

Recitation E

The Science of Smiles

Why do we smile? Many people assume that there is a simple answer — because we are happy. That answer is correct, but it doesn't tell the whole story. There's a lot more to smiling than just showing happiness.

We use smiles to make and maintain relationships. This is because we are social animals and we need strong relationships in order to survive and thrive. Smiling also helps people adjust to difficult social situations. In many languages, there are sayings that express the importance of smiling. For example, in English, people say, "Smile and the whole world smiles with you. Cry and you cry alone. "

Smiling can actually have a great impact on a person's quality of life. The amount we smile and the quality of our smiles may have some connection to our quality of life. One study called "The Baseball Card Study" shows the relationship between smiling and the quality and length of people's lives. The quality of the smile in pictures of baseball players could actually predict how long they would live. The players with full smiles lived about seven years longer than the players pictured with partial smiles or with no smiles.

Another study shows that smiling has many positive effects on our health. Smiling reduces stress-related hormones and also lowers blood pressure. It can affect the brain in the same way as exercise. Furthermore, research on the brain shows that just the act of smiling can actually make us happier. In other words, we smile because something happens that makes us happy. But then, our smiles send a message back to the brain that makes us feel even happier.

Smiling is clearly good for us. We can even get the benefits of smiling just by making ourselves smile. It's a powerful tool for maintaining both our emotional and physical health.

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