

Chapter 1 : 12 Great Facts About The Good, The Bad and The Ugly | Mental Floss

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Coffee , Lets Cook coffeefixeseverything , coffee , coffee fixes everything , coffee improve memory , coffee lover , coffee prevent early demise Health research on coffee swings back and forth between good and bad news more frequently than almost any other topic. Coffee seems to help prevent an early demise. Important to note, none of these studies prove that coffee extends life. These are observational studies that found correlations between drinking between two-to-four cups a day and lower mortality. The reasons why are debatable. Coffee can cause insomnia. The half life of caffeine is about 6 hours, which means it takes 6 hours to eliminate about half of the chemical from your system. Hence, drinking coffee later in the day is strongly linked to insomnia, which is in turn linked to a list of health negatives. Coffee may preserve your liver. A recent study found a correlation between drinking both coffee and tea and a healthier liver. Coffee can trigger anxiety. The effect is twofold: Caffeine seems to decrease levels of GABA, the neurotransmitter that helps regulate anxiety, and it amplifies the effects of our two main stress hormones, cortisol and epinephrine. Coffee may provide protection against diabetes. Coffee may induce your craving for sweets. A new study revealed that caffeine changes our taste perception, making sweet things seem less sweet. The twist is that this subtle change may result in craving more sweets. Coffee may prevent dementia. A few studies suggest that three or more cups a day may ward off cognitive decline leading to dementia. Coffee can make GERD worse. Coffee may improve memory. A number of studies have linked coffee with improved memory, mainly because caffeine is a mental acuity enhancer. And the really good news is that this effect may not only be short-term; some research suggests that it lasts much longer. And some bonus good news: Coffee can make you happy. In other words, drinking it makes us feel happy. Do we really need a better reason than that?

The Facts on Fats Infographic The Facts on Fats The American Heart Association recommends replacing bad (saturated) fats with good (unsaturated) fats as a part of a healthy eating pattern.

He is famous for his exploits during the Battle of Kadesh, for building numerous monuments including Abu Simbel and for making Egypt prosperous and powerful during his reign. Know more about this great ancient Egyptian pharaoh through these 10 interesting facts. By the time Seti I became pharaoh, Egypt had lost several provinces in the north to the Hittites of Anatolia. To reclaim those provinces Seti I waged war against the Hittites and was partly successful. From an early age Ramses accompanied his father on his military campaigns and when he was fourteen he was appointed Prince Regent by his father. Statue in Cairo Museum of Ramses II as a child 2 He decisively defeated the Sherden sea pirates Egypt had been troubled by the Sherden sea pirates who were attacking cargo-laden vessels travelling the sea routes to Egypt. In the second year of his reign, Ramses II deployed a clever strategy to capture them. He posted troops and ships at strategic points on the coast and allowed the pirates to attack their prey. Then he caught them by surprise in a sea battle eventually defeating them decisively and capturing them all. It was the earliest well-recorded battle in history and probably the largest chariot battle ever fought involving perhaps 5,000 chariots. The main Hittite army was in fact concealed behind the city. Caught in an ambush, vastly outnumbered and with death staring at his face, Ramses II personally led a counterattack to drive the Hittite away from the Egyptian camp. The Hittites were ultimately forced to return back to the safe city walls. A diagram representing the counterattack led by Ramses II during the Battle of Kadesh 5 He signed the first known international peace treaty In the eighth and ninth years of his reign, Ramses II again led military campaigns against the Hittite and successfully captured the cities of Dapur and Tunip, reaching where no Egyptian pharaoh had been since Thutmose III, almost years ago. It is the earliest international peace treaty known to historians. The reason for the shift in capital was most probably that it was much closer to the Egyptian vassal states in Asia and to the border with the hostile Hittite empire. Pi-Ramesses went on to become one of the largest cities in ancient Egypt and flourished for a century after the death of Ramses II. It had several huge temples and the lavish residential palace of the king. What remains today of this site is the colossal feet of the statue of Ramses II. The rest is buried under the fields. The colossal feet of the statue of Ramses II at Pi-Ramesses 7 Many great monuments were built during his reign Numerous monuments were constructed during the reign of Ramses II including Abu Simbel, a lasting monument to himself and his queen Nefertari; and the mortuary temple Ramesseum, a place of worship dedicated to the pharaoh. Ramses II also erected more colossal statues of himself than any other pharaoh. It is to be noted that monuments of previous pharaohs were destroyed and their material was taken to complete projects of Ramses II. Also he had his own cartouche inscribed on many existing statues. Great Temple of Ramses II at Abu Simbel 8 Ramses II was one of the longest reigning pharaohs Sed festivals were jubilees celebrated in ancient Egypt after a pharaoh had ruled for thirty years and then every three years after that. By tradition, Ramses was ritually transformed into a god in the Sed festival held in the 30th year of his reign. Unprecedented 14 sed festivals were held during the 66 year reign of Ramses II. His favourite queen was most likely his first Royal Wife Nefertari. Her tomb QV66 is the most spectacular in the Valley of the Queens with magnificent wall painting decoration, regarded as one of the greatest achievements of ancient Egyptian art. Ramses II had well over children. His age at the time of his death was around He was buried in tomb KV7 in the Valley of the Kings. He was succeeded by his son Merneptah. He was a famous warrior and popular ruler. He was able to secure peace with the Hittites and maintain Egyptian borders. Ramses II also built numerous monuments and Egypt became prosperous and powerful during his reign. Such was his impact that nine more pharaohs took the name Ramses in his honour. His name and his exploits on the battlefield were found everywhere in Egypt. He is thus known as Ramses the Great. Mummy of Ramses II P. Ozymandias went on to become one of the most famous works of P. Shelley and has since been used in numerous creative works. The central theme of the poem is the inevitable decline of all emperors and their empire.

