







## Shape up and tune up

Taking the stairs, whether musical or not, is the way to go

Dr Oscar Hui Kwan-san and Vivian Chu Hiuwai, Department of **Systems Engineering** & Engineering **Management at City University of Hong Kong** 

We have all heard about the health benefits of walking up stairs. It builds cardiovascular strength, burns calories and can be done in many places. Still, many of you might still take the escalator.

To encourage more people to use stairs, researchers in Sweden came up with an interesting idea: the musical staircase. It was first introduced at a subway station in Sweden. It is designed like a giant

piano keyboard. Every time you take a step, you hit a note, as each step looks and sounds like a key on a piano. Researchers found that

more people decided to take the stairs after the musical staircase was installed. It was more fun that way. We all play an

important role in keeping our environment green. If we have an



More people decided to take the stairs after the musical staircase was installed. It was more fun that way

## A mind-blowing trip through 3D

CHICAGO - It was only a matter of time, and so now it's a reality. Computer scientists of the University of Illinois in Chicago, in the US, have made it possible for people to take a walk through the human brain or fly over the surface of Mars.

Yes, 3D has been around for a long time - as have wraparound screens. But Cave2 allows users to turn massive amounts of data - the forces behind a hurricane, for example - into a simulation that a weather researcher could enlarge and explore from the inside.



**Computer scientist Jason Leigh** helped invent Cave2. Photo: AP

Now architects could walk through their skyscrapers before they are built. Surgeons could rehearse an operation. Brain surgeon Ali Alaraj remembered the first time he viewed the brain using

better chance of creating a more

sustainable world. The musical

staircase was designed to make

people think about saving

electricity and rethink their

attitudes about sustainability.

The bottom line is this: when

people use escalators less often,

they use less electricity, too. So

carbon emission levels can fall.

So, please just take the stairs.

"You can walk between the blood vessels," said the University of Illinois College of Medicine neurosurgeon. "You can look at the arteries from below. You can look at the arteries from the side ... That was science fiction for me."

**Associated Press** 

## As things stand

Loveable Barney, the purple dinosaur, is making some scientists worry that children's images of Tyrannosaurus rex are incorrect.

In the past, it was thought that T-Rex stood almost upright, and that is how Barney and his friends - including Godzilla - have been shown.

In fact, T-Rex was more bird-like in posture, leaning forward with its tail in the air. When this was discovered, museums changed their displays. But it seems that Barney didn't get the memo. Scientists recently did a survey and found that most children who took part in the poll drew dinosaurs in Barney's pose.

Young Post doesn't think this is a world calamity just yet.

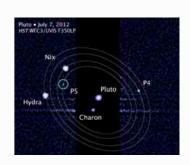
**Associated Press** 



## Over the moon

Two new moons were discovered orbiting Pluto in 2011. They were named P4 and P5. But now astronomers want to give them real names. And it seems Star *Trek* has had a big influence.

William Shatner, who played Captain James T. Kirk on the TV programme, gathered together fans of the show to propose that one of the moons be called Vulcan. Vulcan is the name of the home planet of Kirk's second-incommand, Spock. It won the online poll, with Cerberus in



second place. Cerberus is the Roman name for the threeheaded dog that guards the entrance to the underworld. Reuters

giant (adj) 巨人

reality (n)

現實

attitude (n) 態度

rehearse (v)

calamity (n) 災難

排練

propose (v) 提議