

Laughter is Good Medicine

Feeling rundown? Try laughing more. Some researchers think laughter just might be the best medicine, helping you feel better and putting that spring back in your step.

“I believe that if people can get more laughter in their lives, they are a lot better off,” said Steve Wilson, a psychologist and laugh therapist. “They might be healthier, too.”

With that in mind, check out these *Thoughts from Senior Citizens*. The author is anonymous, but it was sent to me by Zo Long, Northeast Division vice president, whose husband, Tom Long, had discovered it somewhere. Here they are:



1. My goal for 2016 was to lose just 10 pounds. Only 15 to go.
2. Ate salad for dinner. Mostly croutons and tomatoes. Really just one big round crouton covered with tomato sauce. And cheese. OK ... Fine! It was a pizza. I ate a pizza.
3. How to prepare tofu: (a) throw it in the trash, (b) grill some meat.
4. I just did a week's work of cardio after walking into a spider web.
5. I don't mean to brag, but I finished my 14-day diet food in 3 hours and 20 minutes.
6. A recent study has found women who carry a little extra weight live longer than men who mention it.
7. Kids today don't know how easy they have it. When I was young, I had to walk 9 feet through shag carpet to change the TV channel.
8. Senility has been a smooth transition for me.
9. Remember back when we were kids and every time it was below zero outside they closed the school? Me neither.
10. I may not be that funny or athletic or good-looking or smart or talented ... I forgot where I was going with this.
11. I love being over 70. I learn something new every day and forget 5 others.
12. A thief broke into my house last night. He started searching for money, so I woke up and searched with him.
13. I think I'll just put an *Out of Order* sticker on my forehead and call it a day.
14. Nov. 6, 2016, will be the end of Daylight Saving Time. Hope you don't forget to set your bathroom scale back 10 pounds on Saturday night.
15. Just remember, once you're over the hill you begin to pick up speed.

Perhaps these witticisms bring a little sunshine to your day.

A joyful heart is good medicine, but a crushed spirit dries up the bones (Proverbs 17:22 ESV).

– Beecher Hunter