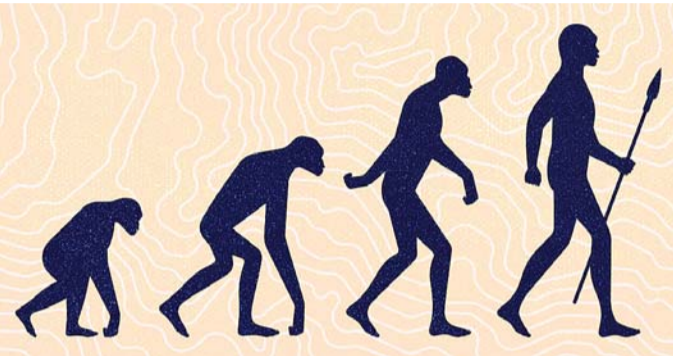


#EVOLUTION

Did Curly Hair Kept Early Humans Cool?

Tightly curled hair allowed humans to stay cool and actually conserve water.



Curly hair may explain how early humans stayed cool while conserving water, according to a new study that looked at the role human hair textures play in regulating body temperature. The findings can shed light on an evolutionary adaptation that enabled the human brain to grow to modern-day sizes.

"Humans evolved in equatorial Africa, where the sun is overhead for much of the day, year in and year out," says Nina Jablonski, professor of anthropology at Penn State. "Here the scalp and top of the head receive far more constant levels of intense solar radiation as heat."

"We wanted to understand how that affected the evolution of our hair. We found that tightly curled hair allowed humans to stay cool and actually conserve water."

The researchers used a thermal manikin-a human-shaped model that uses electric power to simulate body heat and allows scientists to study heat transfer between human skin and the environment and human-hair wigs to examine how diverse hair textures affect heat gain from solar radiation.

The scientists programmed the manikin to maintain a constant surface temperature of 95 degrees Fahrenheit (35 degrees Celsius), similar to the average surface temperature of skin, and set it in a climate-controlled wind tunnel.

The team took base measurements of body heat loss by monitoring the amount of electricity required by the manikin to maintain a constant temperature. Then they shined lamps on the manikin's head to mimic solar radiation under four scalp hair conditions-none, straight, moderately curly, and tightly curled.

The scientists calculated the difference in total heat loss between the lamp measurements and the base measurements to determine the influx of solar radiation to the head, says George Havenith, director of the Environmental Ergonomics Research Centre at Loughborough University in the United Kingdom, who led the manikin experiments.

They also calculated heat loss at different windspeeds and after wetting the scalp to simulate sweating. They ran their results through a model to study how the diverse hair textures would affect heat gain in 86-degree Fahrenheit (30 degrees Celsius) heat and 60% relative humidity, like

environments in equatorial Africa.

The researchers found that all hair reduced solar radiation to the scalp, but tightly curled hair provided the best protection from the sun's radiative heat while minimizing the need to sweat to stay cool.

"Walking upright is the setup and brain growth is the payoff of scalp hair," says Tina Lasisi, who conducted the study as part of her doctoral dissertation at Penn State. Lasisi will start as an assistant professor of anthropology at the University of Michigan in the fall.

As early humans evolved to walk upright in equatorial Africa, the tops of their heads increasingly took the brunt of solar radiation, Lasisi says. The brain is sensitive to heat, and it generates heat, especially the larger it grows. Too much heat can lead to dangerous conditions like heat stroke.

As humans lost much of their body hair, they developed efficient sweat glands to keep cool, but sweating comes at a cost in lost water and electrolytes. Scalp hair likely evolved as a way to reduce the amount of heat gain from solar radiation, thereby keeping humans cool without the body having to expend extra resources, says Lasisi.

"Around 2 million years ago we see Homo erectus, which had the same physical build as us but a smaller brain size," she says. "And by 1 million years ago, we're basically at modern-day brain sizes, give or take. Something released a physical constraint that allowed our brains to grow. We think scalp hair provided a passive mechanism to reduce the amount of heat gained from solar radiation that our sweat glands couldn't."

The research provides important preliminary results for bettering our understanding of how human hair evolved without putting humans in potentially dangerous situations, says Jablonski.

The study also shows that evolutionary anthropologists have an extra tool in the thermal manikin-normally used for testing the functionality of protective clothing-for quantifying human data that is otherwise very difficult to capture, says Havenith.

"The work that's been done on skin colour and how melanin protects us from solar radiation can show some of the decisions that a person makes in terms of the amount of sunscreen needed in certain environments," says Lasisi.

