

A Lemon and Laughter

A restaurant famous for its fresh-squeezed lemon juice had a standing offer to its patrons. The restaurant employed a huge prep cook, Lars, who often squeezed juice out of lemons with massive, calloused hands.



The restaurant offered \$100 to anyone who could coax just one drop from a lemon after Lars was done with it.

For years, customers took the lemon test – and failed. Then, one spring day, a tiny, bespectacled man entered the restaurant. In a high-pitched voice, he announced, “I’m here to win the hundred bucks.”

Lars grabbed a lemon in his meaty right paw and bled the juice from it. With a grunt, he gave the lemon one last squeeze before handing it to the diminutive customer.

The challenger held the lemon in his dainty hand and began to squeeze. For a few moments, nothing happened. But then, one drop emerged from the rind of the lemon and tumbled to the counter top. As the man smiled, another drop fell, then another, and another. Soon, a puddle of lemon juice had formed on the counter.

“You’re amazing!” Lars told the man as he handed him a crisp \$100 bill.

“Are you some kind of martial-arts expert? A professional wrestler?”

“None of the above,” said the customer, still smiling.

“I work for the I.R.S.”

The world’s best facelift is a smile.

It is often said that laughter is the best form of medicine. While this may be an old proverb, there is truth to it. Laughter provides many health benefits. *HealthGuide.org* said laughter “can heal feelings of loss and resentment, make anger softer and generally help people become resilient.”

Among the benefits, it said, laughter can brighten mental clarity, reduce blood pressure, spark the immune system, relax muscles and ease digestion, release endorphins to dampen pain, and boost oxygen levels to the brain and circulatory system.

In short, it is good to laugh. The Bible agrees:

A merry heart does good, like medicine, but a broken spirit dries the bones (Proverbs 17:22 NKJV).