# Laughter

**At plunder and famine you shall laugh;**

**and you shall not fear the wild beasts.**

***(Job 5:22)***

**Then was our mouth filled with laughter,**

**and our tongue with singing; then said they among the heaven,**

**“The Lord has done great things for them.”**

***(Psalm 126:2)***

**I also will laugh at your calamity;**

**I will rejoice when terror and sudden destruction come upon you.**

***(Proverbs 1:26)***

**If you can't have a good laugh at the expense of others, why are they even here? (Scott Adams, cartoonist)**

**You can indeed afford to laugh. Remember that God goes with you wherever you go. *(A Course in Miracles)***

**When people are laughing, they’re generally not killing one another. (Alan Alda)**

**I am thankful for laughter, except when milk comes out of my nose. (Woody Allen)**

**Among those whom I like, I can find no common denominator; but among those whom I love, I can: all of them make me laugh. *(W. H. Auden, in The Dyer's Hand)***

**Tom Kuhlman, psychologist: A patient gave her doctor such a steady dirge of bad things happening to her that one day he wore a black armband to reflect her attitude. She burst out laughing; it was a watershed in their doctor-patient relationship. The basic experience of sharing laughter is a point where mutual humanity is discovered at neither party's expense. You're pulled out of crusty roles and a greater intimacy is shared. *(Karen Garloch, in Cincinnati Enquirer)***

**You grow up the day you have your first real laugh -- at yourself. (Ethel Barrymore, American actress)**

**Laughter is the closest thing to the grace of God. (Karl Barth)**

**The Battle of Buironfosse in France, in 1339, is usually thought of as one of the opening encounters of the Hundred Years' War. In fact it never took place -- and all because of a frightened rabbit which dashed between the lines of the two opposing armies. The sight was so hilarious that the soldiers on both sides roared with laughter -- and withdrew without exchanging a blow! (Ripley's Believe It or Not!: Book of Chance, p. 243)**

**A man without mirth is like a wagon without springs. He is jolted disagreeably by every pebble in the road. (Henry Ward Beecher)**

**Although the Bible is notably lacking in jokes and belly laughs, it does contain the phrase “Ha ha!” (Job 39:25). (Paul Stirling Hagerman, in It's a Weird World, p. 28)**

**It's a big person who can laugh at himself with others and enjoy it as much as they do. *(Bits & Pieces)***

**Blessed are they who can laugh at themselves, for they shall never cease to be amused. *(Rodney & Cathy's Joke List)***

**Laughter rises out of tragedy, when you need it the most, and rewards you for your courage. (Erma Bombeck)**

**In Anatomy of an Illness, a book regarded as a classic on health and healing, best-selling author Norman Cousins tells how he recovered from a life-threatening illness by using positive thoughts and ongoing doses of hearty laughter. By watching Marx Brothers movies and Candid Camera TV shows, Cousins “made the joyous discovery that ten minutes of genuine belly laughter had an anesthetic effect and would give me at least two hours of pain-free sleep.” *(Guideposts)***

**Laughter is the shortest distance between two people. *(Victor Borge)***

**\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*Why is nobody ever kept awake by a baby laughing? *(Ashleigh Brilliant, in Pot-Shots)***

**Whenever I try to make people laugh -- why do they always say: “Surely, you must be joking"?(Ashleigh Brilliant, in Pot-Shots)**

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**Laughter is a protest scream against death. *(Mel Brooks)***

**If I get big laughs, I'm a comedian. If I get little laughs, I'm a humorist. If I get no laughs, I'm a singer. *(George Burns)***

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**Laughing for just 15 minutes can burn up to 40 calories. (2024 Mind-Bending Facts for Curious People, p. 226)**

**Laugh and you'll burn up three and a half calories. No joke. (Jack Kreismer, in The Bathroom Trivia Book , p. 10)**

**\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*CBS engineer Charles Douglass invented canned laughter. He recorded hours of laughs and guffaws from the audiences at The Red Skelton Show and compiled them in his “laff box.” It was first used on The Hank McCune Show, in 1950. Up until the early 1970s, Douglass and his machine had a virtual monopoly on television laugh tracks. *(Don Voorhees, in The Perfectly Useless Book of Useless Information, p. 108)***

