

Laughing Out Loud

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 15 different muscles in our face, and laughing is good for every organ in our body. When we laugh, we breathe quickly and exercise the face, shoulders, and chest. Our blood pressure goes down, and our circulation gets better. Our heartbeat is lower, and our brain makes a natural painkiller called a beta-endorphin. Every minute we laugh is the same as 45 minutes of relaxation. 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 in many different countries. 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 laugh in different ways when we are in different situations. But we all have a laugh that is special to us.

How and when do you usually laugh? Does the following make you laugh?

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

Doctor: Well, take out the spoon.

A) Complete these sentences with the words in the box.

blood pressure circulation muscles painkiller brain heartbeat organ relaxation

1. When we laugh, we use 15 different _____ in our face.
2. Laughter is good for every _____ in our body.
3. When we laugh, our _____ goes down.
4. Laughter makes our _____ better.
5. A beta-endorphin is a natural _____.
6. Laughter makes our _____ lower.
7. Laughter makes a natural painkiller in our _____.
8. Forty-five minutes of _____ is the same as one minute of laughter.

B) Complete these sentences with the correct form of the new words or phrases in the box.

a joke = something that you say or do that makes people laugh

to be embarrassed = to feel uncomfortable because of something you did or did not do

to burst into laughter = to suddenly begin to laugh

1. Some people are good at telling _____. I'm not.
2. She _____ when I told her the funny story.
3. I forgot it was her birthday. I was so _____.

C) Circle the letter of the best answer.

1. Scientists say that laughter is _____.
a. good for us b. serious c. not really good
2. Laughter is good for _____.
a. our whole 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

D. Read the sentences and correct the underlined mistake.

1. We use 50 different muscles in our face when we laugh.
2. Laughing is good for every organ in our brain.
3. Every minute we laugh is the same as 45 hours of relaxation.
4. We may change the way we laugh in different ages.
5. When we laugh, we breathe seriously.
6. Our face makes a natural painkiller.