



# AATH E-ZINE

"THE BEST WAY TO CHEER YOURSELF IS TO TRY TO CHEER SOMEONE ELSE UP." -MARK TWAIN

THE MEMBERS-ONLY MAGAZINE FOR THE ASSOCIATION FOR APPLIED AND THERAPEUTIC HUMOR

## February 2010

# AATHe-zine

Dear AATH E-Zine Readers,

Please email me at [ezine@aath.org](mailto:ezine@aath.org) if you have an article, quote, etc. for future issues.

Thanks!

Chip Lutz,  
Ezine Editor



### MEMBERS in the NEWS:

[Warrenbrook Senior Center celebrates Valentine's Day on Feb. 10](#)

Independent Press - NJ.com

22, the Warrenbrook Senior Center will host a program, titled The Power of Laughter, from 10:30 to 11:30 am  
Certified Laughter Leader Yvette Halpin will

My doctor told me I was iron deficient...so I took up nail biting!

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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### Humor Research:

[The Science of Fun. Fun vs. Fear; run! Fight! Hide! ... or learn to chill out.](#)

Kelowna.com

"The laughter was accompanied by a sense of merriment and mirth," wrote neurosurgeon Itzhak Fried in the Science Journal Nature.

[Are All Smiles Created Equal? How Employee-Customer Emotional ...](#)

Humor International Journal Of Humor Research. More like this · Not All Smiles Are Created Equal - the Differences between Enjoyment and Nonenjoyment Smiles

[Tickle Studies, Ice Cream Truck Tunes, Avocado Seeds](#)

San Diego Reader

Anyway, more science brains suspect that tickle laughter is somehow linked to our basic panic response because of the brain centers that are involved

What does Superman eat for lunch? HERO Sandwiches!



## HUMOR in the NEWS:

### [Using Humor in a Campaign Supporting the Disabled](#)

New York Times

In the research, "people said they liked the funny and human tone," she added. The tenor of the campaign was endorsed by the actor in the wheelchair

### [Positive attitude, laughter can combat stress](#)

Herald Times Reporter

The DVD talked about research on monkeys that revealed those with more stress had more plaque in their arteries. In addition, brain cells affecting learning

### [It's no joke: Science mostly supports humor's positive effects on health](#)

NewsOK.com

... it's likely the effects of laughter and humor are mostly positive on your outlook, your ability to deal with pain and many other health factors.

### [Sundance Interview: Joan Rivers on her 'Piece of Work' doc, makeup-less face](#)

HitFix

The key to Rivers' humor, and the key to her own healing and happiness, is to laugh at one's self, to take hardship less seriously. "If you laugh at it,

### [Laughing all the way to better health](#)

Herald Times Reporter

There's a difference between humor and laughter, according to Hagenow. What someone finds humorous is personal and subjective

### [Laugh and the World Understands](#)

BusinessWeek

Laughter was particularly well-recognized by listeners in both groups, who agreed that laughter represented amusement, exemplified by the feeling of being

### [Global Laughter Club founder says laughing is more than just fun](#)

Prescott Daily Courier

At that time, he was writing an article for a health journal, "Laughter - the best Medicine." "He went down to a public park at 6 am in Mumbai, India,

### [Laughter is a universal language](#)

Telegraph.co.uk

Professor Scott, a Wellcome Trust Senior Research Fellow, said: "People from both groups seemed to find the basic emotions anger, fear, disgust, amusement

### [GRIN AND BEAR IT: FUN AT WORK - Nursing Novellas](#)

By Amy Vega

He has a deep understanding of the seriousness of health care, and recognizes that health care professionals deal with overwhelming stress. He knows that good-natured, respectful humor can help lighten that load, so he goes to work

### [Dr. Kestner: Seven tips to avoid mental decline](#)

Murfreesboro Post

Having fun is an often-neglected part of a mental and general health improvement plan. Having fun is healthy. Laughter stimulates the exuberant release o

### [Laughter-induced hiccups really nothing to worry about: the You Docs](#)

Plain Dealer

It's essential to find someone you feel good about partnering with in your health care. Dr. Michael Roizen is chief wellness officer at the Cleveland Clinic

### [Laugh heartily for good health](#)

The Hindu

The cacophonous crowd was soon drawn into rapt attention as Mr. Vijay Kumar took centre stage explaining how laughter was the secret to good health

### [City begins to organize World Laughter Day event](#)

Staunton News Leader

STAUNTON — The city is seeking vendors for the third annual World Laughter Day event at Gypsy Hill Park. World Laughter Day grew out of the practice known

### [A laughing matter](#)

City Pulse

... to learning to tap into happiness and not get bogged down by the suffering we find in life is essential. "Humor is a human characteristic," she said

