

What do long flights do to your health?

Currently, the world's longest commercial flight takes seventeen and a half hours. It connects Auckland, New Zealand to Doha, Qatar, and was only introduced in February. It probably won't be long, though, before this record is usurped. Nineteen-hour flights from Singapore to New York and twenty-hour treks from Sydney to London are expected to join the fray soon. These ultra long-haul flights are becoming more efficient and economically viable. They're also a slog for passengers. But is there a point where a super-long flight becomes a public health risk?

Source: <https://www.popsoci.com/are-long-airplane-flights-bad-for-your-health/>

Eating meat may not have been as crucial to human evolution as we thought

The oldest evidence of *Homo erectus* comes from an arid hillside near the border of Ethiopia and Kenya. Though the 1.9-million-year-old fossil is only a tiny shard, more complete, if more recent individuals show that the species looked recognizably human. The species had long legs and short arms. Its face was flat, without a chimp-like snout. Behind that face was a hefty brain, bigger than that of any of its predecessors. The question, then, is what forces shaped *H. erectus*, and further down the line, its descendant *Homo sapiens*. One popular theory has it that a meat-heavy diet allowed *H. erectus* to invest in its brainpower. But a new report casts doubt on the basic evidence to support the idea.

Source: <https://www.popsoci.com/science/eating-meat-human-evolution-study/>

Jupiter's Great Red Spot is whirling faster than ever

The famous Hubble Telescope keeps a watchful eye over many elements of space, including Jupiter and its stormy surface. After more than a decade of collecting data, NASA astronomers have discovered that the gas giant's most famous storm, the Great Red Spot, is actually picking up wind speed.

Source: <https://www.popsoci.com/space/hubble-telescope-makes-new-jupiter-discovery/>

Physicists just gifted us ‘quantum spin liquid,’ a weird new state of matter

A solid is made of atoms that are, more or less, locked in an ordered structure. A liquid, on the other hand, is made of atoms that can flow freely around and past each other. But imagine atoms that stay unfrozen, like those in a liquid—but which are in a constantly changing magnetic mess. What you have then is a never-before-seen state of matter, a state of quantum weirdness called a quantum spin liquid. Now, by carefully manipulating atoms, researchers have managed to create this state in the laboratory. The researchers published their work in the journal *Science* on December 2.

Source: <https://www.popsoci.com/science/physicists-create-new-state-of-matter/>

1 in 5 people are likely to live in dangerously hot climates by 2100

One in five people could live in dangerously hot conditions by the end of the century if global warming continues at its current pace, even if nations uphold their pledges under the Paris Agreement, scientists warned in a new peer-reviewed study. It's the latest research published in recent days that points to the stark human and societal costs of the accelerating climate crisis as global carbon emissions continue to rise to unprecedented levels.

Source: <https://insideclimatenews.org/news/23052023/todays-climate-heat-2100/>