

## Sweetening the Days

Maybe all of us should consider sweetening our days, as some do with their coffee.

In an article entitled “Study Finds Doctors Respond Well to Sweet Treatment” appearing in the *Chicago Tribune*, writer Jon Van reported on the results of a study revealed at the 1995 annual meeting of the American Association for the Advancement of Science. Research was done to see how important kindness is in day-to-day relations.

In the experiment, researchers gave 44 doctors the symptoms of a hypothetical patient, and then asked for each doctor’s diagnosis of the illness.

But the real point of the study was not how well the doctors could diagnose the illness. Before the experiment began, researchers gave half of the doctors a bag of candy, saying it was a token of appreciation for their involvement in the study. The other doctors received nothing.

Alice Isen, a Cornell University psychologist, said the doctors receiving the candy were far more likely to correctly diagnose the patient’s problem. “Pleasant-feeling states give rise to altruism, helpfulness, and improved interpersonal processes,” she explained.



When God tells us to be kind to others, as always, He has a good idea.

Kindness is God’s program for making our world work better. We’ve discovered that in the mission of Life Care, Century Park and Life Care at Home. It is an important cornerstone upon which our company is built.

*Therefore, as the elect of God, holy and beloved, put on tender mercies, kindness, humility, meekness, long-suffering, bearing with one another, and forgiving one another (Colossians 3:12-13).*

– Beecher Hunter