Click to prove you're human

Sentir uma crise de tontura pode ser extremamente desconfortável e, em muitos casos, incapacitante. Essa condição, que pode surgir de forma repentina, afeta o equilíbrio, a visão e a sensação de estabilidade, impactando diretamente a qualidade de vida. Embora muitas pessoas usem o termo “tontura” para descrever várias sensações, como desmaio iminente ou vertigem, é essencial compreender o que está por trás dos sintomas para buscar alívio e tratamento adequados. Neste artigo, você vai descobrir o que pode causar uma crise de tontura e como aliviar os sintomas de forma segura. Crise de tontura: por que ela acontece? Uma crise de tontura pode ter diversas causas, desde alterações no ouvido interno até distúrbios neurológicos ou cardiovasculares. Ainda que, na maioria dos casos, não esteja associada a uma doença grave, ela merece atenção. Afinal, entender a origem do sintoma é o primeiro passo para um tratamento eficaz. As principais causas incluem: Vertigem posicional paroxística benigna (VPPB): desencadeada por movimentos bruscos da cabeça; Labirintite e neuronite vestibular: inflamações no ouvido interno; Doença de Ménière: acúmulo de líquido no ouvido interno, acompanhada de zumbido e perda auditiva; Cefaleia vestibular (enxaqueca): crises de tontura associadas à enxaqueca; Hipotensão, hipoglicemia ou anemia: quando o cérebro recebe menos oxigênio e glicose do que precisa; Uso de medicamentos: sedativos, antibióticos ototóxicos e outros que afetam o equilíbrio. Além disso, estresse, ansiedade e pânico também podem provocar episódios de tontura. Por isso, é fundamental considerar o contexto emocional do paciente ao investigar a causa. Crise de tontura: como aliviar os sintomas de forma segura Durante uma crise de tontura, o mais importante é manter a calma e adotar medidas simples que ajudem a estabilizar o corpo. A seguir, confira estratégias eficazes para aliviar o desconforto: 1. Sente-se ou deite-se imediatamente Assim que sentir tontura, sente-se ou deite-se com a cabeça levemente elevada. Isso evita quedas e ajuda a reduzir a sensação de instabilidade. 2. Evite movimentos bruscos Levantar-se rapidamente ou girar a cabeça de forma repentina pode agravar os sintomas. Por isso, levante-se devagar e apoie-se se necessário. 3. Fixe o olhar em um ponto Olhar para um objeto fixo pode ajudar o cérebro a encontrar referência e reduzir a vertigem. Desse modo, essa técnica é especialmente útil em casos de VPPB. 4. Hidrate-se Às vezes, a tontura está relacionada à desidratação ou queda de pressão. Portanto, beba água aos poucos e veja se os sintomas melhoram. 5. Evite luzes fortes e ruídos Ambientes muito iluminados ou barulhentos podem intensificar os sintomas. Assim, prefira um local silencioso e com pouca luz para se recuperar. 6. Respire profundamente Controlar a respiração pode ajudar nos casos em que a tontura está ligada à ansiedade. Dessa forma, inspire e expire lentamente até se sentir melhor. 7. Use medicamentos apenas com orientação médica Em alguns casos, o médico pode indicar o uso de medicamentos, como meclizina, diazepam ou proclorperazina para aliviar a vertigem e a náusea. No entanto, o uso deve ser sempre controlado. Além disso, quando a tontura é recorrente ou persistente, é essencial buscar a orientação de um otorrinolaringologista. Desse modo, por meio de exames clínicos e testes específicos, o profissional pode identificar a causa exata e propor o tratamento ideal. Leia também: Quando a remoção das amígdalas pode melhorar seu sono Quando buscar ajuda médica? Embora a maioria das crises de tontura não indique algo grave, existem sinais de alerta que exigem atenção imediata: Dificuldade para falar, enxergar ou andar; Dormência em um lado do corpo; Dor de cabeça intensa; Perda de consciência; Tontura que dura mais de uma hora sem melhora; Vômitos persistentes. Nesses casos, procure atendimento de urgência, por poder se tratar de um quadro neurológico ou cardiovascular. Conte com especialistas para tratar a tontura com segurança Na Clínica Regina Ortega, contamos com uma equipe multidisciplinar formada por otorrinolaringologistas, fonoaudiólogos e especialistas em equilíbrio, que atuam de forma integrada para oferecer um diagnóstico preciso e um tratamento individualizado para sua crise de tontura. Com isso, garantimos uma abordagem completa, respeitando as particularidades de cada paciente. Há mais de 35 anos, cuidamos da saúde auditiva e vestibular com excelência, utilizando os melhores recursos tecnológicos disponíveis. Portanto, agende sua consulta e descubra como podemos ajudar você a recuperar o equilíbrio e o bem-estar com segurança e confiança. — 𝍐 Clínica Regina Ortega 𝍐 WhatsApp (11) 98248-8230 𝍐 (11) 5522-0313 𝍐 Av. Adolfo Pinheiro, 1000, Cj.103, Santo Amaro 𝍐 RT: D Regina Stela Roland Ortega Otorrinolaringologista CRM/SP 33487 – RQE 8904 A tontura é uma sensação de desequilíbrio ou instabilidade, que pode ser descrita como vertigem (sensação de rotação), flutuação ou uma iminente sensação de queda ou desmaio. Esse sintoma afeta a percepção espacial e o controle corporal. A tontura não é específica, ou seja, existem diversos problemas de saúde que podem desencadear esse quadro. Quais são as principais causas de tontura? A tontura pode ser provocada por distúrbios do sistema vestibular, como labirintite, neurite vestibular, vertigem posicional paroxística benigna (VPPB) e a doença de Menière, problemas circulatórios, como hipotensão, desidratação e insuficiência vascular cerebral, condições neurológicas e distúrbios metabólicos. O que é bom para aliviar tontura? Para alívio rápido da tontura, é recomendado se sentar ou deitar em um local seguro até que a sensação desagradável melhore. Também é importante manter níveis adequados de hidratação e evitar ambientes pouco ventilados e quentes. No caso de vertigem posicional, existem algumas manobras que podem ser eficazes. Durante esses episódios, a orientação é evitar dirigir ou realizar atividades potencialmente perigosas. Quando os sintomas forem recorrentes ou persistirem, é importante procurar avaliação médica para excluir problemas mais sérios e orientar a melhor forma de tratamento. Quando se preocupar com a tontura? Quando a tontura é persistente, sem alívio mesmo com repouso, ou quando torna-se frequente e repetitiva é importante investigar. Continua após a publicidade Além disso, ela é considerada preocupante quando vem acompanhada de outras sinais e sintomas, por exemplo, dores de cabeça intensas, perda de consciência, dificuldade para falar, fraqueza em um lado do corpo, visão dupla ou perda da audição. Esses sinais podem indicar condições mais graves, como um acidente vascular cerebral (AVC) ou a presença de tumores cerebrais, sendo necessária, impreterivelmente, uma avaliação neurológica com prioridade. Respondido por:Dr. Felipe Mendes, médico neurocirurgião e membro da Sociedade Brasileira de Neurocirurgia. Instagram: @drfelipemendesneuro , the free encyclopedia that anyone can edit. 117,922 active editors 6,998,457 articles in English Capturing a redoubt by throwing rocks In the Rhine campaign of 1796, two First Coalition armies under the overall command of Archduke Charles of Austria defeated two French Republican armies in the last campaign of the War of the First Coalition, part of the French Revolutionary Wars. The French military intended to capture Vienna and force the Holy Roman Emperor to surrender. The French Army of Sambre and Meuse commanded by Jean-Baptiste Jourdan opposed the Austrian Army of the Lower Rhine in the north. The Army of the Rhine and Moselle, led by Jean Victor Marie Moreau, fought the Austrian Army of the Upper Rhine in the south. At the Battle of Amberg on 24 August and the Battle of Würzburg on 3 September, Charles defeated Jourdan's northern army. During the winter the Austrians forced Moreau's army back to France. Despite Charles's success in the Rhineland, Austria lost the war when the French Army of Italy, commanded by Napoleon Bonaparte, advanced on Vienna, resulting in the Peace of Campo Formio. (Full article...) Recently featured: Chinese characters Ezra Pound Dracunculiasis Archive By email More featured articles About Kajaani Castle ... that the Kajaani Castle (pictured) was the northernmost stone castle in Europe upon its completion? ... that Belgian Resistance member Andrée Dumon was recommended for the US Medal of Freedom for "assisting directly in the recuperation and repatriation of about 100 Allied airmen"? ... that CBS received a membership to the exclusive Sebonack Golf Club when it bought a TV station on Long Island? ... that a 1924 derailment at Stoughton station was caused by two boys who wanted to "see a real train wreck"? ... that Canadian veterinarian Frank Schofield was described as "an eternal Korean" by a South Korean prime minister? ... that in 1959 many Americans refused to have cranberry sauce with their Thanksgiving dinner? ... that diver Ng Sui was the last Hong Kong Olympian to compete for Britain in an Olympics? ... that CSS can be used to track and identify you? ... that Ivan the Terrible killed three polar bears at the Griffith Park Zoo, including his own mate Lena? Archive Start a new article Nominate an article Nicuşor Dan Author Banu Mushtaq and translator Deepa Bhasthi win the International Booker Prize for Heart Lamp: Selected Stories. Nicuşor Dan (pictured) is elected as president of Romania. In the Portuguese legislative election, the Democratic Alliance wins the most seats in parliament. Austria, represented by JJ with the song "Wasted Love", wins the Eurovision Song Contest. A tornado outbreak leaves at least 27 people dead in the Midwestern and Southeastern United States. Ongoing: Gaza war M23 campaign Russian invasion of Ukraine timeline Sudanese civil war timeline Recent deaths: Yuri Vladimirov Colton Ford Werenoi Benjamin Ritchie Jadwiga Rappé Bachtiar Basri Nominate an article May 25: Africa Day (1963); Independence Day in Jordan (1946) A memorial to George Floyd following his murder 1810 – The Primera Junta, the first independent government in Argentina, was established in an open cabildo in Buenos Aires, marking the end of the May Revolution. 1940 – Second World War: German troops captured Boulogne-sur-Mer, France, forcing British forces to evacuate via Dunkirk. 1955 – Joe Brown and George Band, members of the British Kangchenjunga expedition, made the first ascent of the world's third-highest mountain but deliberately did not set foot on the summit. 1967 – Having purged a group of rivals, Supreme Leader of North Korea Kim Il Sung delivered the "May 25 teaching", entrenching his son Kim Jong Il as his designated successor. 2020 – George Floyd, a black American man, was murdered (memorial pictured) during an arrest by a white police officer in Minneapolis, sparking protests in the U.S. and other countries. Mary Magdalene de' Pazzi (d. 1607)Anna Maria Rückerschöld (d. 1805)Gustav Holst (d. 1934)Cillian Murphy (b. 1976) More anniversaries: May 24 May 25 May 26 Archive By email List of days of the year About Many artworks related to the Black Lives Matter movement have been created. These works are seen as a direct tribute to those who have died or more broadly to the movement. Often the pieces are created in the streets as to be more publicly visible. This mural in Greenpoint, Brooklyn lists the names of African Americans killed by law enforcement officers in the United States, ending with George Floyd, whose murder on May 25, 2020 sparked global protests that raised the visibility of the Black Lives Matter movement. Mural credit: unknown; photographed by Rhododendrites Recently featured: Germanicus The Cocoanuts In the Loge Archive More featured pictures Community portal – The central hub for editors, with resources, links, tasks, and announcements. Village pump – Forum for discussions about Wikipedia itself, including policies and technical issues. Site news – Sources of news about Wikipedia and the broader Wikimedia movement. Teahouse – Ask basic questions about using or editing Wikipedia. Help desk – Ask questions about using or editing Wikipedia. Reference desk – Ask research questions about encyclopedic topics. Content portals – A unique way to navigate the encyclopedia. Wikipedia is written by volunteer editors and hosted by the Wikimedia Foundation, a non-profit organization that also hosts a range of other volunteer projects: CommonsFree media repository MediaWikiWiki software development Meta-WikiWikimedia project coordination WikibooksFree textbooks and manuals WikidataFree knowledge base WikinewsFree-content news WikiquoteCollection of quotations WikisourceFree-content library WikispeciesDirectory of species WikiversityFree learning tools WikivoyageFree travel guide WiktionaryDictionary and thesaurus This Wikipedia is written in English. Many other Wikipedias are available; some of the largest are listed below. 