

Кравченко Артем Юрьевич

ГУО «Средняя школа № 28 г. Витебска»,

учитель – Иванова Юлия Владимировна

GSOH: A Necessity Or ... A Nuisance?

Possessing a sense of humour is no laughing matter – it's a serious topic for speculation and discussion.

I've always wondered why people appreciate this personal trait so much. I guess, 99% of personal columns and dating advertisements list this quality as one of the most attractive, vitally important and highly desirable in a prospective partner.

So, GSOH. Is it really a necessity, a “must have” or can the mankind possibly do perfectly well without one?

While investigating the matter I came across a curious fact: it appears that the ancient Greeks believed that human body, health and emotions were controlled by four fluids known as ‘humours’. They stated that the balance of these humours determined a person's temperament. Tranquil, cold-blooded people were said to have more phlegm; people who got irritated easily were considered to have more cholera. The word ‘humour’, therefore, acquired the meaning “disposition”, which later on transformed into “the ability to amuse and be amused”.

First and foremost, it's necessary to clarify the nature of the collocation “sense of humour”. Why do we use the notion ‘sense’ in correlation with ‘humour’? If we consult Longman Dictionary of Contemporary English, we'll find the following definition: sense is “a feeling about something; the ability to understand or judge something; one of the five natural powers of sight, hearing, feeling, taste, and smell that give us information about the things around us”. The latter is true when speaking about the five broadly recognized senses meaning a physiological capacity of organisms to perceive data via a sense organ (eyes, ears, tongue etc.). This list can be extended and include sense of vibration, balance, pain etc. Thus, it's right to state that ‘sense’ means the ability to recognize stimuli and, when correlated with ‘humour’, the ability to detect and interpret something amusing or funny, a capacity to encode and decode this information and, which is of no less importance, appreciate it.

It should be also stressed that some dictionaries define ‘sense’ as “an intuitive or acquired perception or ability to estimate” which drives us at a conclusion that sense of humour is not necessarily inborn quality. It can be learnt, taught and developed. This statement can be proved by the fact that small children and grown-ups may find absolutely different things humorous. Small children favour the simplest forms of humour where the message is vivid and lies on the surface, while grown-ups are able to appreciate sophisticated and refined forms of humour such as play on words, reading between the lines, comprehending satire.

The sense of humour must be singled out as man’s most important quality as it is associated with laughter and laughter, in turn, is associated with happiness. It is uniquely human and distinguishes us from animals. Laughter serves as a unifying force, one of the great oilers for the wheels of social interaction. Even in the worst times laughter can make people feel better. Humour may help tell a difficult truth or soften criticism. A humorous approach to the challenges life’s got ready for a person can serve as an effective way to reduce their unfavorable affect, deal with distress and cope with negative emotions. It helps overcome anxiety and depression, maintain a sense of satisfaction in life and higher self-esteem. Francis Bacon once said: “Imagination was given to man to compensate him for what he is not; a sense of humour to console him for what he is”. I can’t but agree with the statement and reinforce it with a quote of another great person, Mahatma Gandhi: “If I had no sense of humour, I would long ago have committed suicide”. Such interpretation of the notion equals it to optimism which softens our life path performing the functions of a damper. “A person without a sense of humour is like a wagon without springs. It’s jolted by every pebble on the road”. (Henry Ward Beecher) It goes without saying that people with no sense of humour are boring to be around with. Presumably, that’s the reason why GSOH ranks so high when searching for communication or date partner.

Now, here comes the question of ‘good’. What sense of humour are we supposed to consider good? To deal with humour trying to assess it as good or bad is quite a dangerous business. We must be aware of the fact that humour of a nation or an individual is an integral part of the nation’s culture and the individual’s social background. Many jokes mask the underlying prejudices and stereotypes about people from different regions of the country or various sectors of the society. Englishmen are known for their specific sense of humour which is at times not easy to comprehend for a Slavic person. Western mentality does not fit Asian mind-map. Thus, we may conclude that humour is likely to vary from country to country. Furthermore, we must take into account the fact that the

concept of good humour is different for different social strata (or segments of population). Next to this, we must consider the possible contradiction in approach to what is good and funny from generation to generation. Some humour may happen to be understood within a small community only. And, finally, one must also distinguish the gender peculiarities of humour. It's common knowledge that male sense of humor differs from that of females. Therefore, we are rightly to speak of at least five categories of humour: based on the place of living; social background; gender; education; the age group or generation a person belongs to.

Which combination can be considered good? Is there a universal formula which would give a person a 100% guarantee to be perceived as having a good sense of humour and thus appreciated by everyone? I doubt it. To my mind, it's rather **shared** sense of humour what the acronym GSOH stands for in personal advertisements. People seek for someone able to get their humour and be in-tune with them.

Finally, I'd like to point out, that although laughter and humour go side-by-side and even may be thought of as synonymous, one must not substitute the concepts. According to our ancestors, humour is limited to positive emotions and well-being and is associated with happiness. It should never offend or hurt. So, viewed from this angle it just can't be assessed as bad. It's always good and it is a necessity. One just have to find the right person.

Слесарева Полина

ГУО «Гимназия №3 г. Витебска имени А.С.Пушкина»,

учитель – Козак Оксана Васильевна

GSOH: A Necessity Or ... A Nuisance?

What is the humour? The dictionary defines it as the ability to notice phenomena in their comical, funny side. Then laughter is one of the reactions to humour. Only the man is able to joke and laugh.

What is the use of a simple joke? Probably everyone is familiar with the saying: "Laughter prolongs life" or "Laughter is the best medicine". These sayings appeared not just because the healers of the middle Ages prescribed the sick comic clownery to accelerate the recovery of their patients. And today many doctors believe that humour has a positive effect on the recuperation of the patient. Italian scientists have even discovered that to improve the health status of the person he needs to laugh about 30 minutes a day.

