

## Definitions

*By Kay Mauser*

Pursuit: chase, race, hunt.

Happy: mirth, cheer, joyousness, laughter, delight, gladness, joy.

Have I ever pursued happiness? Raising a large family I did my job and I hope successfully. I never thought about pursuing anything. Then one evening, I was feeling very "down in the dumps" as the saying went when I was young, and my father helped me adjust. He said simply, "Kathleen, the Irish have so many things to complain about. To be happy they discovered you either have to drink, or laugh."

He was correct. Have you ever noticed that people who are happy do laugh? And so I have sought laughter for anything wrong I see. Drink costs money and I have never had enough to drink to make me happy. But if you practice you can find many things that are funny in your surroundings. Some just bring a smile, others are just funny. So laugh, laugh, and be happy. Enjoy life and the pursuit of happiness will be over.

Oh yes, a drink now and then doesn't hurt your pursuit of happiness.