

## Benefits of technology in transportation

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# Disadvantages



- **I. Risky:**
- **Air transport is the most risky form of transport because a minor accident may put a substantial loss to the goods, passengers and the crew. The chances of accidents are greater in comparison to other modes of transport.**
- **II. Very Costly:**
- **Air transport is regarded as the costliest mode of transport. The operating cost of aero-planes are higher and it involves a great deal of expenditure on the construction of aerodromes and aircraft. Because of this reason the fare of air transport are so high that it becomes beyond the reach the common people.**
- **III. Small Carrying Capacity:**
- **The aircrafts have small carrying capacity and therefore these are not suitable for carrying bulky and cheaper goods. the load capacity cannot be increased as it is found in case of rails.**



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Although certain security measures were in place due to high profile hijackings during previous decades, U.S. airports were fairly easily and quickly navigated in the past. Then 9/11 happened, and flying would never be the same. By Janet Bednarek It can definitely be done — we saw Capt. Sully Sullenberger successfully land an Airbus A320 without any engines, in the Hudson River no less. But just how far a plane can fly without its engines depends on a few different factors. By Mark Mancini Airlines are flying planes with no passengers, due in part to the worldwide outbreak of coronavirus, but also for economic reasons that have nothing to do with disease. By Laurie L. Dove Magnetic levitation trains, aka maglev trains, can travel much faster than even bullet trains, with less environmental impact. But they're very expensive to build. So, what's the future of maglev trains? By Kevin Donsor & Nathan Chandler When you visit the site, Dotdash Meredith and its partners may store or retrieve information on your browser, mostly in the form of cookies. Cookies collect information about your preferences and your devices and are used to make the site work as you expect it to, to understand how you interact with the site, and to show advertisements that are targeted to your interests. You can find out more about our use, change your default settings, and withdraw your consent at any time with effect for the future by visiting Cookies Settings, which can also be found in the footer of the site. The Disadvantages of Computers... How Technology Affects the Workplace What Are the Disadvantages of Using... Examples of Technology in Business Advantages & Disadvantages of Computers... Types of Technology in a Business... The Impact of Technology on a Business... How Do Companies Use the Internet? Uses of Information Technology... Advantages & Disadvantages of a... What Are the Advantages of Modern... Causes & Consequences of Globalization The Importance of Modern Technology Role of Information Systems in... The Disadvantages of Manual Accounting Advantages of Office Equipment How Has Technology Impacted the... Uses of Computers in Management Importance of Computers in a Workplace Sergio Casas-Silva Jr. is operations manager for his family-owned trucking company, Tili Logistics Corporation, in San Diego. But Casas-Silva didn't start his career in the family business—he came from banking. "I'm a numbers guy; I believe in their power," he says. So when he agreed to join his father, also named Sergio, in an effort to expand from shipping transportation equipment across the U.S.-Mexico border into a nationwide force hauling everything from produce to electronics, Casas-Silva knew he'd need telematics software. Meet the Dermatologist Who Wants to Save You Money — and Just Hit a \$200 Million Milestone for Patients Your Employees Want This Perk, and Giving It to Them Can Improve Your Bottom Line The Hidden Dangers of Not Taking Your Vacation Days This Family-Owned Manhattan Jewelry Shop Struggled to Rebuild After 9/11. Today, 2 Sisters Who Run the 46-Year-Old Business Reveal What It Takes to Persevere. Businesses Need More Women Investors. Here's How That Can Happen. Franchising Isn't for Entrepreneurs, It's for Systempreneurs This Former Disney Exec Shares Her 5 Most Valuable Takeaways on Leadership Following Viral LinkedIn Post. Media Platforms Design Team in our hyper-connected world, we sometimes get disconnected—from human contact and touch. For instance, when's the last time you gave someone a hug, or got one in return? Can you remember the last time you called the women in your life and had a heart-to-heart chat? In our busy lives, keeping up relationships—and reaching out to the people we care about —can sometimes be a challenge. But connectedness is so important—and it's so good for your health. Here's why. Media Platforms Design Team1. Giving a message—and getting one—can have mega health benefits. What may seem like a splurge or a luxury is quite