1,000,000+ articles العربية Deutsch Español فارسی Français Italiano Nederlands 日本語 Polski Português Русский Svenska Українська Tiếng Việt 中文 250,000+ articles Bahasa Indonesia Bahasa Melayu Bân-lâm-gú Български Català Čeština Dansk Eesti Esperanto Euskara עברית Հայերեն Magyar Norsk bokmål Română Simple English Slovenčina Srpski Srpskohrvatski Suomi Türkçe Oʻzbekcha 50,000+ articles Asturianu Azərbaycanca [illegible] Bosanski کوردی Ελληνικά Frysk Gaeilge Galego Hrvatski ქართული Kurdî Latviešu Lietuvių [illegible] Македонски [illegible] Norsk nynorsk [illegible] Shqip Slovenščina [illegible] اردو Retrieved from " 2 1963 January February March April May June July August September October November December This is about the year 1963. For other uses, see 1963 (disambiguation). Calendar year Years Millennium 2nd millennium Centuries 19th century 20th century 21st century Decades 1940s 1950s 1960s 1970s 1980s Years 1960 1961 1962 1963 1964 1965 1966 vte 1963 by topic Subject Animation Archaeology Architecture Art Aviation Awards Comics Film Literature Poetry Meteorology Music Country Jazz Rail transport Radio Science Spaceflight Sports Football Television American Belgian Brazilian British Scottish Canadian Danish Irish Italian By country Afghanistan Australia Belgium Brazil Bulgaria Canada China Denmark France Germany India Ireland Iran Israel Italy Japan Kuwait Luxembourg Malaysia New Zealand Norway Pakistan Philippines Portugal Singapore South Africa South Korea Soviet Union Spain Sweden Switzerland Thailand Turkey United Kingdom United States Lists of leaders Sovereign states Sovereign state leaders Territorial governors Religious leaders Law Birth and death categories Births Deaths Establishments and disestablishments categories Establishments Disestablishments Works category Works Introductions vte 1963 in various calendarsGregorian calendar1963MCMLXIIIAb urbe condita2716Armenian calendar1412ԹՎ ՌՆԺԲAssyrian calendar6713Bahá'í calendar119–120Balinese saka calendar1884–1885Bengali calendar1369–1370Berber calendar2913British Regnal year11 Eliz. 2 – 12 Eliz. 2Buddhist calendar2507Burmese calendar1325Byzantine calendar7471–7472Chinese calendar壬寅年 (Water Tiger)4660 or 4453 — to —癸卯年 (Water Rabbit)4661 or 4454Coptic calendar1679–1680Discordian calendar3129Ethiopian calendar1955–1956Hebrew calendar5723–5724Hindu calendars - Vikram Samvat2019–2020 - Shaka Samvat1884–1885 - Kali Yuga5063–5064Holocene calendar11963Igbo calendar963–964Iranian calendar1341–1342Islamic calendar1382–1383Japanese calendarShōwa 38(昭和３８年)Javanese calendar1894–1895Juche calendar52Julian calendarGregorian minus 13 daysKorean calendar4296Minguo calendarROC 52民國52年Nanakshahi calendar495Thai solar calendar2506Tibetan calendar阳水虎年(male Water-Tiger)2089 or 1708 or 936 — to —阴水兔年(female Water-Rabbit)2090 or 1709 or 937 Wikimedia Commons has media related to 1963. 1963 (MCMLXIII) was a common year starting on Tuesday of the Gregorian calendar, the 1963rd year of the Common Era (CE) and Anno Domini (AD) designations, the 963rd year of the 2nd millennium, the 63rd year of the 20th century, and the 4th year of the 1960s decade. Calendar year Main article: January 1963 January 1 – Bogle–Chandler case: Commonwealth Scientific and Industrial Research Organisation scientist Dr. Gilbert Bogle and Mrs. Margaret Chandler are found dead (presumed poisoned), in bushland near the Lane Cove River, Sydney, Australia.[1] January 2 – Vietnam War – Battle of Ap Bac: The Viet Cong win their first major victory.[2] January 9 – A total penumbral lunar eclipse is visible in the Americas, Europe, Africa and Asia, and is the 56th lunar eclipse of Lunar Saros 114. Gamma has a value of −1.01282. It occurs on the night between Wednesday, January 9 and Thursday, January 10, 1963. January 13 – 1963 Togolese coup d'état: A military coup in Togo results in the installation of coup leader Emmanuel Bodjollé as president.[3] January 17 – A last quarter moon occurs between the penumbral lunar eclipse and the annular solar eclipse, only 12 hours, 29 minutes after apogee. January 19 – Soviet spy Gheorghe Pintilie is removed from his position as Deputy Interior Minister of the Romanian People's Republic,[4] as a step in ensuring Romania's political independence; the Workers' Party Politburo discusses way of neutralizing "Soviet intelligence networks […] which Gheorghe Pintilie had coordinated."[5] January 22 – France and West Germany sign the Élysée Treaty. January 25 – A large annular solar eclipse covers 99.5% of the Sun and a narrow path (at most 19.6 km (12.2 mi)). It is visible in Chile, Argentina, South Africa and Madagascar, and is the 26th solar eclipse of Solar Saros 140. Gamma has a value of -0.48984. January 26 – The Australia Day shootings rock Perth; 2 people are shot dead and 3 others injured by Eric Edgar Cooke. January 29 – French President Charles de Gaulle vetoes the United Kingdom's entry into the European Common Market. Main article: February 1963 February 5 – The European Court of Justice's ruling in Van Gend en Loos v Nederlandse Administratie der Belastingen establishes the principle of direct effect, one of the basic tenets of European Union law. February 8 – Travel, financial and commercial transactions by United States citizens to Cuba are made illegal by the John F. Kennedy Administration. February 10 – Five Japanese cities located on the northernmost part of Kyūshū are merged and become the city of Kitakyūshū, with a population of more than 1 million. February 12 – Northwest Orient Airlines Flight 705 crashes in the Florida Everglades, killing all 43 aboard. February 14 – Harold Wilson becomes leader of the opposition Labour Party in the United Kingdom;[6] in October 1964 he becomes prime minister. February 21 – The 5.6 Mw Marj earthquake affects northern Libya with a maximum Mercalli intensity of VIII (Severe), causing 290–375 deaths and 375–500 injuries. February 27 – Juan Bosch takes office as the 41st president of the Dominican Republic. Main article: March 1963 March 4 – In Paris, six people are sentenced to death for conspiring to assassinate President Charles de Gaulle. De Gaulle pardons five, but the other conspirator, Jean Bastien-Thiry, is executed by firing squad several days later. March 5 – Country music star Patsy Cline is killed in a plane crash along with country performers Cowboy Copas, Hawkshaw Hawkins, and manager Randy Hughes, during a flight from Kansas City, Missouri, back to Nashville. March 17 – Mount Agung erupts on Bali, killing approximately 1,500. March 23 – "Dansevise" by Grethe & Jørgen Ingmann (music by Otto Francker, text by Sejr Volmer-Sørensen) wins the Eurovision Song Contest 1963 (staged in London) for Denmark. March 30 – Indigenous Australians are legally allowed to drink alcohol in New South Wales.[7] Main article: April 1963 April 6 – The Kingsmen record their influential cover of "Louie Louie" in Portland, Oregon, released in June.[8] April 7 – Yugoslavia is proclaimed to be a socialist republic, and Josip Broz Tito is named President for Life. April 8 – The 35th Academy Awards ceremony is held. Lawrence of Arabia wins Best Picture. April 10 – The U.S. nuclear submarine Thresher sinks 220 mi (190 nmi; 350 km) east of Cape Cod; all 129 aboard (112 crewmen plus yard personnel) die. April 11 – Pope John XXIII issues his final encyclical, Pacem in terris, entitled On Establishing Universal Peace in Truth, Justice, Charity and Liberty,[9] the first papal encyclical addressed to "all men of good will", rather than to Roman Catholics only. April 12 – The Soviet nuclear powered submarine K-33 collides with the Finnish merchant vessel M/S Finnclipper in the Danish Straits. Although severely damaged, both vessels make it to port. April 14 – The Institute of Mental Health (Belgrade) is established. April 16 – Martin Luther King, Jr. issues his "Letter from Birmingham Jail". April 20 – In Quebec, Canada, members of the terrorist group Front de libération du Québec bomb a Canadian Army recruitment center, killing night watchman Wilfred V. O'Neill. April 21–23 – The first election of the Supreme Institution of the Bahá'í Faith (known as the Universal House of Justice, whose seat is at the Bahá'í World Centre on Mount Carmel in Haifa, Israel) is held. April 22 – Lester Bowles Pearson becomes the 14th Prime Minister of Canada. April 28 – 1963 general election is held in Italy.[10] April 29 – Buddy Rogers becomes the first WWWF Champion. Main article: May 1963 May 1 – The Coca-Cola Company introduces its first diet drink, Tab cola. May 2 – Berthold Seliger launches near Cuxhaven a 3-stage rocket with a maximum flight altitude of more than 100 km (62 mi) (the only sounding rocket developed in Germany). May 4 – The Le Monde Theater fire in Dioirbel, Senegal, kills 64 people. May 8 – Huế Phật Đản shootings: The Army of the Republic of Vietnam opens fire on Buddhists who defy a ban on the flying of the Buddhist flag on Vesak, the birthday of Gautama Buddha, killing 9. Earlier, President Ngô Đình Diệm allowed the flying of the Vatican flag in honour of his brother, Archbishop Ngô Đình Thục, triggering the Buddhist crisis in South Vietnam. May 13 – A smallpox outbreak hits Stockholm, Sweden, lasting until July. May 14 – Kuwait becomes the 111th member of the United Nations. May 15 – Project Mercury: NASA launches Gordon Cooper on Mercury-Atlas 9, the last Mercury mission (on June 12 NASA Administrator James E. Webb tells Congress the program is complete). May 22 – A.C. Milan beats Benfica 2–1 at Wembley Stadium, London and wins the 1962–63 European Cup (football). May 23 – Fidel Castro visits the Soviet Union. May 25 – The Organisation of African Unity is established in Addis Ababa, Ethiopia. Main article: June 1963 June 3 – Huế chemical attacks: The Army of the Republic of Vietnam rains liquid chemicals on the heads of Buddhist protestors, injuring 67 people. The United States threatens to cut off aid to the regime of Ngô Đình Diệm. June 4 – President of the United States John F. Kennedy signs Executive Order 11110, authorizing the Secretary of the Treasury to continue issuing silver certificates. June 5 – The first annual National Hockey League Entry Draft is held in Montreal, Canada. Thích Quảng Đức's self-immolation June 11 – In Saigon, Buddhist monk Thích Quảng Đức commits self-immolation to protest the oppression of Buddhists by Ngô Đình Diệm’s government. June 13 The cancellation of Mercury-Atlas 10 effectively ends the United States' manned spaceflight Project Mercury. The New York Commodity Exchange begins trading silver futures contracts. June 15 – The AC Cobra makes its first appearance at the 24 Hours of Le Mans. It will go on to win its class the following year. June 16 – Vostok 6 carries Soviet cosmonaut Valentina Tereshkova, the first woman into space. June 17 – In Abington School District v. Schempp, the US Supreme Court ruled that compulsory prayer and Bible-reading violated the First Amendment. June 19 – Valentina Tereshkova the first woman in space, returns to Earth, landing in the Soviet Union. June 20 Establishment of the Moscow–Washington hotline (officially, the Direct Communications Link or DCL; unofficially, the "red telephone"; and in fact a teleprinter link) is authorized by the signing of a Memorandum of Understanding in Geneva by representatives of the Soviet Union and the United States.[11][12] Swedish Air Force Colonel Stig Wennerström is arrested as a spy for the Soviet Union. War film The Great Escape (starring Steve McQueen and Richard Attenborough) is premiered in London.