Vuitton alone worth billions. France has the second largest population in Europe after Germany, making up 13 percent of the European Union. French workers retire younger than in other OECD countries; in the report, the average age was 62, which is one of the lowest retirement ages in the world. People can claim a state pension at 62, which is one of the lowest retirement ages in the world. Comment here on the article, or if you have a suggestion to improve this article, please click here. If you believe any of the information on this page is incorrect or out-of-date, please let us know.

Chapter 4 : Ramses II | 10 Facts About The Great Egyptian Pharaoh | Learnodo Newtonic

In many of my cases where it's my client's good facts vs. the other side's "good law," my client has come out ahead. It's not a % success rate, but then again, tell me one thing that has a % success rate in the legal profession, and I'll buy you a Porsche.

Every set of facts and every case is different. And good facts are a very good thing, even in the face of strong opposing caselaw. The cases you really remember good result, good client, etc. Maybe you practice civil rights law and one client was particularly aggrieved by the conduct of another entity. Maybe you practice criminal defense and your client made one bad choice in a life of otherwise demonstrably good ones. Maybe your client was treated with such disrespect by a debt collector that it brings opposing counsel to tears. Years later, you can repeat the facts down to the last detail. You will always remember those cases. Opposing counsel will remember those cases. And so will the court. Intentional or not, unique cases tend to be treated differently by everyone involved. To be fair, hopefully you always have good facts if not great ones. And the best advocates are masters at telling a story about their client and maximizing every important detail. Maybe your state or district has not fully examined the issue. Maybe the cases cited by opposing counsel are procedurally distinguishable: Maybe your case is the first decision to examine a recent change in the law. Or maybe your case is factually distinct. No two cases have the exact same facts. Cases might have similar facts, but they are never exactly the same. Sure, a similar set of facts will usually lead to a similar result. Maybe the intention of one party is different. Distinguishing cases and creating more case law is how the law evolves. Judges want to reach the right result Judges are people. Judges are people who are tasked with an enormous responsibility. They want to get the right result, because they want equity. I have heard judges discuss this on more than one occasion at a CLE or other event. The judges say they want to know more about the actual facts and less about the applicable law. He lamented that at oral argument, lawyers tend to focus too much on the case law. He explained that judges know the applicable law or at least most of it , but they rely on the attorneys for a better understanding of the facts. A great legal professor taught me that when you walk into court, you need to tell the court what you want it, why you want it, and how to get there a permissible legal route. What you want and why want it are generally based in fact and equity. How you get there is the legal mumbo jumbo.

Chapter 5 : 10 Facts About Marijuana | Drug Policy Alliance

Health research on coffee swings back and forth between good and bad news more frequently than almost any other topic. When you hear about one study claiming health benefits while another harps on a list of negatives, it's easy to get jaded and stop paying attention.

We are addicted to them, our day starts with them. Now let us see the amazing facts about mobile phones. Have you ever used Nokia ? Be proud, it was the bestselling electrical gadget in history with more than million pieces sold. In Apple sold more than , iPhones per day, which is around 4 per second. Also see amazing facts about Apple Inc. Be careful while using your mobile phone, it has 18 times more bacteria than toilet handles. Is your phone water proof? Insomnia, confusion and headaches are caused due to mobile phone radiation. Experts have identified ringxiety, nomophobia, telephonophobia and frignsophobia as conditions that can effect people. This sounds odd, but you can charge your phone by using urine, scientists developed it. The first mobile call was made by Martin Cooper in Do you know that the present mobile phones have more computing power than the computers used for the Apollo 11 to land on the moon. In Britain more than , mobile phones are dropped down in the toilet every year. Engineers have developed ways to install the equipment into telephone poles, clock faces, church roofs and even in signs. Even mobile phone tower is often disguised as plastic trees. More than 4 billion people own mobile phones. What is your monthly mobile phone bill? It survived an 84ft drop without any operational damage. Mobile phone industry is the fastest growing industry in the world. It will take nine weeks to build, made of gram solid gold of 24 carat and the chassis was inlaid with white diamonds.