**The man who cannot laugh is not only fit for treasons, stratagems, and spoils; but his whole life is already a treason. *(Thomas Carlyle)***

**True laughter (belly laughter) I would define as the spirit of carnival. The world of Laughter is much more closely related to the world of Worship and Prayer, than either is to the everyday, secular world of Work, for both are worlds in which we are all equal, in the first as individual members of our species, in the latter as unique persons. (W. H. Auden)**

**Laughter is much more important than applause. Applause is almost a duty. Laughter is a reward. (Carol Channing)**

**To truly laugh, you must be able to take your pain and play with it. *(Charlie Chaplin)***

**Among those whom I like or admire, I can find no common denominator, but among those whom I love, I can: All of them make me laugh. *(W. H. Auden, poet and essayist)***

**Laughter is the corrective force which prevents us from becoming cranks. *(Henri Bergson)***

**You can turn painful situations through laughter. If you can find humor inanything -- even poverty -- you can survive it. *(Bill Cosby)***

**S. J. Perelman, humorist: I used to watch people leaving a Marx Brothers film, their cheeks stained from tears of laughter. Then they would say, “Wasn't that silly?” If they had been equally churned up by a Garbo movie, they wouldn’t say that. They'd think they had been purged -- you know, catharsis. But with comedy, people do not trust their reactions. The trouble is people do not have the courage of their laughter. *(Henry Mitchell, in Washington Post)*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\***

**If negative emotions produce negative chemical changes in the body, wouldn't the positive emotions produce positive chemical changes? Is it possible that love, hope, faith, laughter, confidence, and the will to live have therapeutic value? *(Dr. Norman Cousins)***

**Laughter is inner jogging. *(Norman Cousins)***

**Laughter is the best medicine. (Dr. Norman Cousins)**

**It has always seemed to me that hearty laughter is a good way to jog internally without having to go outdoors. (Norman Cousins, in Anatomy of an Illness)**

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**My biggest achievement has been making people forget their troubles by making them laugh. (Rodney Dangerfield)**

**Laughter is dangerous to the guardians of the state as to all good men, because of its tendency to get out of hand. *(Samuel Weber)***

**He deserves paradise who makes his companions laugh. (The Koran)**

**The mirth diet: It’s been said that laughter is good medicine, but it also may be good exercise, says LiveScience.com. In a series of studies, researchers at Loma Linda University in California found that repeated bouts of “mirthful laughter” offer some of the same benefits – including lower blood pressure and lower cholesterol – as moderate exercise. In their most recent study, researchers found that volunteers who laughed while watching videos experienced charged levels of the hormones ghrelin and leptin, which are known to regulate appetite. Those hormones are also affected by exercise. The findings, says study author Lee Berk, suggests that some sort of “laughter therapy” might be an option for patients who cannot use physical activity to normalize or enhance their appetite. *(The Week magazine, May 14, 2010)***

**Laughter is, in fact, good medicine. Laughter supposedly aids digestion because it is relaxing. This fact was appreciated by kings throughout history: they employed jesters and fools to make puns and jokes at mealtime. Same principle is employed in the big rooms in Las Vegas, where the world’s top funnymen help you digest your dinner. Trouble is, when you get the bill, it’s ulcer time again. *(Bernie Smith, in The Joy of Trivia, p. 13)***

**It's reported comedienne Phyllis Diller plans her monologues to get at least 12 laughs a minute. A laugh every five seconds? Remarkable. (L. M. Boyd)**

**Humans are susceptible to a disease called the “laughing sickness.” People stricken with this disease literally laugh themselves to death. The disease is known in only one place in the world, among the Kuru tribe of New Guinea. *(David Louis, in Fascinating Facts, p. 99)***

**Laughter, it is said, is the best medicine. The joy is that I don't have to be a doctor to administer it. TODAY! *(Dr. Delia Sellers, in Abundant Living magazine)***

**Earth laughs in flowers. (Ralph Waldo Emerson)**

**Endorphins are the body's natural anesthetics. It lately has been learned that laughter stimulates the secretion of same. So when you laugh, you're also sort of administering your own pain killer. (L. M. Boyd)**

