**Music Power**

**And it shall come to pass that when they blow the trumpets**

**and when you hear the sound of the trumpet,**

**then all the people shall shout with a great shout;**

**and the wall of the city shall fall down flat,**

**and the people shall go up every man straight before him.**

***(Joshua 6:5)***

**Last week a group of people in Pittsfield, Mass., got an extra dose of delight with their vaccines. Yo-Yo Ma, 65, was waiting out the 15-minute observation time in a college gym after his second shot, and he had brought his cello. The world-renowned cellist began to play -- Schubert's "Ave Maria," then Bach's Prelude in G Major -- while workers and the newly inoculated listened, rapt. "Everybody just went quiet," said lead nurse Leslie Drager. Afterward, Ma stood and placed his hand on his heart while the group applauded and snapped photos. "It just brought that whole room together," said nurse Hilary Bashara. "It was so healing." *(The Week magazine, March 26, 2021)***

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**How do airports scare birds off their runways? One British airport plays Tina Turner albums. *(Uncle John’s Bathroom Reader: Extraordinary Book of Facts, p. 144)***

**Where words fail, music speaks.  *(Hans Christian Andersen)***

**The science of musical arousal: Listening to music may not be as fun as having sex, but it triggers the same pleasure-inducing chemicals in the brain. Neuroscientists at McGill University scanned the brains of volunteers as they listened to their favorite instrumental music, ranging from punk to Beethoven to bagpipes. The scans revealed that as a particularly thrilling moment of music approached, the part of the brain’s striatum region that’s involved in anticipation and prediction released the neurochemical dopamine – the same chemical that gives rise to pleasurable feelings associated with eating, sex, and psychoactive drugs. When the musical climax arrived, dopamine surged through a different part of the striatum. The study recruited only volunteers who claimed to get chills from certain musical passages, but researchers say the dopamine response is probably common to all listeners. Previous research has hinted at a link between dopamine and musical environment, notes Harvard neurologist Gottfried Schlaug, who was not involved in the new finding, but the McGill study “really nails it.” *(The Week magazine, January 28, 2011)***

**Who needs steroids or human growth hormone? Athletes can enhance their performance with something that is both legal and easily obtained. It’s called music, says BBC.com. In a study of Australian triathletes, researchers found that listening to music tracks by the likes of Queen, Madonna, and the Red Hot Chili Peppers increased the athletes’ energy efficiency by 1 percent to 3 percent, enabling them to do more with the same amount of oxygen. “Music is like a legal drug for athletes,” says British researcher Costas Karageorghis. “It can reduce the perception of effort significantly and increase endurance by as much as 15 percent.” The key is finding music whose tempo is synchronous with a runner’s desired stride; Haile Gebrselassie, who recently set a new world-record marathon time, likes running to the techno pop song “Scatman,” with a tempo of about 135 beats per minute. Even recreational runners, researchers say, can benefit from musical accompaniment. *(The Week magazine, August 20, 2010)***

**When Ludwig van Beethoven wrote his Fifth Symphony in 1808, he intended the first four notes to signify a knocking at a door. He said it was Fate coming, knocking at the door. But during World War II those four notes became a rallying cry for the Allies. The first three short notes and then the one longer note sounded like the Morse code for the letter V – three dots and a dash. The Allies had adopted “V” as the symbol for victory. Beethoven’s first four notes from the Fifth Symphony were played every night between programs over the British Broadcasting Corporation, and they were played extensively in the United States and elsewhere throughout the war. *(Charles Reichblum, in Knowledge in a Nutshell, p. 82)***

**There are discharged sounds that deplete human energy as well as charged sounds that bring us strength and vitality. The power of these charged sounds is illustrated by Benedictine monks who have found that they can go for years on no more than three hours of sleep per night provided they chant six to eight hours each day. When the length of their chanting is shortened, their need for sleep increases proportionately. *(Ken Carey, in Abundant Living magazine)***