I strongly believe that it is very difficult to go through life without a smile and a joke because every day of our existence is accompanied by stress. Humour distracts us from problems. When you are in a difficult situation, you find something funny and then the tensions and anxieties are receding.

That's why in ancient times the fishermen had a tradition to go to the sea with a group of people who knew how to joke, to sing and entertain the crew. Even then people understood the value of humor in a difficult, monotonous life being separated from their families. Good jokes prevented from quarrelling and saved from a nervous breakdown.

In bad times humour helped people survive in a severe struggle for existence. In his poem "Vasily Terkin" Alexander Tvardovsky says: "There is no one minute without jokes in a war".

When I am not in a mood or gloomy my friends and family try to cheer me up and- it works! It helps because a good joke can encourage, make us look at ordinary things with a fresh eye, give strength and optimism. When a person is depressed and feels lonely, deprived, worried about something, humour is simply a necessity!

Good humour makes many complicated things simpler and sometimes it is quite enough just to speak in a kind and gentle way, smile, then people feel importance and care...Joke and humour help move the conversation on other rails and change its color. Knowing how to make fun of yourself can ease the situation.

However, even Pythagoras said: "Joke, like salt, should be consumed with moderation". I fully agree with this ancient Greek philosopher: all people have different perceptions of humour and different ways to treat it.

A joke should not be only a source of resentment, cause unpleasant emotions. It is necessary to joke carefully so that you won't upset others. But Mark Twain believed: "Humour activates the mechanism of thought." The proof of this is the IG Nobel prize. The prize is presented by genuine Nobel laureates in Sanders Theater at Harvard University, USA. This award is given to scientists for their absurd and ridiculous inventions. Throwing paper planes onto the stage is a long-standing tradition at the IG Nobels. Ten IG Nobel prizes are awarded in early October, at the time when the real nominees of the Nobel prize are named, "for the achievements that first make people laugh, and then make them think".

Every year real Nobel laureates in fake glasses with fake noses come to present the Ig Nobel winners with their awards. The winners's speech is limited to 60 seconds. The laureates are given a prize which can be made in the form of a foil medals or in the form of clanking jaws on a stand and a certificate.

A few days after the ceremony at the Massachusetts Institute of technology the informal IG Nobel lecture is held, during which the winners can explain their research and its significance.

The award was instituted by Marc Abrahams and the humor magazine "Annals of improbable research" in 1991. The prize is awarded for the unusual and

ingenious research in order to attract attention and to spur people's interest in science, medicine and technology.

For example, one American scientist has received the prize for having proved why most people shudder when they hear the squeak of chalk and nails on a chalkboard. It turns out that if to increase the loudness of this sound it will be very similar to the cry of the chimpanzee, warning of the danger. That is why we shudder.

The physicists of Italy, France and the UK have assembled a team of researchers to solve a very important problem: can a person walk on the water? A brilliant team, led by Alberto Minetti, was able to prove that a person is really able to walk on its surface but on condition that the reservoir is on the Moon.

One more example of the IG Nobel prize winners are vets from France who estimated that fleas living on a dog, jump further fleas, living on cats. The German mathematically studied the law under which the beer foam disappears.

Of course, at first glance, the problem posed in the studies, looks so weird that it is unclear how anyone could have hit on this idea. But having laughed, we think – is there anything deeper?

It turns out that humor is a serious business. As Pierre Richard said: "It is often our only weapon against all the nasty things and injustices of life."

Personally for me humour helps to defuse the situation, tune in on a positive way, look at the situation from a different angle and just smile. It is always with me, wherever I am.

Following the words of John Galsworthy I advise everyone: "Don't lose your sense of humour! Humour for a man is just the same as the flavor for a rose".

Лещинская Юлия

ГУО "Средняя школа № 1 г. Лепеля",
учитель – Ключникова Марина Николаевна

GSOH: A Necessity Or ... A Nuisance?

Would I say a sense of humour is a necessity? Probably not, if we see a necessity as a necessity to eat, to drink, to sleep and other physiological needs of a human that we need to survive. We can survive without sense of humour. But definitely I would not say that a sense of humour is a nuisance because humour is very important in a person`s life. Why is it so important?

Firstly, scientists say that positive emotions and laughter prolong people`s life. Besides, as it has been proved, people who think positive are much happier and more successful. And humour is a quick way of creating the laughter, positive emotions and the happiness. What is more, the pleasure of humour is beneficial to our studies and our health. Learning and memory increase when we are in high spirits. As for me, I can do my homework more quickly and more effectively when I am in a good mood and feel happy. When I feel gloomy I do not want to do it at all. In this case watching some humorous program or a nice comedy is one of the ways to cheer up. Moreover, and again it has been scientifically proved, if a person is ill a sense of humour and positive emotions can help them recover faster. They can reduce pain. They do a lot of good to our mind and body. The reason for this is that when our facial muscles take a form of a smile our brain starts to produce a hormone of happiness.

Secondly, a good sense of humour can help us cope with everyday problems and stressful situations. Everyone wants something from us! Parents, teachers, even our friends and classmates! And I feel this pressure almost every day. One of the greatest ways to cope with it is humour. I am a teenager, so sometimes I have an argument with my Mum and deep in my soul I know I am not always right. The easiest way to make up the quarrel is to make fun of the situation and to have a

good laugh. It always works! It is a way to reduce anxiety and discomfort which I deal with very often. Besides, humour brings us joy as we can things in a very different and unexpected way. We laugh when we hear a joke and think to ourselves 'Oh, I have never thought of this that way'. So, we understand the world around us better.

I personally use humour to express myself. People do not like to be in a company of people who always complain about everything and look for a company who can make them laugh. Everyone loves a funny person. And I am not an exception. It is about either you have a sense of humour yourself or you understand the humour of other people. By the way, they say, that you are a humorous person if you can understand the jokes of others rather than you create a good joke yourself. It seems to me that I am the person who understands a good joke, though my friends say that I am good at joking, too. But here we have to be very careful so that we do not hurt other people`s feelings. The wrong sense of humour can humiliate our closest people: relatives and friends. We should make sure that we do not offend them. That is why we speak about *good* sense of humour.

