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1859: The Melbourne Football Club was formed, starting the sport of Australian Rules Football 1867: The Marquess of Queensberry Rules for boxing are published. 1872: The first recognised international football match, between England and Scotland, is played. 1877: The first test cricket match, between England and Australia, is played. 1891: Basketball is invented by James Naismith. 1895: Volleyball is invented. 1896: Olympic Games revived in Athens. For a chronological guide, see Timeline of the 19th century. 1801: The Kingdom of Great Britain and the Kingdom of Ireland merge to form the United Kingdom. 1802: The Wahhabis of the First Saudi State sack Karbala. 1803: William Symington demonstrates his Charlotte Dundas, the "first practical steamboat". 1803: The Wahhabis of the First Saudi State capture Mecca and Medina. 1804: Austrian Empire founded by Francis I. 1804: World population reaches 1 billion. 1805: The Battle of Trafalgar eliminates the French and Spanish naval fleets and allows for British dominance of the seas, a major factor for the success of the British Empire later in the century. 1805–1848: Muhammad Ali modernizes Egypt. 1819: 29 January, Stamford Raffles arrives in Singapore with William Farquhar to establish a trading post for the British East India Company; 8 February, the treaty is signed between Sultan Hussein of Johor, Temenggong Abdul Rahman and Stamford Raffles. Farquhar is installed as the first Resident of the settlement. 1810: The University of Berlin was founded. Among its students and faculty are Hegel, Marx, and Bismarck. The German university reform proves to be so successful that its model is copied around the world (see History of European research universities). 1814: Elisha Collier invents the Flintlock Revolver. 1814 : February 1 Eruption of Mayon Volcano 1815: April, Mount Tambora in Sumbawa island erupts, becoming the largest volcanic eruption in recorded history, destroying Tambora culture, and killing at least 71,000 people, including its aftermath. The eruption created global climate anomalies known as "volcanic winter".[32] 1816: Year Without a Summer: Unusually cold conditions wreak havoc throughout the Northern Hemisphere, likely influenced by the 1815 explosion of Mount Tambora. 1816–1828: Shaka's Zulu Kingdom becomes the largest in Southern Africa. 1819: The Republic of Colombia (Gran Colombia) achieves independence after Simón Bolívar's triumph at the Battle of Boyacá. 1819: The modern city of Singapore is established by the British East India Company. 1820: Discovery of Antarctica. 1820: Liberia founded by the American Colonization Society for freed American slaves. 1820: Dissolution of the Maratha Empire. 1821–1823: First Mexican Empire, as Mexico's first post-independence government, ruled by Emperor Agustín I of Mexico. 1822: Pedro I of Brazil declared Brazil's independence from Portugal on 7 September. 1823: Monroe Doctrine declared by US President James Monroe. 1825: The Decembrist revolt. Decembrists at the Senate Square 1829: Sir Robert Peel founds the Metropolitan Police Service, the first modern police force. Emigrants leaving Ireland. From 1830 to 1914, almost 5 million Irish people emigrated to the U.S. 1830: Anglo-Russian rivalry over Afghanistan, the Great Game, commences and concludes in 1895. 1831: November Uprising ends with crushing defeat for Poland in the Battle of Warsaw. 1832: The British Parliament passes the Great Reform Act 1832. 1834–1859: Imam Shamil's rebellion in Russian-occupied Caucasus. 1835–1836: The Texas Revolution in Mexico resulted in the short-lived Republic of Texas. 1836: Samuel Colt popularizes the revolver and sets up a firearms company to manufacture his invention of the Colt Paterson revolver, a six bullets firearm shot one by one without reloading manually. 1837–1838: Rebellions of 1837 in Canada. 1838: By this time, 46,000 Native Americans have been forcibly relocated in the Trail of Tears. 