the same ear-dangling behavior, with some also inserting the objects into their behinds. The study suggests the chimps learned this from their human caregivers. Staff in the area of the first group of chimps were known to clean their ears with sticks, and these same caregivers later worked with the second group.

Van Leeuwen believes this is a clear example of a trend spreading through social learning, primarily for fitting in and strengthening social bonds. He compares it to another observed case where female chimpanzees at a zoo began imitating a peer who walked as if carrying an infant she did not have. Newcomers to this group were accepted more quickly if they adopted the unique walk.

The grass-dangling behavior was mostly seen during the chimpanzees' leisure time. Since they live in a sanctuary without predators or the need to compete for resources, they have more free time than chimpanzees in the wild. Nevertheless, van Leeuwen suggests wild chimps could also be capable of such cultural behaviors.

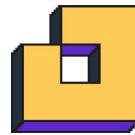
Elodie Freymann, a primate expert not involved with the research, commented on the study's importance, calling the finding of interspecies copying between humans and chimps "mind-blowing." She noted that it opens up exciting questions about whether chimpanzees might learn from other non-human species as well.

Source: [chimpanzees also like to follow trends](#)



Fill The Words With Appropriate Meaning!

1. Chimpanzees :
2. Trends :
3. Study :
4. Sanctuary :
5. Adopted :
6. Researchers :
7. Behavior :
8. Observed :
9. Imitated :
10. Tradition :
11. Practical :
12. Purpose :
13. Exhibiting :
14. Caregivers :
15. Strengthening :
16. Leisure :
17. Predators :
18. Compete :
19. Cultural :
20. Interspecies :



Extreme heat is a killer. A recent heat wave shows how much more deadly it's becoming

Extreme heat is a killer and its impact is becoming far, far deadlier as the human-caused climate crisis supercharges temperatures, according to a new study, which estimates global warming tripled the number of deaths in the recent European heat wave.

For more than a week, temperatures in many parts of Europe spiked above 100 degrees Fahrenheit. Tourist attractions closed, wildfires ripped through several countries, and people struggled to cope on a continent where air conditioning is rare. The outcome was deadly. Thousands of people are estimated to have lost their lives, according to a first-of-its-kind rapid analysis study published Wednesday.

A team of researchers, led by Imperial College London and the London School of Hygiene and Tropical Medicine, looked at 10 days of extreme heat between June 23 and July 2 across 12 European cities, including London, Paris, Athens, Madrid and Rome.

They used historical weather data to calculate how intense the heat would have been if humans had not burned fossil fuels and warmed the world by 1.3 degrees Celsius. They found climate change made Europe's heat wave 1 to 4 degrees Celsius (1.8 to 7.2 Fahrenheit) hotter. The scientists then used research on the relationship between heat and daily deaths to estimate how many people lost their lives.

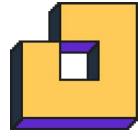
They found approximately 2,300 people died during ten days of heat across the 12 cities, around 1,500 more than would have died in a world without climate change. In other words, global heating was responsible for 65% of the total death toll.

"The results show how relatively small increases in the hottest temperatures can trigger huge surges in death," the study authors wrote. Heat has a particularly pernicious impact on people with underlying health conditions, such as heart disease, diabetes and respiratory problems.

People over 65 years old were most affected, accounting for 88% of the excess deaths, according to the analysis. But heat can be deadly for anyone. Nearly 200 of the estimated deaths across the 12 cities were among those aged 20 to 65. Climate change was responsible for the vast majority of heat deaths in some cities. In Madrid, it accounted for about 90% of estimated heat wave deaths, the analysis found.

The study's focus on 12 cities makes it just a snapshot of the true heat wave death toll across the continent, which researchers estimate could be up to tens of thousands of people. "Heatwaves don't leave a trail of destruction like wildfires or storms," said Ben Clarke, a study author and a researcher at Imperial College London. "Their impacts are mostly invisible but quietly devastating — a change of just 2 or 3 degrees Celsius can mean the difference between life and death for thousands of people."

The world must stop burning fossil fuels to stop heat waves becoming hotter and deadlier and cities need to urgently adapt, said Friederike Otto, a climate scientist at Imperial College London. "Shifting to renewable energy, building cities that can withstand extreme heat, and protecting the poorest and most vulnerable is absolutely essential," she said.

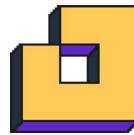


Akshay Deoras, a research scientist at the University of Reading who was not involved in the analysis, said “robust techniques used in this study leave no doubt that climate change is already a deadly force in Europe.”

Richard Allan, a professor of climate science at the University of Reading who was also not involved in the report, said the study added to huge amounts of evidence that climate change is making heat waves more intense, “meaning that moderate heat becomes dangerous and record heat becomes unprecedented.”

