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| Introduction:  **Music... pain reliever?**  "Whenever the spirit from God came upon Saul, David would take his harp and play, then relief would come to Saul; he would feel better, and the evil spirit would leave him" (1 Samuel 16:23). Even from the ancient times, music has been a great influence on society as a whole. Music was found in every civilization, country and nation. From ancient Greece to modern day America, music surrounds life and integrates with human and the different aspects of their existence.  Music has a great therapeutic effect on all people, young or old. For example, Matteo, a young four year old with speech problems learned to express himself with music (Westley 103). Some effect could be stronger than others. Music can alter a person�s emotion, mental state, spiritual, and even physical states. It can help in physical sickness, stress, mental illness, and even to brighten up a mood. Because music revolved around lives for so long just as a source of entertainment, many have forgotten that music was once used to treat illnesses.  In the United States, music therapy became more and more popular. Music was found to trigger the brain to react to music almost as if it were medicine. Music is often used with many patients with strokes, Alzheimer, Parkinson�s, or even in labor (Westley 103). For example, a 79-year-old man learns to reuse his legs by listening to "Battle Hymn of the Republic" (Harrar 101). In other cases, pregnant women who choose to listen to music while in labor use less anesthesia (Marwick 731). Hospital patients have learned that simple relaxation or listening to music can greatly reduce pain after a major surgery (Stephens 632). As Beethoven stated, "I leave my music to heal the world" (Economist 85).  ([Back](http://docs.google.com/introduction.html))([Next](http://docs.google.com/intro3.html))    [[Home](http://docs.google.com/home.html)][[Introduction](http://docs.google.com/introduction.html)][[Hypothesis](http://docs.google.com/hypothesis.html)][[Procedure](http://docs.google.com/procedure.html)][[Data](http://docs.google.com/data.html)][[Conclusions](http://docs.google.com/conclusions.html)][[Bilio/Links](http://docs.google.com/biblio.html)]  [[2001 Projects](http://docs.google.com/index.html)][[2000 Projects](http://docs.google.com/AP2000/index.html)][[1999 Projects](http://docs.google.com/AP99/index.html)][[1998 Projects](http://docs.google.com/AP98/index.html)] |