

# AATHe-zine

August 2005



## Humor Research:

### **International Society for Humor Research**

ISHS Historian Don Nilsen of Arizona State University compiles and provides bibliographies of humor research for the Society. The more popular bibliographies, divided by topic, are available below in Microsoft Word format. (E-zine Ed.: arguably the best source for laughter and humor references available) [www.hnu.edu](http://www.hnu.edu)

### **Jason Rutter - Humour Research**

Jason Rutter's Humour Research. Online Database of Humour References ... <http://les1.man.ac.uk>

### **Positive affect and health-related neuroendocrine, cardiovascular, and inflammatory processes.**

Published online before print April 19, 2005, 10.1073/pnas.0409174102

PNAS | May 3, 2005 | vol. 102 | no. 18 | 6508-6512

Andrew Steptoe \*, Jane Wardle and Michael Marmot

Here we show that positive affect in middle-aged men and women is associated with reduced neuroendocrine, inflammatory, and cardiovascular activity [www.pnas.org](http://www.pnas.org)

### **De-Stress Your Life and Save Your Heart**

By Gailon Totheroh

CBN News Science and Medical Reporter

He has hints such as these for lowering stress: "Surround yourselves by people who laugh a lot and enjoy that. It's a free gift that God has given us, and you can see all across every nation in the world, people enjoy laughter and the gift of laughter. [www.cbn.com](http://www.cbn.com)

### **A Laugh a Day Keeps the Doctor Away**

The Christian Post

Monday, Jul. 18, 2005

by Dr. Jean-Jacques Dugoua, N(sic)D

There are several ways to manage stress, but my favorite is laughter. [www.christianpost.com](http://www.christianpost.com)

The monthly, members-only, e-zine keeps AATH members updated on the latest developments in the world of applied and therapeutic humor.

Each link will open a new window for anything outside the AATH website. All web links below have been carefully checked and worked at the time of publication. If the link does not take you to the listed article, please contact the owners of that website about finding that article.

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## AATH in the News

### **Laughter: The best medicine**

By Elizabeth A. Katz

Daily Tribune Staff Writer, July 10, 2005

Angela Mazur, a psychotherapist with the Center for Creative Living in Royal Oak, has recently earned certification as a "laughter leader." She holds a Laughter Club at the center to help teach people how to laugh at life. (Editor: this article does suggest endorphin release with laughter which is not scientifically proven)

[www.dailytribune.com](http://www.dailytribune.com)

Thursday, July 14, 2005

### **Lillie Mae Tomlin, mother of Lily Tomlin, dies at 91**

Associated Press [www.courier-journal.com](http://www.courier-journal.com)

The Arizona Republic - On-line Edition

### **Mark Briggs just may be dogs' best friend ... Buddha book ... Not to mention**

Jul. 26, 2005 12:00 AM

(AATH member) Fran London of Chandler, health education specialist at the Emily Center at Phoenix Children's Hospital, also is a prolific author. She has written three nursing books, and on Thursday her book about the laughing Buddha was published by Chronicle Books of San Francisco. [www.azcentral.com](http://www.azcentral.com)

### **Comedy Club of a different shtick**

Rutland Herald, Vermont

Physicians out to prove laughter clubs are just what the doctor ordered

July 27, 2005

Steve Wilson, a psychologist, was lecturing in Asia when he learned about laughter yoga. He adapted the model to Western culture by de-emphasizing the yoga and founded the World Laughter Tour in 1998. (e-zine ed.: article (not Steve Wilson) states children laugh 300-400 times per day, adults laugh 15 times per day; this claim has not been scientifically proven). [www.rutlandherald.com](http://www.rutlandherald.com)

Helpguide

### **Humor and Laughter: Health Benefits and Online Sources**

Gina Kemp, M.A., and Cara Rosellini contributed to this article.

When we consider the inestimable benefits of humor, we want to bring as much laughter into our lives as possible.

