The Scientific American Mind Magazine has published a number of articles, sharing interesting outcomes from studies regarding music and its influence on our physical and mental performance.

Summarised versions of the written articles are as printed below:

**Nina Kraus of Northwestern University** has discovered that: the brains of good beat keepers respond to speech more consistently than the brain of people whose toes do not tap (on the beat) in time.

Reading ability generally relies on making connections between the sounds of letters and symbols on a page. Music provides another avenue into learning. “Through music, you learn to pay attention to important sounds,” Kraus says. The inconsistent sound processing shown by poor beat keepers makes that difficult. “If you have an auditory system that automatically is able to efficiently pull out sounds that are meaningful, it’s going to be important not just for music but for speech (too).”

**A study at Our Lady of the Lake Regional Medical Centre in Baton Rouge, Louisiana (USA), determined that ambient music therapy had a positive effect on postoperative patients’ recovery by improving pain management and decreasing the negative effect of environmental noise.**

The study shows patients who had undergone surgery for cancer all received standard nursing care and had similar levels of anxiety, pain and irritation prior treatment. Three days later after surgery, patients who listened to ambient music said they were able to better manage their pain and were less annoyed by hospital noise, whereas patients without music experienced no change.

**Music Helps Kids Read**—by Jenni Laidman

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**Presto Pain Relief**—by Michaela Slinger

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**UQ Reports: Sorghum sugar signals sweet success**

A joint project between Queensland and Chinese researchers to derive sugars from sorghum could result in extraordinary social, economic and environmental benefits for future generations.

University of Queensland lead researcher Dr Luguang Wu said the project had the potential to revitalise the sugar industry, improve energy security, reduce greenhouse emissions and improve health outcomes by reducing tooth decay and assisting in diabetes management. The collaborative research project between UQ’s School of Agriculture and Food Sciences and the prestigious Chinese Academy of Sciences (CAS) has been awarded one of only two grants available from the Queensland-Chinese Academy of Sciences (Q-CAS) Collaborative Science fund. Read more at: http://www.uq.edu.au/news/article/2014/06/sorghum-sugarsignals-sweet-success

**Stay Sharp (#) with Music!**

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**Brain Teasers**

**Pattern Recognition**

Identify the number or letter that does not belong in each following series:

**Series 1:**

X, L, T, 7, 4, Z, A, E, F

**Series 2:**

M, S, W, N, X, 2, O, C, Q, 8

**Series 3:**

radish, tomato, pear, apple, sculpture

**Series 4:**

shredder, knife, razor, chainsaw, grater

**Series 5:**

cartoon, animal, song, painting, flower

**Series 6:**

bird, rock, tomato, pear, apple

**Series 7:**

novel, poem, painting, flower, sculpture

**Series 8:**

bird, rock, heron, swan, penguin, duck, goose