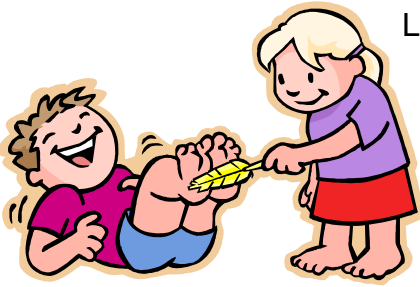


# The Value of Laughter

Scientists have studied the effect laughter has on human beings and have found, among other things, that laughter has a profound, instantaneous impact on virtually every important organ in the human body.



Laughter reduces health-sapping tension. It simultaneously relaxes the tissues and exercises the organs. It causes the release of both dopamine and serotonin in the brain, natural substances that contribute to a general feeling of well-being.

Similarly, the great preacher Charles H. Spurgeon once emphasized to a preaching class the importance of making facial expressions that harmonized with one's sermon.

“When you speak of Heaven,” he said, “let your face light up, let it be irradiated with a heavenly gleam, let your eyes shine with reflected glory. But when you speak of Hell – well, then your ordinary face will do.”

While we may think it contrived to “force” a facial expression, such as a smile, or to force a laugh, scientists have found that even forced laughter has a beneficial effect, both mentally and physically.

Next time you feel nervous, tired or stressed, indulge in a good laugh. As someone once observed: “Laughter is the brush that sweeps away the cobwebs of the heart.”

– Beecher Hunter