it would appear that people are not growing ‘smarter’ but they are growing better at very specific cognitive skills.

(and presumably locked) rooftop access door and then into an (also presumably locked) water cistern,

similarly, tai chi is a chinese martial art designed to facilitate a state of mental calmness and clarity while improving physical energy and function

it’s a really hard thing to measure, but this survey about lines up with what you would expect to find in a random population