**Tony Bennett has Alzheimer's disease, the legendary crooner's family revealed in AARP Magazine this week. After showing memory loss and other symptoms, Bennett, 94, received the diagnosis in 2016. He kept performing until March; although he was often confused backstage, Bennett was transformed when he began singing. His condition has deteriorated, and he no longer leaves his home. To stave off worsening dementia, Bennett continues to rehearse twice a week. Still, mundane objects like keys or a fork can mystify Bennett, and he has trouble conversing. "He's not the old Tony anymore," his wife, Susan, 54, said. "But when he sings, he's the old Tony." *(The Week magazine, February 12, 2021)***

**In Nagoya, as in so many other Japanese cities, when the lights at the street crossing turns green, birds sing. The birdsong at the intersections comes from a mechanical device activated by the traffic-control box.  The reason is simple. The sightless hear the birds sing and know it’s safe to cross the street.  *(Ruth Frank, in Atlanta Constitution)*  
What can a woman do to develop her bustline? The Father of Medicine, Hippocrates, prescribed for that, too. He advised small-busted women to sing. Loudly. At every opportunity. *(L. M. Boyd)*  
Only music may span space between the finite and the infinite and may be the means of arousing and awakening the best of hope, the best of desire, and the best in the heart and souls of those who will and do listen. Music is the universal language. *(Edgar Cayce)***

**Scientists in Canada discovered during tests that chickens increase their egg output when pop music is being played. *(Noel Botham, in The Ultimate Book of Useless Information, p. 42)***

**In 1749, the bells in the belfry of the Church of St. Nicolas in Switzerland set off a snow avalanche that swept away the church – yet the bell tower itself was unharmed. The bell ringer was not even aware that the church had disappeared until he descended from the adjacent tower. *(Ripley’s Believe It or Not!: Book of Chance, p. 144)***

**Most cows give more milk when they listen to music. *(Noel Botham, in The Best Book of Useless Information Ever, p. 130)***

**To his neighbors he was obviously mad. They had heard from his gardener how he would spend weeks on end watching earthworms crawling around in the dirt. Having been told that the sound of music affected the growth of plants, he employed a man for months to play a trombone to a row of beans. The man was Charles Darwin. *(Bits & Pieces)***

**A typical diner who eats a meal without musical accompaniment takes 3.23 bites per minute. If a slow instrumental plays, said diner takes 3.83 bites per minute. If swift rock plays, it’s 4.4 bites per minutes.  Researchers at Fairfield (Conn.) University found this out. *(L. M. Boyd)***

**People who work at Disneyland are not referred to as employees; rather, they are called “cast members.” Cast members who don a character costume and walk around the park greeting guests refer to that as having “duck duty”. They also refer to It’s A Small World as “the asylum,” on the theory that that’s where they’ll end up as a result of repeated (over)exposure to the song. (David Hoffman, in Little-Known Facts about Well-Known Stuff, p. 148)**

**Shah Quli, summoned to entertained Sultan Mukad IV of Turkey, who had ordered the execution of every inhabitant of conquered Baghdad, played his psalltlky so movingly that the brutal Sultan broke into tears - and offered the musician any reward within his power.  Shah Quli asked for and was granted - the lives of his 175,000 fellow citizens of Baghdad. *(Ripley’s Believe It Or Not!; Book of Chance, p. 326)*  
In the hectic ‘90s, people are seeking quiet time – perhaps one reason why Gregorian chant and the simple, repetitive strains of music from the French village of Taize are thriving. When the Gulf War escalated seven years ago, a Taize-style prayer service at Seattle’s St. James Cathedral drew 30,000 people of various faiths. Thousands stood in the streets until the crowd began a peace march to St. Mark’s Episcopal Cathedral. The Taize phenomenon began in the 1940s, when Brother Roger, a Huguenot monk, gathered a group of men at the tiny village and began praying for an end to the war and deliverance of the Jews. The movement continued and became prominent again in the late 1960s, when the world churned with war and protest. Brother Roger commissioned a Parisian composer to write simple pieces of music that could be song without rehearsal or printed scores. What resulted were repetitive chants interspersed with long periods of introspective silence. According to Jim Savage, a Seattle music director, Taize music “helps you focus further and further inside yourself. Some young people who work downtown say it’s better than a happy hour for putting the week away.” But unlike the nondenominational music of Taize, Gregorian chant is clearly the music of the Roman Catholic Church. For many, it’s an effective partnership. “This music,” says Savage, “bears a strong connection to the earliest Church. *(Dan Madden, in The Catholic Northwest Progress)***

