

cause of their extinction. In any case, some dinosaurs survived. They left their bones in Montana's Hell Creek Formation 40,000–250,000 years after the collision.

**THE HEALING BRAIN:  
Breakthrough Discoveries  
About How the Brain Keeps  
Us Healthy**

by Robert Ornstein  
and David Sobel  
Simon & Schuster, 1987  
301 pp. \$19.95

The more disrupted a person's life, psychologist Ornstein and physician Sobel found, the more likely he is to develop "a staggering variety of medical conditions," from influenza to leukemia.

R. W. Barthrop's 1975 study of bereavement and immune function indicated that fewer infection-fighting T-cells were at work in the blood of grieving spouses. The brain sends neurological signals to receptors now known to exist in organs of immunity (e.g., the thymus gland, spleen, and bone marrow) and can affect a person's ability to fight off disease. By the same token, people can enhance their immune responses by "purely psychological methods, such as suggestion, hypnosis, conditioning"—or even laughter. After hypnosis, for example, warts resistant to medical treatment may go away when the immune system wages an "all-out assault."

Patients' expectations also affect how fast a treatment works. In one study, half the subjects taking relaxation training were told their blood pressure should come down immediately, the other half, that results would show only after the third session. Those who expected quick results got them: Their systolic blood pressure fell seven times faster than that of the control group.