To sum these all up, I can say that humour is a necessity not vital, though. And not a nuisance unless it is poor taste! Humour helps us be healthy, happy, make friends easier, and also cope with everyday stress and daily routine. It makes our life more pleasant, enjoyable and brighter. It allows us to avoid conflicts and to be more confident and consequently, to be more successful in studies, in friendship, in love, in live. So, humour works wonders!

Комаровская Лолита-Мария

ГУО «Гимназия №3 г. Витебска имени А.С.Пушкина»,

учитель – Захарова Ольга Александровна

GSOH: A Necessity Or ... A Nuisance?

Do you have a sense of humour? Do you know people who lack it? How important is this quality? These are very obvious questions if we keep in mind a word humour. In my opinion a good sense of humor is one of the most important qualities that one should possess.

Our daily life is mechanical and under stress and to relieve from such stress we need happiness to run the life smoother. As everyone is facing with different problems, we are under stress with lack of happiness in our lives. That's why a good sense of humour makes someone's life more joyful and makes things easier. Let us consider what advantages and disadvantages of humour are.

Many people think that happiness makes a person dare enough to deal with big problems and make the life miserable. Scientifically it is proved that due to happiness one's health would be better as one smile makes our face nicer. Generally people with a good sense of humor make other people around them happier and it leads to a comfortable life.

There are some sort of people like Charlie Chaplin who makes others feel excited and amused with their humour despite of their personal problems. People with a good sense of humour generally possess positive attitude in life and faces everything in an easy way. In fact most people love to watch comedies to get rid out of the troubles and out of the world for some time by watching them or just reading comics to be happy. I have some friends who are calm and serious but at the same time they prefer watching comics and it proves that people being serious love a good sense of humour despite of their own personality. I value people who like to make others be happy and enjoy seeing a smiling face as the smiling face costs a lot.

Since many people view that having a good sense of humour as an admirable quality, they usually try to find that quality in potential friends and soul mates. Having a good sense of humour helps not only to relieve stress, but it breaks the monotony of everyday life.

I think that humour is very important for everyone. In bad cases of our life just a joke can save our mood. Humour is Art, people spend time at the stand-ups. Humour is a profession for comics. Humour is needed in awkward silence. In the awkward silence people feel very uncomfortable, and you can save this situation with a good joke.

If you want to make a good impression at the first meeting or date with unknown men, you can use jokes to show your good side and not to seem silent and misunderstood. If you are silent and shy, you can't get along with a person.

Humour helps us to maintain a correct sense of values. If we can see the funny side, we never make the mistake of taking ourselves too seriously. The sense of humour must be singled out as the man's most important quality because it is associated with laughter. And laughter, in turn, is associated with happiness. Courage, determination, initiative – these are qualities we share with other forms of life. But the sense of humour is uniquely human. If happiness is one of the great goals of our life, then it is the sense of humour that provides the key. One should note here that laughter unites people, laughter depends on a sense of humour.

But you can find a bad side of humour. It is a bad sense of humour – black humour. These jokes are bad and immoral. These jokes can hurt someone's feelings. If a man can't understand sarcasm and irony, your jokes can break relations with this person. Satire and irony can be harsh and cruel, not funny at all. You should think about your words before you say something, if you don't tend to break your good relations.

Generally, a person possesses a number of qualities which help in different situations. Some of them are highly important, while others are a bit less. Talking about a good sense of humour I should say that it is not a vital quality to survive in

the world, but it is very necessary to have it. You may laugh at everything you want but it doesn't mean that it differs you from other people.

The other good thing about a good sense of humor is that it helps us to make friends. Laughing on the same joke or situation makes people closer. A sense when it is appropriate to joke and that a joke can encourage others or make others feel better.

Next, a good sense of humour may help in your carrier. A boss may appreciate a good joke; it can raise his or her mood, which is good for every employee.

Finally, even some people may find a good sense of humour as one of the most attractive things in a person. I think that a person with a good sense of humour is like the sun that shining in the sky. And it is pleasant to communicate with them. Nevertheless, as I have already mentioned, a person would not die in the modern society if he or she did not have a good sense of humour. We know that the vast majority of people believe that they have an above average sense of humour, so many of us are obviously wrong in our self-assessments. Does a good sense of humour mean that you can produce humour, or is it sufficient to be someone who appreciates humour? Since not all humour is "nice", does a "good" sense of humour apply only to those who use humour nicely? I know people who have a great talent for remembering and being able to tell jokes. They are fun to be around, they make others laugh, but very little of the humour they produce is their own creation. Most people would probably view these joke tellers as having a good sense of humour. I have been told that I am funny, but I have absolutely no ability to remember a joke. What I share occurs to me more spontaneously, and is usually unplanned.

Moreover, some people have a specific sense of humour which is not good in a common sense. These people search for those who are lack of humour and also have great lives. People, who have a good sense of humour, have a lot of friends, because spending time with them can cheer you up. But I think that people with a bad sense of humour don't have a lot of friends because they are not easy going. When they try to joke, it looks stupid.

It can be stated that possession of a good sense of humour is an extreme and important advantage. However, if a person does not possess it, it is not an end of the world. The true master, with the ideal "sense" of humour, knows when to use humour and when it is not suitable.

Воронцова Екатерина Алексеевна

УО «ВГУ им. П.М. Машерова, магистрант

GSOH: A Necessity Or ... A Nuisance?

Now everybody would agree, it's vital! How would you otherwise face the hardships and difficulties of life without a happy grin on your face???)

