**Body Language**

**Students of the acting game watch the hands of seasoned performers, to note the calculated gestures. What to do with the hands is said to be the most difficult phase of body control for actors. Best of them develop a repertoire of hand gestures. *(L. M. Boyd)***

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**Blushing, or the red flushing of our faces, might be our most betraying attribute. It most often occurs in situations where people believe they have caused a social transgression, hence blushing's association with shame and embarrassment. But blushing is not physiologically caused by shame. It is the result of a rush of adrenaline. The adrenaline causes the capillaries that carry blood to widen. This rush of blood causes reddening of the skin in the face, neck, and other places. While self-consciousness can cause blushing, excitement can also be a culprit. *(The Daily Chronicles)***

**The act of blushing is the body’s physical response to feeling embarrassed or shy.(2024 Mind-Bending Facts for Curious People, p. 226)**

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**Numbers of accidents in public places involving the custom of bowing are growing rapidly in Japan – 24 deaths have occurred in the last 5 years. At railways and airports many people have been knocked down escalators, nudged in front of trains, and trapped in revolving doors. Authorities are planning to install “greeting zones” in potentially hazardous areas. (The Diagram Group, in Funky, Freaky Facts, p. 183)**

**Self-confident people stand with toes turned outward. Timid, unsure people stand with toes turned inward. So contend students of body language. *(L. M. Boyd)***

**Your expression is the most important thing you can wear. (Sid Ascher, in Pleasantville, New Jersey, Mainland Journal)**

**Many people believe that facial expressions reflect how we feel inside. A frowny face expresses sadness. A smile means that we are happy. New research suggests that facial expressions do not reliably show how someone feels inside. We use facial expressions instead as a way to direct our relationship with the person we are interacting with. We might smile in order to change the subject to something more pleasant or to ingratiate ourselves. In this sense, researchers say that we use our faces in order to manipulate whoever we are looking at. (The Daily Chronicles)**

**The truly fashionable are beyond fashion. *(Cecil Beaton, English fashion photographer and costume designer)***

**Psychologists now say some wearers of glasses who take them off frequently are doing that as “a defense of unconscious denial.” Which is like saying, “I don’t want to talk about it.” *(L. M. Boyd)***

**Jackie Gleason would pat his stomach whenever he forgot a line. (Don Voorhees, in The Essential Book of Useless Information, p. 5)**

**We get goosebumps when we are chilly, feel scared, or even if we recall a distant memory. But why do we get them? Goosebumps are caused by contractions of tiny muscles attached to our hairs, which cause hairs to stand on end. These contractions are often prompted by adrenaline, which is released when we feel cold, threatened, or emotional. Goosebumps are a leftover response from when humans were covered in thicker hair. When threatened, adrenaline would flush our system, our hair would stand on end and make us look larger and more intimidating to a foe or predator. (The Daily Chronicles)**

**All sorts of explanations are around for why Ulysses S. Grant allowed his name to be changed from Hiram Ulysses Grant. But among the best is that he didn’t want other West Pointers to call him “HUG.” *(L. M. Boyd)***

**Hair in any kind of disarray tends to make a woman look fatter.” *(John Robert Powers, beauty expert)***

**Not one person in a thousand can keep his hands in his pockets while giving directions. *(Bits & Pieces)***

**In the early 1900s, Adolf Hitler regularly had lessons in mass psychology and speaking under the tutorship of a man named Erik Jan Hanussen, one of the most renowned seers and astrologers in Europe. He taught Hitler the tricks of elocution and use of body language. (Isaac Asimov's Book of Facts, p. 82)**

**Hugging someone you care about can increase oxytocin levels and reduce feelings of stress and anxiety. (2024 Mind-Bending Facts for Curious People, p. 226)**

**It’s never too early to be hugged. You don’t know when it might be too late. *(Bil Keane, in The Family Circus comic strip)***

**Nod Yourself to Certainty: In 1884 psychologist William James proposed that physical expressions dictate how we feel, not the other way around: Smile and you'll be happy. The idea slaps common sense in the face, and new research suggests it is true: Our actions seem to influence not only our emotions but also our beliefs and attitudes. "We've reversed common sense, just like James," says Richard Petty, a psychologist at Ohio State University. He and his colleagues asked 82 college students either to nod or to shake their heads while listening to a message advocating a new campus ID card system. One version of the message contained reasonable arguments for the system (for instance, it will enhance security). Another version provided more dubious rationales (it will let security guards take longer lunches). Nodders were more likely than shakers to agree with the persuasive message but actually less likely to concur with the weaker one. Contrary to previous studies, head nodding did not simply nudge the subjects toward "yes." Nodding apparently boosted the subjects' confidence in whatever assessment they were making, positive or negative, while head shaking undermined it. In a related study, Petty's team found that hand use can also influence beliefs. Righties believed more strongly in self-assessments that they wrote using their dominant hand than ones they penned using their left hand. Seeing scraggly handwriting and feeling the shakiness of the left-handed scrawl apparently transmitted a lack of confidence back to the brain. Trying to decide whether to believe these results? Are you nodding? *(Jack Lucentini, in Discover magazine)***

**How you read body language depends on where you are. Examples: In a business situation, you usually know it’s time to go when the host gets up from his desk chair. In a social situation, you usually know it’s time to go when the host leans back in his armchair. *(L. M. Boyd)***

**Of all the things you wear, the expression on your face makes the most lasting impression. And it costs you nothing. *(Ann Landers)***

**Body language is innate. Worldwide, people who pout adopt the same expression to do it. You know who learned that? Charles Darwin. *(L. M. Boyd)***

**Body language specialists have noted that when a husband and wife face each other in a conversation, placement of their feet is significant. Dominant one has toes outward, subordinate inward. But when they first met, said lovers most probably both stood pigeon-toed. *(L. M. Boyd)***

**How do mommy porcupines hug their babies? *(Bil Keane, in The Family Circus comic strip)***

**Even from a great distance, you can tell how fast a person talks by looking at said talker’s hands. Gestures accompany the conversation, marking a sort of tempo. Studies show women gesture a lot more quickly than men. *(L. M. Boyd)***

**A male turtle grunts, a female turtle hisses. Some turtles both grunt and hiss, but researchers attach no significance to it. *(L. M. Boyd)***

**It’s claimed by some behavioral science students that people who wear loose clothing tend to be optimists. *(L. M. Boyd)***

**When telling a lie, a man tends to do some bit of stage business with his hands, like touching his nose, stroking his chin, rubbing his chest, scratching his eyebrow, covering part of his mouth or maybe picking some lint off of his jacket. So say the researchers. *(L. M. Boyd)***

**If you yawn now – and odds are pretty fair you will – it should last about six seconds. *(L. M. Boyd)***

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