

## Humour and Laughter Trivia Quiz

*Fill in the gaps with the words from the box:*

anticipates 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.



The Elegant English Club

C1 & C2