

I like some science with my nonsense

4. Smell a winter forest. Find a clump of trees near you. Walk in. Inhale. As leaves fall and decompose, they are digested by bacteria and fungi. Cold air traps fewer smells than warm air, leaving our senses less overloaded than in summer, so we are especially receptive to the odour produced. Many people find this smell immensely comforting and bracing.
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