Humour and Laughter Trivia Quiz

Fill in the gaps with the words from the box:

anticipates	chortles	elicits	sensations	hilarious

You can't tickle yourself. Scientists have discovered that the feeling experienced when we are tickled causes us to panic and is a natural defence to little creepy crawlers like spiders and bugs. That same ticklish feeling sends us into a state of panic and 1)_____ a response of uncontrollable laughter if a person tickles us. So, if someone else's touch can tickle us, why can't we tickle ourselves? Research has shown that the brain is trained to know what to feel when a person moves or performs any function. We aren't aware of a lot of the 2)_____ generated by our movements. For example, you probably don't pay much attention to your vocal cords when you speak. For the same reason, we can't tickle ourselves. If we grab our sides in an attempt to tickle ourselves, our brain 3)_____ this contact from the hands and prepares itself for it. By taking away the feeling of unease and panic, the body no longer responds the same as it would if someone else were to tickle us.

Laughter as medicine. As the philosopher Bertrand Russell once said: "Laughter is the most inexpensive and most effective wonder drug. Laughter is a universal medicine." Study after study has pointed to the health benefits of laughter: Research from Loma Linda University showed that laughing improved the memory of adults in their 60s and 70s; University of Maryland School of Medicine researchers found that 4)_____ movies improved the function of blood vessels and increased blood flow in a group of thirty-somethings. And other research has shown that laughing can improve immunity, help regulate blood sugar levels, and improve sleep.

Laughing for a cumulative 15 minutes a day can burn off the amount of calories equals 4 crackers. At the European Congress on Obesity in Athens in 2005, Maciej Buchowski, Ph.D., reported weighty findings from a study he completed on how laughing — no joke — burns calories. Buchowski found that laughing raises energy expenditure and increases heart rate 10 percent to 20 percent. 10 to 15 minutes of laughter could increase energy expenditure by 10 to 40 calories per day, which could translate into about four pounds a year. You'd have to laugh for 15 minutes to burn off 4 crackers and it would take an hour of 5)_____ to burn one chocolate bar.

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