

Laughter is a 28 Good Medicine

Proverbs 17:22 says, “A merry heart doeth good like a medicine: but a broken spirit drieth the bones.” It has been proven that laughter causes the body to help mend itself.

A hospital did a study on patients they considered to be terminally ill, and those who were physically able were taken to a theater like room in the hospital and shown old Amos and Andy movies, the Three Stooges, the Little Rascals and others that caused them to laugh. The patients were put through this kind of therapy every day, and it was discovered that, after the experiment, they were showing improvement.

Of course, we know the Bible is right; and if it says, “A merry heart doeth good like a medicine,” we can rest assured that laughter not only is good for the soul, it is also good for the body.

Learn to laugh at good, clean fun. Learn to laugh at

yourself. Learn to appreciate and enjoy a good, clean joke. And remember, some of the funniest things in life are things that really happened.

My wife and I were watching a sports event on television when the camera zoomed in on an alligator in a big lake. The gator's head was barely coming up out of the water, and you could see its eyes and a part of its snout, along with a small part of its back. Of course, the water was blue; and whatever it was appeared to be in the sky, not in a lake.

My wife said, "That's a funny-looking airplane!" And I calmly replied, "That's not an airplane; it's an alligator." Immediately we both began laughing. At the moment it seemed to be very funny, and we laughed until we actually cried.

For a long time afterwards, if I wanted a good laugh or wanted to cause her to laugh, I'd simply say, "That's a funny-looking airplane!" and immediately we'd both begin laughing.

You've had similar experiences. Remember them. Remember little statements that trigger you to laugh; and when you need a good laugh, use them.

You may not believe this, but it was but a few minutes after the above experience when company came in—my brother and sister-in-law. After some conversation my

brother told the story about a man named Art. It was something rather serious, but in the midst of the story my wife asked, “Well, what is his name?”

Again it occurred to me as very funny, and I began to laugh. When I did, my brother and sister-in-law both began to laugh; and we laughed for the longest time. When we finally stopped, I told them the story about the alligator, and we all laughed again.

During their entire visit of two days, one of us would occasionally say, “Well, what’s his name?” or, “That’s a funny-looking airplane!” and again we’d all begin to laugh.

Don’t confuse seriousness with solemnity. A man can be solemn without being serious and serious without being solemn. Nobody was more solemn than Bill Clinton when he said during the presidential campaign, “I will not raise the taxes on the middle class.” But we all learned that he wasn’t serious.

Don’t confuse solemnity with spirituality. You don’t have to look like you just fell out of the back end of a hearse to be a good Christian. Evangelist Fred Brown said, “Some people have a face so long that you could throw it out the window and use it for a fire escape.”