**In 1977 in Tanzania an epidemic of uncontrollable laughter inflicted adolescent girls. Eighteen had to be hospitalized. Some partially recovered with recurring giggles. (Tracy Stephen Burroughs)**

**Some people have foreign accents – until they laugh. (Bil Keane, in The Family Circus comic strip)**

**An optimist laughs to forget; a pessimist forgets to laugh. *(Tom Nansbury)***

**The Golden Rule in reverse: Whatsoever you would laugh at in others, laugh at in yourself. (Henry Emerson Fosdick, in On Being a Real Person)**

**If exercise is on your list of New Year's resolutions, all you have to do is laugh. Laughing uses more muscles at one time than any other activity. In fact, 15 muscles are required just to smile. (Ben Franklin's Almanac, p. 8)**

**Mom: “What are you laughing about?” Rose: “Um. Nothing specific! Generic versions are available.” *(Pat Brady, in Rose Is Rose comic strip)***

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**Beware of those who laugh at nothing or at everything. (Arnold H. Glasow)**

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**If you want to make God laugh, tell him your plans! *(Manny Patel)***

**Men show their character in nothing more clearly than by what they think laughable. *(Goethe)***

**Sometimes, when it's hardest to laugh is the time when we need laughter the most. Laughter is a medicine for the soul. (Dr. Charles Dickson, in New Realities magazine)**

**Psychologists agree that our minds are capable of thinking only one thought at a time. Any hobby which requires single-pointed concentration can be used as a substitute for thoughts of pain. I often lost myself in knitting, watching the design of an afghan grow. Medical science substantiates the theory that absorbing activities like knitting cause the brain to release natural painkillers, called endorphins. (Incidentally, so does laughing.) *(Evelyne Lein, in The Healing Process)***

**I have seen what a laugh can do. It can transform almost unbearable tears into something bearable, even hopeful. (Bob Hope)**

**The horse would have a good laugh today if he could see all the motorists adjusting their shoulder harnesses. *(Funny Funny World)***

**Laughter is the sun that drives winter from the human face. (Victor Hugo)**

**Humor is laughing at what you haven’t got when you ought to have it. (Langston Hughes)  
  
Illness is not a laughing matter, but maybe it should be. (Anonymous)   
(Genesis 21:2-3) Abraham laughed at God's promise that his wife, Sarah, would bear him a son. He was a hundred years old! Sarah was 90! Sarah laughed at the promise. “I'm past childbearing years! My master is older than I am!” Then it was God's turn. Just as He promised, a son was born. God told them to name him Isaac, which means “he laughs.” God had the last laugh! *(James I. Lamb, in Portals of Prayer*)**

**Some people think it is difficult to be a Christian and to laugh, but I think it's the other way around. God writes a lot of comedy -- it's just that he has so many bad actors. (Garrison Keillor, radio host)**

**You can’t deny laughter; when it comes, it plops down in your favorite chair and stays as long as it wants. (Stephen King)**

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**He who laughs, lasts. *(Mary Poole)***

***\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\**The person who knows how to laugh at himself will never cease to be amused. *(Shirley MacLaine)***

**Laughter is man's most distinctive emotional expression. Man shares the capacity for love and hate, anger and fear, loyalty and grief with other living creatures. But humor which has an intellectual as well as an emotional element, belongs to man. (Margaret Mead, in Some Personal Views)**

**Laughter is one of the great beacons in life because we don’t refract it by gunning it through our intellectual prism. What makes us laugh is a mystery – an involuntary response. (Dennis Miller, in The Rants)**

**The best way to make an Englishman laugh in his old age is to tell him a joke when he's young. *(Ashley Montague)***

**Men laugh longer, more loudly, and more often than women. *(David Louis, in Fascinating Facts, p. 142)***

**Laughter is the musical accompaniment to life composed by Mother Nature. *(Steve Wilson)*  
In one New Testament concordance, there are 287 references to joy, gladness, merriment, rejoicing, delighting, laughing, etc. (Cal Samra, in The Joyful Christ , p. 67)**