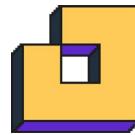
It's not just heat that's being supercharged in our hotter world, Allan added. “As one part of the globe bakes and burns, another region can suffer intense rainfall and catastrophic flooding.”

Source: [Extreme heat is a killer. A recent heat wave shows how much more deadly it's becoming](#)



Fill The Words With Appropriate Meaning!

1. Extreme :
2. Deadlier :
3. Crisis :
4. Supercharges :
5. Temperatures :
6. Wildfires :
7. Continent :
8. Analysis :
9. Researchers :
10. Historical :
11. Intense :
12. Approximately:
13. Responsible :
14. Pernicious :
15. Vulnerable :
16. Devastating :
17. Adapt :
18. Unprecedented:
19. Catastrophic :
20. Flooding :



China posts 5.2% GDP growth for Q2

China reported better-than-expected economic growth for the second quarter in the face of an ongoing trade war with the United States, as diversification efforts to non-US markets buoyed exports. Gross domestic product (GDP) expanded 5.2% in the second quarter from the same period a year earlier, according to the National Bureau of Statistics (NBS) at a press conference on Tuesday. That was higher than the average predictions of 5.1%, based on a poll of 40 economists surveyed by Reuters on Friday.

The GDP growth in the second quarter was a slowdown from a 5.4% expansion in the first three months of the year. Together, GDP growth for the first half of the year compared to the same period last year stood at 5.3%, according to the NBS.

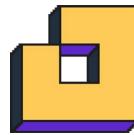
China's economy remains under mounting external and internal pressure to meet its ambitious target of "around 5%" growth set for this year, a goal economists believe will be tough to achieve without further policy support.

US President Donald Trump's tariff offensive – which at one point reached 145% on Chinese imports – has upended what is arguably the world's most consequential bilateral trade relationship. Under a May truce that scaled back the triple-digit tariffs, Beijing has less than a month, until August 12, to secure a permanent deal with Washington.

For China's export-reliant economy, much hinges on the tariff rate ultimately agreed upon. Even a double-digit levy would carry a profound and lasting implications for Chinese manufacturers – a key pillar of the country's economic engine.

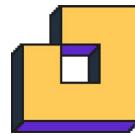
Domestically, the Chinese economy continues to be weighed down by a host of structural challenges, including a prolonged property crisis, soaring youth unemployment, sluggish consumption and persistent deflation.

Source: [China posts 5.2% GDP growth for Q2](#)



Fill The Words With Appropriate Meaning!

1. Economic :
2. Growth :
3. Diversification :
4. Exports :
5. Domestic :
6. Predictions :
7. Expansion :
8. Pressure :
9. Ambitious :
10. Tariff :
11. Consequential :
12. Bilateral :
13. Permanent :
14. Implications :
15. Manufacturers :
16. Structural :
17. Unemployment:
18. Consumption :
19. Persistent :
20. Deflation :



Americans could pay more for these items from Mexico and the EU if Trump makes good on his latest tariff threats

President Donald Trump expanded his tariff threats over the weekend, calling for 30% levies on two of America's largest trading partners: the European Union and Mexico. Those tariffs are set to take effect August 1, unless either party inks a trade deal or takes other measures that cause the president to reverse course. If that does not happen, Americans could get stuck paying more for an extensive list of goods.

But as is the case with the various tariffs Trump has already imposed — including the nearly universal 10% and the 25% tariffs on goods from Canada and Mexico that don't already comply with his own free-trade deal known as the United States-Mexico-Canada-Agreement — it can take time for tariffs to translate into higher prices.

For instance, inflation reports from the last three months have shown prices have remained stable despite higher tariffs. The Trump administration maintains that "the cost of tariffs will be borne by foreign exporters who rely on access to the American economy, the world's biggest and best consumer market," Kush Desai, a White House spokesperson, said in a statement to CNN.

That's not exactly the full story, though, given importers pay tariffs up front, and while they may absorb some of the tax themselves, oftentimes they end up having to pass it on to consumers via higher prices. If Trump follows through with the 30% tariffs, here's what Americans could shell out more money for:

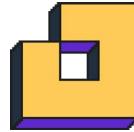
Produce

Already, tomato prices are poised to increase as of Monday, with a key tomato-specific free-trade agreement between the United States and Mexico set to expire. But that's hardly the only produce Mexico ships to the US that could get more expensive. Last year, the US imported \$46 billion of agricultural products from Mexico, according to data from the US Department of Agriculture. That includes \$8.3 billion worth of fresh vegetables and \$9 billion of fresh fruits, with avocados accounting for \$3.1 billion of that total.