1839–1860: After the First and Second Opium Wars, France, the United Kingdom, the United States and Russia gain many trade and associated concessions from China resulting in the start of the decline of the Qing dynasty. 1839–1919: Anglo-Afghan Wars lead to stalemate and the establishment of the Durand line 1842: Treaty of Nanking cedes Hong Kong to the British. 1843: The first wagon train sets out from Missouri. 1844: Rochdale Society of Equitable Pioneers establish what is considered the first cooperative in the world. 1845–1849: The Great Famine of Ireland leads to the Irish diaspora. 1848: The Communist Manifesto published. 1848: Seneca Falls Convention is the first women's rights convention in the United States and leads to the battle for women's suffrage. 1848–1855: California Gold Rush. 1849: Earliest recorded air raid, as Austria employs 200 balloons to deliver ordnance against Venice. 1850: The Little Ice Age ends around this time. 1850: Franz Hermann Schulze-Delitzsch establishes the first cooperative financial institution. Historical territorial expansion of the United States For later events, see Timeline of the 20th century. 1851: The Great Exhibition in London was the world's first international Expo or World Fair. 1852: Frederick Douglass delivers his speech "The Meaning of July Fourth for the Negro" in Rochester, New York. 1857: Sir Joseph Whitworth designs the first long-range sniper rifle. 1857–1858: Indian Rebellion of 1857. The British Empire assumes control of India from the East India Company. 1858: Construction of Big Ben is completed. 1859–1869: Suez Canal is constructed. The first vessels sail through the Suez Canal. 1860: Giuseppe Garibaldi launches the Expedition of the Thousand. 1861: Russia abolishes serfdom. 1862–1877: Muslim Rebellion in north-west China. 1863: Formation of the International Red Cross is followed by the adoption of the First Geneva Convention in 1864. 1865–1877: Reconstruction in the United States; Slavery is banned in the United States by the Thirteenth Amendment to the United States Constitution. 1867: Canada is formed, via the process of Canadian Confederation. 1868: Michael Barrett is the last person to be publicly hanged in England. 1869: The Suez Canal opens linking the Mediterranean to the Red Sea. A barricade in the Paris Commune, 18 March 1871. Around 30,000 Parisians were killed, and thousands more were later executed. Black Friday, 9 May 1873, Vienna Stock Exchange. The Panic of 1873 and Long Depression followed. 1870: Official dismantling of the Cultivation System and beginning of a Liberal Policy' of deregulated exploitation of the Netherlands East Indies [33] 1870–1890: Long Depression in Western Europe and North America. 1871–1872: Famine in Persia is believed to have caused the death of 2 million. 1871: The Paris Commune briefly rules the French capital. 1872: Yellowstone National Park, the first national park, is created. 1874: The Société Anonyme Coopérative des Artistes Peintres, Sculpteurs, et Graveurs, better known as the Impressionists, organize and present their first public group exhibition at the Paris studio of the photographer Nadar. 1874: The Home Rule Movement is established in Ireland. 1875: HMS Challenger surveys the deepest point in the Earth's oceans, the Challenger Deep 1876: Battle of the Little Bighorn leads to the death of General Custer and victory for the alliance of Lakota, Cheyenne and Arapaho 1876–1914: The massive expansion in population, territory, industry and wealth in the United States is referred to as the Gilded Age. 1877: Great Railroad Strike in the United States may have been the world's first nationwide labour strike. 1881: Wave of pogroms begins in the Russian Empire. 1881–1882: The Jules Ferry laws are passed in France establishing free, secular education. 1883: Krakatoa volcano explosion, one of the largest in modern history. 1883: The quagga is rendered extinct. 1886: Construction of the Statue of Liberty; Coca-Cola is developed. 