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Some Bacteria under microscope where you will know if the bacteria: good guy or bad guy. Fun Facts about Bacteria for Kids Bacteria usually live in colonies and reproduce quickly.

Good Guy or Bad Guy? Bacteria are the smallest of all living organisms on Earth. Bacteria are made of one cell. The cell contains the DNA, which is sort of like a computer program. It contains the information to run the bacteria. Surrounding this one cell is a rigid cell wall, which protects the bacteria. Some bacteria have an outer jacket, which sometimes has hairs called pili. They may also have flagella, which are long threads that beat around so the bacteria can move. Some Bacteria under microscope where you will know if the bacteria: Fun Facts about Bacteria for Kids Bacteria usually live in colonies and reproduce quickly. There are 10, known species of bacteria. There are probably many more waiting to be discovered. Bacteria are divided into three groups. Cocci bacteria are round. They can be found alone, in pairs, in clumps or in long strands. Bacilli bacteria have a straight shape. Spiral bacteria look like corkscrew pasta. Bacteria feed on matter in the environment, like fallen leaves, raw meat, human skin or decaying wood. Bacteria can reproduce about once every 20 minutes. Some bacteria are harmful. These bacteria can cause serious diseases, such as tuberculosis, typhoid fever and even tooth plaque. Most bacteria are helpful. Bacteria thicken yogurt and cheese. Bacteria in our stomachs help process food and keep us healthy. Main parts of a typical Bacterium.

Chapter 7 : Donald Trump Fast Facts - CNN

There are good fats and bad fats to look for in your diet. Fat Facts: What's Good About Fat Fat is the target of much scorn, yet it serves up health benefits you can't live without.

Medicines are legal drugs, meaning doctors are allowed to prescribe them for patients, stores can sell them, and people are allowed to buy them. Cigarettes, Alcohol, and Marijuana Cigarettes and alcohol are two other kinds of legal drugs. In the United States, adults 18 and older can buy cigarettes and those 21 and older can buy alcohol. Marijuana is generally an illegal drug, but some states allow doctors to prescribe it to people for certain illnesses, and some have passed laws making it legal to sell marijuana to adults for personal use. **Illegal Drugs** When people talk about a "drug problem," they usually mean abusing legal drugs or using illegal drugs, such as marijuana, ecstasy, cocaine, LSD, crystal meth, and heroin to get "high." Illegal drugs can damage the brain, heart, and other important organs. Cocaine, for instance, can cause a heart attack even in a kid or teen. While using drugs, people are also less able to do well in school, sports, and other activities. People can do dumb or dangerous things that could hurt them or other people when they use drugs. Sometimes kids and teens try drugs to fit in with a group of friends. Or they might be curious or just bored. Someone may use illegal drugs for many reasons, but often because they help the person escape from reality for a while. But this escape lasts only until the drug wears off. And using drugs often causes other problems on top of the problems the person had in the first place. Somebody who uses drugs can become dependent on them, or addicted. Stopping can cause withdrawal symptoms, such as vomiting, throwing up, sweating, and tremors shaking. If someone is using drugs, you might notice changes in how the person looks or acts. **Somebody using drugs might:** If you think someone is using drugs, the best thing to do is to tell an adult that you trust. This could be a parent, other relative, teacher, coach, or school counselor. The person might need professional help to stop using drugs. A grownup can help the person find the treatment needed to stop using drugs. Another way kids can help kids is by choosing not to try or use drugs. **Words to Know** Understanding drugs and why they are dangerous is another good step for a kid to take. Here are some words that may be new to you: **Doctors prescribe depressants** to help people be less angry, anxious, or tense. Depressants relax muscles and make people feel sleepy, less stressed out, or like their head is stuffed. Some people may use these drugs illegally to slow themselves down and help bring on sleep especially after using various kinds of stimulants. **High** A high is the feeling that drug users want to get when they take drugs. There are many types of highs, including a very happy or spacey feeling or a feeling that someone has special powers, such as the ability to fly or to see into the future. **Inhalants** produce a quick feeling of being drunk followed by sleepiness, staggering, dizziness, and confusion. **Narcotics** can cause someone to sleep, fall into a stupor, have convulsions, and even slip into a coma. Certain narcotics such as codeine are legal if given by doctors to treat pain. Heroin is an illegal narcotic because it has dangerous side effects and is very addictive. **STIM-yeh-lent** A stimulant speeds up the body and brain. Stimulants, such as methamphetamines and cocaine, have the opposite effect of depressants. Usually, stimulants make someone feel high and energized. When the effects of a stimulant wear off, the person will feel tired or sick.

