

By Nancy Whitaker

HA HA HEE HEE AND TEE HEE!

What makes you laugh? Do you laugh at jokes, others, situations, books or perhaps at yourself? Personally, I love to laugh and I love to hear others laugh.

Humor is infectious. The sound of roaring laughter is far more contagious than any cough, snuffle, or sneeze. When laughter is shared, it binds people together and increases happiness and intimacy. Shared laughter is one of the most effective tools for keeping relationships fresh and exciting.

I consider myself a laugher. My main focus of laughter is aimed at myself. I always seem to be doing something stupid or funny and the best way to handle the situation is to just laugh about it.

In fact, as I am sitting here writing about laughter, the office phone rang and I tried to answer it. Monday was Halloween and I wore a costume with a bonnet. I picked up the phone saying, "Paulding Progress, may I help you?"

Well, I could not hear anything through the bonnet, so I tried sticking the phone inside the bonnet and it wouldn't fit. I believe someone else had already picked up the phone so I was safe there.

Then I started laughing as I thought of how funny I must have looked trying to answer the phone and then trying to stick it inside my bonnet.

They do say that the best medicine for a person is laughter. There are some types of laughter that some people find annoying. There is a little “tee-hee” laugh that is almost like they did not want to laugh at all.

Then there is giggling, snickering, chortling and cackling. They say that a baby laughs approximately 300 times a day while the average adult laughs about 20 times per day. In my opinion, the adult has more things to think about and stress has began to take its toll.

I feel really bad because when someone falls, even myself, I just automatically laugh. My laughter at someone else’s expense has got me in hot water before.

Some of us are born comediennes. We like to make people laugh by actions, jokes or words. There are just some people who make you laugh whether you want to or not. I am proud to say that most of my friends are laughers.

I have always heard the phrase, “I almost died laughing.” There have been a lot of deaths contributed to laughing too hard or too much. One of the first known cases was a Greek philosopher who got his donkey drunk. The man laughed so hard at his poor drunken donkey that he died.

In 1660, Thomas Urquhart, the Scottish aristocrat, polymath and first translator of Rabelais into English, is said to have died laughing upon hearing that Charles II had taken the throne.

On March 24, 1975, Alex Mitchell, a 50-year-old bricklayer from King’s Lynn, England, died laughing while watching the “Kung Fu Kapers” episode of “The Goodies.” It featured a kilt-clad Scotsman with his bagpipes battling a master of Lancastrian martial art “Ecky Thump” who was armed with a black pudding. After 25 minutes of continuous laughter, Mitchell finally slumped on the sofa and died from heart failure.

Laughter is good for the soul, good for the spirit and good for us. Why not do something totally uncalled for and laugh about it? There are also reports of dogs, cats, monkeys and animals laughing. National Laugh Day is March 19, but don’t wait until then to laugh. Look around you,

there is always something “funny” going on.

Do you laugh a lot? Have you laughed today? Do you do silly things then laugh about it? Let me know and I'll give you a Penny for Your Thoughts.