1888: Founding of the shipping line Koninklijke Paketvaart-Maatschappij (KPM) that supported the unification and development of the colonial economy.[33] 1888: The Golden Law abolishes slavery in Brazil. 1889: Eiffel Tower is inaugurated in Paris. Studio portrait of Ilustrados in Europe, c. 1890 1889: A republican military coup establishes the First Brazilian Republic. The parliamentary constitutional monarchy is abolished. 1889–1890: 1889–1890 pandemic kills 1 million people. 1890: First use of the electric chair as a method of execution. 1892: The World's Columbian Exposition was held in Chicago celebrating the 400th anniversary of Christopher Columbus's arrival in the New World. 1892: Fingerprinting is officially adopted for the first time. 1893: New Zealand becomes the first country to enact women's suffrage. 1893: The Coremans-de Vriendt law is passed in Belgium, creating legal equality for French and Dutch languages. 1894: The Dutch intervention in Lombok and Karangasem[33] resulted in the looting and destruction of Cakranegara Palace in Mataram.[34] J. L. A. Brandes, a Dutch philologist, discovers and secures Nagarakretagama manuscript in Lombok royal library. 1896: Philippine Revolution ends declaring Philippines free from Spanish rule. 1898: The United States gains control of Cuba, Puerto Rico, and the Philippines after the Spanish–American War. 1898: Empress Dowager Cixi of China engineers a coup d'état, marking the end of the Hundred Days Reform; the Guangxu Emperor is arrested. 1900: Exposition Universelle held in Paris, prominently featuring the growing art trend Art Nouveau. 1900–1901: Eight nations invade China at the same time and ransack Forbidden City. Born on 19 April 1897, Japanese Jiroemon Kimura died on 12 June 2013, marking the death of the last man verified to have been born in the century.[35][36][37] Kimura remains to date the oldest verified man in history.[38] 1901: Subsequently, on 21 April 2018, Japanese Nabi Tajima (born 4 August 1900) died as the last person to verifiably have been born in the century.[39] Carl Friedrich Gauss Charles Darwin Victor Hugo, c. 1876 Dmitri Mendeleev Louis Pasteur, 1878 Marie Curie, c. 1898 Nikola Tesla José Rizal Jane Austen Leo Tolstoy, c. 1897 Edgar Allan Poe Jules Verne Charles Dickens Arthur Rimbaud, c. 1872 Mark Twain, 1894 Ralph Waldo Emerson Henry David Thoreau, 1861 Emile Zola, c. 1900 Anton Chekhov Fyodor Dostoevsky, 1876 John L Sullivan in his prime, c. 1882 David Livingstone 1864, left Britain for Africa in 1840 Jesse and Frank James, 1872 Sitting Bull and Buffalo Bill, in a studio portrait from 1885 Geronimo, 1887, prominent leader of the Chiricahua Apache William Bonney aka Henry McCarty aka Billy the Kid, c.late 1870s Deputies Bat Masterson and Wyatt Earp in Dodge City, 1876 Mathew Brady, self-portrait, c. 1875 Alfred, Lord Tennyson Thomas Nast, c. 1860–1875, photo by Mathew Brady or Levin Handy Mirza Ghulam Ahmad Mikhail Bakunin Søren Kierkegaard Solomon Northrup Dred Scott Madam C. 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The reformers who advocated the adoption of European institutions and technology, have often been portrayed as the progressive elements of society courageously charting the course toward an inevitably Westernized twentieth century. Conversely, the adherents of continuity, who viewed with alarm the dismantling of the Islamic order and sought to preserve tradition and retain the values and ideals that had served Ottoman and Islamic society so well for so long, are sometimes portrayed as nothing but archaic reactionaries. But we should avoid these simplistic characterizations if we are to appreciate the agonizing and dangerous process of transforming an established religious, social and political worldview. ^ "The First Telephone Call". www.americalibrary.gov. Archived from the original on 2015-10-22. Retrieved 2015-10-25. ^ "Dec. 18, 1878: Let There Be Light — Electric Light". WIRED. 18 December 2009. Archived from the original on 21 October 2016. 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Brandes, a Dutch philologist, discovers and secures Nagarakretagama manuscript in Lombok royal library. 