**Ignace Pleyel (1737-1831), celebrated French composer, was sentenced to death in 1792 during the French Revolution. With the guillotine staring him in the face, Pleyel spent a furious 8 days and nights composing a musical play glorifying the Revolution, and was pardoned and released after the play’s successful performance. Believe It Or Not. *(Ripley’s Believe It Or Not!: Book of Chance, p. 26)***

**Take a music bath once or twice a week, and you will find that it is to the soul what the water bath is to the body. *(Oliver Wendell Holmes)***

**Do honeybees respond to music? Can only tell you they simmer down when they hear a 120-decibel sound at 600 cycles per second. *(L. M. Boyd)***

**I can only think of music as something inherent in every human being - a birthright. Music coordinates mind, body and spirit. That doesn’t mean that each person must have a violin or piano: the greatest service to the population would be if every school day began with singing. If people sing together, they have a feeling of individual coordination as well as within the body of the group. I have never met a member of a choir who was depressed. *(Violinist Yehudi Menuhin)***

**1940s Wurlitzer Jukebox slogan: “The magic that changes moods.” (*Uncle John’s Bathroom Reader: Wise Up!, p. 258)***

**People worry about kids playing with guns or watching violent videos. Nobody worries about kids listening to thousands, literally thousands, of songs about heartbreak, rejection, pain, misery, and loss. *(Nick Hornby)***

**Mr. Richman: “I owe my fortune to my daughter’s music lessons.” Mr. Jones: “How is that?” Mr. Richman: “Her playing enabled me to buy my neighbor’s houses at half price.” *(Frank Dickson)***

**Universal lullabies: Babies love a good lullaby, no matter what language it's sung in or what culture it comes from, or even whether the singer is a man or woman. That's the conclusion of a new study in which 144 infants -- ages 2 months to 14 months -- were fitted with heart-rate and skin monitors and then played lullabies and non-lullabies in unfamiliar languages from 16 foreign cultures. Whether the youngsters heard a Hopi lullaby sung by a man or a soothing tune that the Ona people of Patagonia use to calm babies, the effect was the same: The babies' heart rates slowed, their pupils became smaller, and their skin electrical activity declined. In other words, reports The New York Times, they chilled out. The non-lullabies did not produce the same response. Co-author Constance Bainbridge, from the University of California, Los Angeles, says the findings are "evidence for some evolutionary adaptive role of music." *(The Week magazine, November 20, 2020)***

**It’s known that unnoticed sounds pitched too low for the ear to recognize still can make people sad. *(Boyd’s Curiosity Shop, p. 252)***

**When the hired man milked cows by hand, he blew rough tunes through his teeth. “Yankee Doodle” worked best. The ping against the pail made good backup. *(L. M. Boyd)*  
As soon as natives in the outlying parts of Senegal get a transistor radio and can tune into city life, their blood pressure goes up. Prof. P. M. Koate, a heart specialist at the University of Dakar, capital of Senegal, is of the opinion that high blood pressure is really a psychosocial disease because it begins to occur among the natives as soon as they are transplanted to city life or have city life brought to them via radio.  Heart specialist Prof. Pierre Moret, of Geneva, agrees: “The same phenomenon is seen in Jews of Yemen migrating to Israel, and Andean Indians descending into the cities of Chile and Peru.Hypertension can start with the radio, which represents society’s constant demands on the individuals.”  *(Earl Damude, in Chatelaine)*  
When the peasants in the Rhone Valley in Switzerland go to work in their vineyards – they do it in style. Every April, they start out with a march, led by musicians playing flutes and drums. The musicians, by the way, stay with the workers all day – and play for them as they toil! *(Arkady Leokum, in The Curious Book, p. 168)***

