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## Bull horn sound effect

Bizon/123RFIt is not just former NASA engineers trying to develop lighter car horns. Researchers in South Korea, too, have worked to create the ideal trumpet sound that is not as latticed as a traditional horn, but still manages to alert people to the possible danger. They came up with the sound of a duck doorknob. Now you're probably thinking, if I heard a noise when I was driving, I'd probably think, you know, there were ducks nearby. But according to lead researcher Professor Myung-Jin Bae and his team at Soongsil University in Seoul, this is the ideal sound for a car horn. How exactly did they come to this unexpected conclusion? Well, the team examined 100 pedestrians and found that duck quack was the friendliest sound that caused the least amount of stress, while still alerting them to a potentially dangerous situation. Interestingly, they also quite liked Klaxon's sound from one of Ford's earliest model T cars. The survey group listened to a series of suggested car horn sounds and were told to rate them for traits such as loudness, friendship and efficiency. The numbers were then crunched to reach an average score that ranked different trumpets from best to worst on a five-point scale. Duck quack scored best, although Klaxon was also up. Certainly, the noise that breaks down could help reduce incidents of road rage, as hitting the horn in anger only to hear the sound of a duck could help diffuse a tense situation between two irritating drivers. On the other hand, if a car got dangerously close to plowing into a little old lady shirking across the street, multiple doorknobs while the car careers towards an unconscionable older one would seem completely inappropriate. Bae believes the ideal sound could be a combination of both the doorknob and Klaxon, suggesting that a new kind of trumpet would immediately alert pedestrians to the danger while reducing the inconvenience and stress of sound. Other efforts Although the subject of Bae's research may sound a trifle absurd, the idea of an improved car horn is clearly a matter of genuine interest to many road users. For example, we recently heard about former NASA engineer Mark Rober and his efforts to build the friendliest car horn you'll ever hear. In addition, engineers working on Google's (now Waymo) self-driving car technology pondered the difficult question when a decent toot becomes a scary trumpet, while back in 2015 we learned about the Kickstarter project for a device that replaced your car horn with a super polite voice to say things like: Excuse me, but I believe you're on my way. He failed to finance him. Recommendations editor First sold in 1987 in Austria, Red Bull is a carbonated drink containing caffeine, as well as other energy boosting compounds, including several B vitamins and taurine (1). While the exact composition varies by country, additional ingredients in red include sugar, carbonated water, baking soda, citric acid, magnesium carbonate, glucuronolactone and artificial colours and flavours (1). One 8.4-ounce (260-ml) can provide (2). Calories: 112 Protein: 1.2 gramsFat: 0 gramsCarbs: 27 gramsSugar: 27 gramsCaffeine: 75 mg It is also high in several B vitamins, including thiamine (B1), riboflavin (B2), niacin (B3), B6 and B12 (2). In addition, Red Bull has sugar-free options, including Red Bull Zero and Red Bull Sugarfree, which are made with artificial sweeteners aspartame and acesulfame K instead of sugar (3). While ingredients in Red Bull can provide a boost of energy, they can also cause short- and long-term side effects – especially in larger amounts. SummaryRed Bull is a sugar-sweetened, caffeinated beverage on the market as a way to boost mental and physical performance. Because of its combination of ingredients, there are concerns about its potential side effects, especially when consumed in larger quantities. Although Red Bull remains a popular beverage, research suggests it can negatively affect your health. It can increase blood pressure and heart rateBlood pressure and heart rate are two important measures for heart health, as increased levels are associated with a higher risk of hypertension (high blood pressure) and heart disease (4,5). Several studies on healthy adults have shown that drinking one 12-ounce (355-ml) can of Red Bull significantly increases blood pressure and heart rate within 90 minutes and up to 24 hours after consumption (6, 7, 8, 9). These increases in heart rate and blood pressure are thought to be largely due to Red Bull's caffeine content, as one large 12-ounce (355-ml) can contain 108 mg of caffeine - about the same amount as a cup of coffee (2, 10, 11). Despite these increases, Red Bull's moderate and intermittent intake is unlikely to cause serious heart problems in healthy adults. However, excess intake – especially in younger people – is associated with abnormal heart rhythm, heart attack and even death (11, 12, 13). In addition, while research is limited, drinking Red Bull can worsen heart health and be life-threatening in people with pre-existing high blood pressure or heart disease (11). May increase the risk of type 2 diabetesissuantly sugar intake, especially from sweetened beverages, may increase the risk of type 2 diabetes (14). In fact, a review of 310,819 adults found that drinking 1-2 servings of sugar-sweetened beverages per day was associated with a significant 26% increased risk of type 2 diabetes (14). Because Red Bull is sweetened with sugar - providing 29 grams of sugar in one serving of 8.4 ounces (260 ml) - drinking one or more servings a day could increase the risk of type 2 diabetes (2). It can damage teeth Research shows that drinking acidic drinks can damage tooth enamel, which is a hard coating that helps protect teeth from decay (15). Red Bull is a sour drink. As a result, regular intake can harm your tooth (16) One five-day test tube study showed that exposure of human tooth enamel to energy drinks for 15 minutes, 4 times a day resulted in significant and irreversible loss of tooth enamel (17). Furthermore, the study noted