Medical equipment and surgical supplies

Many of the EU's biggest exports to the US are already facing higher tariffs in Trump's second term. That includes 25% tariffs on cars and car parts as well as 50% tariffs on steel and aluminum. Trump has also said tariffs on semiconductors and pharmaceuticals, two other big sources of EU exports to the US, are in the works. The 30% tariffs on the EU, if implemented, would be "separate" from sectoral tariffs, Trump said in his letter to European Commissioner President Ursula von der Leyen.

Putting those sectoral tariffs aside, Americans may have to pay more for another top EU export to the US: medical equipment. Last year the US imported \$16 billion worth of medical equipment and surgical supplies from the EU, according to US Commerce Department data.



Electronics

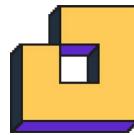
After Trump slapped higher tariffs on China in his first term, the US has looked more to Mexico for electronics than to China, which used to be a preferred source. Now, as the US's biggest trading partner, the top foreign source of electronic goods that came in to the US last year was Mexico. That includes \$49 billion worth of computers, \$20 billion worth of electrical equipment and \$13 billion of audio and video equipment.

Alcohol

Mexico and the EU each shipped over \$11 billion worth of beer, wine and distilled spirits to the US last year, according to USDA data.

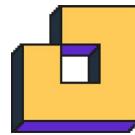
Meanwhile, the EU has previously indicated it would respond to higher tariffs by taxing American alcoholic beverages at higher levels. That's why the Distilled Spirits Council of the US, whose members include Constellation Brands, Brown-Forman and Bacardi, among several others, has been advocating against higher tariffs on alcohol, especially from the EU, given the negative impact it can have on domestic producers.

Source: [Americans could pay more for these items from Mexico and the EU if Trump makes good on his latest tariff threats](#)



Fill The Words With Appropriate Meaning!

1. Threats :
2. Levies :
3. Partners :
4. Extensive :
5. Imposed :
6. Inflation :
7. Exporters :
8. Consumers :
9. Separate :
10. Agricultural :
11. Imported :
12. Equipment :
13. Surgical :
14. Semiconductors:
15. Pharmaceuticals:
16. Sectoral :
17. Agreement :
18. Distilled :
19. Advocating :
20. Domestic :



The pros and cons of mouth taping for sleep

Taping your mouth shut for sleep has gone mainstream. Spurred on by celebrity endorsements and social media influencers, it's now a billion-dollar industry. On TikTok, for example, the endorsements are widespread. One influencer claims mouth tape is the "beauty tip of life" that has changed the appearance of her face and jaw for the better.

Another TikToker assures her followers that using mouth tape is "not a placebo effect — I've slept so much better since using this," while someone else insists mouth tapers will "wake up more energized," adding that "it helps with anxiety, and ... if you snore, it helps with, like, not snoring."

One woman couldn't even recall why she started taping her mouth for sleep: "Truth be told, I don't know. I saw a TikTok about it, and I can't remember what the benefits were. But it helps me stay asleep!" Mouth taping has become an internet star even though science has yet to prove its benefit — and has shown it can do harm.

"The purported benefits that are being touted for this — improving apnea, improving snoring, making your nose look better, making your jaw look better — it just doesn't come out in the wash that that actually is what's happening," said sleep specialist Dr. Brian Rotenberg, professor of otolaryngology – head and neck surgery at Western University's Schulich School of Medicine & Dentistry in London, Ontario.

The risks of mouth taping

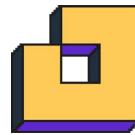
If you're one of the roughly 30 million Americans with sleep apnea, mouth taping could seriously restrict airflow, thus depriving your brain and body of critically needed oxygen, according to experts. Sleep apnea is a dangerous condition in which people stop breathing for up to a minute multiple times an hour. In severe cases, people stop breathing hundreds of times each night.

About 23.5 million of those who have sleep apnea in the US are undiagnosed, according to the American Academy of Sleep Medicine. Yet the condition can lead to heart disease, diabetes, stroke, depression and even premature death if left untreated. A recent analysis by Rotenberg and his colleagues found taping or sealing the mouth closed or strapping the chin to keep the mouth closed "could pose a serious risk of asphyxiation in the presence of nasal obstruction or regurgitation."

Nasal obstructions can make it difficult to breathe through the nose as well, so reaching for mouth tape without first checking with a sleep specialist is unwise, experts say. "There's so many other reasons we can't breathe through our nose — deviated septum, nasal polyps, even in some cases, nasal tumors can happen," Rotenberg said. "A large number of people would rather turn to Instagram or TikTok or other sources of information rather than their physician or nurse practitioner to actually make a diagnosis."

Mouth tape is useless without proper breathing

The goal for most mouth tape aficionados is to breathe through the nose, which experts say is healthier. Fine hairs in your nose called cilia filter out dust, allergens, germs and environmental



debris. Nose breathing also moisturizes incoming air, while dry air breathed in through the mouth can irritate the lungs, said Dr. Raj Dasgupta, an associate professor of clinical medicine, pulmonary, critical care and sleep medicine at Huntington Health in Pasadena, California.

