

# AATH e-zine

September 2005



## Humor Research:

Sense of Humor Research and Links  
Bennett Homepage

**Sense of Humor Research and Links.** Effect of Laughter on Stress and ImmuneFunction - 1997 Mary Bennett DNSc, RN. Dissertation Chair Janice Zeller, PhD, RN  
<http://www.indstate.edu/mary/humor.htm>

JAVMA News, June 10, 2005

### **Laugh yourself healthy Studies show humor-health link**

A study released this past February by Texas A&M University shows that humor may significantly increase a person's level of hope, which, in turn, could help an individual better cope with obstacles and stress.  
<http://www.worldvet.org/displayarticle2197.html>

### **“More than Trivial: Strategies for Using Humor in Palliative Care”**

Cancer Nursing 28.4 (2005): 292-300

Dean, R. A. and D. M. Gregory

This article presents findings from a clinical ethnography that investigated the phenomena of humor and laughter in an inpatient palliative care unit.

[http://www.nursingcenter.com/library/journalissue.asp?Journal\\_ID=54018&Issue\\_ID=594592](http://www.nursingcenter.com/library/journalissue.asp?Journal_ID=54018&Issue_ID=594592)

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 Really is the Best Medicine**

First Coast News by First Coast News Staff, August 3, 2005

Angela Mazur received her training through the World Laughter Tour Inc., created by Steve Wilson, a psychologist and founder of Ohio Professional Counseling Services. Mazur said the theory of laughter as a method of healing and pain reduction comes from a few sources. Arguably the most notable is Norman Cousins. Mazur and Wilson are AATH members.

<http://www.wjxx.com/health/news-article.aspx?storyid=41804>

Western Schools

### **Humor in Healthcare: The Laughter Prescription 1st Edition** Author(s):

Enid A. Schwartz RN, MS, MC, AATH member Enid A. Schwartz book: Humor in Healthcare: The Laughter Prescription, is the basis for this course for nursing continuing education.

[http://www.westernschools.com/westernsch/product.asp?did=27&pid=503&hr=&ob=nw&ft=ol&pg=1&sa =](http://www.westernschools.com/westernsch/product.asp?did=27&pid=503&hr=&ob=nw&ft=ol&pg=1&sa=)



## HUMOR in the NEWS:

Cantonrep.com

A Service of the Reposing, Canton , Ohio

**Judge: Mixing humiliation, humor works better than jail** By JOE MILICIA Associated Press writer

Using a blend of humor and humiliation, the Painesville Municipal Court judge has sentenced defendants facing low-level crimes to fates like sharing a sty with a pig and parading a donkey through town.

<http://www.cantonrep.com/index.php?ID=235732&Category=13&fromSearch=yes>

**Laughter could be 'jest' the right medicine**, Daily Republic Online Edition, Wednesday, August 3, 2005

by Mayrene Bates

Laughing stirs up the blood, expands the chest, electrifies the nerves, clears away the cobwebs from the brain, and gives the whole system a cleansing rehabilitation. (Ezine Ed.: this article says children laugh 400 time a day, adults 15; this has not been proven)

<http://www.dailyrepublic.com/articles/2005/08/04/columnists/newsbates.txt>

Cherry Hill Courier Post - Cherry Hill, NJ, USA Thursday, August 4, 2005

**ON THE JOB: Laughter a good way to relieve job stress**

Her book, Breakaway Laughter: How to Lighten Up Despite it All, Nan Crockett discusses the health benefits of laughter, which can increase blood flow and directly counter potential heart problems. FemaleFirst.co.uk - Ashton-in-Makerfield, Wigan, UK August 1, 2005

**Hugh Grant's laughter medicine**

Hugh Grant played practical jokes on his mother while she was dying of cancer - in a bid to keep her spirits up.

In a new book aimed at helping friends and families of cancer sufferers, entitled 'What Can I Do To Help?', the 'Notting Hill' actor reveals for the first time how he coped with mum Fynvola's illness and death.

<http://www.malefirst.co.uk/53432004.html>

The Canadian Jewish News

**Laughing It Up at the Antibes Community Center** by Pam Clavir, August 11, 2005

...we all know that laughter is the best medicine but this group prefers to think of laughter as "jogging for your internal organs."

