

*The Ion Effect* Fred Soyka E.P. Dutton & Co. Int. New York 1977.

The author discusses the various observed mental and physical problems associated with certain positive ion bearing winds. Negative ions appear to have only beneficial effects. The effects of negative ions are destroyed by combination with particulate, and for that reason have been used in air purification systems. Ions have a number of physiological and psychological effects on living beings. Negative ions, associated with relaxation, allow us to absorb oxygen more readily, appear to promote the quality of alpha brain waves, and have been used as treatment for anxiety and fear neurosis. Positive ions are associated with increased levels of serotonin and reduced blood oxygen levels, and tend to speed up the metabolic process. Changes in the local natural electric field intensity affect hospital psychiatric admissions. The polarity of the full moon has been found to push negative ions of the ionosphere closer to the earth's surface, thus possibly accounting for greater aberrant behavior during these time periods.