It's practically impossible to study and work, get married and divorced, win or lose without slight carelessness though accompanied by some wise and clear understanding of things. It doesn't mean you're some flibbertigibbet, it means you have the proper, healthy, positive attitude to life, people, events, feelings...

Humor is like a shield that keeps you safe from frustration, it pays attention to the silver lining, makes the cloud look brighter. And rainy days pass away ... in a hurry))

You know, politicians are well aware of the power of humor that will lead you to the top of the ladder. Gorbachev was highly respected abroad because he was smiling and had a nice sense of humor – and that influenced the international relations in a positive way.

Good-humored people are trusted more, readily admitted to societies and clubs, make their way easier (and with great fun!)) Careers are open to the smart and funny. You may not remember the professor's lecture but you mostly sure not to forget his witty one-liner. Jokes add to the image not less than honors and achievements! Funny, right?))

Now let's consider the cases when it is or may cause a nuisance. There may be a misunderstanding because of information gap, poor background, illiteracy... Now a good joke becomes an offensive weapon and causes people feel awkward.

There are situations when it's safer not to tell jokes (at the funeral, for instance)

But on the whole the meaning of good humor implies kindness, being appropriate and not hurting other people's feelings. It's a sign of high intelligence and morals.

Let's innumerate the positive effects of good humor:

- ✓ can ease the tension
- ✓ helps to solve problems
- ✓ promotes to higher position
- ✓ keeps the relationship from break-up
- ✓ one can cut down on antidepressants
- ✓ cures diseases
- ✓ helps to adjust to changes
- ✓ you enjoy life better
- ✓ make people laugh
- ✓ calm down
- ✓ create a relaxed atmosphere
- ✓ defeats fear
- ✓ helps to avoid stress
- ✓ helps to make friends
- ✓ one can become the soul of the company
- ✓ helps to find your match
- ✓ save your life

Let me finish with the words: **Good humor is one of the best articles of dress one can wear in society** (William Makepeace Thackeray)

Ильина Надежда

ГУО «Гимназия №8 г. Витебска»,
учитель – Пенязь Марина Викторовна

GSOH: A Necessity Or ... A Nuisance?

A sense of humor is defined as a person's ability to see something funny in a story, environment or situation. But when can a sense of humour be acknowledged as good? It is generally agreed today that when a person has a good sense of humour, it means he knows how to downplay awkward or worrisome situations by making others laugh about them. A good sense of humour doesn't mean memorizing jokes and jamming them into conversations, it responds to the flow of conversation in ways that are creative and entertaining. Let us consider what the advantages and disadvantages of GSOH are.

First and foremost, good sense of humour is an important feature of today's image of an ideal person. There's no doubt that no one wants to deal with gloomy and sullen person, that's why the ability to cheer someone and to be the soul of a company is valued very much. Since many people view having a good sense of humour as an admirable quality, they usually try to find that quality in potential friends and soul mates.

Another good thing about GSOH is that it breaks the monotony of everyday life. For the great majority of people it's the only way to distract from routine and get a fresh vigor on life. What is more, good sense of humor helps to look at your problems from the optimistic point of view and not to give up during the toughest periods of your life.

We cannot ignore the fact that GSOH not only combats stress, but also, according to research, can help you better cope with pain, boost your immune system, reduce stress and even help you live longer. No wonder it's said that laughter prolongs life.

On the other hand, we can observe that people with good sense of humour usually attract everyone's attention, so they may turn into egocentric. People with such feature frequently become self-assured, arrogant, inattentive to others and selfish.

One should, however, not forget that there're still situations where humour is not appropriate or even offensive. Sometimes people get too much involved into

joking and forget about feelings of other people, as a result gaining reputation of a rude, disrespectful and ignorant person.

Despite all the positive sides of GSOH, it doesn't really help in serious spheres such as science, politics, medicine, economics. So having a good sense of humour can't guarantee a respectable job and being successful in life.

As for me, I believe that GSOH is a really valuable instrument in avoiding and resolving conflicts. For example, when you start a dispute and getting out of it becomes difficult, it is worth making the opponent laugh in order not to complicate everything. Moreover, it's not so easy to begin a conflict with someone who constantly jokes, and very few want to arrange it against such a positive person.

In conclusion, I can say that although GSOH helps to find friends, makes life diverse, helps to cope with stress and avoid conflicts, you should be careful about where and who to use it with. Don't overestimate it, because true friends are not valued for the ability to make cool jokes, but for their sympathy, understanding and trustworthy.