The interplay between Pharaonic and Greek societies in Thonis-Heracleion is a constant feature of the city's remnants: Hellenic helmets were nestled in the seabed alongside their Egyptian counterparts, as were Cypriot statuettes and incense burners, Athenian perfume bottles, and ancient anchors from Greek ships. Nowhere was this cross-cultural pollination more evident than in the realm of religion, particularly during the rise of the Ptolemaic dynasty in Egypt, where a succession of foreign-born rulers sought to justify their power in the eyes of the Egyptian people by demonstrating their affinity with Pharaonic traditions.

#ARCHAEOLOGY



IT WAS BARELY MORE THAN a legend. Appearing in a few rare inscriptions and ancient texts, the city of Thonis-Heracleion was hidden away for thousands of years, submerged deep under the sea.

After searching for years by screening the vast area of the Abu Qir Bay off the coast of Egypt, French archaeologists Franck Goddio and his team saw a colossal face emerge from the watery shadows. Goddio had finally encountered Thonis-Heracleion, completely submerged 6.5 kilometres off Alexandria's coast. Among the underwater ruins were 64 ships, 700 anchors, a treasure trove of gold coins, statues standing at 16 feet, and most notably the remains of a massive temple to the god Amun-Gereb, and the tiny sarcophagi for the animals that were brought there as offerings.

The ruins and artifacts made from granite and diorite are remarkably preserved, and give a glimpse into what was, 2300 years ago, one of the great port cities of the world. The harbour of Thonis-Heracleion (the Egyptian and Greek names of the city) controlled all the trade into Egypt.

Built around its grand temple, the city was criss-crossed with a network of canals, a kind of ancient Egyptian Venice, and its islands were home to small sanctuaries and homes. Once a grand city, today its history is largely obscured and no one is quite sure how it ended up entirely underwater.

Heracleion, better known by its original and Egyptian name Thonis, and sometimes called Thonis-Heracleion, was an ancient Egyptian port city located 32 km (20 miles) northeast of Alexandria on the Mediterranean Sea.

Its remains are located in Abu Qir Bay, currently 2.5 km off the coast, under just ten meters of water. A stele found on the site indicates that it was one single city known by both its Egyptian and Greek names.

Before Alexandria was even a glimmer in Alexander the Great's eye, Heracleion enjoyed its glory days as it served as the main port of entry into Egypt for the many ships arriving from all over the Greek world.

Thonis was originally built on some adjoining islands in the Nile Delta. It was intersected by canals with a number of separate harbours and anchorages. Its wharves, fantastic temples and tower-houses were linked by ferries, bridges, and pontoons.

The city was an emporium, or trading port, and in the Late Period of ancient Egypt, it was the country's main port for international trade and collection of taxes.

Thonis had a large temple of Khonsu, son of Amun, who was known to the Greeks as Herakles, or Hercules. Later, the worship of Amun became more prominent. During the time when the city was at its zenith between the 8th and



This stele reveals that Thonis (Egyptian) and Herclion (Greek) were the same city.

A Face Emerged from Water...

towards the end of the second century BC, there was a tremor and the ground began to churn and liquefy at Hapi's feet. He wobbled, lurched, and then six tonnes of intricately carved stonework crashed into the sea.

The Lost City of Thonis Heracleion, which was once the largest port in Egypt, was discovered underwater after more than 2,000 years in the year 2000. Its legendary beginnings go back to as early as the 12th century BC, and it has many links to Ancient Greece.

Flourishing as long ago as the waning days of the Pharaohs, the city was destroyed over time, as it was weakened by a combination of earthquakes, tsunamis, and rising sea levels, according to archaeologists.



5.4 metres tall statue of the God Hapi.

Now, many of its incalculable treasures have been brought up from the watery depths to which they were banished and have been shown around the world, allowing us to get a glimpse into the Ancient Greek and Egyptian world.

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In situ on the floor of the sea.

4th centuries BC, a large temple dedicated to Amun-Gereb, the supreme god of Egypt at the time, was located in the middle of the city.

Pharaoh Nectanebo-I made many additions to the temple in the 4th century B.C. Sanctuaries in Heracleion dedicated to Osiris, and other gods were famous for miraculous healing and attracted pilgrims from all around Egypt.

Spectacular Religious Ceremonies
The city was the site of the celebration of the 'Mysteries of Osiris' each year during the month of Khoiak. These spectacular ceremonies involved a statue of the god transported in his ceremonial boat as it processed from the temple of Amun to his shrine in Canopus.

