

### Audio Analgesia Kills Pain With Music and Noise

Washington - (Science Service) - Noise and music can charm the pain out of dentistry, three scientists reported here today. The music merely calms and distracts but the scientists said they believe the sound actually interrupts the body's pain system.

In Boston, "audio analgesia" was used on 5,000 patients whose teeth needed filling or extraction. In 90 per cent no other analgesic or anesthetic was needed.

The patient wore headphones through which he heard stereophonic music against a background of noise, usually the sound of a waterfall. As soon as a patient anticipated pain, he turned up the noise volume.

Dr. Wallace J. Gardner, a dentist of Cambridge, Mass., and Drs. J. C. R. Licklider and A. Z. Weisz of Hoyt Bernack and Newman Inc., Cambridge, believe a combination of factors make the technique successful:

#### Sound Must Relax

The music and the pleasant waterfall sound relax the patient.

The patient feels that he has some control over pain. He himself can turn up the noise, the main factor in masking the pain.

The audio analgesia capitalizes on an interaction between parts of the auditory and pain systems that lie close to each other in several regions at the base of the brain. Apparently, when the auditory system has a job to do - that of converting sound stimulus into meaningful signals for the brain - the pain system can not work at full capacity.

#### Pain Inhibited

The investigators reported here in the journal Science (July 1) that an analogue computer set up to stimulate the brain behaves in the same way. Its "pain system" is inhibited by auditory stimulation.

The patient's attention is diverted from remaining pain because he must concentrate on the music to hear it above the roar of the waterfall.

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TO DEVELOP MISSILE  
London - (AP) - Defense Minister Harold Watkinson has disclosed that Britain and West Germany are considering joint development of a nuclear missile. Watkinson, who said the discussions were taking place with NATO approval, said no agreement had been reached as yet but that the missile would be held in NATO's atomic stockpile.



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