"Nasal breathing may lower blood pressure by increasing nitric oxide, a compound in your body that can be helpful for keeping your blood pressure under control," Dasgupta said. In addition, breathing through the nose is relaxing, which is why it is often recommended, along with yoga and meditation, as a way to promote sleep.

Mouth tapers won't experience these benefits, however, unless they first learn to properly place their tongue in the mouth, said Ann Kearney, a speech language pathologist at Stanford University School of Medicine. "It's a little frustrating for me when people just think they can tape their mouth shut and that's it — that's not the point," Kearney said. "The tongue has to be up and in the forward position or you're not going to get the benefits of the nasal breathing."

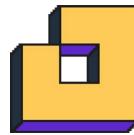
To do that, put the tip of your tongue directly behind your front teeth and then relax the tongue along the upper palate of your mouth and keep it there, she said. Another way to explain it: Try to say the word "the," but don't remove your tongue from your teeth. Then relax the tongue along the top of the mouth.

If the tongue isn't moved up and forward, "the base of tongue is back in the airway, which causes more of an obstruction," Kearney said. "But when you get it up and forward, it opens that airway and allows for easier nasal breathing."

If you do decide to use mouth tape — after you're checked out by a doctor, of course — you need only a 2-inch piece of thin medical-grade tape, she said.

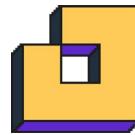
"I've heard crazy things on social media where people are using duct tape or taking the big piece of tape and really covering their mouth," Kearney said. "It's not necessary."

Source: [The pros and cons of mouth taping for sleep](#)



Fill The Words With Appropriate Meaning!

1. Mainstream :
2. Endorsements :
3. Influencers :
4. Widespread :
5. Placebo :
6. Energized :
7. Purported :
8. Restrict :
9. Depriving :
10. Undiagnosed :
11. Asphyxiation :
12. Obstruction :
13. Regurgitation :
14. Unwise :
15. Aficionados :
16. Allergens :
17. Moisturizes :
18. Pathologist :
19. Palate :
20. Necessary :



Nearly half of teens say social media is bad for youth mental health, report finds

The impact of social media on young people's mental health and well-being is a growing topic of concern among parents, educators, health care professionals and regulators. And now, nearly half of US teens say social media has a mostly negative effect on people their age — and almost the same proportion say they're cutting back on social media use.

That's according to a Pew Research Center report published Tuesday that asked American teens and parents about their attitudes around social media and smartphones. It offers an updated glimpse into how teens view their own social media use, following a separate Pew study from December that found nearly half of US teens say they're online almost constantly. The report comes as parents and regulators have called on social media companies to do more to keep young people safe — and prevent them from spending too much time — on their platforms.

Last year, then-Surgeon General Vivek Murthy asked Congress to require a label on social media apps warning of risks to young people, similar to those on alcohol and tobacco. Australia also passed a world-first law banning teens under 16 from social media. And in March, Utah Governor Spencer Cox signed a landmark bill requiring app stores to verify users' ages and share that data with app developers, in a bid to protect teens from accessing age-inappropriate content online.

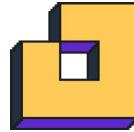
To conduct the study, Pew surveyed 1,391 US teens ages 13 to 17 and their parents during September and October of last year. Of the teen respondents, 48% said they think social media has a "mostly negative" effect on people their age, up from 32% when Pew asked the same questions in a different survey in 2022. Just 11% of teens today say they think social media is "mostly positive" for their peers. But just 14% of teens say social media has a mostly negative impact on themselves, although that figure has jumped from 9% in 2022.

Still, teens are seemingly trying to rein in their own social media use; 45% say they spend too much time on social media, up from 36% in 2022. And 44% of teen respondents said they have cut back on time spent on social media and their smartphones.

"The overuse of social media in our society seems to be the main cause of depression among those in my age group," a teen boy quoted in the report wrote. "People seem to let themselves be affected by the opinions of people they don't know, and it wreaks havoc upon people's states of mind."

The report suggests that the effects of social media vary somewhat by gender and race and ethnicity. Teen girls, for example, are slightly more likely than teen boys to say social media has hurt the amount of sleep they get, their productivity, their mental health and their confidence.

Those findings are consistent with research from 2019 that has suggested the link between social media and depression may be stronger in teen girls than boys, and that social media may harm girls' mental health by increasing their exposure to bullying and decreasing activities that have a positive impact on wellbeing, such as sleep.



In 2021, internal documents from social media giant Meta, made public after a whistleblower disclosure, showed that the company's research found that Instagram makes "body image issues worse for one in three teen girls." Meta has since introduced new policies and practices aimed at improving teen safety, including updated AI tools announced Monday designed to catch teens lying about their age on the app.

