

June 2019 Health Notes by Evelyn Ames

Time for Humor, Laughter and Music!

A remarkable thing about the computer age is that one can revisit vignettes of past years via You Tube. For summer enjoyment, here are several humorous and musical comedic performances and spoofs easily found on YouTube. A specific web site is not needed. Just type the suggestion and voila, you have the performance. In addition, a couple of suggestions of music to warm your soul. Four recent news reports are suggested.

1. Want a short description/explanation of Carmen? Type on search line Andy Griffith and Carmen. Also, check out his “What it was, was football.”
2. Anna Russell’s famous synopsis of Wagner’s Ring cycle. Type “Anna Russell the Ring”. Her description of “Writing Your Own Gilbert and Sullivan” is also a must. Her “The (First) Farewell Special” covers these and other humorous performances.
3. Carol Burnett and Julie Andrews were in a special television program years ago. Type Carol and Julie at Carnegie Hall and click on their various skits.
4. Among the many Victor Borge videos, check out “the best piano performance ever”. Also, “Borge plays Chopin”.
5. Rolf Harris’ Waltzing Matilda (with lyrics and explanation) and his “Tie Me Down Kangaroo Sport at Royal Albert Hall.”
6. The British duo of Flanders and Swann and their songs about the Hippopotamus and the Gnu. Easy to access by typing their names and the two animals on the search line.
7. The late Tim Conway of Carol Burnett show: type his name and several skits are available (e.g., the dentist).
8. Type Saturday Nite Live Alexa old people (or seniors). “Alexa” is not “cooperating” or doesn’t understand the commands or vice versa.
9. Jeanne Robertson: “Flight attendant deals with a bad potato.” “The Christmas Bike.”
10. “Lutheran Airlines” on You Tube.

Note: *Health Notes* Sept and Oct 2007 (Laugh for the Health of It) and April 2014 (Adding Joy and Laughter to Healthy Aging) explain effects of humor on health.

Music to stir your soul and for enjoyment: Nana Mouskouri sings *va Pensiero* from “Nabucco de Verdi”. Or, “Nana Mouskouri – Libertad (*va Pensiero*)”. Or: *Je chante avec toi Liberté*. Enjoy Greek music? View the 1984 concert of Nana Mouskouri at Herodes Atticus (in Athens). Schubert – *Notturmo - Adagio* in E Flat.

Four suggestions for quick summer reading: 1. “CBD Goes Mainstream.” *Consumer Reports*, May 2019. Cannabis derivative promoted to ease anxiety and soothe pain. Potential health benefits/risks, legal status, how it is sold and current testing of contents. 2. “Home Smog: When it comes to air pollution, indoors may be worse than out.” *The New Yorker*, April 8, 2019. 3. “The Truth About Sweeteners: comparing sugar and sugar substitutes.” *Consumer Reports on Health*, May 2019. 4. “Canada’s new dietary advice about sugar substitutes: Will U.S. follow suit.?” *Washington Post*, May 13, 2019.

Note: a few copies of compilation of Health Notes, dating from September 2005 through June 2019, will be available at the July WWURA picnic. If you would like an emailed copy, let Evelyn know.