good for your health. And getting your husband to rub your back not only increases your connection as a couple, it could also boost your health in very real ways. Research has linked massage with stress and pain relief, blood pressure control, help with symptoms of depression and immunity boosting. "Massage can increase levels of oxytocin, which is also dubbed 'the cuddle hormone,' and serotonin, which positively affects emotions and thoughts," says Elizabeth Lombardo, PhD, MS, PT, a psychologist and physical therapist practicing in Wexford, Pennsylvania, and the author of A Happy You: Your Ultimate Prescription for Happiness. "As a result, we feel closer to and better about those around us." Photo: ThinkstockMedia Platforms Design Team2. Going to a book club may increase your longevity. According to a new study from Brigham Young University, people who have close relationships with others and maintain regular social commitments have a 50 percent lower risk of death than those who live more isolated lives. What's more, the researchers found that "weak" social ties were more harmful to overall health than heavy smoking, not exercising and being obese. While book club isn't the only way to keep up with friends, it's a great way to get regular, quality time with friends. "Many researchers feel that social support and regular involvement in friendships and other aspects of the social support system is the most important determinate of physical and mental well-being for everyone from children to the elderly," says Joseph Cilona, PhD, a Manhattan-based psychologist. "Feeling valued and cared about by others can help us forget the negative aspects of our lives, and often results in a more optimistic outlook about our environment and life in general." Photo: Yellow Dog Productions/GettyMedia Platforms Design Team3. Facebook may be good for your happiness. Recent research from The University of California indicates that happiness seems to spread among people up to three degrees of separation from each other. For instance, you smile at the woman at the bakery, she puts a dollar in a street musician's cap and he later picks a flower for an elderly woman walking by, which makes her day. But does the same chain of happiness work online? The hypothesis seems to be "it's likely." The same researchers are now reportedly looking at social networks like Facebook to see whether they deliver similar happiness responses. "Social support, whether in person or not, is a critical variable of happiness," notes Dr. Lombardo. "Social networking lets you connect with people you might not normally get a chance to because of geography or timing. People's schedules can be so hectic, preventing getting together with friends as much as you might like; social networking allows you to offer and receive encouragement even if you have minimal 'free' time." Photo: ShutterstockMedia Platforms Design Team4. Happiness is contagious—share some with a neighbor. Something to smile about? Share it with a friend, say researchers. Having a happy friend or neighbor in close proximity (less than a mile away) is associated with a 25 percent increase in happiness, say researchers at the University of California San Diego and Harvard Medical School whose research was published in a recent issue of the British Medical Journal. Better yet? If your next-door neighbor is happy, you have a 34 percent increased chance of feeling happy yourself. Photo: ThinkstockMedia Platforms Design Team5. Hugs for health. You probably don't need an excuse to hug, or show affection to the people you love, but new research shows that stepping up the kisses and cuddles can go a long way in terms of health. According to new research published in the July issue of the Journal of Epidemiology and Community Health, the affection from a mother may have a lifelong impact on her baby. Researchers from Duke University Medical School followed 500 babies from infancy to their 30s. Those whose mothers laid on the love grew up to be adults who had lower levels of anxiety, distress and hostility compared with babies whose mothers showed less physical affection. "Science demonstrates that affection is a great way to experience more happiness yourself and share it with others," explains Dr. Lombardo. "Receiving and giving affection boosts health in measurable ways." Have trouble being affectionate with your loved one? "Try giving the people you love hugs—at least when you say hello and goodbye. If hugging is too big of a step, try gentle touch, such as placing a hand on the person's back or shoulder. A soothing rubbing of the back, even for a second or two, is another great way to show affection." Photo: ThinkstockMedia Platforms Design Team6. Texting: the ultimate mood booster. What can boost your mood as much as a phone call from an old friend? A text from an old friend! Although texting while driving obviously has negative health consequences, consider texts from friends instant messages of