Смирнова Дарья

МОУ «Гимназия г. Раменское» Московской области,

учитель – Гусева Людмила Владимировна

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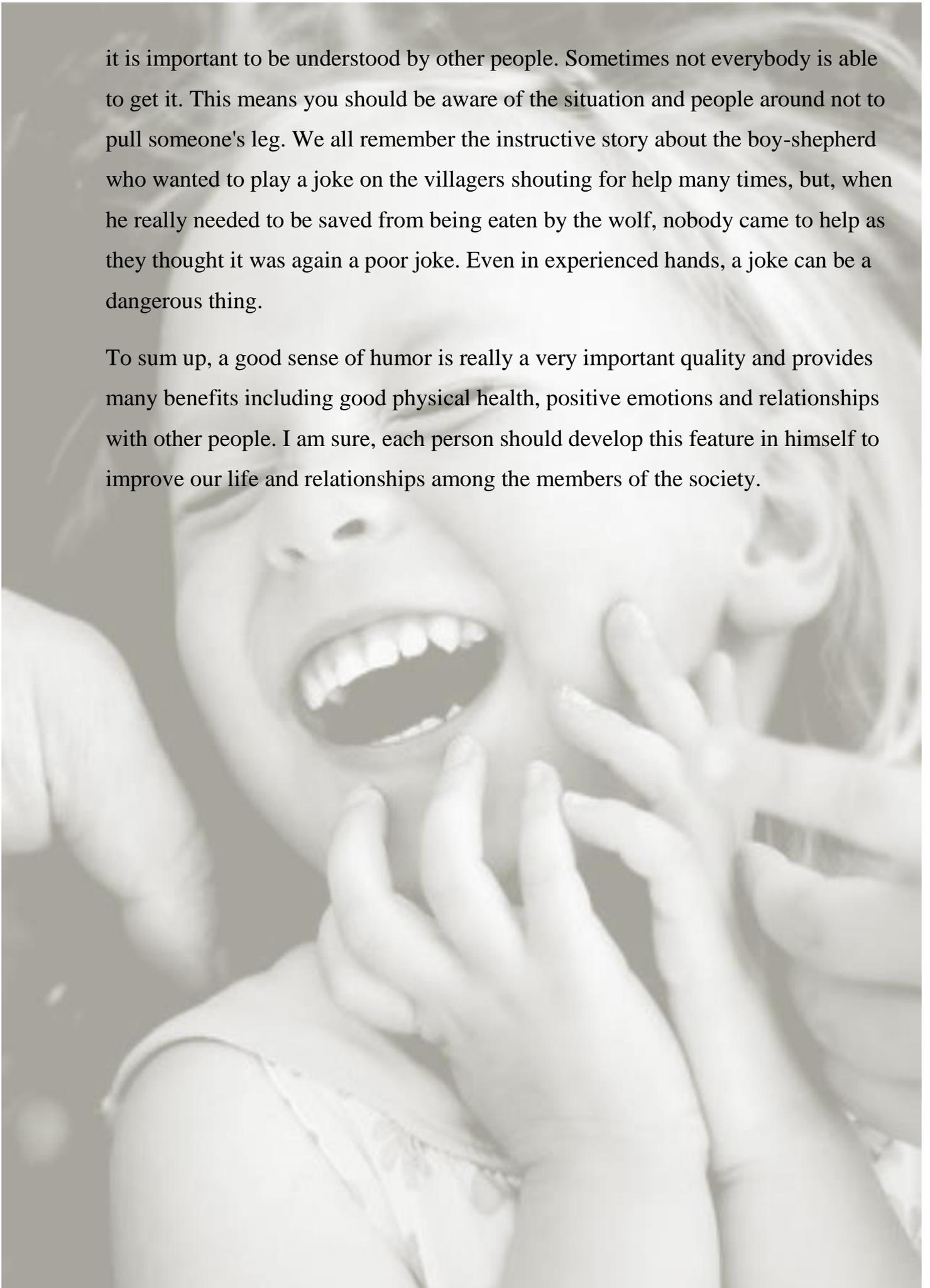
The ability to understand and enjoy funny things is called a sense of humour. A person's understanding of humorous things and situations depends on his or her age, gender, nationality, education, intelligence, culture, and mood. When you ask a person what features he appreciates in his friends or relatives, the most often answer expected to be is "a good sense of humor". But is a good sense of humor a necessity or a nuisance?

I am convinced that a good sense of humor is one of the most important qualities. If you look at “the bright side of life” and see what you can laugh at even in negative situations, it is really great. People will enjoy your positive energy and benefit from it. Everybody likes to be around happy people. Thus, you will never stay alone. Life always brings challenges that make you feel overwhelmed. In these cases a good laughter can help you overcome any difficulties, find solutions to any problems, and prevent you from falling into depression. By the way, humor is also good for your physical health. Some research shows that laughter can improve your resistance to diseases by declining the stress hormones and increasing infection-fighting antibodies in your body. Nevertheless, not everyone can tell jokes. Some people do it skillfully and they are respected by other members of the society. We even arrange contests in humor abilities such as KVN, Yumorina, Comedy Club, and others.

However, people say a joke may hurt other people's feelings if it is rude, silly, ironic, or even offensive. It damages relationships and can cause them to end. What is more, a bad joke may even turn best friends into sworn enemies. Besides,

it is important to be understood by other people. Sometimes not everybody is able to get it. This means you should be aware of the situation and people around not to pull someone's leg. We all remember the instructive story about the boy-shepherd who wanted to play a joke on the villagers shouting for help many times, but, when he really needed to be saved from being eaten by the wolf, nobody came to help as they thought it was again a poor joke. Even in experienced hands, a joke can be a dangerous thing.

To sum up, a good sense of humor is really a very important quality and provides many benefits including good physical health, positive emotions and relationships with other people. I am sure, each person should develop this feature in himself to improve our life and relationships among the members of the society.



Крючкова Екатерина

МОУ «Гимназия г. Раменское» Московской области,

учитель – Гусева Людмила Владимировна

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Humour is the good-natured side of a truth.

Mark Twain

I believe it is really hard to imagine our life without humour. Really, we face it nearly everywhere in our daily routine: at school with our friends and at home with our families, on TV and in books, in the Internet and in newspapers... There are even special competitions for people who want to demonstrate their sense of humor to other people. All in all, humor penetrates into all spheres of society and spreads over it greatly. Naturally, it seems to be a thing of a great importance for our living. But there are some people who consider humor to be a great trouble. However, it has become an essential part of our lives, whether we like it or not. So, the question is - what is the sense of humor: a necessity or a nuisance?

It is worth mentioning that the genre of comedy appeared many thousands of years ago in Ancient Greece. It was expressed in different comic and ridiculous situations. Even then people loved to make fun as we are doing now. And, indeed, it is not difficult to understand why: humor makes people`s life much easier. There is no doubt that it really can help us to get over various hard situations. Of course, it is better to accept problems with a bit of irony instead of making a whole disaster from it. And that is a great advantage of a good sense of humor – it will be your friend and your help. As the famous English writer Oscar Wilde said: "It is a curious fact that people are never so trivial as when they take themselves seriously."

