

# LOHFF & PFEIFFER (L&P) USA

New and used Instruments– Repairs - Optimization and Customization

## The Benefits of Playing an Instrument (at any age)

### Introduction

Learning to play a woodwind instrument has many benefits. The complexity of practicing music helps you to develop your memory, concentration, intelligence, and other physical as well as mental abilities. Music is also a very social activity. As you improve your skills, you can play all sorts of music together with others. If you learn to play an instrument at an early age, it is great tool for personality development, and also helps with your self-confidence. For adults, it's a way to socialize with those who have a common interest. For everyone, music is just a lot of fun.

### Recent Study Provides Definitive Proof

In a recent study by the University of British Columbia in Canada, it was shown that high school students do better in Science, Math and English if they also take music lessons. The study concluded, that "School music achievement positively related to scores on all subjects" and interestingly, the "pattern was more pronounced for very high engagement in instrumental music". These are direct quotes from the study, which for reference can be accessed here: <https://psycnet.apa.org/record/2019-34936-001>

### Long term benefits

The long-term benefits of participation in music performance are also well documented by the scientific community. Universities also know that musicians will typically outperform their non-musician peers in all subjects. Additional scholarships are therefore often given to musicians especially in the Medical and Natural Science fields. At Lohff & Pfeiffer we see this playing out in the careers of doctors, lawyers, programmers and other academics, who also happen to be skilled musicians. Their need for high quality instruments is no less demanding than those of the professional players that we also serve.

### Starting as an adult

Although most people start playing an instrument in their childhood, it is a hobby which you can take up at any age. Nearly all the same benefits enjoyed by professionals, can also be achieved by beginners. Many communities also embrace players who are beginning or re-starting to play their instruments. In the USA for example there is a nationwide network of New Horizons community bands which cater to older and amateur players. At any stage in life, and at any level of playing, music is one of the best hobbies you can enjoy on your own, and with others, for your whole life.

### Why is music so beneficial?

Music is one of the best training tools for your brain. Besides studying the music itself, you will also learn how to control your breath, fingers, posture, hearing, voicing and much more. It is one of the most complex things your brain will do by creating so many cross-references. Finally, you will master all these things simultaneously and they will become second nature to you, like speaking another language fluently. But in all its complexity, you can learn most effectively, with the following three important pre-requisites:

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- a) Good instruction, to guide you into the right direction and correct your mistakes
- b) A reliable instrument (this doesn't mean expensive!), to prevent many mistakes
- c) Time to practice, which you should not waste by developing bad habits

The different mental techniques you learn can also be very beneficial in completely different disciplines. The fact that you will learn new skills and knowledge every day will make your brain produce more dopamine – this is the hormone which makes you feel happy. People who play an instrument will on average, show signs of mental degradation (like Dementia or Alzheimer's disease) later in life, because of the “complexity” their brains develop. If these diseases do strike later in life, musicians may not recognize their family members, but they are often able to remember all their music, and are often able to play it. It would therefore appear that music has benefits for us at every stage in life – from before birth, to our final years, and everything in between!

### More Information

On our new website [www.clarinet.dk](http://www.clarinet.dk) you will find many articles on all aspects of the clarinet; ways to improve it, model descriptions, tips and advice as well as an overview of many new and used instruments available. At L&P we are delighted to serve professional musicians, their students, and professionals in all walks of life. Your passion for music performance inspires us to exceed your expectations, by providing and maintaining instruments of the highest quality.