

Waiting for Frog Noises

Dr. Thomas Cooper, the nursing home specialist at Life Care Center of Kennewick, Washington, offered his experience with humor in health care settings after reading the *Perspective* for this past Tuesday.



That post told about Hannah, a 6-year-old girl with cancer who lost all her hair due to the chemicals pumped into her body. To cover her head in public, she donned a ball cap with a fake ponytail sewn into the back. After a small boy followed her around in a store, trying to figure out what was slightly off about the girl, Hannah ripped off her cap, revealing her shiny, hairless head and warned: “This is what happens when you don’t eat your vegetables!”

About that story, Dr. Cooper commented, “It is amazing how much brighter the world can become to some folks on the cusp of transitioning to eternal life when they can approach each moment with awe and wonder.”

He said he was “always amazed at the sense of humor of my dying patients when I was with hospice. My favorite was an elderly man who was being bugged by his granddaughter to make a frog noise. She was really persistent over a period of a couple of weeks and so finally his curiosity got the best of him and he asked her why she was so interested in him making frog noises.

“Her response was, ‘Well, Grandpa, Daddy says as soon as you croak, we can go to Disneyland.’”

Humor does make a serious difference – in the workplace, at home, in all areas of life. Looking for a reason to laugh is necessary. Humor is infectious. The sound of roaring laughter is far more contagious than any cough, snuffle or sneeze. When laughter is shared, it binds people together and increases happiness and intimacy.

Research shows that humor and laughter strengthen your immune system, boost your energy, diminish pain and protect you from the damaging effects of stress. Best of all, this priceless medicine is fun, free and easy to use.

Dr. Paul E. McGhee is a pioneer in humor research, laying the groundwork for the current interest in the health benefits of humor. “Your sense of humor is one of the most powerful tools you have to make certain that your daily mood and emotional state support good health,” he said.

(more)

With that, here is another story from Dr. Cooper. He was on a Southwest Airlines flight years ago. “The attendant was doing the ‘this is a non-smoking flight’ spiel, and then said that if you absolutely must smoke in flight, please feel free to use the smoking area over the wing, and while you do, watch our in-flight movie – *Gone with the Wind!*”

Find reasons to laugh today.

A merry heart does good, like medicine (Proverbs 17:22 NKJV).

– Beecher Hunter

