

Reading: The Best Medicine Is Laughter

Reasons to Laugh

- 1 Laughter is good exercise. It makes you **breathe** quickly. Laughter makes your heart **rate** go up, and it can turn your face red. Laughter can even make you **cry**! Ten to fifteen minutes of laughing burns 50 calories¹. It exercises your whole body.
- 2 Laughter has a positive **effect** on your health. It reduces high blood pressure² and can **prevent** some illnesses. Also, laughter reduces **pain**, and it **increases** your ability to fight other illnesses. Laughter is good for you.
- 3 Laughter helps your brain. When you laugh often, you can remember information better. It improves your ability to think.
- 4 Laughter also changes how you feel. We often keep bad feelings inside. Feelings such as anger, sadness, and **fear** can cause stress. When we laugh, we let go of stress and bad feelings.

International Laughter Clubs

- 5 At International Laughter Clubs, we learn to laugh well. Our teachers show us how to laugh together. We learn to laugh with our whole body. We learn to breathe deeply when we laugh.
- 6 We practice laughter. In one laughter exercise, we stand in a circle. We put our hands on our face, chest, or stomach. Then we make "ha ha" or "hee hee" sounds until we laugh. Everyone in the circle starts laughing because laughter is so contagious!
- 7 We have 4,000 laughter clubs in 50 different countries all around the world. Our clubs are open to everyone. We have clubs in hospitals, schools, colleges, businesses, and nursing homes³. Laughter is a gift. Use it, and you can be healthy and happy.

¹**calorie:** a unit for measuring the energy value of food

²**blood pressure:** the rate at which your blood pushes through your body

³**nursing home:** a place where very old people live to get the special care they need



Source: Q: Skills for Success **READING AND WRITING 1**

I. Skimming for main Ideas

Read an article from the website for International Laughter clubs. Write the correct paragraph number (1-7) next to each main idea.

- _____ a. There are International Laughter Clubs in many different countries and places.
- _____ b. Laughter has a positive effect on your feelings.
- _____ c. Laughter improves your health.
- _____ d. People at the clubs practice laughing.
- _____ e. Laughter helps you think better.
- _____ f. Laughter exercises your body.
- _____ g. International Laughter Clubs help people improve their laughter.

Write your answers here:

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

II. Scanning for specific information

Read the article again. Mark the sentences T (true) or F (false).

- _____ 1. Laughter increases blood pressure.
- _____ 2. When we laugh, we feel less pain.
- _____ 3. We feel less stress when we laugh.
- _____ 4. Laughter causes you to forget information.
- _____ 5. Laughter can prevent illnesses.
- _____ 6. Laughter clubs are not for old people.

Write your answers here:

1.	2.	3.	4.	5.	6.