

Ray exhibits country

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hit "I Can't Stop Loving You."

And yet "Modern Sounds" is an odd landmark for Nashville. Recorded in New York and Los Angeles, it's a collection of country songs that sound nothing like traditional country music. Instead they are filtered through Charles' prism of jazz, pop, R&B and gospel.

Songs such as the Everly Brothers' "Bye Bye Love" and Hank Williams' "Hey, Good Lookin'" were interpreted as big band jazz numbers, while others including Williams' "You Win Again" and Don Gibson's "I Can't Stop Loving You" were done as lush pop songs with string orchestras.

Country radio largely ignored it. Despite being a No. 1 pop and R&B hit, "I Can't Stop Loving You" didn't even make the chart on the country side.

Not until the 1980s did Charles find success on the country charts, chiefly with an album of duets he recorded in Nashville with Johnny Cash, Willie Nelson, George Jones and Hank Williams Jr. That album, "Friendship," gave Charles his only No. 1 country song, "Seven Spanish Angels," a duet with Nelson.

A 1950s pioneer of soul with raw songs such as "I've Got a Woman" and "What'd I Say," Charles had performed and recorded country tunes before "Modern Sounds," even playing piano in a white country group, the Florida Playboys, as a young man.

But the album marked the first time he'd recorded a whole collection of it. The move seemed to validate the music of the Southern white working class during the heat of the civil rights era, and ABC-Paramount executives were nervous.

Exercise fights off Parkinson's

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Zigmond's lab made rats exercise before injecting their brains with a toxin that kills dopamine-producing neurons much like Parkinson's does. The exercise stimulated production of neuron-protective chemicals that shielded the rats' brains from the toxin — they lost almost no dopamine-producing cells and suffered no symptoms.

• Harvard researchers last year reported that men who exercised regularly as young adults were 60 percent less likely to get Parkinson's later in life than non-exercisers.

• University of Texas, Galveston, researchers put 18 Parkinson's patients into harnesses to keep them from falling and had them walk on a treadmill for an hour three times a week. After two months of the exercise, the patients walked a little faster when they weren't on the treadmill — with fewer falls.



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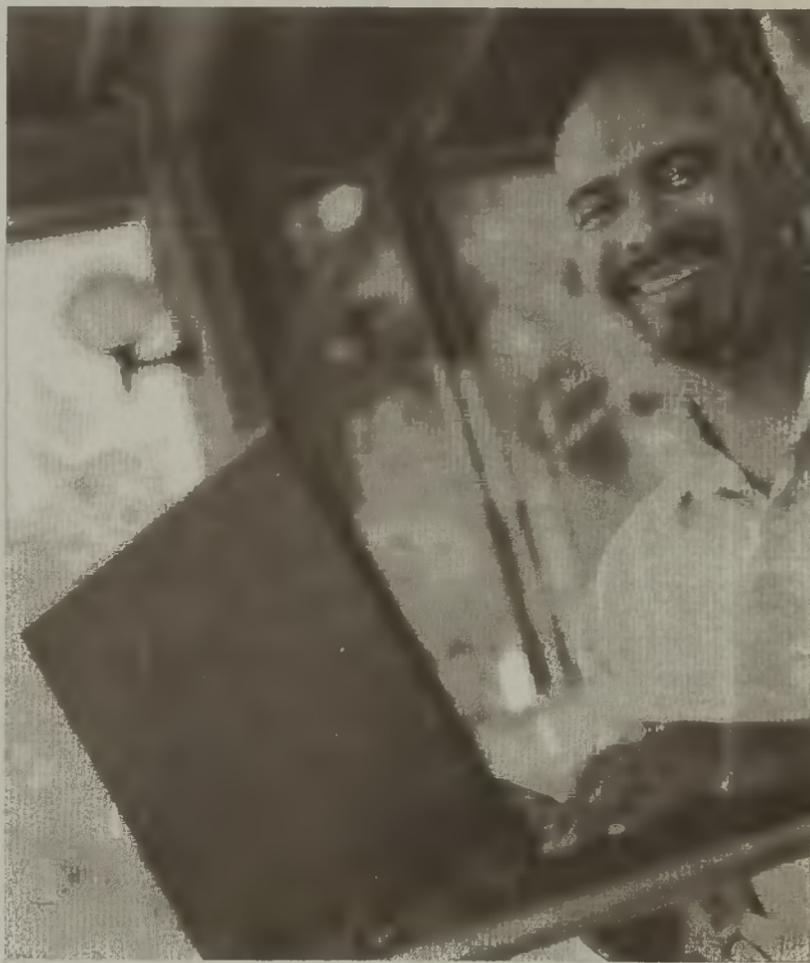
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