

The Value of a Smile

A smile is a facial expression formed by flexing the muscles near both ends of the mouth. It is customarily a look denoting pleasure, happiness or amusement. Cross-cultural studies have shown that smiling is a means of communicating emotions throughout the world.



But that's the scientific definition of smiling. What, really, is a smile?

A smile costs nothing, but gives much. It enriches those who receive, without making poorer those who give.

It takes but a moment, but the memory of it sometimes lasts forever.

None is so rich or mighty that he or she can get along without it, and none is so poor but to be made rich by it.

A smile creates happiness in the home, fosters good will in business, and is the countersign of friendship.

It brings rest to the weary, cheer to the discouraged, sunshine to the sad, and it is nature's best antidote for trouble.

Yet it cannot be bought, begged, borrowed or stolen, for it is something that is of no value to anyone until it is given away.



Some people are too tired to give you a smile. Give them one of yours, as none needs a smile so much as the one who has no more to give.

And for those of us in Life Care, Century Park and Life Care at Home, a smile is one of the greatest assets of our workplace.

– Beecher Hunter