During the 2nd century BC just as the city was hit by the multiple disasters, the city of Alexandria, founded by Alexander the Great,

superseded Heracleion as Egypt's primary port. Underwater explorer Franck Goddio and his team from the European institute for Underwater Archaeology, or IEASM, with the collaboration of the Egyptian Supreme Council, rediscovered the city.

Since its foundation, the Institute has been directed by Franck Goddio who devotes himself entirely to underwater archaeology and the dissemination of knowledge gained through these discoveries through the publication of books and articles, as well as the organization of exhibitions.

Goddio's in-depth website explains the incredible finds he made during the expedition. As is stated on the website, "He has also solved a historic enigma that has puzzled Egyptologists over the years: the archaeological material has revealed that Heracleion and Thonis were in fact one and the

Fresh Veggies Day

How many portions of fresh veggies does it take to keep a person healthy? Five portions a day? Seven? Ten? And what makes up a portion? Nutritionists agree, when it comes to fresh fruit and vegetables, the average person simply is not getting enough in their regular diet. An increase in daily consumption of vegetables (and fruits) is the entire point of the day. Get ready to make a healthy change on Fresh Veggies Day! This is the ideal opportunity to invite family, friends, and neighbours around for a fun and surprising meat-free feast!

same city with two names; Heracleion being the name of the city for the Greeks and Thonis for the Egyptians."

Furthermore, it is written on Goddio's website that: "The objects recovered from the excavations illustrate the cities' beauty and glory, the magnificence of their grand temples and the abundance of historic evidence: colossal statues, inscriptions and architectural elements, jewellery and coins, ritual objects and ceramics-a civilization frozen in time."

The priceless treasures Goddio is responsible for discovering and showing to the modern world include part of the temple dedicated to Amun/Herakles, a colossal red granite statue of the fertility god Hapi, and a bronze statue of the king/god Osiris.

All the treasures are now in the Grand Egyptian Museum, in Cairo. Archaeological "treasures," including Greek ceramics and 2,400-year-old wicker baskets filled with fruit, have been discovered at the site of the ancient sunken city of Thonis-Heracleion, off Egypt's coast.

Along the north-east entrance canal of the submerged city the team found the remains of a large tumulus - a Greek funerary area. It was "covered with sumptuous funerary offerings" dating back to the beginning of the fourth century BCE, IEASM said.

The tumulus is about 60 meters (197 feet) long and eight meters (26 feet) wide, and "looks like a kind of island surrounded by channels," IEASM added. "Everywhere we found evidence of burned material," said Goddio, as quoted in the IEASM statement. "Spectacular ceremonies must have taken place there. The place must have been sealed for centuries of years as we have found no objects from later than the early fourth century BCE, even though the city lived on for several hundred years after that."

Among the offerings, which included "imported luxury Greek ceramics," archaeologists made an even more astonishing discovery - wicker baskets that were still filled with grape seeds and doun fruit - the fruit of an African palm tree, which is often found in trees, according to IEASM.

"They have lain untouched underwater (for) 2,400 years, maybe because they were once placed within an underground room or were buried soon after being offered," IEASM said.

Greeks were allowed to settle in the city during the late Pharaonic period and built their own sanctuaries close to the massive temple of Amun-Nebut. However, researchers said that several earthquakes followed by tidal waves led to a 110-square-kilometer portion of the Nile delta collapsing under the sea, taking with it the cities of Thonis-Heracleion and Canopus. IEASM "rediscovered" Thonis-Heracleion in 2000 and Canopus in 1999.

During their 2021 mission, in another area of the city, Goddio and his team found submerged beneath the waters a wooden galley, which sank after being hit by huge blocks from the temple of Amun, according to IEASM.

The galley was moored in the canal that flowed along the south face of the temple when the building was destroyed during a "cataclysmic event" in the second century BCE, according to IEASM.

'Part marshland, part urban sprawl'
If you were a European merchant in the fifth century BC - an importer of grain, perfume or papyrus perhaps, or an exporter of silver, copper, wine or oil - then Thonis-Heracleion loomed large on your horizon. The same was true if you were a Carian mercenary, an educated Greek, a professional sailor, or a member of the Pharaonic court. Scattered across a series of interlinked islands, sand and mudbanks, Thonis-



A statue sunk for more than 1200 years.

Heracleion - part aquatic marshland, part urban sprawl - was ancient Egypt's bustling, cosmopolitan gateway to the Mediterranean, and thus its nexus with the western world.

