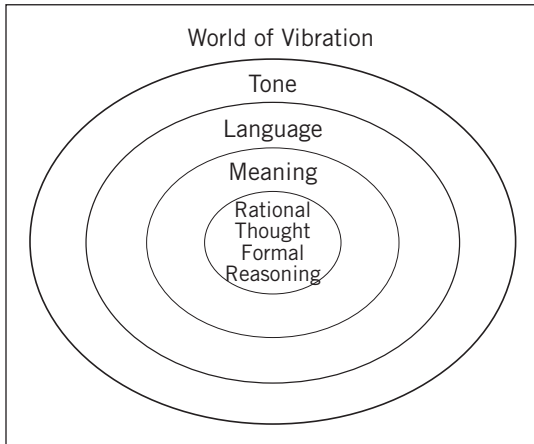


The Profound Influence of Music on Life

by Andrew Pudewa



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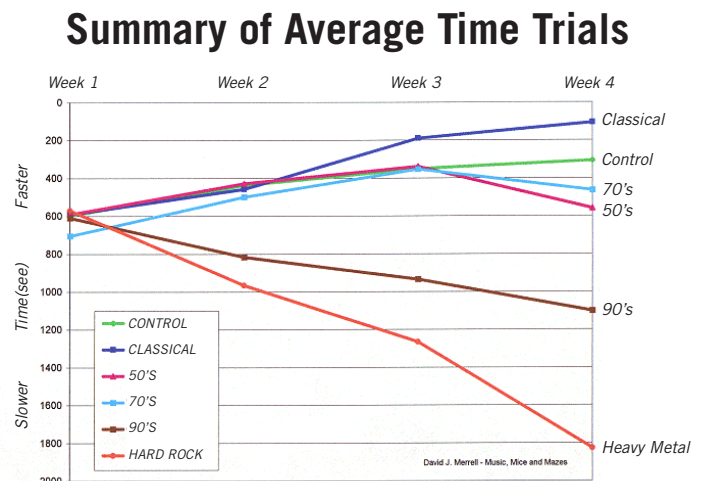
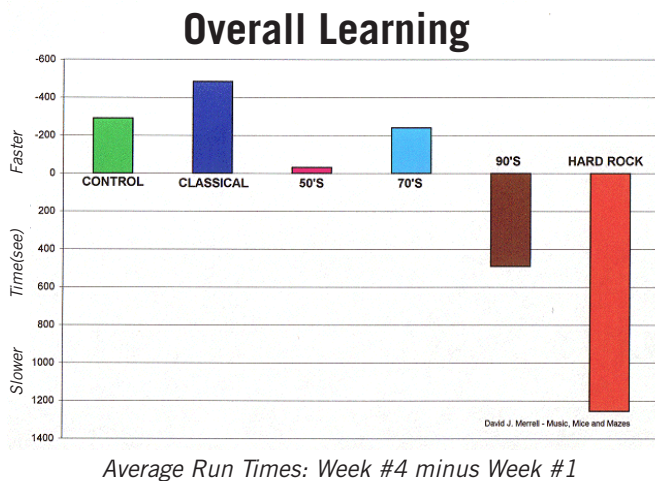
Kindling Touch Publications (303) 530-5058
Dee Coulter, Ph.D.

From: *Music's Gifts to the Developing Mind* (CD set)

RESEARCH FACTS OVERVIEW

- College students temporarily improved spatial-temporal IQ scores by 8-10 points after listening to Mozart, when compared with relaxation music and no music. (1)
- Preschool children given six months of keyboard instruction increased spatial-temporal IQ scores by an average of 46% over other supplemental instruction (singing, computer, free play). (2)
- Human attitudes change with music; hostility, fatigue, sadness & tension decrease with classical and “designer” music, but dramatically increase with “grunge rock.”(3)
- Plants exposed to classical music flourished while those exposed to rock and heavily percussive music were less healthy and turned away from the source of sound, many finally dying. (4)
- Mice exposed to Strauss waltzes showed increased and orderly neuron development, while those exposed to “disharmonic” non-synchronized drum beats showed erratic and pathological growth of neurons. (5)
- Rats exposed to Mozart music from before birth to 60 days old were able to learn mazes over twice as fast as those with no music, whereas rats exposed to repetitive “minimalist” music were unable to navigate mazes at all. (6)
- Mice exposed for 3 weeks to Mozart were able to run mazes significantly faster than mice with no music, and mice exposed to other forms of music—70’s, 50’s, 90’s and “heavy metal” all performed worse than the control group. (7)

Charts from David Merrell's science fair mice experiments:



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Experiment on Mood:

3. "The effects of different types of music on mood, tension and mental clarity" (McCarty, Barrios-Choplin, Atkinson, Tomassino) *Alternative Therapies*, Volume 4, No. 1, January 1998

Experiments with Plants:

4. *The Sound of Music and Plants*, by Dorothy L. Retallack (out of print, but summaries of her work are contained in *The Secret Life of Plants*, by Peter Tomkins and Christopher Bird, HarperCollins, 1989, ISBN: 0060915870)

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6. "Improved maze learning through early music exposure in rats" (Rauscher, Robinson, Jens) *Neurological Research*, Volume 20, No. 5, 1998 *
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*Reprints of *Neurological Research* are available at www.tandfonline.com.

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A very extensive collection of summaries on music and academic performance, research, commentary <http://www.edu-cyberpg.com/Music/musicsmart.html>

MuSICA: Music and Science Information Computer Archive www.musica.uci.edu