### [What's Next: Pink Ribbon Comedy Tour](#)

Connect Savannah.com

By Bill DeYoung "Laughter is the breast medicine." If there's ever been a better pun tying in standup comedy with breast cancer research, I've not heard it

### [Laughter Yoga training course has participants feeling energized, joyful](#)

Durham Herald Sun

"As an adult, I feel like I don't laugh as much as I used to," said Christina Makarushka, a public health researcher for Social & Scientific Systems in

### [Top 5 Activities For Longevity](#)

Huffington Post (blog)

We know from research that laughter and joy boost immune functions, especially the production of the natural killer cells that help protect the body from

### [Putting the 'happy' in each new year](#)

Signal

Fine-focusing that view is aided through the application of humor. "I deal with tragedy every single day and that is why I learned that one of the main

### [Laugh your way to good health](#)

Hindustan Times

Dr Samir Parikh, psychiatrist and chief of department of mental health, Max Health Care, says that laughter is not a direct therapy for psychological o

### [For Your Health](#)

FOXNews

No joke: Laughter may really be the best medicine. Medical experts have found that laughing and an active sense of humor can stimulate your hea

### [Human Behavior](#)

Business Lexington

Research shows laughter improves digestion and relieves stress. Here's a question to jumpstart the laughter: "What is your funniest, most embarrassing

### [Laughing helps health? Seriously?](#)

Joplin Globe

By Andrea Steere According to a medical study from the University of Maryland, the effect of laughter on health is no laughing matter.

### [Laughing to heal](#)

NewsLink Indiana

Laughter clubs started in India after Dr. Madan Kataria wrote an article about laughing for a health journal. He found through research that there are many

### [Laughter is the best medicine](#)

The Amherst Daily News

Now, the Cumberland YMCA is incorporating laughter into some of its activities by forming a Laughter Club. Jessica Allen, health, fitness and recreatio

### [Humor keeps Franken going](#)

Princeton Union Eagle

Franken mentioned other incidents where humor or a fondness for show business had brought him and other senators together. Once he found himself talking

What kind of beer do couch potatoes like best? SPUD LITE!



The Guardian

Richter and Zonner explain that: "The clown is recognised universally as a symbol of happiness and creates smiles and laughter. The clown ministry, however

[What's so funny? Why humans and apes laugh for different reasons](#)

Daily Mail

In her latest research she found that primate species have since developed different functions for laughter. Naru the orangutan is helpless with laughter

[Make Happiness Happen!](#)

Parade Magazine

Truckers who text, according to research at the Virginia Tech Transportation Institute, are 23 times more likely to have an accident or narrowly miss

[Lessons to be learned from misfortune](#)

Danbury News Times

In the wise words of Helen Keller, "When one door of happiness closes, another opens, but often we look so long at the closed door that we do not see the

[An Employee Happiness Revival: 5 Ways Leaders Can Help Put the ...](#)

Amerisurv (press release)

Are your employees happy? Chances are good the answer is no. The most recent survey by the Conference Board research group suggests that only 45 percent of

[Happiness under a microscope: UBC helps lead a new scholarly focus on wellbeing](#)

University of British Columbia

New evidence from leading UBC happiness scholars, however, cautions against equating more money with more happiness. If anything, the truth may be closer to

[Pronoun may be key to happiness](#)

Metro Canada - Toronto

Maybe, but before you go "we, we, we" all the way home, let us try to square this insight with other research into pronoun choice at the University of Texas

[Can Happiness Make You Healthier Physically?](#)

Huffington Post (blog)

So far, research has shown that happy people may suffer fewer strokes, colds and respiratory illnesses. Happiness has been associated with faster recovery

[Work & Family](#)

Wall Street Journal

Research shows that employees' positive attitudes can be good for business ... What's different now is the emphasis on inner happiness, and controlling your

[Thinking Happy Thoughts at Work](#)

Wall Street Journal

... research, ancient religious traditions or both to inspire workers to take a more positive attitude—or at least a neutral one. Happiness-at-work coaching

[It's time to focus on positive organizational behavior.](#)

National Post (Blogs) (blog)

She states that a number of positive emotions, such as joy, contentment and happiness all share the ability to broaden individuals' thinking and action.

[The curse of positive thinking](#)

Irish Independent

"I would like to see more smiles, more laughter, more hugs, more happiness and, better yet, joy. "The first step is to recover from the mass delusion that

[There's a reason you're happiest on weekends](#)

USA Today

A paper he co-wrote last fall in the Journal of Happiness Studies found that people who engage in behaviors that increase competency but may be stressful or .

How do you fix a squeaky elephant? With Peanut Oil!!!

