

## Washing Windows

Ludwig Bemelmans wrote in *My War with the United States* that among the many regulations published by the U.S. Army is a book that gives advice on practical matters to non-commissioned officers. One piece of advice tells an officer how to help soldiers who have quarreled to become friends again. The men are to be assigned to wash the same window – one working on the outside, the other inside.

Says Bemelmans, “Looking at each other, they soon have to laugh, and all is forgotten. It works; I have tried it.”

Laughter shared between friends is one of life’s great treasures. Not only is laughter free, but it is a renewable resource and one with countless benefits. It restores a sense of balance to an oppressing day. It builds up energy in a flagging spirit. It helps lighten the load of sorrow, grief and suffering. It tightens the bonds of relationships.

Laughter has an extremely high rate of return. It brings positive results when we are able to laugh with others.

So, as you go through your day at Life Care, Century Park and Life Care at Home, find the opportunity to laugh with – but not at the expense of – friends and residents. You’ll find your day going so much better.

*There is a time for everything, and a season for every activity under heaven: ... a time to weep and a time to laugh, a time to mourn and a time to dance* (Ecclesiastes 3:1,4).

--Beecher Hunter