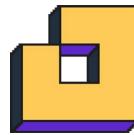
Girls (48%) are more likely to say they've cut back on social media use than boys (40%), according to Tuesday's report. General mental wellbeing among teens is a broader concern; 89% of parents and 77% of teens reported being either "somewhat" or "extremely" worried about the issue.

But parents are still more anxious about how social media is impacting their children than the teens themselves, the report suggests. Social media (44%) and technology generally (14%) ranked highest as the one thing parents believed negatively impacted teens' mental health, whereas only 22% and 8% of teens, respectively, said the same.

"Technology, which is making them more afraid to try things, makes them less creative and makes them less likely to figure out how to solve their own problems, whether relationally or physically," a mother of a teen said in the survey.

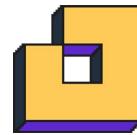
However, it's not all bad. Nearly six in 10 teens said social media gives them "a place to show their creative side," and even more said it helps them stay connected to what's happening in their friends' lives.

Source: [Nearly half of teens say social media is bad for youth mental health, report finds](#)



Fill The Words With Appropriate Meaning!

1. Well-being :
2. Concern :
3. Professionals :
4. Regulators :
5. Proportion :
6. Attitudes :
7. Constantly :
8. Platforms :
9. Landmark :
10. Inappropriate :
11. Respondents :
12. Seemingly :
13. Productivity :
14. Confidence :
15. Consistent :
16. Exposure :
17. Whistleblower :
18. Disclosure :
19. Anxious :
20. Relationally :



'Cool' people tend to have these six things in common, study finds

An international team of researchers may have just cracked the code for what makes someone "cool." And no matter where you live, the personality traits that make someone "cool" appear to be consistent across countries, according to the study, published this week in the *Journal of Experimental Psychology*.

The researchers found that, compared with people considered to be "good" or "favorable," those considered "cool" are perceived to be more extroverted, hedonistic, powerful, adventurous, open and autonomous. "The most surprising thing was seeing that the same attributes emerge in every country," said Todd Pezzuti, an associate professor of marketing at Universidad Adolfo Ibáñez in Chile who was a co-lead researcher on the study.

"Regardless of whether it's China or Korea or Chile or the US, people like people who are pushing boundaries and sparking change," he said. "So I would say that coolness really represents something more fundamental than the actual label of coolness."

'Cool' isn't the same as 'good'

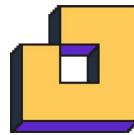
The researchers – from Universidad Adolfo Ibáñez, the University of Arizona and the University of Georgia – conducted experiments from 2018 to 2022 with nearly 6,000 people across a dozen countries: Australia, Chile, China, Germany, India, Mexico, Nigeria, Spain, South Africa, South Korea, Turkey and the United States.

The participants were asked to think of a person in their lives whom they perceive to be "cool," "uncool," "good" or "not good." They were then asked to rate that person's personality using two scales: the Big Five Personality scale, a widely used scientific model that helps describe personality traits, and the Portrait Values Questionnaire, intended to measure an individual's basic values.

The study participants consistently associated being calm, conscientious, universalistic, agreeable, warm, secure, traditional and conforming with being a good person, more than with being a cool person. Being capable was considered to be both "cool" and "good" but not distinctly either. But the formula for being "cool" was having the six character traits – more extroverted, hedonistic, powerful, adventurous, open and autonomous – no matter the person's age, gender or education level.

Pezzuti doesn't think these "cool" traits are something that can be taught. "We're born with those attributes," he said. "Five of those attributes are personality traits, and personality traits tend to be fairly stable." The research showed that cool people and good people aren't the same, but there may be some overlapping traits, said co-lead researcher Caleb Warren, an associate professor of marketing at the University of Arizona.

"To be seen as cool, someone usually needs to be somewhat likable or admirable, which makes them similar to good people," Warren said in a news release. "However, cool people often have other traits that aren't necessarily considered 'good' in a moral sense, like being hedonistic and powerful."



A limitation of the research was that only people who understood what “cool” means were included in the study. Pezzuti said it would be interesting – but difficult – to determine whether the findings would be similar among more traditional cultures or remote groups of people who may be less familiar with the term.

“We don’t know what we would find in supertraditional cultures like hunting-and-gathering tribes or sustenance farming groups,” Pezzuti said.

“One thing we would propose is that in those cultures, ‘cool’ people don’t have as important of a role because innovation, or cultural innovation, isn’t as important in those cultures,” he said. “So I would say that cool people are probably present in those cultures, but their role isn’t as big, and they’re probably not as admired as they are in other cultures.”

‘Cool’ can be controversial

When asked to think of a public figure or celebrity who embodies “coolness” based on his research, Pezzuti immediately said Tesla and SpaceX CEO Elon Musk. “He’s a controversial figure, but someone who comes to my mind is Elon Musk,” Pezzuti said, adding that he checks all the boxes of the six attributes identified in the study.