[13] June 21 – Pope Paul VI (Giovanni Battista Montini) succeeds Pope John XXIII as the 262nd pope. June 26 John F. Kennedy gives his "Ich bin ein Berliner" speech in West Berlin, Germany.[14] David Ben-Gurion is replaced by Levi Eshkol as prime minister of Israel. Main article: July 1963 July 1 – ZIP codes are introduced by the United States Postal Service. July 5 – Diplomatic relations between the Israeli and the Japanese governments are raised to embassy level. July 7 – Double Seven Day scuffle: Secret police loyal to Ngô Đình Nhu, brother of President Ngô Đình Diệm, attack American journalists including Peter Arnett and David Halberstam at a demonstration during the Buddhist crisis in South Vietnam. July 11 – South Africa: police raid Liliesleaf Farm to the north of Johannesburg, arresting a group of African National Congress leaders. July 19 – American test pilot Joe Walker, flying the X-15, reaches an altitude of 65.8 miles (105.9 kilometers), making it a sub-orbital spaceflight by recognized international standards. July 26 An earthquake in Skopje, Yugoslavia (present-day North Macedonia) leaves 1,800 dead. NASA launches Syncom 2, the world's first geostationary (synchronous) satellite. July 30 – The Soviet newspaper Izvestia reports that British diplomat and double agent Kim Philby has been given asylum in Moscow. Main article: August 1963 August 28: March on Washington for Jobs and Freedom August 5 – The United States, United Kingdom and Soviet Union sign the Partial Nuclear Test Ban Treaty.[15] August 8 – The Great Train Robbery takes place in Buckinghamshire, England. August 14 – A huge and devastating forest fire hits the region around Paraná State, Brazil. According to government documents, two million hectares (4.94 million acres) are lost to burning and 110 persons perished.[16] August 15 – Trois Glorieuses: President Fulbert Youlou is overthrown in the Republic of Congo after a three-day uprising in the capital, Brazzaville. August 21 – Xá Lợi Pagoda raids: The Army of the Republic of Vietnam Special Forces loyal to Ngô Đình Nhu, brother of President Ngô Đình Diệm, vandalise Buddhist pagodas across South Vietnam, arresting thousands and leaving an estimated hundreds dead. In the wake of the raids, the Kennedy administration by Cable 243 orders the United States Embassy, Saigon to explore alternative leadership in the country, opening the way towards a coup against Diệm. August 22 – American test pilot Joe Walker again achieves a sub-orbital spaceflight according to international standards, this time by piloting the X-15 to an altitude of 67.0 miles (107.8 kilometers). August 24 – First games played in the Bundesliga, the primary professional Association football league in West Germany, replacing the Oberliga.[17] August 28 – Martin Luther King Jr. delivers his "I Have a Dream" speech on the steps of the Lincoln Memorial to an audience of at least 250,000, during the March on Washington for Jobs and Freedom. It is, at that point, the single largest protest in American history. August 30 – The Moscow–Washington hotline (a direct teleprinter link) is inaugurated by U.S. President John F. Kennedy.[18] Main article: September 1963 September 1 – Establishment of language areas and facilities in Belgium comes into effect. This will become the foundation for further state reform in Belgium. September 6 – The Centre for International Intellectual Property Studies (CEIPI) is founded. September 10 – Sicilian Mafia boss Bernardo Provenzano is indicted for murder (he is captured 43 years later, on April 11, 2006). September 15 – American civil rights movement: The 16th Street Baptist Church bombing, in Birmingham, Alabama, kills 4 and injures 22. September 16 – Malaysia is formed through the merging of the Federation of Malaya and the British crown colony of Singapore, North Borneo (renamed Sabah) and Sarawak. September 18 – Rioters burn down the British Embassy in Jakarta, to protest the formation of Malaysia. September 19 – Iota Phi Theta fraternity is founded at Morgan State College in Baltimore, Maryland September 23 – King Fahd University of Petroleum and Minerals is established by a Saudi Royal Decree as the College of Petroleum and Minerals. September 24 – The United States Senate ratifies the Partial Nuclear Test Ban Treaty. September 25 – In the Dominican Republic, Juan Bosch is deposed by a coup d'état led by the military with civilian support. September 29 – The second period of the Second Vatican Council in Rome opens. Main article: October 1963 October 1 – U.S. President John F. Kennedy toasts Emperor Haile Selassie at a luncheon in Rockville, Maryland. October 2 Nigeria becomes a republic; The 1st Republican Constitution is established. The Presidential Commission on the Status of Women in the United States issues its final reports to President Kennedy. October 3 – 1963 Honduran coup d'état: A violent coup in Honduras pre-empts the October 13 election, ends a period of reform under President Ramón Villeda Morales and begins two decades of military rule under General Oswaldo López Arellano. October 4 – Hurricane Flora, one of the worst Atlantic storms in history, hits Hispaniola and Cuba, killing nearly 7,000 people. October 7 – Buddhist crisis: Amid worsening relations, outspoken South Vietnamese First Lady Madame Ngo Dinh Nhu arrives in the US for a speaking tour, continuing a flurry of attacks on the Kennedy administration.[19] October 9 – In northeast Italy, over 2,000 people are killed when a large landslide behind the Vajont Dam causes a giant wave of water to overtop it. October 10 – Partial Nuclear Test Ban Treaty, signed on August 5, takes effect.[15] October 14 – A revolution starts in Radfan, South Yemen, against British colonial rule. October 16 – Ludwig Erhard replaces Konrad Adenauer as Chancellor of West Germany.[20] October 19 – Alec Douglas-Home succeeds Harold Macmillan as Prime Minister of the United Kingdom.[21] October 24 – Fire at the Soviet Union's Baikonur Cosmodrome in an R-9 Desna underground missile silo; seven people are killed.[22] October 30 – The car manufacturing firm Lamborghini is founded in Italy. October 31 – 1963 Indiana State Fairgrounds Coliseum gas explosion: 81 die in a gas explosion during a Holiday on Ice show at the Indiana State Fairgrounds Coliseum in Indianapolis, United States. Main article: November 1963 November 1 – Arecibo Observatory, a radio telescope, officially begins operation in Puerto Rico. November 2 – 1963 South Vietnamese coup: Arrest and assassination of Ngo Dinh Diem, the South Vietnamese President. November 6 – 1963 South Vietnamese coup: Coup leader General Dương Văn Minh takes over as leader of South Vietnam. November 7 11 German miners are rescued from a collapsed mine after 14 days in what becomes known as the "Wunder von Lengede" ("miracle of Lengede"). The star-studded movie It's a Mad, Mad, Mad, Mad World premieres in Los Angeles. November 8 – Finnair aircraft OH-LCA crashes before landing at Mariehamn Airport on Åland. November 9 – Two disasters in Japan: Miike coal mine explosion: A coal mine explosion kills 458 and sends 839 carbon monoxide poisoning victims to the hospital. Tsurumi rail accident: A triple train disaster in Yokohama kills 161. November 10 – Malcolm X makes an historic speech in Detroit, Michigan ("Message to the Grass Roots"). November 14 – A volcanic eruption under the sea near Iceland creates a new island, Surtsey. November 22: Assassination of John F. Kennedy November 22 – Assassination of John F. Kennedy: In a motorcade in Dallas, Texas, U.S. President John F. Kennedy is fatally shot by Lee Harvey Oswald, and Governor of Texas John Connally is seriously wounded at 12:30 CST. Upon Kennedy's death, Vice President Lyndon B. Johnson becomes the 36th president of the United States. A few hours later, President Johnson is sworn in aboard Air Force One, as Kennedy's body is flown back to Washington, D.C. Stores and businesses shut down for the next four days, in tribute. November 23 The Golden Age Nursing Home fire kills 63 elderly people near Fitchville, Ohio, United States. The long-running sci-fi television series Doctor Who premieres on BBC TV in the United Kingdom. November 24 Lee Harvey Oswald, assassin of John F. Kennedy, is shot dead by Jack Ruby in Dallas, an event seen on live national television. Vietnam War: New U.S. President Lyndon B. Johnson confirms that the United States intends to continue supporting South Vietnam militarily and economically. November 25 – State funeral of John F. Kennedy: President Kennedy is buried at Arlington National Cemetery. Schools around the nation cancel classes that day; millions watch the funeral on live international television. Lee Harvey Oswald's funeral takes place on the same day.[23] November 29 U.S. President Lyndon B. Johnson establishes the Warren Commission to investigate the assassination of John F. Kennedy. Trans-Canada Air Lines Flight 831, a Douglas DC-8 crashes into a wooded hillside after taking-off from Dorval International Airport near Montreal, killing all 118 on board, the worst air disaster for many years in Canada's history. Foundation stone for Mirzapur Cadet College is laid in East Pakistan (present-day Bangladesh). November 30 – 1963 Australian federal election: Robert Menzies' Liberal/Country Coalition Government is re-elected with an increased majority to an unprecedented eighth term in office, defeating the Labor Party led by Arthur Calwell. (This would be the final lower house election won by Menzies, who would retire from office during the term as the longest-serving Prime Minister in Australian history; he would be replaced by Harold Holt.) Main article: December 1963 December 3 – The Warren Commission begins its investigation into the assassination of US President John F. Kennedy. December 4 – The second period of the Second Vatican Council closes. December 5 – The Seliger Forschungs-und-Entwicklungsgesellschaft mbH demonstrates rockets for military use to military representatives of non-NATO-countries near Cuxhaven. Although these rockets land via parachute at the end of their flight and no allied laws are violated, the Soviet Union protests this action. December 7 – The first instant replay system to use videotape instead of film is used by Tony Verna, a CBS-TV director, during a live televised sporting event, the Army–Navy Game of college football played in Philadelphia, United States. December 8 – A lightning strike causes the crash of Pan Am Flight 214 near Elkton, Maryland, United States, killing 81 people. December 10 Zanzibar gains independence from the United Kingdom, as a constitutional monarchy under Sultan Jamshid bin Abdullah. Chuck Yeager narrowly escapes death while testing an NF-104A rocket-augmented aerospace trainer when his aircraft goes out of control at 108,700 feet (nearly 21 miles up) and crashes. He parachutes to safety at 8,500 feet after vainly battling to gain control of the powerless, rapidly falling craft. In this incident he becomes the first pilot to make an emergency ejection in the full pressure suit needed for high altitude flights. December 12 – Kenya gains independence from the United Kingdom, with Jomo Kenyatta as prime minister. December 20 – The Frankfurt Auschwitz Trials begin. December 21 – Cyprus Emergency: Inter-communal fighting erupts between Greek and Turkish Cypriots. December 22 – The cruise ship TSMS Lakonia burns 180 miles (290 km) north of Madeira, with the loss of 128 lives. December 25 – İsmet İnönü of the Republican People's Party (CHP) forms the new government of Turkey (28th government, coalition partners; independents, İnönü has served ten times as a prime minister, this is his last government). December 31 – Federation of Rhodesia and Nyasaland dissolves. David H. Frisch and J.H. Smith prove that the radioactive decay of mesons is slowed by their motion (see Einstein's special relativity and general relativity). The TAT-3 transatlantic communications cable goes into operation. Ivan Sutherland writes the revolutionary Sketchpad program and runs it on the Lincoln TX-2 computer at Massachusetts Institute of Technology. Slavery in Dubai is abolished. Construction of Moscow's Ostankino Tower begins. The IEEE Computer Society is founded. The Urdu keyboard is standardised by the Central Language Board in Pakistan. Harvey Ball