
DID YOU KNOW?

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Laughter - the best medicine. . .

I wondered why the baseball was getting bigger. . . then it hit me! 😄

The sound of roaring laughter is far more contagious than any cough, sniffle, or sneeze. Humor and laughter can cause a domino effect of joy and amusement, as well as set off a number of positive physical effects. Studies show that nursery school age children laugh approximately 300 times per day. Sadly, adults laugh only an average of seventeen times a day.

😄 *Why did the mushroom go to the party? . . . Because he was a fungi!*

Why did he leave the party? 😄 There wasn't mushroom!

April, which kicks off with Fool's Day, is also *National Humor Month*. There are several good reasons to celebrate this season devoted to laughter.

Laughter's Effects on the Body

Laughter lowers blood pressure.

People who laugh heartily on a regular basis have lower blood pressure than the average person. When people have a good laugh, initially the blood pressure rises, but then it decreases to levels below normal. Breathing then becomes deeper which sends oxygen enriched blood and nutrients throughout the body.

Humor changes our biochemical state.

Laughter decreases stress hormones and increases infection fighting antibodies. It increases our attentiveness, heart rate, and pulse.

Laughter protects the heart.

Laughter, along with an active sense of humor, may help protect you against a heart attack. A recent study done by the University of Maryland Medical Center found that people with heart disease were 40% less likely to laugh in a variety of situations compared to people of the same age without heart disease.

Laughter gives our bodies a good workout.

Laughter can be a great workout for your diaphragm, abdominal, respiratory, facial, leg, and back muscles. It massages abdominal organs, tones intestinal functioning, and strengthens the muscles that hold the abdominal structures in place. It is estimated that hearty laughter can burn calories equivalent to several minutes of exercise.

Humor improves brain function and relieves stress.

Laughter stimulates both sides of the brain to enhance learning. It eases muscle tension and psychological stress, which keeps the brain alert and allows people to retain more information.



I've used up all my sick days. . . so I'm calling in dead!

Considering the inestimable benefits of humor it only makes sense to bring as much laughter into our lives as possible. What other medicine is this powerful, yet completely free and has no bad side effects?



What did the car say to the tire? . . . "Don't stop now, you're on a roll!"

**In honor of National Humor Month prescribe yourself the best medicine . . .
A daily dose of laughter!**