that energy drinks are twice as harmful to tooth enamel than soft drinks (17). It can negatively affect kidney health While occasionally drinking Red Bull is unlikely to have serious effects on kidney health, research suggests chronic and excessive intake could. A 12-week study in rats found that Red Bull's chronic intake can cause kidney function to decline. However, these results were not replicated in human studies (18). In addition, research shows a link between high sugar intake and an increased risk of chronic kidney disease (19, 20, 21). Since red bull has high sugar, frequent and excessive intake can increase your risk. May increase high-risk behaviorResearch has shown an association between red bull drinking and increased high-risk behavior, especially in combination with alcohol (1). When consumed together, caffeine at Red Bull can mask the effects of alcohol, making you feel less intoxicated while still experiencing alcohol-related impairments (22, 23, 24). This effect can have serious consequences. One study found that college students who drank energy drinks and alcohol together were more likely to drink and drive and would experience serious alcohol-related injuries than when alcohol was consumed alone (25). Even when not paired with alcohol, observational studies show that in young adults, regular intake of energy drinks like Red Bull is associated with an increased risk of alcohol addiction and illicit drug use (22, 26, 27). Of course, not everyone who drinks Red Bull will experience an increase in high-risk behaviors. Nevertheless, it is important to be aware of the potential risks, especially in younger adults and when alcohol is involved. May lead to caffeine overdose and possible toxicity While safe doses of caffeine vary depending on the individual, current research recommends limiting caffeine to 400 mg per day or less in healthy adults (28). As one small 8.4-ounce (260-ml) can of Red Bull provides 75 mg of caffeine, drinking more than 5 cans a day can increase the risk of caffeine overdose (2). However, the average caffeine half-humanism in the blood ranges from 1.5-9.5 hours, meaning it could take up to 9.5 hours for the level of caffeine in the blood to drop to half the original amount (29). As a result, it is difficult to determine the exact amount of Red Bull that could lead to caffeine overdoses. In addition, adolescents under the age of 19 may be at higher risk of caffeine-related side effects (30). Current recommendations call for limiting caffeine to 100 mg or less per day in adolescents aged 12-19. Therefore, drinking more than one 8.4-ounce (260-ml) serving of Red Bull can increase the risk of caffeine in this age group (28). Symptoms of caffeine overdose and toxicity may include nausea, vomiting, vomiting, heart rate, dizziness, sleep problems and seizures (31). SummaryOccasional, moderate intake of Red Bull is likely to have any serious side effects. Nevertheless, when consumed frequently and in excess, it can have several negative and potentially life-threatening effects. Red Bull sugar-free is lower in calories and sugar, but has the same amount of caffeine as regular Red Bull and therefore probably the same potential side effects (32). Despite not providing sugar, Sugar-free Red Bull can still increase the risk of type 2 diabetes if consumed regularly, as it contains two artificial sweeteners - aspartame and acesulfame K. In fact, the research links regular intake of artificial sweeteners to an increased risk of type 2 diabetes and has its potential safety concerns and side effects (33, 34, 35). Summary Since Red Bull without sugar is lower in sugar and calories, it packs the same amount of caffeine as regular Red Bull. In addition, since it contains artificial sweeteners, regular consumption can still increase the risk of type 2 diabetes. Although rare, excessive intake of Red Bull and similar energy drinks is associated with heart attacks and deaths. Most of these cases occurred in younger adults who allegedly drank energy drinks regularly and excessively (13, 28, 36, 37, 38, 39). Many factors influence how much caffeine you need to consume to be dangerous and potentially life-threatening. While current recommendations call for limiting caffeine to no more than 400 mg per day in healthy adults, cases of caffeine-related deaths were primarily in people with unusually high intakes of 3-5 grams of caffeine per day (28,31). That would mean drinking about forty-8.4-ounce (260-ml) cans of Red Bull in one day. Yet in many cases of heart attacks and sudden deaths involving energy drinks, individuals drank only 3-8 cans in one day - far fewer than 40 cans. One recent study on 34 healthy adults found that drinking 32-ounce (946 ml) of Red Bull daily for 3 days resulted in significant changes in the interval between heart rate (39). A change in heart rate can lead to certain types of arrhythmia that can result in sudden death, especially in those with high blood pressure or heart disease (39). In addition, the researchers argue that these changes in heart rhythm cannot be explained only by the amount of caffeine, but are likely due to a combination of ingredients in Red Bull (39). More research is needed on how a combination of ingredients can affect the risks for heart attacks and other serious side effects. As such, pregnant women, children, people with heart problems and people sensitive to caffeine should avoid Red Bull altogether. SummaryIs the intake of energy drinks associated with heart attack and sudden death in rare cases. More research is needed, but certain populations should avoid Red Bull altogether. Red Bull is sugar-sweetened, caffeinated Drink. Frequent and excess intake can have serious and life-threatening side effects, especially in combination with alcohol. Therefore, pregnant women, children, people with heart problems and people sensitive to caffeine should avoid drinking Red Bull altogether. What's more, because it's high in sugar and has a small nutritional value, you may benefit from choosing healthier alternatives to help you increase your energy levels, such as coffee or tea. Tea.