invents the ubiquitous smiley face symbol. The classic Porsche 911 is first produced. The Reformed Druids of North America is founded. Hergé's The Castafiore Emerald is published. Marvel releases their Superhero assembly team The Avengers. James May José Mourinho January 4 Dave Foley, Canadian actor and comedian Till Lindemann, German singer (Rammstein)[24] January 5 – Jiang Wen, Chinese actor, film director and screenwriter January 6 – Paul Kipkoech, Kenyan long-distance runner (d. 1995)[25] January 10 – Kira Ivanova, Soviet Russian figure skater (d. 2001) January 11 Tracy Caulkins, American swimmer Petra Schneider, East German swimmer January 14 – Steven Soderbergh, American film director[26] January 15 – Bruce Schneier, American cryptographer, cyber security expert and writer[27] January 16 Simon Johnson, English-born economist[28] James May, English motoring journalist and television show host[29] January 17 – Kai Hansen, German power metal guitarist and singer January 18 – Efraín Alegre, Paraguayan politician January 21 – Hakeem Olajuwon, Nigerian basketball player[30] January 23 – Gail O'Grady, American actress[31] January 25 – Fernando Haddad, Brazilian academic and politician January 26 José Mourinho, Portuguese football manager[32] Andrew Ridgeley, English pop musician[33] Michael Jordan Larry the Cable Guy Seal William Baldwin February 2 – Eva Cassidy, American vocalist (d. 1996) February 3 – Gretel Killeen, Australian journalist February 4 – Pirmin Zurbriggen, Swiss alpine skier February 6 David Capel, English cricketer (d. 2020) Cláudia Ohana, Brazilian actress and singer February 9 – Brian Greene, American physicist. February 12 – John Michael Higgins, American actor and voice actor[34] February 14 Enrico Colantoni, Canadian actor and director Alex Perry, Australian fashion designer February 15 – Shoucheng Zhang, Chinese-American physicist (d. 2018) February 16 – Claudio Amendola, Italian actor, television presenter and director February 17 Jinggoy Estrada, Filipino politician, actor and film producer Michael Jordan, American basketball player[35] Larry the Cable Guy, American actor and comedian February 18 – Rob Andrew, English rugby union player February 19 – Seal, English soul singer February 20 Charles Barkley, American basketball player[36] Jon Christensen (politician), American politician and member of the US House of Representatives from 1995 to 1999 February 21 – William Baldwin, American actor, producer and writer[37] February 22 – Vijay Singh, Fijian golfer February 25 – Merab Katsitadze, retired Georgian professional football player February 27 – Virginie Boutaud, Brazilian singer and actress (Metrô, Virginie & Fruto Proibido) Thomas Anders Anthony Albanese Rick Rubin Quentin Tarantino March 1 Thomas Anders, German singer Aydan Şener, Turkish actress, model and beauty pageant[38] March 2 Anthony Albanese, 31st Prime Minister of Australia Tuff Hedeman, American PRCA World Champion Bull Rider[39] March 3 – Martín Fiz, Spanish long-distance runner March 4 – Jason Newsted, American bassist March 5 – Joel Osteen, American businessman and television evangelist March 8 – Juan Gilberto Funes, Argentine footballer (d. 1992) March 9 – Jean-Marc Vallée, Canadian filmmaker and screenwriter (d. 2021) March 10 Rick Rubin, American music producer Anna Maria Corazza Bildt, Italian politician March 11 Azem Hajdari, Albanian student leader (d. 1998) Alex Kingston, English actress David LaChapelle, American photographer[40] March 12 Farahnaz Pahlavi, Iranian princess Jake Weber, British actor Joaquim Cruz, Brazilian runner March 13 – Fito Páez, Argentine rock musician March 14 – Bruce Reid, Australian

Skolem Henry Bordeaux March 1 – Irish Meusel, American baseball player (b. 1893) March 4 – William Carlos Williams, American poet (b. 1883)[102] March 5 Patsy Cline, American singer (b. 1932) Ludde Gentzel, Swedish film actor (b. 1885) Cyril Smith, Scottish actor (b. 1892) Ahmed Lutfi el-Sayed, Egyptian intellectual and anti-colonial activist (b. 1872) March 6 – Robert E. Cornish, scientist (b. 1903) March 7 – Joachim Holst-Jensen, Norwegian film actor (b. 1880) March 11 Ignat Bednarik, Romanian painter (b. 1882) Joe Judge, American baseball player (b. 1894) March 15 Victor Feguer, convicted murderer (executed) (b. 1935) March 16 Archduchess Elisabeth Marie of Austria (b. 1883) William Beveridge, British economist (b. 1879) March 17 Thomas Lennon, screenwriter (b. 1896) Lizzie Miles, American blues singer (b. 1895) March 18 Sir Hubert Gough, British general (b. 1870) Wanda Hawley, American actress (b. 1895) March 20 – Manuel Arteaga y Betancourt, Cuban Roman Catholic cardinal (b. 1879) March 21 – Felice Minotti, Italian film actor (b. 1887) March 22 Cilly Aussem, German tennis champion (b. 1909) Abraham Ellstein, American composer (b. 1907) Mihály Székely, Hungarian bass singer (b. 1901) March 23 – Thoralf Skolem, Norwegian mathematician (b. 1887) March 25 – Felix Adler, American screenwriter (b. 1884) March 27 – Harry Piel, German actor, film director, screenwriter and film producer (b. 1892) March 28 Antoine Balpêtré, French film actor (b. 1898) Frank J. Marion, American motion picture pioneer (b. 1869) March 31 Harry Akst, American songwriter (b. 1894) Sir Harold Franklyn, British army general (b. 1885) Alma Richards Saint Gaetano Catanoso Felix Manalo Yitzhak Ben-Zvi April 1 – Agnes Mowinckel, Norwegian actress and stage producer (b. 1875) April 3 – Alma Richards, American athlete (b. 1890) April 4 Gaetano Catanoso, Italian Roman Catholic priest and saint (b. 1879) Jason Robards Sr., American stage and screen actor (b. 1892) Oskari Tokoi, leader of the Social Democratic Party of Finland (b. 1873) April 5 – Mario Fabrizi, English comedian and actor (b. 1924) April 6 – Otto Struve, Russian–American astronomer (b. 1897) April 7 – Amedeo Maiuri, Italian archaeologist (b. 1886) April 8 – Irena Káňová, Slovak politician (b. 1893)[103] April 9 Benno Moiseiwitsch, Jewish-Ukrainian pianist (b. 1890) Xul Solar, Argentine painter, sculptor and writer (b. 1887) April 11 – Nando Bruno, Italian film actor (b. 1895) April 12 Nicolette Bruining, Dutch theologian and humanitarian (b. 1886)[104] Felix Manalo, 1st Executive Minister, Iglesia ni Cristo (b. 1886) Herbie Nichols, American jazz pianist and composer (b. 1919) April 14 Abdel Messih El-Makari, Egyptian Coptic Orthodox monk, priest and saint (b. 1892) Arthur Jonath, German Olympic athlete (b. 1909) Rahul Sankrityayan, Indian historian, writer and scholar (b. 1893) April 23 Yitzhak Ben-Zvi, Israel historian and politician, 2nd President of Israel (b. 1884) Ferruccio Cerio, Italian film writer and director (b. 1904) Paul Fejos, Hungarian film director (b. 1897) Harry Harper, American baseball player (b. 1895) Don C. Harvey, American television and film actor (b. 1911) Frederick Peters, American film actor (b. 1884) William Lewis Moore, American postal worker (b. 1927) April 24 Rino Corso Fougier, Italian air force general (b. 1894) Leonid Lukov, Soviet film director and screenwriter (b. 1909) April 26 – Roland Pertwee, English playwright, screenwriter, director and actor (b. 1885) April 27 – Kenneth Macgowan, American film producer (b. 1888) April 30 Giovanni Grasso, Italian film actor (b. 1888) William C. Mellor, American cinematographer (b. 1903) Bryant Washburn, American film actor (b. 1889) Herbert Spencer Gasser Mehdi Frashëri May 1 – Lope K. Santos, Filipino writer, Father of Philippine National Language and Grammar (b. 1879) May 2 – Van Wyck Brooks, American literary critic and writer (b. 1886) May 5 – Mohamed Khemisti, Minister of Foreign Affairs of Algeria (assassinated) (b. 1930) May 6 Theodore von Kármán, Hungarian-American engineer and physicist (b. 1881) Monty Woolley, American actor (b. 1888) May 11 – Herbert Spencer Gasser, American physiologist, Nobel Prize laureate (b. 1888) May 12 Robert Kerr, Canadian Olympic athlete (b. 1882) A. W. Tozer, American Protestant pastor (b. 1897) May 16 – Oleg Penkovsky, Soviet military officer & spy (b. 1919) May 18 – Ernie Davis, American football player, first African-American to win the Heisman Trophy (b. 1939) May 24 – Elmore James, American blues guitarist (b. 1918) May 25 – Mehdi Frashëri, Albanian politician, 15th Prime Minister of Albania (b. 1872) May 28 – Ion Agârbiceanu, Romanian writer, journalist, politician and priest (b. 1882)[105] May 29 – Netta Muskett, British novelist (b. 1887) May 31 – Edith Hamilton, German-American classical scholar (b. 1867) Pope John XXIII Pedro Armendáriz June 3 Pope John XXIII (b. 1881) Nâzım Hikmet, Turkish poet (b. 1902) June 5 – Adrian Carton de Wiart, English general (b. 1880) June 6 – William Baziotes, American painter (b. 1912) June 7 – ZaSu Pitts, American actress (b. 1894) June 9 – Jacques Villon, French painter (b. 1875) June 10 – Anita King, American actress and race-car driver (b. 1884) June 11 Thích Quảng Đức, Vietnamese Buddhist monk (suicide) (b. 1897) Syed Abdul Rahim, First Indian national football manager (b. 1909) Alfred V. Kidder, American archaeologist (b. 1885) June 12 Medgar Evers, American civil rights activist (b. 1925) Andrew Cunningham, British admiral (b. 1883) June 17 Alan Brooke, 1st Viscount Alanbrooke, British Field Marshal (b. 1883) John Cowper Powys, British novelist (b. 1872)[106] June 18 – Pedro Armendáriz, Mexican actor (b. 1912) June 24 – Maria Guadalupe Garcia Zavala, Mexican Roman Catholic religious professed and saint (b. 1878) June 27 – John Maurice Clark, American economist (b. 1884) June 28 – Frank Baker, American baseball player (Philadelphia Athletics) and a member of the MLB Hall of Fame (b. 1886) July 1 – Sultan Abdullah bin Khalifa of Zanzibar (b. 1910) July 4 – Bernard Freyberg, 1st Baron Freyberg, British army general and Governor-General of New Zealand (b. 1889) July 6 – George, Duke of Mecklenburg, head of the House of Mecklenburg-Strelitz (b. 1899) July 7 – Frank P. Lahm, American aviator (b. 1877)[107] July 10 – Ezz El-Dine Zulficar, Egyptian filmmaker (b. 1919)[108] July 22 – Albertus Soegijapranata, Indonesian Jesuit priest (b. 1896) July 27 – Garrett Morgan, American inventor (b. 1877) W. E. B. Du Bois Georges Braque August 1 – Theodore Roethke, American poet (b. 1908)[109] August 4 – Tom Keene, American actor (b. 1896) August 9 – Patrick Bouvier Kennedy, infant son of president John F. Kennedy (b. 1963) August 10 – Estes Kefauver, American politician (b. 1903) August 11 Clem Bevans, American actor (b. 1880) Tanxu, Chinese Buddhist monk (b. 1875)[110] August 14 – Clifford Odets, American dramatist (b. 1906)[111] August 15, Eddie Lee Mays (executed) (b. 1929) August 17 – Richard Barthelmess, American actor (b. 1895) August 22 – William Morris, 1st Viscount Nuffield, British businessman and philanthropist (b. 1877) August 23 Mary Gordon, Scottish actress (b. 1882)[112] Larry Keating, American actor (b. 1899) August 24 – James Kirkwood, Sr., American film director (b. 1875) August 27 W. E. B. Du Bois, American civil rights activist (b. 1868)[113] Inayatullah Khan Mashriqi, Indian founder of the Khaksar Movement (b. 1888) August 30 – Guy Burgess, British spy, one of the Cambridge Five (b. 1911) August 31 – Georges Braque, French painter (b. 1882) Edwin Linkomies September 2 – Tikiri Bandara Panabokke II, Ceylonese colonial-era legislator, lawyer and diplomat (b. 1883) September 4 – Robert Schuman, French statesman, a founding father of the European Union (b. 1886) September 9 – Edwin Linkomies, 25th Prime Minister of Finland (b. 1894) September 11 Suzanne Duchamp, French painter (b. 1889) Richard Oswald, Austrian director, producer and screenwriter (b. 1880) September 15 – Oliver Wallace, English film composer (b. 1887)[114] September 17 – Eduard Spranger, German philosopher and psychologist (b. 1882) September 19 – Sir David Low, New Zealand cartoonist (b. 1891) September 22 – Bernadette Cattanéo, French trade unionist and communist activist (b. 1899) September 25 Alexander Sakharoff, Russian dancer and choreographer (b. 1886) Kurt Zeitzler, German Army officer (b. 1895) Gustaf Gründgens Édith Piaf Jean Cocteau October 4 – Lloyd Fredendall, American general (b. 1883) October 7 – Gustaf Gründgens, German actor (b. 1899) October 8 – Grace Darmond, Canadian-born American actress (b. 1893)[115] October 