Chapter 8 : Good facts, bad facts | WordReference Forums

Illegal drugs aren't good for anyone, but they are particularly bad for a kid or teen whose body is still growing. Illegal drugs can damage the brain, heart, and other important organs. Cocaine, for instance, can cause a heart attack " even in a kid or teen.

He won the popular vote for president three times. In his annual messages to Congress, Jackson repeatedly lobbied for the abolition of the Electoral College. He was the target of the first attempted presidential assassination. As Jackson was leaving the U. Capitol on January 30, , following a memorial service for a congressman, a deranged house painter named Richard Lawrence fired a pistol at the president from just feet away. That pistol also misfired. An enraged Jackson charged Lawrence with his cane as the shooter was subdued. A subsequent investigation found the pistols to be in perfect working order. The odds of both guns misfiring were found to be , to 1. Unbeknownst to Jackson, he married his wife before she had been legally divorced from her first husband. After moving to Nashville, Tennessee, in the s, Jackson fell in love with the unhappily married Rachel Donelson Robards. After she separated from her husband and believing that she was granted a legal divorce, Robards wed Jackson. In fact, however, the divorce had not yet been finalized, and her first husband accused her of adultery. He was the only president to have been a former prisoner of war. In April , he was taken prisoner along with his brother Robert. When a British officer ordered Jackson to polish his boots, the future president refused. The British released the brothers after two weeks of ill treatment in captivity, and within days Robert died from an illness contracted during his confinement. He adopted two Native American boys. Although he led campaigns against the Creeks and Seminoles during his military career and signed the Indian Removal Act as president, Jackson also adopted a pair of Native American infants during the Creek War in and . He was a notorious gambler. Jackson had a taste for wagering "on dice, on cards and even on cockfights. Chastened by a financial hit he once took from devalued paper notes, Jackson was opposed to the issuance of paper money by state and national banks. He only trusted gold and silver as currency and shut down the Second Bank of the United States in part because of its ability to manipulate paper money. Start your free trial today. We strive for accuracy and fairness. Twice a week we compile our most fascinating features and deliver them straight to you.

Chapter 9 : The Good And Bad News About Coffee And Your Health | Fun Facts Of Life

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It catapulted Clint Eastwood to super-stardom, changed the way countless directors thought about the genre, and continues to influence film to this day. Hoping to capitalize on the buzz and secure a lucrative American distribution deal, director Sergio Leone and writer Luciano Vincenzoni brought Arthur Krim and Arnold Pickerâ€™two United Artists executivesâ€™to Rome, where they were treated to a screening of the second film at a massive cinema where *For a Few Dollars More* was playing to enthusiastic crowds. Eventually, all three films were released in America over the course of a single year. As a cherry on top, he was also promised a new Ferrari. Of course, he ultimately accepted the job. Wallach was skeptical of making a Western with, of all people, an Italian director, but a screening was arranged in an attempt to convince him. By the spring of , Sergio Leone had made two films with Eastwood, one film with Van Cleef, and was about to make a third film along with another American actor: Despite this, Leone did not speak English, and relied on an interpreter. Wallach, however, was able to communicate with Leone in French, in which the director was fluent. Because the film was set during the Civil War, Leone wanted to preserve a certain sense of accuracy, and went to America to research the film. Among his inspirations were Library of Congress documents and the photographs of legendary photographer Mathew Brady. The film is not completely historically accurate, though. It features the use of dynamite before that particular explosive was invented. For the scene in which Blondie Eastwood and Tuco Wallach decide to blow up the bridge that leads to the cemetery where they believe the gold they seek is buried, the production hired hundreds of Spanish soldiers to stand in for Civil War fighters. The shoot was complicated. The soldiers all had to be in the right, safe place, and Leone set up several cameras to film the moment while waiting for the perfect light to capture it. As Eastwood and Wallach watched from a nearby hilltop where Eastwood apparently practiced his golf swing , Leone watched the sky, waiting for the right light. The officer heard the word and blew up the bridge. So Eastwood had to smoke quite a bit, and sometimes he felt so bad that he had to lay down an ultimatum. According to Wallach , Eastwood would sometimes tell the director: Of all the stars of the film, it seems Wallach had the hardest time while shooting. A small explosive charge in the rope would then detonate, thus freeing Wallach. For the scene in which Tuco escapes Union captivity by cutting his handcuffs under a moving train, Leone wanted to make sure the audience saw Wallach himself, and not a stuntman, lying beside the train as it sped by. Wallach agreed, then realized after the first take that a metal step affixed to one of the cars had missed his head by inches. Wallach saw the bottle and, thinking it was his favorite drink, took a sip. Luckily, he realized his mistake before it was too late. By the end of *The Good, The Bad and The Ugly*, Eastwood was done working with Leoneâ€™a famous perfectionistâ€™and had resolved that he would form his own company and start making his own movies.