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JOSHUA, CHARLOTTE, NC asked: I've been dating a girl for a month and just found out she has a boyfriend. WTF? Answer: If a woman hides a secret that big (for 4 weeks!), it's because she feels attracted enough to a new man—you—to consider ditching her current one. For all the talk about women wanting commitment, there are times when we're inclined to trade up. Maybe her relationship with the guy has gone stale and she's looking for attention. Or maybe everything was fine until you swept her off her feet. Either way, you just might be a total catch. Women (okay, one woman, but still . . .) are considering dumping their boyfriends to date you! Whatever mojo you have, don't lose it. Those same charms will work on the available women too. Watch Next Ancient hunters painted the sections of their cave dwellings where singing, humming and music sounded best, a new study suggests. Analyzing the famous, ochre-splashed cave walls of France, the most densely painted areas were also those with the best acoustics, the scientists found. Humming into some bends in the wall even produced sounds mimicking the animals painted there. The Upper Paleolithic people responsible for the paintings had likely fine-tuned their hearing to recognize the sound qualities in certain parts of the cave and chose to do their artwork there as a kind of landmark, perhaps as part of a singing ritual, said researcher Igor Reznikoff, a specialist in ancient music at the University of Paris X in Nanterre. Reznikoff will present his findings at the upcoming Acoustical Society of America meeting in Paris, France. Cave dwellers used echolocation People who lived in Europe during the Upper Paleolithic — from 10,000 to 40,000 years ago — spent a lot of time in caves, often living there or at least camping out for short periods. "They were hunters in cold conditions," Reznikoff told LiveScience. With only dull light available from a torch, which couldn't be carried into very narrow passages, the ancient hunters had to use their voices like sonar to explore the crooks and crannies of a newfound cave, Reznikoff explained. "When acting in a cave in conditions similar to prehistoric ones . . . the surroundings a few meters ahead are almost completely dark," he said, adding that "since sound reaches much farther than reduced light, especially in irregular surroundings, the only possibility and security is to explore the cave with the voice and its echoing effects." When they vacated their caves, many Paleolithic people left behind vast murals depicting bison, mammoth, ibex and other local fauna, as well as splotches of color — usually red — along narrow hallways and corners. A famous example is the network of caves at Lascaux, France, which contains several thousand figures painted across its walls. Trained vocalists tested cave pitch The cave paintings were part of a ritual system — like early religious beliefs — practiced by Paleolithic humans that likely also included singing and music, Reznikoff said, noting that bone whistles and flutes have been found inside many of the caves. What archeologists didn't know is whether the paintings and music were connected. Suspecting a possible link, Reznikoff and a team used voice resonance to study the acoustics in caves across France (some work was done in past years and combined with the latest findings). A trained vocalist was sent through the caves testing different sounds and pitches in various locations. Spots of maximum resonance, or places where the voice was most amplified and clear, were noted in each section and later laid over a map of the cave drawings. The vast majority of the paintings, up to 90 percent in some cases, were located directly at, or very near, the spots where the acoustics were the absolute best, they found. Single red spots were even discovered in the most resonant areas of tiny tunnels where people could only have crawled in the dark, suggesting that the paintings were not just coincidentally located in the biggest, best open spaces where the sound was also rich, Reznikoff said. Some reverberations produced in the caves' resonant spots also sounded very similar to the animals painted on the walls nearby, he noted. Sights and sounds come together Because Paleolithic humans had a deep connection with the melodic properties that helped them navigate in a cave, they likely celebrated the unique acoustics by singing in conjunction with their painting sessions. "Why would the Paleolithic tribes choose preferably resonant locations for painting," he said, "if it were not for making sounds and singing in some kind of ritual celebrations related with the pictures?" The phenomenon isn't limited to the interior of caves, either. Studies have been done at some outdoor Paleolithic sites in France and Finland, and the sound-painting connection is also strong, Reznikoff said. At a site called the Lac des Merveilles in Provence, there is a large flat rock archeologists have labeled the Altar Stone, covered with more than a thousand pictures. "There by the lake, the echo answers whole melodies and it is a pleasure to sing or play at this place; one can easily imagine celebrations using voice and horns," said Reznikoff. Shock! Everyone Can Carry a Tune A Savage Hoax: The Cave Men Who Never Existed Ancient Cave Art Full of Teenage Graffiti Great gains come very quickly because power moves call so much muscle into play all at once. But, like crack, powerlifting is also addictive and dangerous. While powerlifters can do three things—the squat, deadlift, and bench press—very well, training for just these three lifts creates wear and tear on the supporting musculature that can leave the lifter physically weaker in many ways. At one point, Dave Tate was benching 610 pounds but couldn't military-press 55 pounds 10 times—a challenge any intermediate lifter could handle easily. (Watching me do pullups before one of our workouts, one powerlifter remarked to another, "Remember when we used to be able to do that?") So if you want to integrate powerlifting into your workout program, it's best to make it only one facet of your fitness regimen. Working the ancillary, supportive muscles and joints—particularly the shoulders, upper and lower back, and abs—with lighter weights or body-weight exercises will protect you from injury and give you a more balanced physique. That said, here are four staples of powerlifting that can work for any lifter. 