Musk is “undeniably powerful” and autonomous, he said, and appears to be extroverted due to his presence on social media platforms and in the media. “I hear that he’s timid, maybe more timid than he seems, but from an outsider, he seems very extroverted. He’s entertaining. He’s on podcasts and always in front of cameras,” Pezzuti explained.

Some of Musk’s behavior also appears to be hedonistic, he said. “He smoked marijuana on the most popular podcast in the world, ‘The Joe Rogan Experience.’” And Pezzuti added that Musk’s ideas about colonizing Mars show him to be open and adventurous.

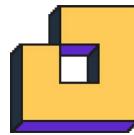
The new paper is one of the few empirical studies that examines what exactly makes people “cool,” said Jonah Berger, an associate professor of marketing at the University of Pennsylvania’s Wharton School of Business.

“While people have long wondered (and theorized) about what makes people cool, there hasn’t been a lot of actual empirical research on the topic, so it’s great to see work exploring this space,” Berger, who was not involved in the new paper, wrote in an email.

“While coolness might seem like something you are born with, there are certainly steps people can take to try and move in that direction,” he said. “Given how many people want to be cool, and how much money is spent with that goal in mind, it certainly seems worth studying.” Future research in this space could evaluate coolness in tandem with goodness and badness rather than in isolation from it, said Jon Freeman, an associate professor of psychology at Columbia University.

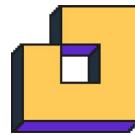
“‘Cool’ is deeply ingrained in our social vocabulary because it serves as a shorthand for complex inferences. It encapsulates signals of status, affiliation, and identity in ways that are instantaneous yet deeply stereotyped. From a scientific perspective, studying coolness is important precisely because it reveals how rapid, schematic trait inferences influence behavior and social dynamics, especially in the age of social media and influencer culture.”

Source: [‘Cool’ people tend to have these six things in common, study finds](#)



Fill The Words With Appropriate Meaning!

1. Consistent :
2. Perceived :
3. Extroverted :
4. Hedonistic :
5. Autonomous :
6. Fundamental :
7. Participants :
8. Conscientious :
9. Conforming :
10. Distinctly :
11. Admirable :
12. Limitation :
13. Innovation :
14. Controversial :
15. Embodies :
16. Empirical :
17. Theorized :
18. Ingrained :
19. Undeniably :
20. Encapsulate :



Chinese swimmers dope-tested the most ahead of World Aquatics Championships

Chinese swimmers took more anti-doping tests this year than swimmers from any other country ahead of the World Aquatics Championships in Singapore this month, the Aquatics Integrity Unit said in a report. From January 1, Chinese swimmers had an average of 8.8 anti-doping tests versus those from the US who were tested 4.1 times and those from Britain who were tested 2.2 times, the report showed.

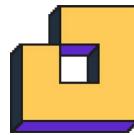
Swimmers competing as neutrals – mainly those with Russian nationality – were tested 8.2 times on average. In total, the Aquatics Integrity Unit conducted 4,018 anti-doping tests on athletes participating in the Singapore event scheduled for July 11 to 22.

"The report underscores World Aquatics unwavering commitment to fair competition and the highest standards of integrity in aquatic sport," it said. The China Swimming Association did not immediately respond to a request for comment.

China's swimming team has faced heightened scrutiny since revelations in April 2024 that 23 swimmers had tested positive for a banned heart medication in 2021 but were permitted to compete in the Tokyo Olympics that year. The World Anti-Doping Agency accepted the findings of a Chinese investigation that the results were due to contamination from a hotel kitchen. An independent review backed WADA's handling of the case.

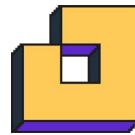
Testing will remain in force until the end of the event, with 830 samples to be collected during 24 days of competition, the Aquatics Integrity Unit said. China's male freestyle sprinter Wang Haoyu was tested 13 times, while 200 meter breaststroke world record holder Qin Haiyang was tested 12 times, the report showed.

Source: [Chinese swimmers dope-tested the most ahead of World Aquatics Championships](#)



Fill The Words With Appropriate Meaning!

1. Swimmers :
2. Championships:
3. Aquatics :
4. Integrity :
5. Average :
6. Neutrals :
7. Nationality :
8. Conducted :
9. Conducted :
10. Participating :
11. Unwavering :
12. Commitment :
13. Scrutiny :
14. Revelations :
15. Banned :
16. Medication :
17. Permitted :
18. Contamination :
19. Independent :
20. Handling :



Nvidia's Jensen Huang says AI could lead to job losses 'if the world runs out of ideas'

The chief executive of the world's leading chipmaker warned that while artificial intelligence will significantly boost workplace productivity, it could lead to job loss if industries lack innovation. "If the world runs out of ideas, then productivity gains translates to job loss," said Nvidia CEO Jensen Huang in an interview with CNN's Fareed Zakaria when asked about comments made by fellow tech leader Dario Amodei, who suggested AI will cause mass employment disruptions.

