

Every five percent higher increase in consumption of saturated fats was linked to an eight percent greater risk of dying. But eating large amounts of unsaturated fats "was associated with between 11 percent and 19 percent lower overall mortality compared with the same number of calories from carbohydrates," said the study.

Some 140 dot-matrix message boards on roads leading to London will also display the information, along with instructions for drivers to switch off their engines while stuck in traffic to reduce emissions. Electronic update signs at subway stations will also display information on air quality. The initiative, which begins Aug. 15, is part of Khan's crusade to clean up the air in the British capital.

Their suits must be strong, comfortable, and lightweight. And, in Rio's questionable water, protect the wearer from dangerous bacteria. Textile experts from Philadelphia University unveiled new seamless unisuits for Olympic rowers that are made with a special anti-microbial finish on the material, reports Gizmag.

In addition to speeding clouds of gas and dust, the Crab Nebula is a hive of intense magnetic activity, energizing charged particles, causing them to spin and generate light. Hubble can see this also, detecting the bright blue light being generated by ion-magnetic field interactions near the neutron star. This latest Crab Nebula view is as we've never seen it before, proving that supernova remnants are incredibly intricate and dynamic celestial objects that need to be studied for decades before we truly reveal their beating hearts.

Wally was towed more than a dozen miles away from the shore again, but prevailing winds threatened to push the corpse back onto land, so the animal had to be towed yet further away, in hopes the third tow would be the charm. Officials don't know how Wally died, but tissue samples taken when it washed ashore may help biologists figure out the cause of death. An interesting side note about Wally is that he was actually a she, despite having been tagged as a male. Closer inspection on the beach, though, confirmed her sex.

First thing I did with the Old NYC map: Look for photos around my old neighborhood in Astoria. In the 1920s, parts of the area looked downright rural. But by the 1930s some aspects felt familiar: the clotheslines, architectural details, awnings, and occasional industrial views. Hey, I think that chain link fence might still be there. The one drawback is that the map isn't searchable. In a way, though, that's part of the charm. By scrolling around, visitors get to discover unique views of the city's past that would otherwise remain hidden.

All-terrain vehicles have an optimistic moniker, but the truth is that some kinds of flooded or muddy terrains are impossible for any vehicle to traverse. In certain disaster relief scenarios, it can be a lethal problem. That's where the Trackway truck comes in. Designed by the Welsh company Faun Trackway, the truck lays down its own road when needed, then picks it back up again.

Knitters in one New Hampshire town have come up with a way to make a small difference in the lives of people in their community. They knitted 400 scarves to donate, and their stash was empty in just one day. The initiative started at Longmeadow Congregational Church in Auburn and has spread since its inception two years ago.

Unfortunately, this caused a big problem that no one foresaw at the time. The hydrofluorocarbons (HFCs) that replaced the CFCs in those devices didn't hurt the ozone layer. But HFCs were potent greenhouse gases that contributed disproportionately to global warming, which wasn't getting as much attention as it is now.

Drivers who reported breaking traffic laws, be it speeding, running red lights or other moving violations, were more likely to express aggressive behavior on the road. Male drivers were significantly more likely to engage in aggressive behaviors than female motorists, the study found. For examples, male drivers were three times more likely to leave their car to confront another driver.

Bears might be able to recognize photographs of objects they know from the real world, according to a study out of Oakland University published in the journal *Animal Cognition*. The results came courtesy of a female American black bear named Migwan, who was shown sets of objects previously unfamiliar to her and then assessed for her ability to recognize those object in computer images.

Newly hatched ducklings are capable of abstract thinking, according to research that finds these little young birds quickly get the concepts of same and different. This ability had only been known in animals whose intelligence is well documented, such as humans, other apes, crows and parrots. Ducklings even take the skill to a level above the other animals that are not of our own species.

Chemical reactions at the interface of saltwater and freshwater can create weak acids that eat away at limestone and other carbonates, said Lisa Park Boush, a geoscientist at the University of Connecticut who studies blue-hole sediments in the Bahamas. As a result, rising and falling sea levels can influence when and where blue holes form.

Jet engine exhaust emits carbon dioxide, which drives climate change by warming the atmosphere, leading to increasing global temperatures, rising seas and extreme weather. Public health will suffer as heat waves become more frequent and intense, rising seas inundate coastal cities, extreme storms lead to more deaths and catastrophic wildfires burn more forests and reduce air quality.

People with brown eyes have more pigment than those with blue eyes, said Grother. That makes it tougher to capture iris information from photographs of brown-eyed folks. Of course, anyone who blinks, squints or scrunches up their eyes will make it difficult for law enforcement to get a good scan. Grother and other experts now are developing software to recognize iris patterns from several different camera angles, making it easier to use a hand-held device or smartphone.