

Multi benefit



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■ People who speak more than one language may have brains that appear younger than expected for their age, according to research presented at the Federation of European Neuroscience Societies Forum 2026. The brain depends on billions of nerve cells constantly communicating with one another. As people get older, those connections can weaken, contributing to slower thinking and decline in memory. The new findings suggest that multilingual experience may help offset some of those age-related changes.

Shark eyes

■ Greenland sharks may live for 400 years without suffering the kind of retinal decline normally associated with ageing. Researchers based at the University of California-Irvine in the US found healthy eye tissue and active proteins specially adapted for seeing blue light in the dim Arctic depths. DNA repair mechanisms may help keep their eyes functioning across centuries. The discovery could eventually offer new clues for protecting human vision as we age.

AGENCIES



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