(E-zine ed: AATH is quoted in this article. There is so much great info here and so many good sources that perhaps we can forgive the unproven claim of children laughing 300 times per day, adults 17 times per day) [www.helpguide.org](http://www.helpguide.org)

### **Humor Terapeutico**

by Esther Quintero Cartagena

Esther is a member of AATH from Puerto Rico. She has written a doctoral dissertation (in spanish)

[www.humorterapeutico.com](http://www.humorterapeutico.com)



## **HUMOR in the NEWS:**

Laughter filled the room while clowns rehearsed skits

By JILL SHERMAN, DAILY SUN

Thursday, July 7, 2005

THE VILLAGES - Anyone who had an unpainted face and was not wearing a bright wig and crazy clothes had to stay seated. That was a rule. <http://www.thevillagesdailysun.com>

### **"In The Beginning" Comic Strip Brings Laughs by Presenting the "Lighter Side" of Religion**

Distribution Source : ArriveNet

Date : Monday, July 04, 2005

““One of the most important ways to receive healing is by laughter,”” says Sushynski. ““I started “In the Beginning” to get people to laugh. Laughter brings healing to any kind of situation.”” <http://press.arrivenet.com>

### **How To Be A Comedian 101**

By Steve Roye, Global Comedy Network

Posted Wednesday, July 6, 2005

The course is being held at the Funny Farm Comedy Club in Roswell on July 23. The cost of the course is \$199. <http://www.cumminghome2.com>

### **Laughter, Still the Best Medicine**

by Mike Bellah, January 2004

Best Years Sometimes Begins in the Middle

"It seems laughter is still the best medicine," say Nobel Prize nominees Drs. Gael and Patrick Flanagan. (E-zine

Editor note: the claim in this article that laughter increases endorphins has not been proven. Also, the article states children laugh 400 times per day vs. adults only 15 times per day. This has not been scientifically studied) <http://www.bestyears.com>

### **Tears and laughter are good for you**

Story by Lee Wells

Star-Gazette.com, July 12, 2005

A good laugh and a good cry are both outward expressions of internal emotional states. They are also both mechanisms for change. (E-zine Editor note: this article claims laughter increases endorphins; not scientifically proven.) <http://www.stargazettenews.com>

### **Addicted To Our Laughter**

by SALLY JOHNSTON, EDMONTON SUN, July 8, 2005

Comedy Cares has been part of the festival since it started. It's a year-round program. Performers visit hospitals, care facilities, nursing homes. <http://www.edmontonsun.com>

### **LoLo Company and Laughter Heals Foundation Announces America's Funnest Kid 'Emily'**

In Her Honor, LoLo Company Will Donate Funds to Aide Those Affected by Hurricane Emily

SAN DIEGO, July 20, 2005 (PRIMEZONE) -- Bubbly nine year old Emily Zagorski has just been named

"America's Funnest Kid of the Year" after an extensive nationwide search cosponsored by LoLo (toy) Company and the Laughter Heals Foundation. <http://www.primezone.com>

### **For Marines in Iraq, Humor Offers Escape**

By ANTONIO CASTANEDA

Associated Press Writer

July 21, 2005, 3:58 AM EDT

As they have throughout their history, the Marines here often turn to jokes or pranks to relieve the tension of living in constant danger <http://news.yahoo.com>

### **With humor and faith, Stepan deal with ALS**

Tuesday, July 19, 2005

by Carol Moorman [carol@saukherald.com](mailto:carol@saukherald.com)

Not a day goes by that Kenny Stepan doesn't share his good natured humor with family and friends. It may be his version of "double-dutching" (jumping rope) or simply clowning around. Humor--and faith ... Without these, Kenny, his wife, Julie, and their two boys, Michael and Logan, don't know how they would have gotten through the past year and a half. <http://www.saukherald.com>

### **Laughter is the best medicine**

Bernadette Sedillos Self

El Paso Times

"Physically, when we laugh, there are some physiological changes in the body," the longtime counselor said.

"The feel-good chemicals are released, and we feel better."