Criss-crossed by a network of canals and dotted with harbours, wharves, temples and tower-houses - all joined together by a network of ferries, bridges, and pontoons - the city controlled most of the maritime traffic coming into Egypt from the Mediterranean. Goods would be inspected and taxed at the customs administration centre, and then carried on for distribution further inland, either at Naukratis- another trading port that lay almost 50 miles further up the Nile - or via the Western Lake, which was connected by a water channel to the nearby town of Canopus and offered access to many other parts of the country.

The interplay between Pharaonic and Greek societies in Th o n i s - Heracleion is a constant feature of

But the stele has done more than flesh out our understanding of ancient Egyptian tariffs. Its discovery has also helped solve a long-running mystery: by comparing it to other inscribed monuments, experts were able to determine that Thonis and Heracleion were not, as previously believed, two different towns, but rather one single city known by both its Egyptian and Greek name respectively.

Although Thonis-Heracleion and Canopus are mentioned by many of the great chroniclers of antiquity from Herodotus to Strabo and Diodorus, most detailed knowledge of their existence was feared to have been permanently lost.

The stele
The Decree of Sais - a magnificent black stele that stands two metres high and is carved with perfectly preserved hieroglyphs from the early fourth century BC - was unearthed on the site of a temple to supreme god of the Egyptians, Amun-Gereb, at Thonis-Heracleion. The stele reveals some of the intricacies of contemporary taxation in Egypt: "His Majesty [Pharaoh Nectanebo I] decreed: Let there be given one-tenth of the gold, of the silver, of the timber, of the processed wood and of all things coming from the sea of the Hau-Nebut [the Mediterranean] to become divine offerings to my mother Neith," reads its edict.

Today, 95% of the area's urban footprint remains to be explored; perhaps there are objects yet to be found that can enrich our understanding of how cargo unloaders, cleaners and cloth-sewers experienced their city. "What we know now is just a fraction," observes Franck Goddio, director of the ongoing excavations. "We are still at the very beginning of our search."

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Huge blocks of the destroyed temple of Amun in Heracleion.

#TRIED&TASTED

Hot Fudge Brownie

Warm and fudgy with premium vanilla ice-cream melting on top, this nutty brownie is chocolate heaven.



If you're looking for a ridiculously decadent brownie, come along! This Hot Fudge Brownie recipe is so good, especially with vanilla ice cream! What could be better than a Hot Fudge Brownie Sundae during the hot summer days? Nothing! This dessert is so rich, decadent, fudgy and sweet. Straight up ridiculous, wu mamamia!

- Ingredients**
- 1.4 Cup Oil
 - 1.3 Cup Curd
 - 1.2 Cup Sugar Powder
 - 1 Cup Baking Flour
 - 1 Tsp Whisking Powder
 - 1.4 Tsp Baking Soda
 - 11.2 Cup Milk add Gradually
 - 2 Tbsp Coco Powder
 - 1 Tsp Chocolate Essence
 - 1 Bowl vanilla Ice Cream

- Preparation**
1. Take bowl and add 1/4 cup oil and 1/3 cup curd. Then mix it until they turns into whitish in colour.
 2. Add 1/2 cup sugar powder.
 3. Add 1 cup wheat flour.
 4. Add 1 tsp. baking powder and 1/4 tsp. baking soda. Mix well.
 5. Mix it and add 1 1/2 cup milk gradually, again mix it properly.
 6. Add 2 tsp. cocoa powder and 1 tsp. chocolate essence. Mix it well.
 7. Take cake mould then grease with oil. Add and mixure in the mould.
 8. Make oven preheat on 200c* for 10 minutes, then bake the brownie on 200c* for 10 minutes.
 9. After baking, unmoold the brownie and cut into square shapes.
 10. Put brownie on the hot sizzler plate then put vanilla ice cream on the brownie.
 11. Pour the chocolate sauce over the ice cream.
 12. Serve it hot as a desserts.

Notes:

1. It is important that the sizzler plates are well heated. This will ensure a good sizzling effect when the chocolate sauce is poured.
2. You can make this dessert with store bought brownie and/or ice cream
3. While serving kids, you can skip the sizzler plates and serve warm brownies with a scoop of ice cream topped with chocolate sauce.
4. You can use compound chocolate or any other chocolate.
5. Make sure your brownie is cold and firm, before you crumble it.
6. Chopping the chocolates melts the chocolates quicker.
7. Place the brownie crumbs first, this would prevent the brownie from burning.

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