

Reading: The Best Medicine Is Laughter

Vocabulary

Here are some words from a reading article. Read the sentences. Then write each **bold word** next to the definition (a-h).

1. **Breathe** deeply. It helps you relax.
 2. I read at a slow **rate**. I only read a few words per minute.
 3. People **cry** when they are sad, but they also cry when they are happy.
 4. Laughter has a good **effect** on your body and your health.
 5. Eating healthy food and getting exercise can **prevent** many illnesses.
 6. I have a back problem. I feel **pain** in my back when I move.
 7. I want more laughter in my life. I want to **increase** how much I laugh.
 8. He has a **fear** of dogs because a dog bit him when he was young.
- a. _____ (noun): a change that happens because of something
 - b. _____ (verb): to stop someone from doing something; to stop something from happening
 - c. _____ (noun): the feeling that you have in your body when you are hurt or sick
 - d. _____ (noun): the speed of something or how often something happens
 - e. _____ (verb): to take in and let out air through your nose and mouth
 - f. _____ (verb): to cause the amount, level, or number of something to go up
 - g. _____ (noun): the feeling that you have when you think something bad might happen
 - h. _____ (verb): to have water falling from your eyes because you are unhappy or hurt

Write your answers here:

a.		e.	
b.		f.	
c.		g.	
d.		h.	