9 – Friedrich, Hereditary Prince of Anhalt (b. 1938) October 10 – Édith Piaf, French singer and actress (b. 1915)[116] October 11 – Jean Cocteau, French fiction writer and film director (b. 1889)[117] October 15 – Alan Goodrich Kirk, American admiral (b. 1888) October 21 – Jean Decoux, French admiral, Governor-General of French Indochina (1940–1945) (b. 1884) October 24 Karl Bühler, German psychologist and linguist (b. 1879) Beverly Wills, American actress (b. 1933) October 25 Björn Þórðarson, 9th Prime Minister of Iceland (b. 1879) Karl von Terzaghi, Austrian civil engineer and "father of soil mechanics" (b. 1883) October 29 – Adolphe Menjou, American actor (b. 1890) October 30 Hugh O'Flaherty, Irish Catholic priest (b. 1898)[118] Domhnall Ua Buachalla, Irish politician (b. 1866) October 31 – Henry Daniell, English actor (b. 1894) Ngô Đình Diệm Ngô Đình Nhu John F. Kennedy Lee Harvey Oswald November 1 Hồ Tấn Quyền, South Vietnamese Navy officer (assassinated) (b. 1927) Lê Quang Tung, South Vietnamese Army officer (assassinated) (b. 1923) Elsa Maxwell, American gossip columnist and hostess (b. 1883) November 2 Ngô Đình Diệm, South Vietnamese politician, 1st President of the Republic of Vietnam (South Vietnam) (assassinated) (b. 1901) Ngô Đình Nhu, South Vietnamese politician, State Counsellor of South Vietnam (assassinated) (b. 1910) November 4 – Pascual Ortiz Rubio, Mexican politician, substitute President of Mexico 1930–1932 (b. 1877)[119] November 5 – Luis Cernuda, Spanish poet (b. 1902) November 12 José María Gatica, Argentine boxer (b. 1925) John R. Hodge, United States Army general (b. 1893) November 15 – Fritz Reiner, Hungarian conductor (b. 1888) November 19 – Carmen Amaya, Spanish dancer (b. 1918) November 21 – Robert Stroud, American prisoner, known as the "Birdman of Alcatraz" (b. 1890) November 22 Wilhelm Beiglböck, German Nazi physician at Dachau concentration camp (b. 1905) Aldous Huxley, English-born novelist (Brave New World) (b. 1894)[120] John F. Kennedy, American politician, 35th President of the United States (assassinated) (b. 1917)[121] C. S. Lewis, Irish-born British critic, novelist (The Chronicles of Narnia) and Christian apologist (b. 1898)[122] J. D. Tippit, American police officer (b. 1924) November 23 – John Baumgarten, American businessman and politician (b. 1902) November 24 Clelia Lollini, Italian physician (b. 1890)[123] Lee Harvey Oswald, American assassin of President John F. Kennedy (murdered) (b. 1939)[124] November 26 – Amelita Galli-Curci, Italian opera singer (b. 1882) November 28 – Karyn Kupcinet, American actress (b. 1941) November 29 – Ernesto Lecuona, Cuban composer (b. 1896) November 30 Phil Baker, American comedian and radio personality (b. 1896) Cyril Newall, 1st Baron Newall, British Air Marshal and State servant, 6th Governor-General of New Zealand (b. 1886) Theodor Heuss Dinah Washington December 2 Sabu Dastagir, Indian-American actor (b. 1924) Thomas Hicks, American runner (b. 1875) December 5 – Karl Amadeus Hartmann, German composer (b. 1905) December 10 – K. M. Panikkar, Indian scholar, diplomat and journalist (b. 1895) December 12 Theodor Heuss, German politician, 5th President of Germany (b. 1884) Yasujirō Ozu, Japanese filmmaker (b. 1903) December 14 Hubert Pierlot, Belgian lawyer and jurist, 32nd Prime Minister of Belgium, leader of the Belgian government in exile (b. 1883) Dinah Washington, American jazz/blues singer (b. 1924) December 15 – Rikidōzan, Korean-born Japanese professional wrestler (b. 1924) December 21 – Sir Jack Hobbs, English cricketer (b. 1882) December 25 – Tristan Tzara, French poet (b. 1896)[125] December 26 – Gorgeous George, American professional wrestler (b. 1915) December 28 Paul Hindemith, German composer (b. 1895)[125] A. J. Liebling, American journalist (b. 1904) Physics – Eugene Wigner, Maria Goeppert-Mayer and J. Hans D. Jensen Chemistry – Karl Ziegler and Giulio Natta Physiology or Medicine – Sir John Carew Eccles, Alan Lloyd Hodgkin and Andrew Huxley Literature – Giorgos Seferis Peace – International Committee of the Red Cross, League of Red Cross Societies ^ "Dr Bogle and Mrs Chandler mystery". National Film and Sound Archive of Australia. Retrieved September 7, 2021. ^ "Foreign Relations of the United States, 1961–1963, Volume III". Office of the Historian. Retrieved September 11, 2021. ^ Virginia Thompson (1972). West Africa's Council of the Entente. Cornell University Press. p. 86. ^ Demetriade, Mihai (2015). "Istoricul Serviciului de contrainformații penitenciare (1949–1967)". Caietele CNSAS. VIII (2): 38. ^ Banu, Florian (2016). "Relațiile Securității cu serviciile omologe din țările membre ale Pactului de la Varșovia". In Banu, Florian; Țăranu, Liviu (eds.). Securitatea (1948–1989). Monografie. Editura Cetatea de Scaun. p. 335. ISBN 978-606-537-357-0. ^ "Dallas: JFK is shot dead". Express & Star. Wolverhampton. Archived from the original on June 28, 2002. ^ Tracker, "Footprints Tracker", August 2012, p. 46. ^ Peterson, Dick (2005). Louie Louie Me Gotta Go Now. Sherwood, Oregon: Thalian Press. p. 45. ISBN 1-4208-5610-3. ^ Sacco, Ugo Colombo (1999). John Paul II and World Politics: 20 Years of a Search for a New Approach, 1978-1998. Peeters Publishers. p. 6. ^ Steinberg, S. (December 26, 2016). The Statesman's Year-Book 1964-65: The One-Volume ENCYCLOPAEDIA of all nations. Springer. p. 1162. ISBN 978-0-230-27093-0. ^ Larsen, Jeffrey A.; Smith, James M. (2005). "Hot Line Agreements (1963, 1971, 1984)". Historical Dictionary Of Arms Control And Disarmament. Scarecrow Press. p. 107. ^ Kahn, David (1996). The Codebreakers: The Comprehensive History of Secret Communication from Ancient Times to the Internet. Simon and Schuster. p. 715. ^ "The Great Escape, premiere". The Times. London. June 20, 1963. p. 2. ^ Williams, Simon (1990). Shakespeare on the German stage. Cambridge England New York: Cambridge University Press. p. 351. ISBN 978-0-521-34386-2. ^ a b "Treaty Banning Nuclear Weapon Tests in the Atmosphere, in Outer Space and Under Water". United Nations Office for Disarmament Affairs. Retrieved October 10, 2018. ^ pt:Incêndio florestal no Paraná dm 1963 (Portuguese language edition) Retrieved on July 3, 2020. ^ "10 things on the Bundesliga". bundesliga.com - the official Bundesliga website. Retrieved July 31, 2022. ^ "'Hot Line' Ready For Use In East–West Crisis". Miami News. August 31, 1963. p. 4. ^ Jones, Howard (2003). Death of a Generation: How the Assassinations of Diem and JFK Prolonged the Vietnam War. New York City: Oxford University Press. pp. 372, 385. ISBN 0-19-505286-2. ^ Heads of States and Governments Since 1945. Taylor & Francis. 2014. p. 312. ^ Mark Dunton (2021). Images of The National Archives: Prime Ministers of the 20th Century. Pen & Sword Books Limited. p. 59. ISBN 978-1-5267-2952-1. ^ Kiselev, A. I. (2003). Astronautics: summary and prospects. Wien London: Springer. p. 538. ISBN 978-3-211-83890-7. ^ Billy C. Mossman; M. W. Stark (1972). The Last Salute: Civil and Military Funerals, 1921-1969. Department of the Army. p. 401. ^ "UPI Almanac for Friday, Jan. 4, 2019". United Press International. January 4, 2019. Archived from the original on January 5, 2019. Retrieved September 4, 2019. ^ Glenn M. Edwards; Karen Jacobs Sparks (1996). Britannica Book of the Year. Encyclopaedia Britannica. p. 87. ISBN 978-0-85229-628-8. ^ 1963 at the Encyclopædia Britannica ^ "Bruce Schneier | Facebook". Facebook. ^ "The Sveriges Riksbank Prize in Economic Sciences in Memory of Alfred Nobel 2024". NobelPrize.org. Retrieved October 14, 2024. ^ "My Secret Life: James May, TV presenter, age 45". The Independent. London. September 27, 2008. Archived from the original on May 1, 2022. Retrieved January 16, 2018. ^ Hakeem Olajuwon player profile at NBA.com ^ "Gail O'Grady | Biography, Movie Highlights and Photos". AllMovie. ^ "Mourinho: José Mário dos Santos Mourinho Félix: Manager". BDFutbol. Archived from the original on January 9, 2021. Retrieved May 3, 2018. ^ "1963 – Andrew Ridgeley Born". Rttnews.com. Archived from the original on September 24, 2015. Retrieved December 24, 2012. ^ John Willis' Theatre World. Crown Publishers. 1995. p. 199. ^ Rick Morrissey (September 10, 2009). "Chapter 1: Brooklyn". Chicago Tribune. Retrieved January 30, 2020. ^ Career statistics from NBA.com ^ "Billy Baldwin: Film Actor, Actor, Television Actor (1963–)". Biography.com. A&E Networks. Archived from the original on March 23, 2018. Retrieved March 4, 2019. ^ "Aydan Sener , (1963 - ....)". Archived from the original on October 13, 2007. ^ Vicroy, Kevin. "Richard "Tuff" Hedeman". ProRodeo Hall of Fame and Museum of the American Cowboy. Retrieved July 31, 2022. ^ Sharkey, Alix (February 4, 2006). "Maximum Exposure". The Observer. Retrieved April 7, 2013. ^ "Ana Fidelia QUIROT". worldathletics.org. ^ "Dave Koz | Artist". Recording Academy Grammy Awards. Retrieved August 3, 2020. ^ LastName, FirstName (2019). Chase's calendar of events. the ultimate go-to guide for special days, weeks and months. Lanham: Rowman & Littlefield. p. 222. ISBN 978-1-64143-316-7. ^ "Beata Szydlo". European Parliament. April 15, 1963. Retrieved September 15, 2021. ^ Ralph M. Newman; Norm N. Nite (1974). Rock on: The modern years, 1964-present. T. Y. Crowell Company. p. 360. ^ LastName, FirstName (2020). Chase's calendar of events 2021: the ultimate go-to guide for special days, weeks and months. Lanham, Maryland: Rowman & Littlefield. p. 230. ISBN 978-1-64143-424-9. ^ Chase's calendar of events 2021: the ultimate go-to guide for special days, weeks and months. Lanham, Maryland: Rowman & Littlefield. 2020. p. 243. ISBN 978-1-64143-424-9. ^ Adam Pearson (August 18, 2014). 101 Interesting Facts on Doctor Who: Learn About the Science-Fiction TV Show. Andrews UK Limited. p. 17. ISBN 978-1-910295-80-9. ^ "1981 NHL Entry Draft–Jim Aldred". Hockey Draft Central. Retrieved March 29, 2025. ^ ^ Lendvai, Paul (2018). Orbán: Hungary's Strongman. Oxford: Oxford University Press. p. 11. ISBN 978-0-19-091127-0. ^ "Jason Isaacs". Empire. Retrieved March 23, 2024. ^ Barraclough, Leo (July 6, 2020). "7 Things You Need to Know About Johnny Depp's U.K. Trial". Variety. Retrieved May 20, 2021. ^ "Nigeria's disgraced televangelist TB Joshua". BBC News. January 7, 2024. Archived from the original on January 23, 2018. Retrieved June 21, 2018. ^ "The life of Laura Ingraham: How a young conservative became a national figure, then a Fox News firebrand". Business Insider. March 21, 2020. Retrieved July 4, 2021. ^ "Summary Bibliography: Cixin Liu". ISFDB. ^ Bloom, Clive (2008). Bestsellers: popular fiction since 1900. Houndmills, Basingstoke, Hampshire New York: Palgrave Macmillan. p. 322. ISBN 978-0-230-53688-3. ^ "Obituary: George Michael". BBC News. December 25, 2016. Retrieved December 26, 2016. ^ "Swedish guitarist Yngwie Malmsteen turns 55 years old today. Steve Huey of Allmu...". Megarockradio.net. June 30, 2018. Archived from the original on October 7, 2019. Retrieved October 7, 2019. ^ "On This Date: Birthdays". The Herald-Sun. Durham, NC. Associated Press. July 13, 2021. p. A2 – via Newspapers.com. ^ "Slobodan Zivojinovic". Association of Tennis Professionals. ^ ^ "Lisa Kudrow Biography". Biography.com (FYI/A&E Networks). Archived from the original on February 23, 2020. Retrieved August 28, 2021. ^ Matthew Tobey (2014). "John Carroll Lynch". Movies & TV Dept. The New York Times. Archived from the original on April 22, 2014. ^ Prown, Pete (1997). Legends of rock guitar: the essential reference of rock's greatest guitarists. Milwaukee, WI: H. Leonard. p. 224. ISBN 978-0-7935-4042-6. ^ Cho, Kelly Kasulis (July 20, 2023). "Kevin Mitnick, hacker and fugitive turned security consultant, dies at 59". The Washington Post. Archived from the original on July 20, 2023. Retrieved July 20, 2023. ^ Sullivan, Caroline (February 11, 2012). "Whitney Houston obituary". The Guardian. Retrieved July 27, 2019. ^ Habib, Shanhaz (February 27, 2018). "Sridevi obituary". The Guardian. Archived from the original on February 28, 2018. Retrieved March 1, 2018. ^ Emmanuelle Béart. cinema.jeuxactu.com. Retrieved 21 April 2020. ^ "John Stamos Biography: Drummer, Film Actor, Television Actor, Singer (1963–)". Biography.com (FYI / A&E Networks). Retrieved June 23, 2016. ^ Sullivan, Caroline (April 23, 2015). "Tori Amos: 'I'm too raw for straight men. They are tortured by my shows'". Music. The Guardian. Archived from the original on April 24, 2015. Retrieved July 8, 2016. ^ "Biography & Career Highlights". Richard Marx Online. Archived from the original on May 26, 2007. Retrieved April 9, 2007. ^ "California births". Family Tree Legends. Retrieved December 10, 2009. ^ Career statistics from MLB ^ "Anita Mui Obituary". The Independent. January 2, 2004. Archived from the original on May 1, 2022. Retrieved November 16, 2021. ^ "Vegard Ulvang". olympedia.org. ^ Wechsler, Bob (November 29, 2008). Day by Day in Jewish Sports History. KTAV Publishing House, Inc. ISBN 978-1-60280-013-7 – via Google Books. ^ マッドハウス・公式プロフィール (in Japanese). Madhouse. Archived from the original on June 16, 2011. Retrieved August 25, 2010. ^ "Castillo Rada Elsa - Dtto. Capital - Venezuela | Dateas.com". www.dateas.com (in Spanish). Retrieved March 20, 2023. ^ Paxton, John (1974). The statesman's year-book: statistical and historical annual of the states of the world for the year 1974-1975. London: Macmillan. p. 760. ISBN 978-0-230-27103-6. ^ Wyndham, Wise. "Tom Cavanagh". The Canadian Encyclopedia. Retrieved November 14, 2018. ^ Whitburn, Joel (2008). Joel Whitburn Presents Rock Tracks 1981-2008. Hal Leonard Corporation. ISBN 978-0-89820-174-1. ^ Karg, Markus (2001). Die Ärzte - Ein überdimensionales Meerschwein frisst die Erde auf. Berlin: Schwarzkopf & Schwarzkopf. p. 71. ISBN 3-89602-369-1. ^ "Donald Trump ex, Georgia native Marla Maples on 'Dancing With the Stars' | Radio and TV Talk". March 6, 2016. Archived from the original on March 25, 2018. Retrieved July 26, 2017. ^ "Mike POWELL". worldathletics.org. ^ "Billy Gunn". Lancaster Eagle-Gazette. Newspapers.com. October 27, 2000. Retrieved November 13, 2018. ^ "Nicollette Sheridan". bfi.org.uk. British Film Institute. Archived from the original on April 26, 2018. Retrieved March 14, 2021. ^ LastName, FirstName (2019). Chase's calendar of events. the ultimate go-to guide for special days, weeks and months. Lanham: Rowman & Littlefield. p. 582. ISBN 978-1-64143-316-7. ^ "Masako | Facts, Biography, & Children". Encyclopedia Britannica. Retrieved November 23, 2020. ^ "折笠 愛 | 日本タレント名鑑". 日本タレント名鑑 (in Japanese). Nihon Tarento Meikan. Retrieved December 21, 2019. ^ "Jack Carson". Los Angeles Times. Retrieved June 26, 2016. ^ Daniel Blum (1964). Daniel Blum's Screen World, 1964. Biblo-Moser. p. 224. ^ "History Today in Medicine - Prof. Dr. Shinobu Ishihara". CME INDIA. January 20, 2022. ^ "Austin's connection to Rogers Hornsby, one of baseball's greatest hitters". 6AM - ATXtoday. August 23, 2023. ^ "Togo's President Slain in Coup: Insurgents Seize Most Of Cabinet". The Washington Post. January 14, 1963. p. A1. ^ Smith, Laura (August 31, 2018). "Hugh S. Greer Field House". uconn.edu. UConn Library. Retrieved February 18, 2024. ^ "Theodoropoulou, Avra (1880–1963) | Encyclopedia.com". www.encyclopedia.com. ^ "Robert Frost". Encyclopædia Britannica (Online ed.). 2008. Retrieved December 21, 2008. ^ José Isaías de Noronha, Rear Admiral ^ "Sylvia Plath | Biography, Poems, Books, Death, & Facts". Encyclopedia Britannica. Retrieved July 27, 2021. ^ Beppe Fenoglio on Encyclopædia Britannica ^ Casey, Phil (March 5, 1963). "Poet Williams Dies of Stroke. Works in 40 Volumes Likened to Chekhov". Washington Post. Archived from the original on March 4, 2016. Retrieved August 7, 2008. ^ Mináč, Vladimir (1989). Slovenský biografický slovník: od roku 833 do roku 1990 [Slovak Biographical Dictionary: From 833 to 1990] (in Slovak). Vol. 3. Matica slovenská. p. 32. ISBN 978-80-7090-070-3. ^ "Nicolette Bruining-WW2 Hero, Theologian and Broadcaster". June 23, 2016. ^ I.R, Redacția (September 10, 2020). "Secretele din viața lui Ion Agârbiceanu". Identitatea Românească. ^ Williams, Herbert (1997). John Cowper Powys. Bridgend, Wales Chester Springs, PA: Seren U.S. distributor, Dufour Editions. p. 156. ISBN 978-1-85411-196-8. ^ "Lahm, Frank Purdy - National Aviation Hall of Fame". ^ "Ezz El Dine Zulficar | Writer, Director, Producer". IMDb. ^ Brennan, Elizabeth (1999). Who's who of Pulitzer Prize winners. Phoenix, Ariz: Oryx Press. p. 523. ISBN 978-1-57356-111-2. ^ Carter, James (March 31, 2021). "The monk who believed Buddhism could save China". The China Project. ^ Demastes, William (1995). American playwrights, 1880-1945: a research and production sourcebook. Westport, Conn: Greenwood Press. p. 311. ISBN 978-0-313-28638-4. ^ "Meet the Bridgeton dressmaker who made more than 300 Hollywood movies". Glasgow Times. October 28, 2020. ^ Lewis, David Levering (2009), W. E. B. Du Bois: A Biography, Henry Holt and Co. Single volume edition, updated, of his 1994 and 2001 works. ISBN 978-0-8050-8769-7. Page 712 ^ "Oliver Wallace". D23. ^ "Darmond, Grace (1898–1963) | Encyclopedia.com". www.encyclopedia.com. ^ William Langley (October 13, 2013). "Edith Piaf: Mistress of heartbreak and pain who had a few regrets after all". The Daily Telegraph. Retrieved June 13, 2015. ^ Arnaud, Claude (2016). Jean Cocteau: A Life. Yale University Press. pp. 513–. ISBN 978-0-300-17057-3. ^ "Hugh O'Flaherty | AmericansAll". americansall.org. ^ Barbara A. Tenenbaum (1996). Encyclopedia of Latin American History and Culture. C. Scribner's Sons. p. 247. ISBN 978-0-684-19754-8. ^ Chevalier, Tracy (1997). Encyclopedia of the essay. London Chicago: Fitzroy Dearborn Publishers. p. 416. ISBN 978-1-884964-30-5. ^ The Torch Is Passed: The Associated Press Story of the Death of a President. New York: Associated Press. 1963. LCCN 64001351. ^ McGrath, Alister (2013). C. S. Lewis – A Life: Eccentric Genius, Reluctant Prophet. Tyndale House Publishers. p. 358. ^ "enciclopedia delle donne: Lollini Clelia". www.enciclopediadelledonne.it. ^ Warren Commission Report. ^ a b Carruth, Gorton (1993). The encyclopedia of world facts and dates. New York: HarperCollins. p. 827. ISBN 978-0-06-270012-4. Retrieved from " 3One hundred years, from 1801 to 1900 For other uses, see 19th century (disambiguation). An 1835 illustration of power loom weaving, as part of the Industrial Revolution Millennia 2nd millennium Centuries 18th century 19th century 20th century Timelines 18th century 19th century 20th century State leaders 18th century 19th century 20th century Decades 1800s 1810s 1820s 1830s 1840s 1850s 1860s 1870s 1880s 1890s Categories: Births – Deaths Establishments – Disestablishments vte The 19th century began on 1 January 1801 (represented by the Roman numerals MDCCCI), and ended on 31 December 1900 (MCM). It was the 9th century of the 2nd millennium. It was characterized by vast social upheaval. Slavery was abolished in much of Europe and the Americas. The First Industrial Revolution, though it began in the late 18th century, expanded beyond its British homeland for the first time during the 19th century, particularly remaking the economies and societies of the Low Countries, France, the Rhineland, Northern Italy, and the Northeastern United States. A few decades later, the Second Industrial Revolution led to ever more massive urbanization and much higher levels of productivity, profit, and prosperity, a pattern that continued into the 20th century. The Catholic Church, in response to the growing influence and power of modernism, secularism and materialism, formed the First Vatican Council in the late 19th century to deal with such problems and confirm certain Catholic doctrines as dogma. Religious missionaries were sent from the Americas and Europe to Asia, Africa and the Middle East. In the Middle East, it was an era of change and reform. The Islamic gunpowder empires fell into decline and European imperialism brought much of South Asia, Southeast Asia, and almost all of Africa under colonial rule. Reformers were opposed at every turn by conservatives who strove to maintain the centuries-old Islamic laws and social order.[1] The 19th century also saw the collapse of the large Spanish, Portuguese, French and Mughal empires, which paved the way for the growing influence of the British, French, German, Russian, Austro-Hungarian, Italian, and Japanese empires along with the United States. Following the defeat of France in the Napoleonic Wars, it marked the end of France's status as the world superpower. Britain took France's status as the world superpower, the British and Russian empires expanded considerably, becoming two of the world's leading powers. Russia expanded its territory to the Caucasus and Central Asia. The Ottoman Empire underwent a period of Westernization and reform known as the Tanzimat, vastly increasing its control over core territories in the Middle East. However, it remained in decline and became known as the sick man of Europe, losing territory in the Balkans and North Africa. The remaining powers in the Indian subcontinent, such as the Maratha and Sikh empires, suffered a massive decline, and their dissatisfaction with the British East India Company's rule led to the Indian Rebellion of 1857 and the company's dissolution. India was later ruled directly by the British Crown through the establishment of the British Raj. During the post-Napoleonic era (after 1815), Britain enforced what became known as the Pax Britannica, which ushered in unprecedented globalization on a massive scale. Britain's overseas possessions grew rapidly in the first half of the century, especially with the expansion of vast territories in Canada, Australia, India, and in the last two decades of the century in Africa. By the end of the 19th century, the British controlled a fifth of the world's land and a quarter of the world's population. By the end of the century, Britain, France, Germany, and the United States had colonized almost all of Oceania. In East Asia, China under the Qing dynasty endured its century of humiliation by foreign powers that lasted until the first half of the 20th century. The last surviving man and woman, respectively, verified to have been born in the 19th century were Jiroemon Kimura (1897–2013) and Nabi Tajima (1900–2018), both Japanese. Official portrait of Queen Victoria, 1859 The first electronics appeared in the 19th century, with the introduction of the electric relay in 1835, the telegraph and its Morse code protocol in 1837, the first telephone call in 1876,[2] and the first functional light bulb in 1878.[3] The 19th century was an era of rapidly accelerating scientific discovery and invention, with significant developments in the fields of mathematics, physics, chemistry, biology, electricity, and metallurgy that laid the groundwork for the technological advances of the 20th century.[4] The Industrial Revolution began in Great Britain and spread to continental Europe, North America, and Japan.[5] The Victorian era was notorious for the employment of young children in factories and mines, as well as strict social norms regarding modesty and gender roles.[6] Japan embarked on a program of rapid modernization following the Meiji Restoration, before defeating China, under the Qing dynasty, in the First Sino-Japanese War. Advances in medicine and the understanding of human anatomy and disease prevention took place in the 19th century, and were partly responsible for rapidly accelerating population growth in the Western world. Europe's population doubled during the 19th century, from approximately 200 million to more than 400 million.[7] The introduction of railroads provided the first major advancement in land transportation for centuries, changing the way people lived and obtained goods, and fuelling major urbanization movements in countries across the globe. Numerous cities worldwide surpassed populations of a million or more during this century. London became the world's largest city and capital of the British Empire. Its population increased from 1 million in 1800 to 6.7 million a century later. The last remaining undiscovered landmasses of Earth, including vast expanses of interior Africa and Asia, were explored during this century, and with the exception of the extreme zones of the Arctic and Antarctic, accurate and detailed maps of the globe were available by the 1890s. Liberalism became the pre-eminent reform movement in Europe.