**In a series of experiments performed by Dorothy Betallack in 1969, it was shown that music affects the growth of plants. Tests on corn, squash, and several flowers showed that rock music stunted the growth of some of the plants and caused others to grow unusually tall at first and produce extremely small leaves. They required more water, yet grew shorter roots. Within several weeks, all the marigolds in the experiment had died, but - only a few feet away - identical flowers listening to classical music were blooming. *(Isaac Asimov’s Book of Facts, [. 178)*  
New evidence suggest plants respond to music. Researchers got a household vine in a room next to a stereo speaker. They played hard rock. It died. They tried another plant, this time playing a classical East Indian selection.  The vine climbed up and around the speaker. *(L. M. Boyd)*  
One day in August of 1966 a group of young, fanatical teens called the Red Guards invaded and looted the Shanghai home of Nien Cheng, a fifty-one-year-old widow. A few weeks later she was arrested, accused of being an imperialist spy, and imprisoned. She would spend the next seven years in solitary confinement. Those years of brutal isolation and deprivation were punctuated by a burst of hope that took place on a frigid December evening. That even Nien Cheng was sitting in her tiny cell, waiting for sleep to come. She was bitterly cold. From another cell in the prison, Cheng heard a young soprano voice begin to sing the Chinese version of “Silent Night, Holy Night.” In her memoirs titled Life and Death in Shanghai, Cheng writes this stirring account: “The prison walls resounded with her song as her clear and melodious voice floated in and out of the dark corridors. I was enraptured and deeply moved as I listened to her. No concert I had attended at Christmas in any year meant more to me than that moment when I set in my icy cell listening to Silent Night sung by another prisoner whom I could not see.  As soon as she was confident that the guards were not there to stop her, the girl sang beautifully without any trace of nervousness.  The prison became very quiet.  All the inmates listened to her with bated breath.”  
*(Victor M. Parachin, in Unity magazine)*Extra pats, a hot-water bottle in his bed, dog biscuits - nothing made our homesick puppy stop whining for his mama. In desperation, I put him outside. He cried pitifully, then stopped. I tiptoed to the window to see what had caused the miracle. Our milkman was sitting on the milk box singing “Rock-a-Bye, Baby” to the now-content puppy. (*Jane K. Shoemaker, in Reader’s Diges*t)**

**I picked up my four-year-old grandson from kindergarten, and driving along, he began singing “Rudolph the Red Nose Reindeer.” I like it, too, and though I’m well aware that I cannot carry a tune, I started singing along with him, thinking a four-year-old would not possibly be critical. He stopped singing, and said, “Grandma, please don’t sing. You’re making my stomach have a headache.” *(Fran Taylor, in The Saturday Evening Post)***

**On one occasion a song temporarily halted a war, making neighbors out of enemies. That took place in France on Christmas Eve, 1914. At that time, British and German soldiers were huddled in muddy trenches mercilessly killing one another. Late on Christmas Eve, when the darkness made it impossible to continue shooting, an eerie calm descended.  No doubt the young men in the trenches were thinking about home and family. Suddenly, a German soldier began to sing “Stille Nacht, Heilige Nacht.” Of course the British immediately recognized the tune as “Silent Night, Holy Night.” Spontaneously, several British soldiers began to join the German soldier.  Little by little, more voices were added on both sides. Soon the battleground became common ground as the troops sang the great hymn in unison.  
What occurred next is one of the most extraordinary events in military history. One by one, soldiers on both sides put down their weapons and ventured into no-man’s-land to shake hands, exchange gifts, and sing more carols. When morning came, the war resumed when an order was issued forbidding contact with the enemy. “We are here to fight, not fraternize,” was the command. Nevertheless, for a brief moment, “Silent Night, Holy Night,” was the instrument which reminded two opposing forces that ultimate loyalty belongs neither to king nor kaiser, but to the Prince of Peace. *(Victor M. Parachin, in Unity magazine)***

**The growers of silk worms in Spain reportedly play castanet music to the little beasts on the theory it will stimulate silk production. *L. M. Boyd, in Boyd’s Book of Odd Facts, p. 2)***