Amodei, the head of Anthropic, warned last month that the technology could cause a dramatic spike in unemployment in the very near future. He told Axios that AI could eliminate half of entry-level, white-collar jobs and spike unemployment to as much as 20% in the next five years.

Huang believes that as long as companies come up with fresh ideas, there's room for productivity and employment to thrive. But without new ambitions, "productivity drives down," he said, potentially resulting in fewer jobs. "The fundamental thing is this, do we have more ideas left in society? And if we do, if we're more productive, we'll be able to grow," he said.

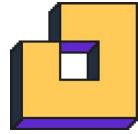
The increase in AI investments, which fueled a massive technology boom in recent years, has raised concerns about whether the technology will threaten jobs in the future. Roughly 41% of chief executives have said AI will reduce the number of workers at thousands of companies over the next five years, according to a 2024 survey from staffing firm Adecco Group. A survey released in January from the World Economic Forum showed 41% of employers plan to downsize their workforce by 2030 because of AI automation.

"Everybody's jobs will be affected. Some jobs will be lost. Many jobs will be created and what I hope is that the productivity gains that we see in all the industries will lift society," Huang said.

Nvidia, which briefly reached \$4 trillion in market value, is among the companies leading the AI revolution. The Santa Clara, California-based chipmaker's technology has been used to power data centers that companies like Microsoft, Amazon and Google use to operate their AI models and cloud services.

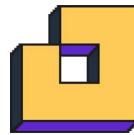
Huang defended the development of AI, saying that "over the course of the last 300 years, 100 years, 60 years, even in the era of computers," both employment and productivity increased. He added that technological advancements can facilitate the realization of "an abundance of ideas" and "ways that we could build a better future."

Artificial intelligence is also likely to change the way work is done. More than half of large US firms said they plan to automate tasks previously done by employees, such as paying suppliers or doing invoices, according to a 2024 survey by Duke University and the Federal Reserve Banks of Atlanta and Richmond. Huang said that even his job has changed as a result of the AI revolution, "but I'm still doing my job."



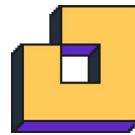
Some companies also use AI tools, like ChatGPT and chatbots, for creative tasks including drafting job posts, press releases and building marketing campaigns. “AI is the greatest technology equalizer we’ve ever seen,” said Huang. “It lifts the people who don’t understand technology.”

Source: [Nvidia’s Jensen Huang says AI could lead to job losses ‘if the world runs out of ideas’](#)



Fill The Words With Appropriate Meaning!

1. Chipmaker :
2. Productivity :
3. Innovation :
4. Translates :
5. Disruptions :
6. Unemployment:
7. Ambitions :
8. Fundamental :
9. Investments :
10. Downsize :
11. Workforce :
12. Automation :
13. Revolution :
14. Advancements :
15. Facilitate :
16. Abundance :
17. Suppliers :
18. Invoices :
19. Equalizer :
20. Campaigns :



Microplastics are choking our waters. Could a sponge made of squid bones help remove them?

Microplastics are everywhere. They have been found on the peak of Mount Everest and in creatures inhabiting the deepest trenches of the sea. They're in bottled water, human placentas and breast milk. These tiny plastic particles choke wildlife, disrupt ecosystems, and threaten human health – and they are notoriously difficult to remove. But scientists in China have come up with a possible solution: a biodegradable sponge made of squid bones and cotton.

A research team from Wuhan University used chitin from squid bones and cellulose from cotton – two organic compounds known for eliminating pollution from wastewater – to create a biodegradable sponge. They then tested the sponge in four different water samples, taken from irrigation water, pond water, lake water and sea water, and found it removed up to 99.9% of microplastics, according to a study published last month in *Science Advances*.

"The planet is under great threat from microplastics, and aquatic ecosystems are the first to suffer," wrote the authors.

"Even under a variety of policies, including plastic product reduction, waste management, and environmental recycling, microplastic pollution is irreversible and escalating."

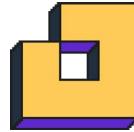
The microplastics problem

Microplastics are tiny shards of plastic smaller than 5 millimeters. They come from everything from tires, which are then broken down into smaller pieces, to microbeads, a plastic found in beauty products such as exfoliants. One study from 2020 estimated there are 14 million metric tons of microplastics sitting on the ocean floor.

Scientists have called microplastics "one of this generation's key environmental challenges" and the problem is an internationally recognized environmental issue. Plastic is a persistent pollution that hurts wildlife, the ocean itself and there's growing concern about the potential health risks it poses to humans.