<http://www.cjnews.com/viewarticle.asp?id=6995>

PR Web Press Release Newswire

**Laughter Is the Best Medicine for Middle Age**

August 11, 2005

What else can you do but laugh when you look in the mirror and discover that right there, under your chin, you've grown your own turtleneck? ...

Growing Your Own Turtleneck... and Other Benefits of Aging by Martha Bolton

<http://www.prweb.com/releases/2005/8/prweb270456.htm>

The Daily Times

Article published Jul 7, 2005

**Therapeutic clowning is an effective tool to promote the healing process**

**By Mary Bargion**

We believe in the healing power of humor," said Drew. "Sometimes we just listen." For the family and friends of patients, having a caring ear is a blessing.

<http://www.delmarvanow.com/apps/pbcs.dll/article?AID=/20050707/LIFESTYLE/507070319/1024>

Canadia.com News

Monday, August 15, 200

**'Laughter therapy' doctor Patch Adams honored in Peru**

Dr. Hunter (Patch) Adams, who was the inspiration for the 1998 movie starring Robin Williams, was awarded the first ever Excellence in Health Care Prize presented by the Lima-based Global Organization for Excellence in Health.

FT.com Financial Times

Laughter is the best medicine for France By Andy Bounds

Published: August 12 2005 19:28 | Last updated: August 12 2005  
France has proved immune to one export: the ability to laugh at one's dire straits.

<http://news.ft.com/cms/s/5dbd28ee-0b5a-11da-9939-00000e2511c8.html>

Arizona Jewish Post, August 12, 2005

**Humor in the therapeutic setting was once discouraged, but research now indicates it may significantly increase a client's hopefulness.** "Humor Me!" on Friday, Oct. 28, 9 a.m-4 p.m., will teach participants how to incorporate humor into their lifestyle so that it flows into the therapy session.

[http://www.jewishtucson.org/content\\_display.html?ArticleID=160817](http://www.jewishtucson.org/content_display.html?ArticleID=160817)

Cincinnati Enquirer - Cincinnati, OH, USA Tuesday August 16, 2005

**Recalling Will Rogers' unifying humor** Your voice: Peter M. Robinson

We would do well to remember Rogers, not to mourn his death but to recall his conciliating use of humor to unite the nation when things got tough. <http://news.enquirer.com/apps/pbcs.dll/article?AID=/20050816/EDIT02/508160308/1021/edit>

New York Daily News

**TV Telling Kids What's Funny? It's Laughable.**

Wednesday, August 24th, 2005

Don't touch that dial! Not unless you want your children to grow up to be clueless, sad-sack 40-year-old virgins. That's pretty much the message Cartoon Network is sending parents as it launches its new block of programming, "Tickle U," as in University: two hours of cartoons on weekday mornings that will ostensibly help preschoolers develop a sense of humor, without which they will lead a sad and lonely life.

<http://www.nydailynews.com/front/story/340004p-290188c.html>

Tickle U from the Cartoon Network <http://www.tickleu.com/>

An AATH member response to the NY Daily News article: *Tickle U has a banner on the bottom of the cartoon giving parents ideas on how they can help their kids learn a sense of humor. The Tickle U website is all about nurturing a sense of humor in kids.*

The Seattle Times

**Raising awareness of Crohn's via humor** Thursday, August 25, 2005, By Sherry Grindeland

For Saturday's Sixth Annual You Gotta Have Guts 5K, dozens of the teams have gutsy monikers. Team captains focus on intestinal and bathroom nicknames for a reason.

[http://seattletimes.nwsourc.com/html/eastsidenews/2002451467\\_grin25e.html](http://seattletimes.nwsourc.com/html/eastsidenews/2002451467_grin25e.html)

Shawano Leader

**Teen who braved brain cancer with humor, grace dies**

*By Carol Wagner and Donna Hobscheid, Leader reporters*

What all of them remembered was her sense of **humor** and never-give-up attitude. Jessie, 14, died Tuesday afternoon with friends and family around her.

<http://www.shawanoleader.com/articles/2005/08/24/news/news1.txt>

Rochester Democrat and Chronicle, August 25, 2005

**When stress hits, laughter is best medicine** By Rayza Santiago

Now, I know that some people who read this column may think that laughing is overrated and doesn't really solve anything in the real world. But it so happens that scientific research has shown that laughter really does have a positive effect on the body.

