

Best of Last Week – Sound waves carrying mass, strength of asteroids and taking protein before bed to boost muscle mass

March 11 2019, by Bob Yirka

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It was another good week for physics as a team at Caltech discovered [surprisingly complex states emerging from simple synchronized networks](#) and suggested their findings could lead to new tools for

controlling them. Also, a team at Columbia University found [more evidence of sound waves carrying mass](#) using effective field theory techniques. And Elisabetta Matsumoto of the Georgia Institute of Technology in Atlanta explored the [science of knitting](#) and came to see that understanding how stitch types govern shape and stretchiness will likely be important when designing new "tunable" materials.

It was also a big week for space news as a team at Johns Hopkins University found that [asteroids are stronger and harder to destroy than previously thought](#)—which means it would take more energy than previously thought to deter one should it become necessary to prevent a collision with the Earth. Also, a team at NASA's Goddard Space Flight Center reported on [Hubble's dazzling display of two colliding galaxies](#). And [Israel's first lunar spacecraft sent back a selfie](#) that included the Earth in the background. Also, another team at NASA announced that they had captured [unprecedented images of supersonic shockwaves](#) created by supersonic aircraft. The pictures were part of an effort by the agency to develop planes that can fly faster than sound without creating sonic booms.

In other news, a team at Colgate University [proposed a way to improve solar cell efficiency with a bucket of water](#) at this year's American Physical Society meeting. The design is meant to help those living in third world countries. And a team with members from Abramson Cancer Center and the University of Pennsylvania announced that [cancer most frequently spreads to the liver](#)—and why it does so. They reported that it was due to the nature of [hepatocytes](#).

And finally, if you are someone who works out and is looking for a way to build your muscles, you might want to check out a report by a team at Maastricht University—they found that [consuming protein before bedtime led to bigger gains in muscle mass and strength](#) following a workout.

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