[8] Arab slave traders and their captives along the Ruvuma River, 19th century Slavery was greatly reduced around the world. Following a successful slave revolt in Haiti, Britain and France stepped up the battle against the Barbary pirates and succeeded in stopping their enslavement of Europeans. The UK's Slavery Abolition Act 1833 charged the British Royal Navy with ending the global slave trade.[9] The first colonial empire in the century to abolish slavery was the British, who did so in 1834. America's Thirteenth Amendment following their Civil War abolished slavery there in 1865, and in Brazil slavery was abolished in 1888 (see abolitionism). Similarly, serfdom was abolished in Russia in 1861. The 19th century was remarkable in the widespread formation of new settlement foundations which were particularly prevalent across North America and Australia, with a significant proportion of the two continents' largest cities being founded at some point in the century. Chicago in the United States and Melbourne in Australia were non-existent in the earliest decades but grew to become the 2nd largest cities in the United States and British Empire respectively by the end of the century. In the 19th century, approximately 70 million people left Europe, with most migrating to the United States.[10] The 19th century also saw the rapid creation, development, and codification of many sports, particularly in Britain and the United States. Association football, rugby union, baseball, and many other sports were developed during the 19th century, while the British Empire facilitated the rapid spread of sports such as cricket to many different parts of the world. Also, women's fashion was a very sensitive topic during this time, as women showing their ankles was viewed to be scandalous. The boundaries set by the Congress of Vienna, 1815 It also marks the fall of the Ottoman rule of the Balkans which led to the creation of Serbia, Bulgaria, Montenegro, and Romania as a result of the second Russo-Turkish War, which in itself followed the great Crimean War. Map of the world from 1897. The British Empire (marked in pink) was the superpower of the 19th century. Industrial Revolution European imperialism British Regency, Victorian era (UK, British Empire) Bourbon Restoration, July Monarchy, French Second Republic, Second French Empire, French Third Republic (France) Risorgimento (Italy) Belle Époque (Europe) Edo period, Meiji period (Japan) Qing dynasty (China) Nguyen dynasty (Vietnam) Joseon dynasty (Korea) Zulu Kingdom (South Africa) Tanzimat, First Constitutional Era (Ottoman Empire) Russian Empire Manifest destiny, Antebellum era, Reconstruction era, American frontier, Gilded Age (United States) Main article: Napoleonic Wars For a chronological guide, see Timeline of the Napoleonic era. Napoleon's retreat from Russia in 1812. The war is turning decisively against the French Empire. The Napoleonic Wars were a series of major conflicts from 1803 to 1815 pitting the French Empire and its allies, led by Napoleon I, against a fluctuating array of European powers formed into various coalitions, financed and usually led by the United Kingdom. The wars stemmed from the unresolved disputes associated with the French Revolution and its resultant conflict. In the aftermath of

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, and 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] 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 Émile 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 Northup Dred Scott Madam C. J. Walker Claude Monet's Impression, Sunrise (1872) gave the name to Impressionism. Paul Cézanne, self-portrait, 1880–1881 Scott Joplin Niccolò Paganini, c. 1819 Frédéric Chopin, 1838 John D. Rockefeller Timelines of modern history Long nineteenth century 19th century in film 19th century in games 19th-century philosophy Nineteenth-century theatre International relations (1814–1919) List of wars: 1800–1899 Victorian era France in the long nineteenth century History of Spain (1808–1874) History of Russia (1855–1892) Slavery in the United States Timeline of 19th-century Muslim history Timeline of historic inventions ^ Cleveland, William L.; Bunton, Martin (2016). A History of the Modern Middle East. doi:10.4324/9780429495502. ISBN 9780429495502. S2CID 153025861. The 19th century is frequently characterized as a period of tension between forces of continuity and change. 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.americaslibrary.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. Retrieved 4 March 2017. ^ Encyclopædia Britannica's Great Inventions. Encyclopædia Britannica. ^ "The United States and the Industrial Revolution in the 19th Century". Americanhistory.about.com. 2012-09-18. Archived from the original on 2012-07-28. Retrieved 2012-10-31. ^ Laura Del Col, West Virginia University, The Life of the Industrial Worker in Nineteenth-Century England Archived 2008-03-13 at the Wayback Machine ^ "Modernization – Population Change". Encyclopædia Britannica. Archived from the original on April 6, 2009. ^ Liberalism in the 19th century Archived 2009-02-18 at the Wayback Machine. Encyclopædia Britannica. ^ Sailing against slavery. By Jo Loosemore Archived 2009-01-08 at the Wayback Machine. BBC. ^ The Atlantic: Can the US afford immigration? Archived 2010-07-04 at the Wayback Machine. Migration News. December 1996. ^ Perez-Brignoli, Hector (1989). A Brief History of Central America. University of California Press. ISBN 978-0520909762. ^ R. J. W. Evans and Hartmut Pogge von Strandmann, eds., The Revolutions in Europe 1848–1849 (2000) pp. v, 4 ^ "The Emancipation Proclamation". National Archives. October 6, 2015. Archived from the original on February 6, 2017. Retrieved February 15, 2017. ^ McPherson, J. M. (2014). "Emancipation Proclamation and Thirteenth Amendment", in E. Foner and J. A. Garraty (eds.), The Reader's Companion to American History. Boston, MA: Houghton Mifflin. [1] Retrieved from Archived 2018-11-06 at the Wayback Machine ^ "Transcript of the Proclamation". National Archives. October 6, 2015. ^ "13th Amendment to the U.S. Constitution: Abolition of Slavery". National Archives. January 27, 2016. Archived from the original on February 16, 2017. Retrieved February 15, 2017. ^ Aksan, Virginia (2014-01-14). Ottoman Wars, 1700–1870: An Empire Besieged. Routledge. ISBN 978-1-317-88403-3. ^ Westera, Rick. "Historical Atlas of Europe (17 February 1832): First Egyptian-Ottoman War". Omniatlas. Retrieved 2024-02-18. ^ Reilly, Thomas H. (2004). The Taiping heavenly kingdom rebellion and the blasphemy of empire (1 ed.). Seattle: University of Washington Press. ISBN 978-0295801926. ^ W. G. Beasley, The Meiji Restoration (1972), ^ a b c Kerr, Gordon (2012). A Short History of Africa: From the Origins of the Human Race to the Arab Spring. Harpenden, Herts [UK]: Pocket Essentials. pp. 85–101. ISBN 9781842434420. ^ "Killing ground: photographs of the Civil War and the changing American landscape Archived 2017-02-28 at the Wayback Machine". John Huddleston (2002). Johns Hopkins University Press. ISBN 0-8018-6773-8 ^ Engraving after 'Men of Science Living in 1807-8', John Gilbert engraved by George Zobel and William Walker, ref. NPG 1075a, National Portrait Gallery, London, accessed February 2010 ^ Smith, HM (May 1941). "Eminent men of science living in 1807-8". J. Chem. Educ. 18 (5): 203. doi:10.1021/ed018p203. ^ Snyder, Laura J. (2000-12-23). "William Whewell". Stanford University. Archived from the original on 2010-01-04. Retrieved 2008-03-03. ^ "Multidrug-Resistant Tuberculosis". Centers for Disease Control and Prevention. 2018-12-31. Archived from the original on April 21, 2009. ^ "Arc Lamps – How They Work & History". edisontechcenter.org. ^ Jonathan Daly, The Rise of Western Power – A Comparative History of Western Civilization, Bloomsbury Publishing · 2013, page 310 ^ Turan Gonen, Electric Power Distribution Engineering, CRC Press · 2015, page 1 ^ David Damrosch and David L. Pike, eds. The Longman Anthology of World Literature, Volume E: The Nineteenth Century (2nd ed. 2008) ^ M. H. Abrams et al., eds., The Norton Anthology of English Literature (9th ed. 2012) ^ Oppenheimer, Clive (2003). "Climatic, environmental and human consequences of the largest known historic eruption: Tambora volcano (Indonesia) 1815". Progress in Physical Geography. 27 (2): 230–259. Bibcode:2003PrPG...27..230O. doi:10.1191/0309133303pp379ra. S2CID 131663534. ^ a b c Vickers (2005), page xii ^ Wahyu Ernawati: "Chapter 8: The Lombok Treasure", in Colonial collections Revisited: Pieter ter Keurs (editor) Vol. 152, CNWS publications. Issue 36 of Mededelingen van het Rijksmuseum voor Volkenkunde, Leiden. CNWS Publications, 2007. ISBN 978-90-5789-152-6. 296 pages. pp. 186–203 ^ "World's oldest man ever turns 116 in Kyoto as his health is studied". The Japan Daily Press. 15 April 2013. Archived from the original on 5 June 2013. Retrieved 19 April 2013. ^ "World's oldest person turns 116 in Japan". France 24 International News. 19 April 2013. Archived from the original on 16 June 2013. Retrieved 19 April 2013. ^ "World's oldest person Jiroemon Kimura turns 116 in Japan". The Economic Times. Agence France-Presse. Retrieved 19 April 2013. ^ Matsuyama, Kanoko (27 December 2012). "Japanese 115-Year-Old Becomes Oldest Man in History". Bloomberg. Archived from the original on 29 December 2012. Retrieved 28 December 2012. ^ Politi, Daniel (22 April 2018). "The Last Known Person Born in the 19th Century Dies in Japan at 117". Slate. Archived from the original on 12 September 2023. Retrieved 4 October 2019. Langer, William. An Encyclopedia of World History (5th ed. 1973); highly detailed outline of events online free Morris, Richard B. and Graham W. Irwin, eds. Harper Encyclopedia of the Modern World: A Concise Reference History from 1760 to the Present (1970) online frr New Cambridge Modern History (13 vol 1957–79), old but thorough coverage, mostly of Europe; strong on diplomacy Bury, J. P. T. ed. The New Cambridge Modern History: Vol. 10: the Zenith of European Power, 1830–70 (1964) online Crawley, C. W., ed. The New Cambridge Modern History Volume IX War and Peace In An Age of Upheaval 1793–1830 (1965) online Darby, H. C. and H. Fullard The New Cambridge Modern History, Vol. 14: Atlas (1972) Hinsley, F.H., ed. The New Cambridge Modern History, vol. 11, Material Progress and World-Wide Problems 1870–1898 (1979) online Main article: International relations (1814–1919) Aldrich, Robert (1996). Greater France. doi:10.1007/978-1-349-24729-5. ISBN 978-0-333-56740-1. Bartlett, C. J. (1996). Peace, War and the European Powers, 1814–1914. London: Macmillan Education UK. doi:10.1007/978-1-349-24958-9. ISBN 978-0-333-62001-4. Bridge, F. R. & Roger Bullen. The Great Powers and the European States System 1814–1914, 2nd Ed. (2005) Gooch, G. P. (1923). "History of Modern Europe, 1878-1919". Journal of the British Institute of International Affairs. 2 (6): 266. doi:10.2307/3014586. JSTOR 3014586. Herring, George C. Years of Peril and Ambition: U.S. Foreign Relations, 1776–1921 (2017) Kennedy, Paul. The Rise and Fall of the Great Powers Economic Change and Military Conflict From 1500–2000 (1987), stress on economic and military factors Langer, William. European Alliances and Alignments 1870–1890 (1950); advanced history online Langer, William. The Diplomacy of Imperialism 1890–1902 (1950); advanced history online Mowat, R. B. A history of European diplomacy, 1815–1914 (1922) online free Osterhammel, Jürgen (2014). The Transformation of the World: A Global History of the Nineteenth Century (PDF). doi:10.1515/9781400849949. ISBN 9781400849949. Porter, Andrew, ed. The Oxford History of the British Empire: Volume III: The Nineteenth Century (2001) Sontag, Raymond. European Diplomatic History: 1871–1932 (1933), basic summary; 425 pp online Taylor, A. J. P. The Struggle for Mastery in Europe 1848–1918 (1954) 638 pp; advanced history and analysis of major diplomacy; online free Taylor, A. J. P. "International Relations" in F.H. Hinsley, ed., The New Cambridge Modern History: XI: Material Progress and World-Wide Problems, 1870–98 (1962): 542–66. online Wesseling, H. L. (2015). The European Colonial Empires. doi:10.4324/9781315844503. ISBN 9781315844503. Anderson, M. S. The Ascendancy of Europe: 1815–1914 (3rd ed. 2003) Blanning, T. C. W. ed. The Nineteenth Century: Europe 1789–1914 (Short Oxford History of Europe) (2000) 320 pp Bruun, Geoffrey. Europe and the French Imperium, 1799–1814 (1938) online. Cameron, Rondo. France and the Economic Development of Europe, 1800–1914: Conquests of Peace and Seeds of War (1961), awide-ranging economic and business history. Evans, Richard J. The Pursuit of Power: Europe 1815–1914 (2016), 934 pp Gildea, Robert. Barricades and Borders: Europe 1800–1914 (3rd ed. 2003) 544 pp, online 2nd ed, 1996 Grab, Alexander (2003). Napoleon and the Transformation of Europe. London: Macmillan Education UK. doi:10.1007/978-1-4039-3757-5. ISBN 978-0-333-68275-3. Mason, David S. A Concise History of Modern Europe: Liberty, Equality, Solidarity (2011), since 1700 Merriman, John, and J. M. Winter, eds. Europe 1789 to 1914: Encyclopedia of the Age of Industry and Empire (5 vol. 2006) Steinberg, Jonathan. Bismarck: A Life (2011) Salmi, Hannu. 