This month's highlights blog features all the best content published in our research journals in July. This month we have: Elephants only signal when you see them, Hummingbird vs. helicopter, It's in the bee's genes, Hanging in the balance, City life causes sickness and Ant undertakers remove their dead.

This is just a small selection of the great content we publish every week. For more like this follow us on Twitter or like us on Facebook. You can also search our latest content here. We'd love to hear what you think. Tweet us to let us know!

**Hanging in the balance**

Traditionally arm scales or spring balances have been used to measure weight. A paper in *Proceedings A* proposes a new type of scale with flexible arms exploiting the effects of partial frictionless confinement on the equilibria of elastic rods. The authors demonstrate that an elastic rod placed within a tube will adjust itself, by sliding along the sleeve, in order to balance two different end loads and can be used with or without a counterweight. Furthermore, a sensitivity analysis as well as the experiments performed on the prototypes indicate that the deformable arm balance works correctly and that it can perform better than traditional balances in certain load ranges.