



Worksheet 3. Reading 2: *Laughter Linked to Health, Happiness*

Read the article about laughter from the Voice of America. Then review the glossary, and complete the exercise that follows it.

1 What's so funny? Nothing, really, except the laughter itself. There's an old saying that
2 laughter is the best medicine. No matter whether it's triggered by a good joke, a cute
3 child or pet, or a pie in the face of a comedian, the simple act of laughing offers
4 therapeutic benefits. Laughter has been shown to reduce stress and help people lose
5 weight. It's a special tonic for older people, who are prone to loneliness and sad
6 thoughts.

7 In fact, in more than 1,000 American communities, and a few thousand more around
8 the world, entire clubs have been formed so that people can get together and laugh
9 out loud! Clubs in the U.S. have names like Laugh-a-holics, the Ha-Ha Spa, and Judy's
10 Joyful Laughter Club. The idea started in India, where laughing—a good belly laugh—
11 is added to yoga exercises along with discipline and mind power.

12 Laughter is certainly contagious. Only a determined grouch could avoid at least
13 smiling when others around him are laughing till it hurts. That's why members of
14 laughing clubs don't just get together to howl with laughter themselves. They meet on
15 street corners, in train stations, and in other public places. They laugh their heads off,
16 and invite everyone around them to join in.

Glossary

Line 2 *no matter whether* — whether or not

Line 3 *pie in the face* — a reference to old comedy acts, in which one comedian
throws a pie in the face of another comedian

Line 15 *laugh their heads off* — laugh extremely loud and for a long time

Comprehension practice

Circle the numbers of the statements that are true, according to the reading.

1. There is an old saying that laughter is the best medicine.
2. Only a few funny things can give you therapeutic benefits from laughter.
3. Laughter is especially beneficial to older people.
4. Laughing clubs started in China.
5. When one person laughs, it encourages others to laugh.

