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Mario can help you find home

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FEELING lost? Well scientists have said that playing video games like Super Mario can help people read maps.

Research suggests that using a games console for just half an hour a day makes brain regions associated with navigation grow.

The study, at the **Max Planck Institute for Human Development** in Berlin, used volunteers who were not gamers. Half were told to play Super Mario 64, a game with a strong navigation element, for 30 minutes a day for two months.

Scans of the gamers' brains revealed new grey matter associated with mapreading and memory, and tests showed their navigation skills were improved.

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