Of course, some people may object. The sense of humor is an inappropriate thing for serious people, they say. Some of them suppose that it prevents people from thinking clearly and perceiving the situation as it is. They consider the sense of humor to be a nuisance. As for me, I cannot agree with that position at all. I believe, a good sense of humor is something that everyone should have, one way or another.

To sum up, there cannot be one particular opinion on the problem concerning the sense of humor. But personally I believe it is of a great help for people to live, get over various problems and difficulties, communicate with other people and with your relatives and friends. As Francis Bacon said, "Imagination was given to man to compensate him for what he is not; a sense of humor to console him for what he is".

Мальгин Алексей

МОУ «Гимназия г. Раменское» Московской области,

учитель – Гусева Людмила Владимировна

GSOH: A Necessity Or ... A Nuisance?

There are many essential qualities of a human. I'm sure that one of them is a sense of humor. Nowadays the ability to perceive different kinds of humor and jokes plays a very important part in everyone's life. Due to it, we can look on our world from another mirthful side, influence on others in a good way, reduce stresses and anxieties, and even keep ourselves younger. Nevertheless, in some situations a good sense of humor can play a malicious trick on us. Let's consider different aspects of it.

At first, let's find out what a sense of humor is. There are plenty of definitions of this trait. Some people describe it as the ability to be amused. Most people have this one and are able to laugh at jokes, humorous situations, and a variety of other potential sources of amusement. Others define it as a capability to identify humor and appreciate it. Of course, everyone has his own sense of humor. It is influenced by a lot of factors. Age is one of them. Babies, for example, tend to be highly amused by pratfalls and slapstick, when teenagers may admire irony. With ages what people find funny changes. They are also influenced by their educational level, the surrounding culture, and their religion.

There is no doubt that having a good sense of humor has a lot of advantages and might help us to open many doors to different spheres of life. To begin with, it is a valuable asset providing you benefits in maintaining good relationships with others and let you always remain in high spirits. Laughing at the same joke or situation brings people closer. A suitable joke when it is appropriate to make can encourage others or make them feel better. A well-developed sense of humor contributes

social exchanges among people such as sharing ideas, opinions, or issues that need to be sorted out. It creates a good opinion about you among the people around you. Moreover, from a health point of view, a good sense of humor should be an integral part of every person as it keeps us optimistic, happy, cheerful, and heals the sense of humiliation and embarrassment. It's scientifically proved that due to happiness one's health will be better as one smile makes the enlargement of the nerves and makes the face good. In addition, laughing prolongs our life and positively affects not only our organism but almost every aspect of people's life. It is believed that GSOH can cure almost all human's illnesses. Furthermore, a good sense of humor can help us in career growth. A good joke can make your boss's mood better that is good for workers. The chances are to get an extra vacation, wage increases or something else.

However, there might be situations in which having a good sense of humor can lead to off-putting consequences. In each country people react to jokes in different ways. It depends on one's mentality, society, and national or local features. English humor, for example, has many characteristics: refined irony, grace of mind, hints... So, a good joke for Russians can be incomprehensible or even offensive for a foreigner. Different attitudes to humor all over the world can lead to misunderstanding, conflicts, and disagreements. That is why a good sense of humor might be a nuisance sometimes. Thus, you should think well if it is worth joking or not before jesting when you are abroad.

To conclude, despite certain problems connected with different perception to humor in every country, I believe that a good sense of humor is the trait that everyone should possess. It helps us almost in all spheres of life, but each our joke should be well-thought because sometimes it can turn into a nuisance.

Риссанен Наталья

МОУ «Гимназия г. Раменское» Московской области,

учитель – Гусева Людмила Владимировна

GSOH: A Necessity Or ... A Nuisance?

While communicating, people, especially, if they see each other for the first time, notice and remember some habits, behavior, and distinctive features of each other. Proceeding from the above-mentioned features of the personality, they create their own opinion about this person. As proverb says: “ So many people, so many opinions”. So somebody may not like another person’s behavior.

But I’d like to pay some special attention to a very important thing, which everybody should certainly have – a good sense of humor. Why is it so important for me? Well, I’ll try to explain.

Actually, what does it mean to have a good sense of humor? It doesn't mean only to understand some joke and just laugh. It’s also the ability to joke. To be honest, it’s not so easy as it may seem – to joke. People can joke, but they don't understand jokes and vice versa. Some people can consider the joke as a personal indignity, and get angry or upset, and there’s so much trouble arising because of a bad joke.

From my point of view, it's not necessary to take every joke seriously. I don't mean offensive jokes, which can’t be called the “joke, as it’s just a pure indignity. I mean jokes, the main point of which is to make someone laugh, not get sad. So, you should think over the joke carefully before you start speaking, otherwise you can insult somebody!

And, let's be honest to each other, each of us loves to watch some funny films and shows, which can contain really good jokes (by the way, people can quote some good and witty phrases). It relaxes, entertains, and, probably, teaches how to surprise your friends and family with a good joke.

A good sense of humor is also a reflection of a person's mind. It shows how smart the person is, what interests and tastes he has, how polite he is... And a good joke depends on all the facts mentioned.

There're also some professional jokes. This kind of jokes is special because such jokes are used in a professional society. They can entertain people at their job and build good relationships among colleagues.

And, of course, let's be honest. It's much easier to speak with a person having a good sense of humor. In this case you can laugh with him a lot and you won't be afraid that he'll resent deeply.

As for me, I love good jokes, and I usually try not to take jokes seriously if they concern me. I always remind myself: "It's just a joke". It's a real pleasure for me to read some comical books or watch some comedies; sometimes it's really necessary for me after a long hardworking day. A good sense of humor will always be an important part of my life, and I'll try to keep it for the rest of my life.

To sum up, I'd like to say that, of course, a good sense of humor is a necessity for everybody. It helps us to overcome problems, gives us lots of positive emotions, and an opportunity to make new friends. People should understand the importance of a good sense of humor, but they should also remember a good proverb: "Measure is a treasure".

