

Simplicity and availability of the method, its fundamental difference from other existing approaches allows us to recommend it for both the medical staff and patients themselves. The author hopes that his work could help beginners as well as experienced smokers to give up smoking. His task will be fulfilled, if this technique can add, at least, a small part of those who have read this brochure to «the galaxy» of non-smokers and therefore healthy people. To reach a larger audience, the author publishes it at once in the Russian and English languages. It should be noted that the higher the person's educational is, the better this technique works. At the present moment, during 25 years of its use hundreds of people managed to give up smoking on their own.

The author will be grateful for constructive comments of his readers and asks them to send letters and reviews as well as possible questions to the following address:

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THE INVESTIGATIONS OF THE INFLUENCE OF THE TWO TYPES OF THE MAGNETIC STORMS ON THE HUMAN ORGANISM

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The present work was carried out at the project of the International Geosphere-Biosphere Programm «Global changes». According to the resolution of the General Assamble of the International Council of the Science Unions in Bern in 1986 IGBP became by the continuation of the programm «International Geophysical Year» (1957) and «Human being and biosphere» (1980). A study of the problems of the sun-biological relationships was first begun by A.L. Tchizhjevsky [1]. The investigations of the influence of the sun activity on the human organism were undertaken later [2, 3] regardless to the concretic magnetic storm.

The present article reports statistical results of the treatment of the medical and geophysical data. The medical data were taken from the station of the first medical aid. The station of the first medical aid is located in Murom of the Vladimir region that corresponds to the middle geomagnetic latitude

around 53°. The geophysical data were taken from the middle latitude geophysical observation Borok in Yaroslavl region. The observation is located on the same geomagnetic latitude 53° and on the same geomagnetic meridian 111°, which crosses Karelia and Scandinavia. Murom and Borok may be found in the projection of the plasmasphere on the Earth's surface under the specific geophysical conditions. The plasmasphere is one of the regions in the structure of the Earth's magnetosphere. The plasmasphere is subject to dynamics depending on the geomagnetic activity. According to [4], the intensification of the high frequency oscillations of the magnetic field of the Earth (the high frequency geomagnetic pulsations) takes place in the plasmasphere. A systematic study of the geomagnetic pulsations in Russia was begun since International Geophysical Year [5].

The medical data given in the article contains the recordings of the call time of the first medical aid in connection with sudden attack cardio-vascular and neuros diseases. Analysis is made in each variety of the following cardio-vascular diseases: chronic ischemia diseases of heart, hypertonia diseases, hypertonia crisis, stenocardia, myocardial infarction and in the each variety of the following neuros diseases: vegetative-vascular dystonia, neuro-circulatory dystonia, bronchial astma, myoneurasthenia, mental affection, psychosis, schizophrenia, insult. The medical data were chosen in accordance with the concrete magnetic storm because of the each case of the magnetospheric substorm is individual and does not repeat, according to [6]. The medical data were analysed in three time intervals: before the magnetic storm, during the magnetic storm, after the magnetic storm.

The geophysical data contain the information on the magnetic storms: the time of beginning of the storm, duration of the storm, the types of the magnetic storms (recurrent or flash), their particulars. Moreover they contain the information on the index of the geomagnetic activity and also the recordings of the geomagnetic pulsations. Only the high frequency geomagnetic pulsations (1-10 Hz), whose rhythms have coincidence with the human biorhythms, were chosen from the number of the known geomagnetic pulsations originated in the magnetic storm (substorm). The geomagnetic pulsations to be distinguish among the others pulsations are continuous pulsations Pc1 (pearl). The generation of Pc1 may accompany the magnetic storm and also it may be observed after the magnetic storm on a third-seventh days-nights. It is possible that they have a different mechanisms of the generation. It is possible, the fact is a reason of the different reaction of the human organism on the generation of Pc1. The instantaneous reaction of the human organism, expressed in the sudden attack of the cardio-vascular diseases or neuros diseases are observed during of the flash

magnetic storm accompanied Pc1. If the magnetic storm have a recurrent character (without the chromospheric flash on the Sun), than the reactions of the human organism on the Pc1 have a certain delay for 1–1,5 days-nights in relation to the beginning of magnetic storm.

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