

## Su Doku a brain booster

**PUZZLING** over crosswords and Su Doku games may keep mental illness at bay, a study has shown.

Maintaining an agile mind can help ward off a host of conditions, ranging from depression to schizophrenia.

Scientists believe the mental manipulation needed to solve Su Doku puzzles nourishes the mind, leaving it better placed to cope with mental illness.

The study showed that those with the highest IQs tended to suffer from milder forms of mental illness. The research, by UK scientists, shows the importance of exercising brains.

**Flex your mental muscles with Su Doku: Page 45**

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