Вертинская Мария

ГУО «Ситцевская средняя школа Докшицкого района» Витебской области

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Humor is the power to see or tell about the amusing or comic side of things.

We can say that man have a good sense of humor if he has the ability to memorize and tell jokes, to understand and laugh at them. A man with a good sense of humor can take things easy and laugh at himself.

Laughter and humor are necessary in our society. Scientists argue that humor prolongs our life. I agree with them. A man, who perceives everything with a humor, overcomes obstacles quicker. Good sense of humor gives courage. Studies have shown that humor can help us to cope better with pain, improve immune system and reduce stress. Nothing relaxes after a difficult day as good as humor. Good humor is excellent for our body and mind. It is the best antidote for anxiety and depression. Laughter raises the mood, makes people positive. People with a good sense of humor relate to serious tasks easier. It's easier to communicate with them. They are interesting, funny people. So, a good sense of humor attracts people and helps to make friends.

If you don't believe look though newspapers, magazines and TV channels. You will see a lot of humor. Throughout history, comedy has been used as a form of entertainment all over the world. You can see huge variety of humorous programs on TV, in the Internet. It means that humor plays important role in our life.

As for me I think I have good sense of humor. My favorite films are comedies, I like telling anecdotes and jokes, but I don't like when people have the laugh on my appearance or abilities, even if they speak with irony.

The specific category of humor is a black humor. Black humor is a humorous way of looking or treating something that is serious or sad. The comic effect of black humor consists of mockery of death, illnesses, mental and physical disorders.

I can't stand this kind of humor. Will Rogers, who was the famous actor and humorist, said "Everything is funny, as long as it's happening to somebody else". People will not ridicule their disabilities, but some people think that it's ok to laugh at somebody else's adversities.

What is a good sense of humor: a necessity or a nuisance?

Perception of humor mostly depends on the person. The kind of humor which makes laugh one person might be rude to you and very rude to someone else. This depends on the situation and the circumstance that you are making a joke at. This also depends on your thinking capacity, the level of seriousness you have about yourself. Humor exists for fun. It means laughing with someone, not at someone. The person making sarcastic or hurtful jokes have no good sense of humor. Always laugh. Laugh at home, at work, with friends. But you need to know the measure. Do not joke on strangers, your friends will understand your humor better. People can decide that you are light-minded and easy-going person. You shouldn't laugh at a person, if you are not sure that he has a sense of humor, you can spoil person's mood and relationship with him.

Allen Klein said "Your attitude is like a box of crayons that color your world. Constantly color your picture gray, and your picture will always be bleak. Try adding some bright colors to the picture by including humor and your picture begins to lighten up". Good sense of humor will never be a nuisance until you keep jokes within limits. Humor will help you to color your life in bright colors.

Буянова Наталья

ГУО «Гимназия №3 г. Витебска имени А.С.Пушкина»,

учитель – Орлова Жанна Валентиновна

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Sense of humor is one of the unique human means of socialization. Basically, we should understand what the humor is in general – it is the ability of a person to mention aspects of the phenomena of life and the world in general in a funny and comical way. Humor is an individual notion and everyone expresses it in his or her own forms. However, many believe that in some cases humor can have a negative effect.

On the one hand, a sense of humor helps us to manage difficulties. It is especially popular in fiction literature and movies: most wise or dodgy characters have a peculiar sense of humor as for example, Ostap Bender or Peter Blood. This is due to the fact that sense of humor in human culture is often associated with sharpness of mind. Also, speaking about the role of humor in our culture, we should point at the fact that it is the basis for the entire genre in the cinema and literature – comedy which has given us a great number of magnificent works, such as "Untouchables" and so one. You can mention the fact that to some extent jokes appear in almost all human-made works of art to convey thoughts or banal entertainment of the viewer or reader.

A sense of humor in some measure is a defensive reaction of people, which allows you to get away from conflict even as a winner, because it is often much easier to laugh off, showing your moral superiority than to engage the opponent in a direct confrontation. Ancient philosophers and even the Bible say that it is a great virtue. To sum up, you will never meet a person who have never made a joke or laughed. In addition, humor is the simplest way to retain or even attract the attention of a person whom you want to communicate with. Watering down the

conversation with a witty comment, you will alter the atmosphere. Obviously, if you always keep the seriousness, another person will simply consider communication with you boring, and personally you may be considered as an arrogant one.

However, the misuse of humor can lead to the opposite effect: your interlocutors simply won't take seriously a person joking all the time. Stream of jokes may tire an interlocutor as well. Of course, we should mention situations where humor is inappropriate, for example, when talking about the tragedies barbs and jokes may cause resentment of that part of society which was affected by it (famous caricature magazines are in particular known for "the humor without borders"). There is even a special definition for such kind of jokes - "black humor," unacceptable for the majority of people.

In conclusion, I can't say that the humor itself may be a bad thing – it's more than a natural phenomenon for the human and if someone has its sense, that's fine and this person can bring a lot of positive emotions in the lives of others. In my opinion it is obvious that it cannot be regarded as a negative phenomenon, because the humor is not only an integral part of human nature, but also brings so many benefits.

Захарова Анна Вячеславовна

учитель английского языка ГУО «Средняя школа №22 г. Витебска»

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*Common sense and a sense of humor
are the same thing, moving at different speeds.
A sense of humor is just common sense, dancing.
William James*

Sometimes you have to deal with difficult things. All your thoughts revolve around some problem. You feel stressed out and unsettled. One of the ways to free yourself from negative experiences is to transform negative feelings, for example, irritation and annoyance, into something directly opposite - into a source of laughter.

In other words, laughing is, and will always be the best form of physical therapy. A Good Sense Of Humour (GSOH) helps you take control of any situation and thus reduce stress and anxiety.

Overcoming difficulties with humour can be successful when you give yourself a positive mindset. Your outward attitude becomes confident.

