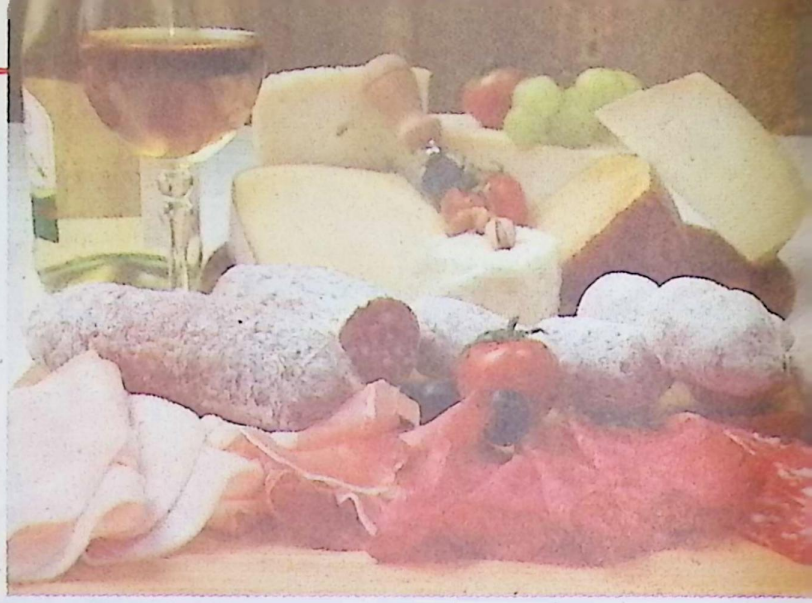
That chicken wing you're eating could be as deadly as a cigarette. In a new study that tracked a large sample of adults for nearly two decades, researchers have found that eating a diet rich in animal proteins during middle age makes you four times more likely to die of cancer than someone with a low-protein diet – a mortality risk factor comparable to smoking.



Meat and cheese may be as bad for you as smoking

Not only is excessive protein consumption linked to a dramatic rise in cancer mortality, but middle-aged people who eat lots of proteins from animal sources – including meat, milk and cheese – are also more susceptible to early death in general, reveals the study published on March 4 in *Cell Metabolism*. Protein-lovers were 74 percent more likely to die of any cause within the study period than their more low-protein counterparts. They were also several times more likely to die of diabetes.

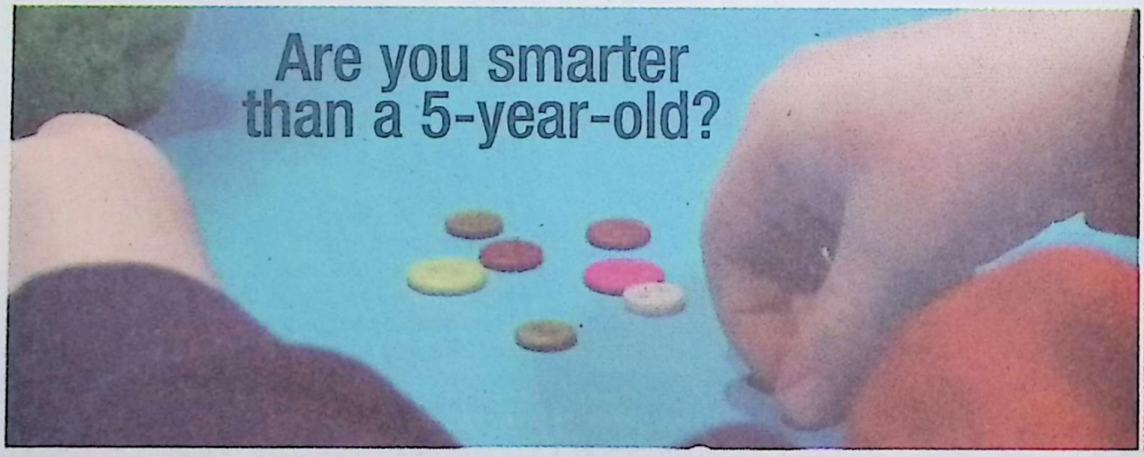


PHOTO COURTESY: JOHNS HOPKINS UNIVERSITY

Millions of high school and college algebra students are united in a shared agony over solving for x and y, and for those to whom the answers don't come easily, it gets worse: Most preschoolers and kindergarteners can do some algebra before even entering a math class.

In a just-published study in the journal *Developmental Science*, lead author and postdoctoral fellow Melissa Kibbe and Lisa Feigenson, associate professor of psychological and brain sciences at Johns Hopkins University's Krieger School of Arts and Sciences, find that most preschoolers and kindergarteners, or children between 4 and 6, can do basic algebra naturally.

"These very young children, some of whom are just learning to count, and few of whom have even gone to school yet, are doing basic algebra and with little effort," Kibbe wrote. "They do it by using what we call their 'Approximate Number System:' their gut-level, inborn sense of quantity and number."

The "Approximate Number System," or ANS, is also called "number sense," and describes humans' and animals' ability to quickly size up the quantity of objects in their everyday environments. Humans and a host of other animals are born with this ability and it's probably an evolutionary adaptation to help human and animal ancestors survive in the wild, scientists say.