19th Century Europe: A Cultural History (2008). Ajayi, J. F. Ade, ed. UNESCO General History of Africa, Vol. VI, Abridged Edition: Africa in the Nineteenth Century until the 1880s (1998) Akyeampong, Emmanuel; Bates, Robert H; Nunn, Nathan; Robinson, James A, eds. (2014). Africa's Development in Historical Perspective. doi:10.1017/CBO9781139644594. ISBN 9781139644594. Chamberlain, M. E. The Scramble for Africa (3rd ed. 2010) Collins, Robert O. and James M. Burns, eds. A History of Sub-Saharan Africa. Davidson, Basil Africa In History, Themes and Outlines. (2nd ed. 1991). Holcombe, Charles (2017). A History of East Asia. doi:10.1017/9781316340356. ISBN 9781107118737. S2CID 140138294. Ludden, David. India and South Asia: A Short History (2013). McEvedy, Colin. The Penguin Atlas of African History (2nd ed. 1996). excerpt Mansfield, Peter, and Nicolas Pelham, A History of the Middle East (4th ed, 2013). Murphey, Rhoads (2016). A History of Asia. doi:10.4324/9781315509495. ISBN 9781315509495. Pakenham, Thomas. The Scramble for Africa: 1876 to 1912 (1992) Bakewell, Peter, A History of Latin America (Blackwell, 1997) Beezley, William, and Michael Meyer, eds. The Oxford History of Mexico (2010) Bethell, Leslie, ed. (1984). The Cambridge History of Latin America. doi:10.1017/CHOL9780521232234. ISBN 9781139055161. Black, Conrad. Rise to Greatness: The History of Canada From the Vikings to the Present (2014) Burns, E. Bradford, Latin America: A Concise Interpretive History, paperback, Prentice Hall 2001, 7th edition Howe, Daniel Walker. What Hath God Wrought: The Transformation of America, 1815–1848 (2009), Pulitzer Prize Kirkland, Edward C. A History Of American Economic Life (3rd ed. 1960) online Lynch, John, ed. Latin American revolutions, 1808–1826: old and new world origins (University of Oklahoma Press, 1994) McPherson, James M. Battle Cry of Freedom The CIvil War Era (1988) Pulitzer Prize for US history Parry, J. H. A Short History of the West Indies (1987) Paxson, Frederic Logan. History of the American frontier, 1763–1893 (1924) online, Pulitzer Prize White, Richard. The Republic for Which It Stands: The United States during Reconstruction and the Gilded Age, 1865–1896 (2017) de Bary, Wm. Theodore, ed. Sources of East Asian Tradition, Vol. 2: The Modern Period (2008), 1192 pp Kertesz, G. A. ed Documents in the Political History of the European Continent 1815–1939 (1968), 507 pp; several hundred short documents Media related to 19th century at Wikimedia Commons Wikiquote has quotations related to 19th century. Retrieved from " 4 The following pages link to 19th century External tools (link count transclusion count sorted list) · See help page for transcluding these entries Showing 50 items. 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) 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" Algumas formas de aliviar a tontura ou vertigem em casa são deitar em uma posição confortável, evitar movimentos bruscos com a cabeça e luzes fortes, além de não ingerir cafeína e fazer uma alimentação leve. Encontre um Otorrinolaringologista perto de você! Parceria com Buscar Médico Essas medidas ajudam a aliviar a tontura ou prevenir crises de vertigem causadas por labirintite, síndrome de Ménière ou vertigem paroxística benigna, por exemplo, podendo acelerar a recuperação e complementar o tratamento médico. No entanto, deve-se consultar o otorrinolaringologista ou clínico geral, para diagnosticar a causa da tontura ou vertigem, especialmente quando são constantes, e assim ser indicado o tratamento mais adequado. Veja outras causas de tontura. 11 formas de aliviar a tontura ou vertigem em casa Algumas formas de aliviar a tontura ou a vertigem em casa são: 1. Sentar imediatamente Ao sentir apresentar sintomas de tontura ou vertigem, é recomendado sentar-se imediatamente, de forma confortável, evitando movimentos bruscos que possam piorar a tontura. Isto porque ao ter tonturas existe um risco aumentado de quedas, e desta forma evita-se machucados ou até fraturas ósseas. Além disso, ao ficar em pé, é importante ter algo em que segurar ou apoiar, como uma bengala, por exemplo. 2. Deitar em uma posição confortável Deitar em uma posição confortável e em um ambiente calmo e silencioso é muito importante para ajudar a aliviar a tontura. De preferência, deve-se deitar de lado, pois a labirintite, síndrome de Ménière ou vertigem paroxística benigna, podem causar vômitos, que se aspirado, pode resultar em pneumonia por aspiração. 3. Evitar movimentos bruscos Evitar movimentos bruscos ou mudanças de posição repentinas, também evita a piora da tontura ou vertigem. Assim, é recomendado que ao se levantar da posição deitada, a pessoa primeiro sente-se na cama lentamente, e permaneça alguns minutos sentado para não piorar a tontura, e depois ficar de pé, apoiando-se em algum objeto ou bengala. Ao mudar de posição na cama, também é importante observar se a tontura não vai piorar e caso piore, voltar à posição inicial pode aliviar a tontura. 4. Manter a cabeça parada Manter a cabeça parada, nos primeiros dias de crise de tontura, ajudam a aliviar ou evitar que a tontura ou vertigem piorem. Além disso, manter a cabeça parada também ajuda a reduzir as náuseas e vômitos. 5. Evitar luzes fortes Para aliviar a tontura e a labirintite, também deve-se evitar luzes muito fortes, luz de TV, celular, computador ou tablet, pois podem piorar a tontura ou vertigem. Além disso, também deve-se evitar a leitura, pois pode piorar os sintomas da labirintite. Saiba identificar todos os sintomas de labirintite. 6. Dormir bem Dormir bem pode ajudar a aliviar a tontura ou vertigem mais rapidamente. Além disso, dormir cerca de 8 horas por dia, ajuda a evitar novas crises de labirintite. 7. Parar de fumar No caso de pessoas que têm o hábito de fumar, para aliviar a tontura e se recuperar mais rapidamente da labirintite, deve-se parar de fumar. Além disso, durante as crises, fumar pode piorar as náuseas e vômitos. Parar de fumar também é importante para evitar crises de labirintite. Caso a pessoa tenha dificuldade de interromper o uso de cigarros, deve-se consultar o clínico geral que pode indicar medidas para parar de fumar ou remédios, como bupropiona ou vareniclina. Veja os principais remédios para parar de fumar. 8. Evitar bebidas alcoólicas Durante a crise de labirintite ou de vertigem por doença de Ménière, deve-se evitar consumir bebidas alcoólicas, pois podem piorar os sintomas de tontura, náuseas ou vômitos. Assim, evitar bebidas alcoólicas ajuda a aliviar a tontura e se recuperar mais rapidamente. 9. Não ingerir cafeína Para aliviar mais rapidamente a tontura, é importante não ingerir alimentos ou bebidas com cafeína, como café, chá preto, chá verde, coca-cola, guaraná ou chocolate, por exemplo. Isso porque a cafeína é um estimulante e quando consumida durante a crise de labirintite ou doença de Ménière pode estimular o labirinto e piorar a tontura. 10. Evitar sal em excesso Evitar consumir sal em excesso pode ajudar a aliviar a tontura mais rapidamente, porque o sal pode aumentar a pressão dos vasos sanguíneos, e afetar o labirinto, piorando a labirintite, doença de Ménière ou vertigem. 11. Fazer refeições leves Fazer refeições leves, em pequenas quantidade e em intervalos mais curtos, ajudam a aliviar ou evitar que a tontura piore. Desta forma, deve-se dar preferência para a ingestão de alimentos secos e de fácil digestão, como bolacha de água e sal, salada refogada, carnes brancas, frutas frescas ou pão integral, por exemplo. Além disso, deve-se evitar comer doces, alimentos muito açucarados, frituras, alimentos engordurados, comidas apimentadas ou muito condimentadas, pois podem piorar os sintomas de tontura, náuseas e vômitos. Exercícios para aliviar a tontura e vertigem em casa Ótimos exemplos de exercícios que podem ser realizados em casa, todos os dias, para prevenir o aparecimento de crises de tonturas e vertigens são os de perseguição ocular, como por exemplo: Movimento da cabeça para os lados: sentar e segurar um objeto com uma mão, posicionando-o à frente dos olhos com o braço esticado. A seguir deve-se abrir o braço para o lado, e seguir o movimento com os olhos e com a cabeça. Repetir 10 vezes só para um lado e depois repetir o exercício para o outro lado; Movimento da cabeça para cima e para baixo: sentar e segurar um objeto com uma mão e posicionar à frente dos olhos com o braço esticado. A seguir deve-se movimentar o objeto para cima e para baixo, por 10 vezes, seguindo o movimento com a cabeça; Movimento dos olhos para os lados: segurar um objeto com uma mão, posicionando-o à frente dos olhos. Depois, movimentar o braço para o lado e, com a cabeça parada, seguir o objeto somente com os olhos. Repetir 10 vezes para cada lado; Movimento dos olhos para longe e perto: esticar o braço à frente dos olhos, segurando um objeto. Depois, fixar o objeto com os olhos e, lentamente, trazer o objeto para mais perto dos olhos até ficar a 1 palmo de distância. Afastar e aproximar o objeto por 10 vezes. Confira estas e outras dicas no vídeo seguinte: Fisioterapia para tontura ou vertigem Existem ainda algumas técnicas que podem ser realizadas pelo fisioterapeuta para reposicionar os cristais de cálcio dentro do ouvido interno, que contribuem para alívio das crises de tontura ou vertigem, cessando a sensação de mal-estar em poucos minutos. Uma das técnicas mais utilizadas é a manobra de Epley, que consiste em: A pessoa deitar de barriga para cima e com a cabeça para fora da cama, fazendo uma extensão de aproximadamente 45º e manter assim por 30 segundos; Rodar a cabeça para o lado e manter a posição por mais 30 segundos; A pessoa deve virar o corpo para o mesmo lado em que está posicionada a cabeça e permanecer por 30 segundos; A seguir a pessoa deve levantar o corpo da cama, mas manter a cabeça virada para o mesmo lado por mais 30 segundos; Por último a pessoa deve virar a cabeça para frente, e permanecer parada com os olhos abertos por mais alguns segundos. Essa manobra não deve ser realizada em caso de hérnia de disco cervical, por exemplo. E não é recomendado fazer esses movimentos sozinho, porque a movimentação da cabeça deve ser realizada de forma passiva, ou seja, por outra pessoa. O ideal é que esse tratamento seja feito pelo médico ou fisioterapeuta, que são profissionais habilitados para realizar esse tipo de procedimento. Veja quando a manobra de Epley é indicada e como é feita. Quando tomar remédios O uso de remédios para tontura ou vertigem pode ser indicado pelo clínico geral, neurologista ou otorrinolaringologista, e variam de acordo com a sua causa. No caso de labirintite, pode ser indicado o uso de flunarizina, cinarizina ou meclizina, por exemplo. Confira todos os remédios para labirintite. Já no caso da síndrome de Ménière, pode ser indicado o uso de remédios que diminuam a vertigem, como dimenidrinato, betaistina ou hidroclorotiazida. Leia também: 7 remédios para tontura (e como tomar) tuasaude.com/remedio-para-tontura Quando a causa é somente a vertigem paroxística benigna não é necessária a toma de medicamentos. Marque uma consulta com um otorrinolaringologista na região mais próxima: Parceria com agende sua consulta online Disponível em: São Paulo, Rio de Janeiro, Distrito Federal, Pernambuco, Bahia, Maranhão, Pará, Paraná, Sergipe e Ceará.