<http://www.democratandchronicle.com/apps/pbcs.dll/article?AID=/20050825/OPINION0105/508250342/-1/COLUMNS>



## The World of HUMOR

### HUMOR IN THE NEWS: RELATED ARTICLES

**Discover the secret to resilience: Coping skills can help you bounce back from trauma**

By Marilyn Elias / USA TODAY Thursday, August 4, 2005

Mental health experts are paying more attention to robust survivors such as Meili in light of a rapidly growing "positive psychology" movement that focuses on how to build human strengths and happiness. Published studies on these topics have increased by about 60 percent in the past four years, says University of Pennsylvania psychologist Martin E.P. Seligman.

<http://www.detnews.com/2005/fitness/0508/15/E01-268982.htm>

Life August 2, 2005

**In praise of grumpiness** by Sue Ferguson

We try and we try and we try and we try, but we can't get no satisfaction. And that's okay, because humans weren't meant to be happy

"We come to the world believing that there is such a thing as achievable happiness, that it is desirable and important, and that the things that we desire will bring it about," he (psychologist Daniel Nettle) writes in *Happiness: The Science Behind Your Smile* (Oxford University Press). "It is not self-evident that any of these are actually true."

[http://www.macleans.ca/topstories/life/article.jsp?content=20050801\\_109851\\_109851](http://www.macleans.ca/topstories/life/article.jsp?content=20050801_109851_109851)

Telegraph.co.uk - United Kingdom

**Spending boom fuelled by the desire for happiness** by Sarah Womack, Social Affairs Correspondent (Filed: 01/08/2005)

While spending patterns in the 1960s were characterized by fulfilling basic needs and in the 1980s by materialism, the trend now is towards personal fulfillment and emotional happiness.

[http://www.telegraph.co.uk/news/main.jhtml?](http://www.telegraph.co.uk/news/main.jhtml?xml=/news/2005/08/01/nspend01.xml&sSheet=/news/2005/08/01/ixhome.html)

[xml=/news/2005/08/01/nspend01.xml&sSheet=/news/2005/08/01/ixhome.html](http://www.telegraph.co.uk/news/main.jhtml?xml=/news/2005/08/01/nspend01.xml&sSheet=/news/2005/08/01/ixhome.html)

Knight Ridder Newspapers

**China 's newly rich gain anxiety along with wealth** by Katherine Corcoran

....said Carl Ratner, a cross-cultural psychologist with the Institute for Cultural Research and Education in Trinidad , Calif. "The problems associated with material success are just like in this country. People don't realize it. They just think, 'I'll be a success and have all these goodies,' but then they turn around and see all these problems."

<http://www.tallahassee.com/mld/tallahassee/news/world/12291357.htm>

The Washington Times

**High Income Brings Joy**

August 11, 2005

Money can buy happiness -- as long as you're richer than your friends, researchers say.

<http://washingtontimes.com/culture/20050810-101436-1280r.htm>

The Washington Post

**Improving your odds of a happy retirement**

by Jonathan Clements August 8, 2005

After four decades in the work force, the oldest of the Baby Boomers will retire over the next few years. How can these folks improve their odds of a happy retirement?

<http://www.sun-sentinel.com/business/sfl-ybsternspot08aug08,0,7677170.story?coll=sfl-yourmoney>

IC Wales

The National Website for Wales

**How else can you reduce stress?** by Molly Watson, Western Mail

August 10, 2005

Happiness leads to lower stress levels according to scientists at University College London, who reported happy people are better at dealing with stressful situations.

[http://icwales.icnetwork.co.uk/0100news/0200wales/tm\\_objectid=15839137&method=full&siteid=50082&headline=how-else-can-you-reduce-stress--name\\_page.html](http://icwales.icnetwork.co.uk/0100news/0200wales/tm_objectid=15839137&method=full&siteid=50082&headline=how-else-can-you-reduce-stress--name_page.html)

**Watch it: Too much happiness is harmful** By Marilyn Elias

USA Today August 25, 2005

Maybe you can never be too rich or too thin, but you can be too happy for your own good, says a psychologist who has studied the topic so thoroughly that he's often called "Dr. Happiness." (Psychologist, Edward Diener)

<http://www.lsj.com/apps/pbcs.dll/article?AID=/20050825/LIFE02/508250320/1079/life>

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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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