

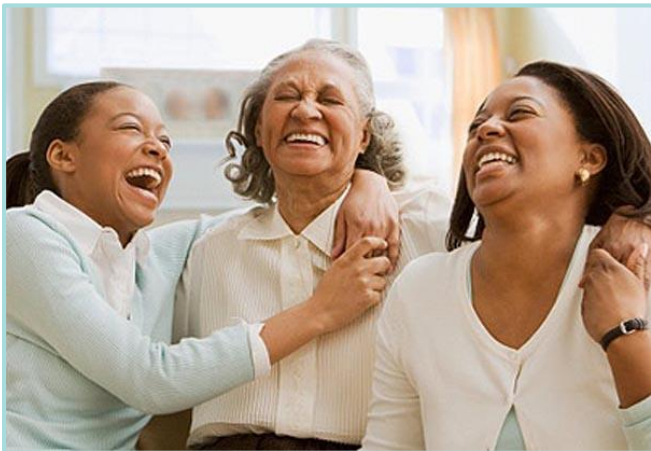
# The Benefits of Laughter

Laughter is good medicine. There is nothing new about that observation.

It goes back hundreds, even thousands, of years when the court jester had the task of entertaining royalty and heads of state. If he was good at his job and performed well, his rewards would be considerable. If he put on a lousy performance, there was a reasonably good chance that he would lose his head – literally!

Over a period of time, however, these court jesters learned that being humorous did much more than just entertain.

Pat Wilhoit, known as Dr. Isaac the Clown, points out that laughter is one of the greatest mental tonics known to man and is the second-most powerful human emotion an individual can express. The first, by the way, is love.



Wilhoit said, “You can’t laugh and be mad, you can’t laugh and worry, because stress, worry and laughter are not compatible. Laughter is low-calorie, caffeine-free, no sodium, no preservatives or additives; it’s 100 percent natural and one size fits all. Laughter is truly God’s gift.

“You can get high on laughter but never ‘O.D.’ Laughter is contagious; once it starts, little can be done to stop it. Laughter never felt bad, committed a crime, started a war, or broke up a relationship. Laughter is shared by the giver and the receiver. Laughter costs nothing and is not taxable.”

Pretty good wisdom from a clown, huh?

Whatever your circumstances today, it sounds as if laughter could well be the cure for many of life’s ills.

So laugh a lot and you’ll live a lot. And certainly enjoy life more.

– Beecher Hunter