<http://www.borderlandnews.com>

Montgomeryadvertiser.com

### **Cracking up can solidify office morale, ease stress**

By Dawn Sagario, July 29, 2005

Laughter and humor have, in the past, been overlooked as tools to alleviate the extraordinary amount of stress that workers are experiencing today, Rutter said. In her new book, "Breakaway Laughter: How to Lighten Up Despite it All" (VanderWyk & Burnham, \$12.95)(e-zine ed.: this article contains the as yet unproven claim that laughter releases endorphins).<http://www.montgomeryadvertiser.com>



The World of HUMOR



**HUMOR IN THE NEWS: RELATED ARTICLES**

### **Money really can't buy happiness**

by Tim Colebatch

The Age

Canberra, Australia, July 7, 2005

There was little difference between rich and poor Australians in their satisfaction with life overall - but the lower people's income, the more likely they were to be "totally satisfied". [www.theage.com.au](http://www.theage.com.au)

### **Money and happiness: How tight the bond?**

CNN International - USA

Much depends on your means, your attitude and who you're hanging with.

July 5, 2005: 1:51 PM EDT

By Jeanne Sahadi, CNN/Money senior writer <http://money.cnn.com>

### **The Happiness Scam**

Books

BY NICK GILLESPIE

July 6, 2005

he indicts self-help gurus as responsible for everything from increased divorce rates to lowered educational standards....

[www.nysun.com](http://www.nysun.com)

The Cincinnati Post

Wednesday, July 6, 2005

### **Healthier, wealthier, but not happier**

by Paul Campos

Our society is organized around the premise that ever-increasing levels of health, wealth, and liberty will produce ever-increasing levels of personal happiness and fulfillment. It's an eminently plausible theory, but it turns out to be wrong. <http://news.cincypost.com>

### **Who goes under the knife?**

Tuesday, July 5, 2005

By SHARI ROAN

LOS ANGELES TIMES

"Today many more of us see (body image) as an important part of personal happiness." [www.bergen.com](http://www.bergen.com)

### **Happiness Is the Best Medicine**

April 18, 2005

by Rowan Hooper

Wired News

it's hardly controversial to say that happy people are generally healthier than unhappy ones. That conclusion might be intuitively obvious, but just why are happy people healthier? (E-zine Ed: good summary of recent research on happiness, laughter, and religion/spirituality and health) <http://wired.com>

[Knowledge@Wharton](http://knowledge.wharton.upenn.edu/) (subscription) - Philadelphia, PA, USA

The main idea in the paper is that "emotions which are irrelevant to the judgment task nevertheless influence trust judgments in predictable ways," (Maurice E.) Schweitzer says. <http://knowledge.wharton.upenn.edu/>

Mind & Life Institute **Conference With Dalai Lama On "Science and Clinical Applications of Meditation"**

Nov. 8-10 (2005) In Washington DC; Georgetown and Johns Hopkins Co-Sponsor

The Dalai Lama feels through a better understanding of meditation and scientific applications that people can be helped to find inner happiness [www.emediawire.com](http://www.emediawire.com)

### **Enjoying the Moment**

Unable to anticipate or recall pleasure, people with anhedonia can have fun only in the present tense.

By Kara Platoni

Wednesday, July 20, 2005 [www.eastbayexpress.com](http://www.eastbayexpress.com)

### **Money Doesn't Buy Happiness -- But Nothing Does: Matthew Lynn**

July 20 (Bloomberg) -- Push aside that laptop. Put down that spreadsheet. Start planning a longer summer vacation. All that extra money you try to earn won't bring happiness.

The trouble is, not much else will either. <http://quote.bloomberg.com>

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## MEETING NEWS

**ISHS Newsletter** (accompanies Humor: International Journal of Humor Research, Issue 2, Volume 18, 2005)  
Lists and describes current and upcoming humor meetings, news, and abstracts of various humor scientific articles.

<http://unix1.cc.yzu.edu/~sattardo/HUMOR>

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If you see something you would like to share in our E-Zine, send the lead to

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