

## Bicycle - Fueled by Human Power

The bicycle is known to be invented in the 19th Century and there are different names attached to its invention. A human driven vehicle known as Draisines is known to be the idea originator for the bicycle.

A mechanical crank was added to it for driving the same which gave birth to what is popularly known as the bicycle. Originally, Kirkpatrick McMillan was behind the building of bicycle which was later modified and presented by Pierre Michaux and Lallement. However after all amendments to the original design, it was J. K. Starley who introduced the first modern bicycle in the year 1885 which was popularly known as the Rover.

The modern bicycle has a frame in which two big wheels are attached. The front and rear wheel are chained together with the help of a chain which moves on a spindle which has two foot pedals attached to it. It has a seat attached on the top for the rider and few bicycles even have a carrier on the back of the seat. The main parts of the bicycles are the frame which holds the complete set, the drive train which holds the chain rings and brackets, the handle bar which is used as the steering, the saddles, brakes, suspension and of course the wheels.

As time passed, bicycles became so much popular that cycling became the first few things that were taught to a small child. It has become one of the most popular vehicles today due to its health benefits and cost effectiveness. They are also commonly used in military and police applications and also by postal department and courier services. Since there is no fuel cost, it serves as the cheapest mode of transport. Bicycles are also used for recreational activities and as fitness tool.

Research has proved that cycling is one of the most effective types of exercising which has many health benefits attached to it. Those, who are unable to maintain a proper exercise schedule for keeping themselves fit, can make up for their losses by traveling on a bicycle. This not only helps in strengthening your leg muscles but also serves the purpose of cardio aerobic workout. This explains why we find cycling equipments in all the fitness centers across the world.

Using a bicycle in lieu of any other automobile not only has health benefits but brings along many financial gains as well. With the increasing prices of fuel gas everyday, the economical and cheapest alternative to a fuel driven vehicle is the bicycle. There is no fuel cost in the bicycle and for small distances they serve as the most sought after vehicle. Apart from the running cost, the cost of owning a bicycle is also a fraction of the cost of owning any other fuel driven vehicle.

Apart from the financial and health advantages which are beneficial to the individual who is using the bicycle, it also has certain other benefits which are advantageous to the whole society in general. Since there is no fuel used in the bicycles they are most eco friendly type of vehicle. There is no harmful excretion from the bicycles as they do not emit any toxins in the environment. Bicycles can bring about a green revolution in the society and can eradicate health problems to a large extent.

However, the use of bicycles is not feasible when one has to travel longer distances in which cases the use of fuel vehicles become inevitable. Still, looking at the tremendous benefits of cycling, one must make a habit to use it as often as possible.

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