GSOH is absolutely necessary if you want to have a better sense of life. It is to be noted though that there are people who tell jokes in inappropriate times and their sense of humour, even if it is a good one, can be perceived negatively.

Take, for example, the so-called sophisticated humour. A person possessing it jests in such an exquisite manner that one can hardly grasp a joke.

There's also the black humour that presents distressing or morose situations in humorous terms. It's widely spread among doctors who come across severe diseases and nasty illnesses, thus, their sense of humour is a defense against the hazardous impact of their job. Their humour deals with the unpleasant aspects of life in a bitter or ironic way.

While such japes are ok for them, they may seem weird to people far removed from this professional field – an ordinary person can have mixed feelings about such humour.

The last example highlights that fact that with a jest one can either compliment, encourage, offend, or humiliate another person.

Always great humour should be combined with love for people and a great sense of tact.

Some confess devotion in a gamesome antic manner as if they are frolicking. Similarly, others keep on bantering after being told important serious information, such as personal trouble or bad news.

One more particular example can be a leader who addresses his wisecracks to a large number of his constituents. His humour may seem amusing in the context of the people he knows and not funny for other people who don't know whether to laugh or to take the person seriously.

All the above proves that GSOH implies witticisms appropriate and funny for everyone in the group.

From these facts, one may conclude that a person is capable of supporting himself by handling his challenges with optimism. Optimism is a happiness magnet. If you

stay positive, finding humour in whatever situation, good things and people will be drawn to you.

One should, however, not forget that one should banter in a light manner, understandable to their audience.

Атрахимович Иван Иосифович,

учитель английского языка ГУО «Средняя школа №21 г. Витебска»

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“The only way to get through life is to laugh your way through it. You either have to laugh or cry. I prefer to laugh. Crying gives me a headache.”

— Marjorie Pay Hinckley

Just think about it. While you are reading this essay, some kind of calamity or mishap—a volcano erupting after being dormant for two hundred years, a plane crash caused by unfavourable weather conditions, a car accident caused by a drunken driver, or a child being punished for getting a bad mark at school—is happening somewhere out there. It may occur halfway around the world or right next door, but can you help it? In most cases the answer is “No”, simply because we are unaware of most of the things happening around. They just happen, and that’s it.

The world is a crazy place, isn’t it? It’s a place where there is a lot of pain and suffering, whether you like it or not. To make sure of that, just switch on your TV, find a news broadcast, and be prepared to get a vivid picture of all the terrible things that are going on around you. By the end of the news broadcast you find yourself chewing your nails off, fearing to go outside, scared to live your life because you are terrified to keep going. Only an hour later you realize you have a child who is hungry, who has to do his home assignments and waits for you to help him/her while you are being preoccupied with what’s going on with the rest of the world. Then you have another sleepless night and have shadows under your eyes the next morning when you arrive at work. You drink too much coffee as your heart is bleeding because of what you saw on TV yesterday. Somehow you manage to finish your work, get home, turn on your TV, and—*BAM!*—there is a news broadcast again. Things have got even worse today than they were the day before. You curse under your breath, but you can’t help watching it. When it’s over, you

go to the kitchen and swallow sedative pills, taking hungry gulps of water, trying to calm down. It's a vicious circle. It's Catch 22. You can't stop it now.

The question is: Shall we take things seriously or shall we let them be as they are and enjoy our life as if we don't care about everything else? I have to say, it's up to you. The choice is yours to make. Of course, you can discard your TV subscription; you can give up the Internet, throw out all the newspapers you have to subscribe to without reading them, and try to live happily ever after. "I'm all right. My life couldn't be better," you can say. Well, deep down inside, you realize that it's callous of you to let all the mishaps taking place out there fall to oblivion. You are not that kind of person.

On the other hand, if you take things too seriously, sooner or later you are bound to end up at the resuscitation department with extensive myocardial infarction. After the rehabilitation period all that's going to be left of you is a cripple bound to a wheel chair, pining over yourself and your ruined life. All because of the things that have never even happened to you. It's not funny, is it?

So, is there a solution to the problem? Where is the borderline that will help you stay sane and switch off your brain once in a while?

There is a solution. There is ALWAYS a solution. Find the golden mean.

First of all, stay human. Be compassionate. Be sympathetic to a person who is in grief and sorrow. Help them if you can. And don't forget that if you take things easy and have a good laugh once in a while, there is a chance you will grow old and wrinkled and your toothless smile will make your grandkids and even great grandkids happy when they come and visit you.

A good sense of humour is, however, something we rarely encounter these days. It's often confused with commonplace vulgarity. Humour is something so subtle and effortless, yet complicated at the same time that only the select few can master it and use it properly. It's not about a bunch of guys laughing at an old man who slipped on the ice and dropped to the ground like a sack of potatoes. It's not about a boss making snide remarks about his employee's failures in front of the whole staff. It's something completely different. It's about humans being humans

and never being ashamed of themselves. It's about humans being flawed. Switch on any episode of "The Big Bang Theory" or "Friends" or "In-Laws" and take a good laugh at yourselves.

While you are reading this essay, some kind of calamity or mishap is taking place somewhere out there. A volcano erupts after being dormant for two hundred years, but all the people living nearby are evacuated just in time, so no one gets hurt. A plane crash is caused by unfavourable weather conditions, but the pilot (who is the only person on the plane) manages to bale out merely a few seconds before the plane crashes and explodes. A car accident is caused by a drunken driver, but the only one hurt is the drunken driver who gets a huge bump on his forehead and a huge fine to pay by a traffic warden. A child punished for getting a bad mark at school gets an A in the subject the next day.

We are all part of a big, crazy world, and while we shouldn't forget to be compassionate and considerate, we should also take a good laugh at ourselves as it's the only way for us to keep going. A good sense of humour is never a nuisance. It's obviously a necessity we can't do without in today's world.