

SCIENCE

Laurence Smart

3-1-2021

(www.CanberraForerunners.org)

Physics Explains Why Time Passes Faster As You Age

Mind time cannot be measured on a watch.

Quartz | Ephrat Livni



A Bit of Mud is Good for You

 *Posted by Carolyn Wells*





Health

Why You Should Talk to Yourself in the Third Person



By [Sherida Love](#)

28.12.20



How Foods May Affect Our Sleep



By **Anahad O'Connor**

Published Dec. 10, 2020 Updated Jan. 1, 2021



Why Six Hours Of Sleep Is As Bad As None At All

Fast Company | Jill Duffy



Shuteye and Sleep Hygiene: The Truth About Why You Keep Waking up at 3 a.m.

The Guardian | Elle Hunt



“Holy Grail” Metallic Hydrogen Is Going to Change Everything

Inverse | Kastalia Medrano





Photo illustration by C.J. Robinson

Wellness

Your Brain Doesn't Work the Way You Think It Does

www.gq.com/story/lisa-feldman-barrett-interview



The Truth About Hydration: Should You Drink Eight Glasses of Water a Day?

The Guardian | Amy Fleming



Media Multitasking Disrupts Memory, Even in Young Adults

Simultaneous TV, texting and Instagram lead to memory-sapping attention lapses

By Bret Stetka on October 28, 2020



Facebook is a Doomsday Machine

A   Popular Latest *The Atlantic*

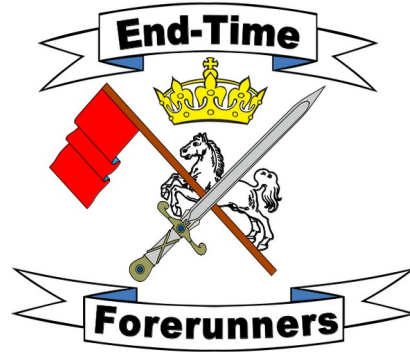


Facebook Is a Doomsday Machine

The architecture of the modern web poses grave threats to humanity. It's not too late to save ourselves.

Story by Adrienne LaFrance | DECEMBER 15, 2020 |





L.D. Smart

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