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Laughter Good for You; That's No Joke

IN wise old King Solomon's Proverbs it is stated that "A merry heart doeth good like a medicine."

An item in a recent issue of "Newsweek" says that scientists already have shown that laughter is good medicine, primarily for relieving stress, and that they now are trying to find out what happens when people laugh.

Fortunately, we don't need to understand their scientific explanations in order to enjoy humor and benefit from a good laugh.

Laughter is said to calm tempers, soothe jangled nerves, aid digestion, relieve boredom, mitigate suffering, ease tension, and allay fears. It also may cover up nervousness or guilt.

People will laugh at almost anything. What they laugh at may be funny but it doesn't have to be. People will laugh if they hear the sound of laughter dubbed into a dull TV show, or if they see someone else laughing.

People will laugh at improbable situation comedies that are as nonsensical as old-time Keystone Cops

Making people laugh is a business for many. Last month Bob Orben of Washington, D.C., addressed the Oklahoma City Men's Dinner Club on how laughter is manufactured and used by public speakers, politicians and comedians.

Orben told of working on staffs of Bob Hope and President Gerald Ford and how these contrasting personalities made humor work for them. Orben now publishes a newsletter consisting of gags or jokes subscribers can work into reports, speeches and conversation.

Old vaudeville burlesque, with its ribald humor, is making a comeback. Drinking clubs entertainers and standup comedians on TV are doing pretty much the same sort of vulgar humor, according to reports, and people are laughing at some of the same old jokes, refurbished a little.

A radio station called WJOK-AM is to go on the air in Washington, D.C., soon. Instead of playing music, it will play comedy and tell jokes all

billities are limitless." In our nation's capital, that is believable.

Man is the only creature endowed with the gift of laughter. If done without malice, real laughs may be enjoyed by observing and pointing out characteristics of his fellow man.

Most of us have laughed at ridiculous stories told about Texas Aggies by their Texas University rivals. And at such jokes as the Minnesota question: "What is the best thing to come out of Iowa?" The answer is: "Interstate 35."

Society tends to suppress loud laughter as being ill-mannered, but a genuine contagious guffaw often adds to a group's merriment.

During our lifetime we have known several persons who had the gift of sincere loud laughter and envied their ability to generate as much enjoyment as whatever humor they might be laughing at.

The value of laughter was summed up well by an anonymous observer who declared: "He who laughs last!"