

Smile a Lot 45

Some people find it easy to smile, but others, like myself, may have to work at it a little harder. My dear wife has a beautiful smile and smiles a lot at people. Dear Mrs. John R. Rice was the same way. I don't think I've ever seen a bad picture of Mrs. Rice, and the smile on her face was never a facade: it was genuine and real.

I have read that it takes more muscles to frown than it does to smile. I'm not sure that's true. But the person who frowns seems to get wrinkles in his or her face before the person who smiles a lot.

We used to have a little song we sang in the church. It went something like this:

**You can smile, when you can't say a word;
You can smile, when you cannot be heard;
You can smile, when it's cloudy or fair;
You can smile anytime, anywhere.**

We would then have the people sing the chorus and, rather than say the word *smile*, actually smile. It always turned out to be a fun part of the service, because many actually burst into laughter as they saw others trying to smile. Like yawning, smiling is contagious. I have a friend in Atlanta whose last words are always "Keep smiling."