happiness. There may be a biochemical reason for this, explains Dr. Lombardo. "It has been suggested that positive mood, such as that caused by texting with your friends, can increase serotonin, which results in even better mood," she says. "Research shows that happiness does rub off on others. So if you are texting a friend who is happy, you can reap the benefits of her joy." Photo: ThinkstockMedia Platforms Design Team7. The magic of family dinner. When's the last time you gathered the brood around the table for a family meal? Research indicates that families who make a habit out of sitting around the dinner table together at least five days a week are a happier, closer-knit unit—and the children end up being less likely to experiment with drugs and alcohol as a result. Parents get in on the benefits, too, though. "Parents obviously benefit in having a significantly lower chance of facing challenges like those associated with drug and alcohol use by their children, and can generally feel much less stress associated with parenting and more aware and empowered," says Dr. Cilona. While researchers have debated about whether it's the meal that's so important or simply the act of carving out TV- and media-free time for meaningful interaction that makes the difference, most conclude that focused times of engagement as a family—whether at the dinner table or during game night—go a long way in the health and happiness department. Photo: ThinkstockMedia Platforms Design Team8. Why a cocktail with friends could be medicinal. Next time your friend from work asks you to go to happy hour with her, why not say yes? Sure, excessive alcohol intake has been linked to all kinds of health issues, but French researchers remind us of the power of just one drink. According to a recent study conducted by researchers at Hospital of Pitié-Salpêtrière in Paris, moderate alcohol drinkers (defined as those who have 1 to 3 servings of alcohol per day) reported better average health than non-drinkers. "Most of the research I am aware of indicates significant health benefits in consuming one to two alcoholic beverages per day for decreased risk of heart disease, high blood pressure, stroke, peripheral artery disease and even Alzheimer's and the common cold," notes Dr. Cilona. While it's important to point out that most health experts routinely encourage women to limit their alcohol consumption to one drink per day, and to try not to consume alcohol every day, the researchers point out that the health benefits that study participants reported may have had less to do with the alcohol itself and more to do with the social lives of those who partake. Translation: Whether you've got a virgin margarita in your hand or the real thing, going out with friends and keeping an active social life may just be an important key to better health. Photo: ThinkstockMedia Platforms Design Team9. Why a team sport may improve fitness better than exercising solo. While all exercise is good exercise, researchers say that sports that connect you with others may provide more health benefits. For example, new research published in the Scandinavian Journal of Medicine and Science in Sports reports that women who played team sports experience more health benefits—from increased muscle mass to better physical performance—and also stuck with the sport longer than those who preferred solo exercise regimens. "Team sports are great for your body and mind," says Dr. Lombardo. "People tend to push themselves harder and stick to their exercise when they have a scheduled time to work out, when their participation affects others and when they are spending time with people whom they like." Plus, she adds, "psychologically, working out with others makes the task more fun and meaningful. You feel as though you are part of something bigger than you, and you have the social support of those around you." Photo: ThinkstockMedia Platforms Design Team10. Church: It does a body good. Next time you're faced with the option of sleeping in or getting up for church, consider the latter. After reviewing past studies on the topic, researchers from the University of Pittsburgh Medical Center found that churchgoers enjoyed an increased life expectancy (as much as an additional 3.1 years) than those who opted out. According to researchers, being part of a religious community—regardless of type or denomination—contributes to a greater sense of meaning and purpose in life, both markers for improved health and happiness. "Research shows that churchgoers have significantly lower levels of stress hormones and blood pressure, and lower rates of depression and anxiety," says Dr. Lombardo. "Being connected—with a higher power and with a church community—can give you a greater sense of meaning in life, which improves happiness and physical health." Photo: ThinkstockSarah Jio is the health and fitness blogger for Glamour.com. Visit her blog, Vitamin G

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