1. Measure your strength. The amount of weight you can lift once, or absolute strength, is the powerlifter's measuring stick of progress. It's also a great way to get a hernia. There are better ways to ensure improvement. "Anything less than a 10-rep max, and especially less than your five-rep-max, can serve as an equally accurate measuring tool," says Mark Peterson, C.S.C.S., an exercise and sport scientist at Arizona State University. Measure your five-rep max (on any exercise you want) the next time you go to the gym, then measure again after a month. If it's increased, you're improving. Body composition and waist measurements are also useful guides. But if you still want to know your maximum, measure your five-, four-, and three-rep-maximums. Then approximate for two and one accordingly. 2. Make a hormone. Few exercises compare with a squat, deadlift, or bench press in terms of the amount of musculature involved," Peterson says. (The squat alone calls 256 different muscles into play.) The more total muscle you stress during a workout, the more growth hormone your body releases—which translates into greater overall muscle growth. 3. Work as a team. Powerlifters drive each other to improve through encouragement and competition. "The adrenaline release enhances performance," says Peterson. And you don't have to slap your workout partner upside the head to benefit from this physiological response. Simply lifting near other people can help you lift more weight or squeeze out more repetitions, Peterson says. 4. Move quickly. Speed training—moving light weights as quickly as possible—teaches the muscles to transfer strength into power. While powerlifters alternate days that focus on speed with days that build strength, Peterson suggests dedicating a phase of your training (1 to 4 weeks) to speed workouts. You don't need much more than your own body weight: Try box jumps and lightly weighted squats for your legs; medicine-ball throws and plyometric pushups for your upper body. When you return to heavy lifting, you'll magically be more powerful. Greatist News examines and explains the trends and studies making headlines in fitness, health, and happiness. Check out all the news here. Share on Pinterest Photo by Andrew Bissky Ain't no mountain high, ain't no valley low, ain't no river wiiiide enough — to keep a guy from impressing a gal. New research suggests men are much more likely to take risks when there's a possibility of romance, but the same finding doesn't apply to women. What's the Deal? In four separate experiments, researchers tested undergrads' willingness to engage in different kinds of risky behavior, such as having unprotected sex, gambling, or driving recklessly. The key was that some participants were primed with a "mating cue," for example looking at photos of attractive members of the opposite sex and imagining going on a date with them. (In the first experiment, all participants indicated they were heterosexual; the study does not include these details about the other experiments.) The rest of the participants looked at photos of a street with buildings (sexy!) and were asked to imagine being on that street. In every single experiment, the mating cue made guys a lot more likely to take risks. For ladies, however, the mating cue didn't really matter in terms of their willingness to engage in risky behavior. The study authors suggest that one effect of men's risk-taking is to improve their reputation and have a better shot of landing a partner. Is It Legit? Probably. The guy lifting way too much weight at the gym to impress the girl on the treadmill next door isn't just a stereotype — it's science. While men are more likely to take risks in the first place, a bunch of studies have found they're a lot more inclined to try out that wild new move on the bike when there's a lady present. Age and gender differences in risk-taking behaviour as an explanation for high incidence of motor vehicle crashes as a driver in young males. Turner, C., McClure, R. School of Population Health, Mayne Medical School, University of Queensland, Herston, Queensland, Australia. Injury Control and Safety Promotion 2003 Sep;10(3):123-30. Even when men are just primed to think about a woman (and seriously, when are they not thinking about a woman?), they become a lot more willing to take risks. And even though those ladies may laugh when the guy goes tumbling off the bike, studies have found women actually tend to prefer risk-prone males who at least act brave and heroic. Researchers suggest that risky behavior may be a kind of reproductive strategy for men — a way to attract admiring female eyes and increase the possibility of mating. That said, the authors behind this study acknowledge that their research has a number of limitations. For one thing, researchers relied on self-reports and asked people to only imagine risks they might take. It's also worth noting that the study involved a college population, which the authors say is the age group that tends to exhibit the greatest gender difference in risk-taking behavior. Beyond that, all the participants were presumed to be heterosexual, which could have skewed or misrepresented the sample. Still, just be careful on Valentine's Day, especially if you're trying to impress someone! Have you noticed guys are more willing to take risks when they've got romance on the brain? Let us know in the comments below or tweet the author at @ShanaDLewowitz.



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