

Recitation D

Laughing Matters

We laugh when we feel happy or think something is funny. Some people laugh loudly and use lots of body movements. Others do it quietly and cover their mouth with their hands. Your laughter changes according to the joke and situation. For example, if you go to a party or a karaoke box with friends, you usually laugh louder and longer. But if you read a funny book on the train or see something funny on your way to school, you usually just smile and laugh quietly to yourself.

When we laugh, we use about fifteen muscles in our face. We show our teeth, widen our mouths and narrow our eyes. Sometimes we laugh so hard that we cry. Laughing also makes our bodies move. Sometimes our head goes back, our legs lift, our arms wave, and our hands clap together. Everyone around us knows when we are having a good laugh.

Do you know that laughter is also good for you? Laughter releases a hormone called serotonin into the brain. Doctors often call it the feel-good hormone because that's what it does. It makes us feel good. Laughter also helps us to make friends and to be a part of a group. It takes away stress and allows our bodies to work better and feel more relaxed. Laughter reduces pain and helps our bodies fight diseases better, too.

Laughter is an important part of our lives. It is something that we all share and understand. It doesn't matter what language we speak or where we come from. People laugh, on average, about seventeen times a day. How about you? How often do you laugh? Let's try to laugh when we are challenging or overcoming difficult tasks. It may be one way to be successful and happy.

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