1896: Philippine Revolution ends declaring Philippines free from Spanish rule. 1898: The United States gains control of Cuba, Puerto Rico, and the Philippines after the Spanish–American War. 1898: Empress Dowager Cixi of China engineers a coup d'état, marking the end of the Hundred Days Reform; the Guangxu Emperor is arrested. 1900: Exposition Universelle held in Paris, prominently featuring the growing art trend Art Nouveau. 1900–1901: Eight nations invade China at the same time and ransack Forbidden City. 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View (previous 50 | next 50) [20 | 50 | 100 | 250 | 500]Andy Warhol (links | edit) Century (links | edit) List of decades, centuries, and millennia (links | edit) December 6 (links | edit) Flag of the United States (links | edit) Geologic time scale (links | edit) Lavandula (links | edit) History of Mali (links | edit) Stock exchange (links | edit) Thuggee (links | edit) Republican Party (United States) (links | edit) 1960s (links | edit) 2000 (links | edit) 1977 (links | edit) 1964 (links | edit) 1999 (links | edit) 1970s (links | edit) 1990s (links | edit) 1980s (links | edit) 20th century (links | edit) 15th century (links | edit) 16th century (links | edit) 17th century (links | edit) 18th century (links | edit) 1950s (links | edit) 1870s (links | edit) 1952 (links | edit) 1984 (year) (links | edit) 1940s (links | edit) 1947 (links | edit) 1756 (links | edit) 1791 (links | edit) 1818 (links | edit) 1918 (links | edit) 1917 (links | edit) 1743 (links | edit) 1826 (links | edit) 1993 (links | edit) 1993 (links | edit) 1908 (links | edit) 1997 (links | edit) 1951 (links | edit) 1949 (links | edit) 1911 (links | edit) 1957 (links | edit) 1931 (links | edit) 1926 (links | edit) 1969 (links | edit) 1948 (links | edit) 1930s (links | edit) 1939 (links | edit) View (previous 50 | next 50) [20 | 50 | 100 | 250 | 500] Retrieved from " WhatLinksHere/19th century" A goji berry é um fruto rico em compostos carotenoides e vitamina C, possuindo grande poder antioxidante e servindo para fortalecer o sistema imunológico, proteger a visão, evitar o surgimento de doenças crônicas e prevenir o envelhecimento precoce. Encontre um Nutricionista perto de você! Parceria com Buscar Médico Além disso, as bagas goji são uma excelente fonte de fibras, vitaminas B1, B2 e B3, assim como minerais como cobre, magnésio, manganês e selênio. A goji berry é um fruto nativo da Ásia chamada Lycium chinense e Lycium barbarum. Esse fruto pode ser consumido fresco, desidratado ou em forma de cápsulas, além de também poder ser usado no preparo de receitas, podendo ser comprado em supermercados lojas de produtos naturais e lojas online. Para que serve Os principais benefícios das bagas goji são: 1. Proteger a visão e a pele As bagas goji são ricas em carotenoides, principalmente a zeaxantina e betacarotenos, sendo esse último um precursor da vitamina A, que ajudam a manter a saúde ocular e a prevenir o surgimento de retinopias, degeneração macular e cataratas. Além disso, também contém polissacarídeos e proteoglicanos, que exercem um efeito protetor sobre o ocular. Esse fruto também pode exercer um efeito protetor contra os raios UV, ajudando a cuidar da pele quando a pessoa fica muito tempo exposta ao sol. 2. Fortalecer o sistema imune Devido ao fato de serem ricas em vitamina C e selênio, o consumo de bagas goji pode ajudar a aumentar as defesas do corpo e reduzir a inflamação no organismo devido a sua propriedade antioxidante, estimulando as células do sistema imune e prevenindo o surgimento de doenças como gripe e resfriados. 3. Diminuir o colesterol Devido ao seu efeito antioxidante e a quantidade de fibras e de selênio, o consumo de bagas goji pode ajudar a diminuir o colesterol mau, o LDL, e aumentar o colesterol bom, o HDL, prevenindo assim o surgimento de doenças cardiovasculares como a aterosclerose, infarto e AVC. 4. Favorecer a perda de peso A goji berry possui poucas calorias e ajuda a melhorar a digestão, aumentando a sensação de saciedade devido às fibras que contém. Além disso, também possuem vitaminas do complexo B, que são micronutrientes importantes para o bom funcionamento do metabolismo e para obter energia dos alimentos. 