

# Laughter

*always the best medicine*



Some people say that laughter is the best medicine. Scientists are beginning to agree with this. They are studying laughter seriously and are finding that it is really good for us.

So what happens when we laugh? We use fifteen different  in our face, and laughing is good for every  in our body. When we laugh, we breathe quickly and exercise the face, shoulders, and chest. Our  goes down, and our  gets better. Our  is lower, and our  makes a natural  called a beta-endorphin.

Every minute we laugh is the same as forty-five minutes of . Many doctors around the world believe that laughter helps us get better when we are sick.

Today, there are laughter clubs around the world. They try to improve people's health with laughter. The laughter clubs started in India. Now they are all around the world. There are more than 450 laughter clubs just in India. All kinds of people join a laughter club. They go once a day for 20 minutes and start to laugh. There are no jokes. People laugh as a kind of exercise, and everyone feels better afterwards. Some people pay a lot of money to join a laughter club and just laugh.

Of course, there are many kinds of laughter. We may change the way we laugh in different situations. But we all have a laugh that is special to us. How do you usually laugh?

Here's a joke to make you laugh:

Doctor! Doctor! Every time I drink coffee, I get a sharp pain in my eye.

Doctor: Well, take out the spoon.

### Answers

1. ....
2. ....
3. ....
4. ....
5. ....
6. ....
7. ....
8. ....




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## Vocabulary

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### Meaning

Complete the sentences. Circle the letter of the correct answer.

- When we laugh, we use fifteen different \_\_\_\_\_ in our face.
  - painkillers
  - muscles
- Laughter is good for every \_\_\_\_\_ in our body.
  - organ
  - face
- When we laugh, our \_\_\_\_\_ goes down.
  - blood pressure
  - brain
- Laughter makes our \_\_\_\_\_ better.
  - medicine
  - circulation
- A beta-endorphin is \_\_\_\_\_.
  - an exercise
  - a natural painkiller
- Laughter makes our \_\_\_\_\_ lower.
  - chest
  - heartbeat
- Laughter makes a natural painkiller in our \_\_\_\_\_.
  - shoulders
  - brain
- Forty-five minutes of \_\_\_\_\_ is the same as one minute of laughter.
  - relaxation
  - circulation

### Vocabulary Activity

Choose the correct answer. Then use the answer in a complete sentence.

- Which of the following is relaxation for most people?  
watching television      studying      driving in traffic
- Which of the following is an organ in the body?  
a leg      a hand      the brain
- Muscles can be found in which of the following?  
our nails      our legs      our hair
- Which of these activities makes your heartbeat faster?  
sleeping      running      eating
- What do you need a painkiller for?  
a joke      a bath      a headache

## Comprehension

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### Looking for the Main Ideas

Circle the letter of the best answer.

1. Scientists say that laughter \_\_\_\_\_.
  - a. is good for us
  - b. is serious
  - c. is not really good
2. Laughter is good for \_\_\_\_\_.
  - a. our body
  - b. only the face
  - c. only the chest and shoulders
3. Laughter clubs \_\_\_\_\_.
  - a. are only in India
  - b. are places to learn jokes
  - c. help people feel better

### Looking for Details

One word in each sentence is not correct. Rewrite the sentence with the correct word.

1. We use fifty different muscles in our face.  
\_\_\_\_\_  
\_\_\_\_\_
2. Laughing is good for every organ in our brain.  
\_\_\_\_\_  
\_\_\_\_\_
3. Every minute we laugh is the same as forty-five hours of relaxation.  
\_\_\_\_\_  
\_\_\_\_\_
4. We may change the way we laugh in different shoulders.  
\_\_\_\_\_  
\_\_\_\_\_
5. When we laugh, we breathe seriously.  
\_\_\_\_\_  
\_\_\_\_\_
6. Our face makes a natural painkiller.  
\_\_\_\_\_  
\_\_\_\_\_