**Palm Springs, California:  Inspired by hearing Frank Sinatra sing “My Way” on the radio in 1983, a woman says she found courage to fight deadly cancer her way - rejecting painful chemotherapy. Hollie McCullough, 46, said she gave up chemotherapy for malignancies of the abdomen and spine in 1983 after two months because she “didn’t like being sick all the time.” The Missoula woman telephoned *The Desert Sun*  newspaper with this Christmas message to Sinatra. *(Associated Press)*  
He started to sing as he tackled the thing that couldn’t be done. And he did it. *(Edgar Guest)*Forty of Sri Lanka’s top singers have pooled their talents to record a song that pleads for peace on this ethnically torn Indian Ocean island.  The song, Give Peace A Chance, was sung in the Tamel, Sinhalese and English languages. “Our song, the first sung, jointly by 40 top vocalists, is to achieve peace in our country, where everybody cries for just that,” said composer Sunil Perera. *(Rocky Mountain News, October 16, 1989)***

**I had been trying to get my friend Mike--a rock ‘n’ roll fan--interested in classical music. When I offered to purchase tickets to a Mozart festival, he willingly agreed to accompany me and seemed to enjoy the symphony. After the concert, I mentioned how Mozart’s music moved me. “At times, I can almost hear his voice in his music and I feel as though he’s talking to me,” I gushed. Mike nodded his head in solemn agreement. “Yes,” he said.  “I know what you mean.” Feeling very pleased that I had made a “convert,” I asked what he felt the music was saying to him. He replied, “It said ‘Go to sleep, Michael. Go to sleep.'" *(Anita B. Rose, in Reader’s Digest)***

**Boy says to his Dad: “I coulda sold a million albums by now if you hadn’t made me take singing lessons.” *(Jim Unger, in Classic Herman comic strip)***

**That’s why soldiers going into battle have been accompanied by military bands and drummers. Military leaders know that the right anthem, played at the right moment, will straighten a weary back, bring sore feet in step and strengthen the resolve of a tired army. *(Michael Snyder, in Plain Truth magazine)***

**Surgeons perform better during operations if they are listening to music. *(Noel Botham, in The Ultimate Book of Useless Information, p. 69)***

**Hard-rock music makes termites chew through wood at twice their usual speed. *(Noel Botham, in The Best Book of Useless Information Ever, p. 130)***

**Gideon and his three hundred overcame a large army of Midianites by flashing lights, shouting, and blowing trumpets; the walls of Jericho fell as the result of trumpet and voice vibrations. The trumpet sets up sharp vibrations in the ether which cause disintegration when they impinge upon an object in the mental or material realms. *(Charles Fillmore, in Atom-Smashing Power of Mind, p. 54)***

**Bad week for: Upbeat music, after health officials in Seoul banned gyms from playing music with a tempo faster than 120 beats per minute, on the grounds that such music inspires gymgoers to exercise and breathe harder, thus raising the risk of spreading Covid. *(The Week magazine, July 30, 2021)*  
Some 3000 Beluga whales - about five percent of the world’s population - were trapped by an enormous wall of ice in the Senyavina Strait off the Bering Sea. Moscow ordered the icebreaker Moskvato cut an escape route, but the timid whales refused to move. Then a crewman recalled that whales are supposed to like music, so the Russians played records at top volume from the deck. Hot jazz left the stranded creatures cold. But when one of the crew put on a classical disc - da! - the whales absolutely flipped and followed their rescuers’ siren song to sea and safety. *(Life magazine)*Brian Satt, a research specialist in clinical psychology in California, has parents sing a lullaby-like “womb song” to their baby. The unborn baby often develops a specific, consistent movement pattern when its song is sung. According to Satt, most parents can calm a fussy newborn with the song most of the time, which is a prize worth more than rubies to a new parent. *(Henci Goer, in Reader’s Digest)***

**Am told you won’t cry when you peel onions if you whistle while you work. *(Boyd’s Curiosity Shop, p. 148)*  
  
Swiss yodeled to start small avalanches on purpose, thus to prevent big avalanches without warning. *(L. M. Boyd)***

**Without music to decorate it, time is just a bunch of boring production deadlines or dates by which bills must be paid. *(Frank Zappa)***

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