The problem is only set to get worse with plastic production and pollution expected to increase in the coming years. Even if we embarked on an immediate and globally coordinated effort to reduce plastic consumption, an estimated 710 million metric tons of plastic would still pollute the environment by 2040, according to another study. That makes finding solutions to get rid of the plastics contaminating our oceans all the more urgent.

The sponge created by the Wuhan researchers was able to absorb microplastics both by physically intercepting them and through electromagnetic attraction, the study said. Previously studied methods for absorbing plastics tend to be expensive and difficult to make, limiting their scalability. Last year, researchers in Qingdao, China developed a synthetic sponge made of starch and gelatin designed to remove microplastics from water, though its efficacy varied depending on water conditions.

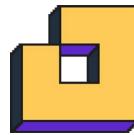


The low cost and wide availability of both cotton and squid bones mean the sponge created in Wuhan “has great potential to be used in the extraction of microplastic from complex water bodies,” according to the study. Shima Ziajahromi, a lecturer at Australia’s Griffith University who studies microplastics, called the squid-cotton-sponge method “promising” and said it could be an effective way to “clean up the high risk and vulnerable aquatic ecosystem.”

However, the study’s authors did not address whether the sponge can remove microplastics that sink to the sediment, which is the majority of microplastics in our waters, said Ziajahromi, who was not involved in the study. Another “critical issue” is the proper disposal of the sponges, Ziajahromi said.

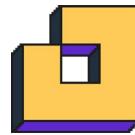
“Although the material is biodegradable, the microplastics it absorbs need to be disposed of properly,” she said. “Without careful management, this process risks transferring microplastics from one ecosystem to another.” Ultimately, Ziajahromi added, minimizing plastic pollution is in the first place should remain a “top priority.”

Source: [Microplastics are choking our waters. Could a sponge made of squid bones help remove them?](#)



Fill The Words With Appropriate Meaning!

1. Peak :
2. Inhabiting :
3. Placentas :
4. Ecosystems :
5. Notoriously :
6. Biodegradable :
7. Remain :
8. Cellulose :
9. Wastewater :
10. Irreversible :
11. Escalating :
12. Microbeads :
13. Persistent :
14. Contaminating :
15. Intercepting :
16. Electromagnetic:
17. Scalability :
18. Efficacy :
19. Sediment :
20. Disposal :



Answer Questions Below After Reading The Texts

1. Based on the text about chimpanzees, what "fashion trend" did they adopt?
 - A. Wearing leaves on their heads
 - B. Painting their faces with berry juice
 - C. Making loud drumming sounds
 - D. Stacking small, flat stones
 - E. Placing grass or sticks in their ears

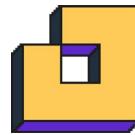
2. According to the text on extreme heat, what percentage of excess deaths affected people over the age of 65?
 - A. 50%
 - B. 65%
 - C. 75%
 - D. 88%
 - E. 90%

3. From the text about China's economy, what was the GDP growth in the second quarter?
 - A. 5.1%
 - B. 5.2%
 - C. 5.3%
 - D. 5.4%
 - E. 145%

4. In the article about US tariffs, which imported fresh fruit from Mexico was valued at \$3.1 billion?
 - A. Tomatoes
 - B. Grapes
 - C. Avocados
 - D. Berries
 - E. Oranges

5. The text about mouth taping warns of a serious risk for people with sleep apnea. What is that risk?
 - A. Skin irritation on the lips
 - B. Having more frequent dreams
 - C. A placebo effect
 - D. Seriously restricting airflow and oxygen
 - E. Waking up too energized

6. Based on the text about social media, which app was found by its own company's research to make "body image issues worse for one in three teen girls"?
 - A. TikTok
 - B. Facebook
 - C. Instagram



- D. Snapchat
 - E. A-teen
7. The study on "cool" people identified six common personality traits. Which of the following is NOT one of those six traits?
- A. Adventurous
 - B. Hedonistic
 - C. Autonomous
 - D. Conforming
 - E. Extroverted
8. According to the report on Chinese swimmers, what was the average number of anti-doping tests they took this year?
- A. 2.2 times
 - B. 4.1 times
 - C. 8.2 times
 - D. 8.8 times
 - E. 12 times
9. In the text about AI, what did Nvidia CEO Jensen Huang say is needed to prevent AI from causing job losses?
- A. Stronger computers
 - B. More government regulation
 - C. Slower technological growth
 - D. Less workplace productivity
 - E. Industry innovation and new ideas
10. According to the text about microplastics, what is the biodegradable sponge made from?
- A. Starch and gelatin
 - B. Recycled plastic and wood fibers
 - C. Seaweed and sand
 - D. Squid bones and cotton
 - E. Volcanic rock and silicone