5. Prevenir o câncer Alguns estudos demonstraram que os componentes bioativos da goji berry inibem o crescimento tumoral e evitam a proliferação das células cancerígenas. Além disso, também evitam o dano das células causados pelos radicais livres, prevenindo, assim, o envelhecimento precoce e o surgimento de outras doenças crônicas. 6. Melhora o humor e reduz o estresse Por conter vitamina B6, o consumo de bagas goji pode ajudar a aumentar a produção de serotonina, que é um neurotransmissor relacionado com a sensação de estresse e ansiedade e melhorando o humor, pois esta vitamina atua como enzima na conversão do aminoácido triptofano em serotonina. 7. Prevenir o envelhecimento precoce O consumo regular de goji berry ajuda a prevenir o envelhecimento prematuro da pele, pois é rico em vitamina C, um micronutriente que favorece a formação de colágeno e ajuda a dar firmeza e elasticidade à pele, evitando a formação de rugas e linhas de expressão. Além disso, também possui betacarotenos, polifenóis e outros antioxidantes que produzem um efeito protetor na pele contra os efeitos nocivos da exposição excessiva aos raios ultravioletas (UV) do sol, evitando a formação de manchas. 8. Regular o açúcar no sangue Alguns estudos indicam que a diabetes está relacionada com o estresse oxidativo, um processo que ocorre no organismo por um excesso de radicais livres que fazem com que as células oxidem e tenham suas funções afetadas. Por isso, acredita-se que a atividade antioxidante das bagas goji poderia ajudar a regular o açúcar no sangue e prevenir a diabetes, pois inibe a atividade dos radicais livres e, por sua vez, diminui o estresse oxidativo. A tabela a seguir traz a composição nutricional de 100 g de bagas de goji desidratada: Para obter os benefícios das bagas goji, é importante que sejam incluídas em uma alimentação equilibrada e saudável, além de ser fundamental a prática de atividade física. Como consumir Para obter os benefícios, deve-se consumir 2 colheres (de sopa) de bagas de goji desidratadas por dia, 120 mL de suco ou 2 a 3 cápsulas diariamente, a quantidade de cápsulas, porém, pode variar dependendo da concentração do suplemento, sendo importante ler o rótulo do fabricante antes de consumir. Além disso, as bagas goji podem ser consumidas no lanche ou serem incorporadas em iogurtes, sucos, granolas, sopas e vitaminas. Cápsulas de goji No caso das cápsulas de goji berry, a recomendação é que sejam consumidas 2 a 3 cápsulas de 500 mg por dia. A dose depende da concentração do suplemento, sendo importante ler o rótulo do fabricante de antes de consumi-lo e consultar um profissional de saúde ou fitoterapeuta. Veja mais sobre as cápsulas de goji berry. As bagas de goji são perigosas? A recomendação é que a goji berry seja consumida com moderação, isso porque foi verificado que esse fruto pode causar alergia ou reação anafilática em pessoas sensíveis aos seus componentes. Por isso, caso a pessoa apresente qualquer sinal ou sintoma de alergia, deve deixar de consumir esse alimento. Além disso, as bagas goji podem interagir com alguns medicamentos, como os anticoagulantes e hipoglicêmicos. Quando não comer goji berry A goji berry não deve ser consumida por pessoas que encontram-se em tratamento com medicamentos para a diabetes, hipertensão ou que façam uso de anticoagulantes, como a varfarina e a aspirina. Além disso, foi verificado que essa fruta também pode interagir com antibióticos, antifúngicos, antidepressivos, antivirais, medicamentos contra o câncer, osteoporose, hipolipemiantes e medicamentos para controle hormonal. Por isso, caso a pessoa sofra com a alguma dessas doenças ou faz uso de alguns dos medicamentos, deve consultar o médico antes de consumir a fruta, seja na forma de suplemento ou fresca.