**If exercise is on your list of New Year’s resolutions, all you have to do is laugh. Laughing uses more muscles at one time than any other activity. In fact, 15 muscles are required just to smile. (Ben Franklin’s Almanac, p. 3)**

**Why would you ever want to stop making people laugh? *(Bob Newhart, on why he’s still acting and doing standup comedy at age 76)***

**Perhaps I know best why it is only man who laughs; he alone suffers so deeply that he had to invent laughter. *(Friedrich Wilhelm Nietzsche)***

**Laughing can lower blood sugar. A Japanese study reported in Diabetes Care found blood sugar levels were lower in people who laughed after a meal than in people who didn't laugh. Why? Researchers don't know yet, but they say daily laughter can help control diabetics' blood sugar. *(Peggy J. Noonan, in USA Weekend, October 10-12, 2003)***

**If you're going to be able to look back on something and laugh about it, you might as well laugh about it now. (Marie Osmond)**

**Ole Bentzen, a Danish physician who may have thought that laughter was the best medicine, nonetheless overdosed on it while watching the film A Fish Called Wanda in 1989. He laughed so hard, his heart rate jumped to 500 beats a minute, causing him to die of a heart attack. *(Russ Edwards & Jack Kreismer, in The Bathroom Trivia Digest, p. 1)***

**Father Tom Walsh, a psychotherapist, has taught a popular course called “Humor, Hilarity, Healing, and Happy Hypothalami” at the Franciscan Renewal Center and churches in the Phoenix area. Walsh, who has counseled many depressed persons, observes, “You cannot be depressed, or anxious, or angry when you're laughing. It can't be done.”(Cal Samra, in The Joyful Christ , p. 21)**

**Laughter and tears are both responses to frustration and exhaustion. I myself prefer to laugh, since there is less cleaning up to do afterward! *(Kurt Vonnegut, Jr.)***

**Inviting people to laugh at you while you are laughing at yourself is a good thing to do. You may be the fool, but you are the fool in charge. *(Carl Reiner)***

**Early one morning in May, 2006, Stephen Shepard unsuccessfully attempted to rob a convenience store in Inwood, West Virginia. He left empty-handed because the clerk was too busy laughing at his makeshift mask – a pair of ladies’ blue underdrawers. The robber fled, but was caught shortly afterward and identified by the Jeep he drove. Police discovered that his weapon was actually a gun-shaped cigarette lighter. *(Kelly Cadieux, in Tidbits)* \*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*We are all here for a spell; get all the good laughs you can. (Will Rogers)**

**An onion can make people cry but there has never been a vegetable invented to make them laugh. (Will Rogers)**

**I have always noticed that people will never laugh at anything that is not based on truth. (Will Rogers)**

**We are all here for a spell; get all the good laughs you can. (Will Rogers)**

***\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\**The Hopi, Pueblo and Plains tribes have the Sacred Trickster, who holds total wisdom and teaches the people through laughter and opposites. Sacred Tricksters make you wonder if what they are doing or saying is really correct, thereby making you look within yourself for the answer. Old beliefs that have been a crutch for you in the past can be tested. If the crutch collapses and you end up on your proverbial rump, a lesson has been learned. If you stop and test out a teaching that works, it becomes a Knowing System for your life. The Sacred Trickster's wisdom, imparted to a seeker, could be the exact opposite of the answers one would expect. The laughter surrounding the results could be a lesson for everyone. If the Sacred Trickster is successful, all is taken in good fun, and the chains of old habits, no longer helpful, are broken. (Terry Braverman, in New Thought magazine)**

**A humorist once said: “Even if there is nothing to laugh about, laugh on credit.” (Robert H. Schuller, in Turning Your Stress Into Strength)**

**If I were given the opportunity to present a gift to the next generation, it would be the ability for each individual to learn to laugh at himself. (Charles Schulz)**

**The moments that make life worth living are when things are at their worst and you find a way to laugh. (Amy Schumer, comedian)**

**Mirthful laughter has a scientifically demonstrable impact on several levels. Not only does it open up your clown chakra (located at the elbow, a.k.a. the funnybone), your whole body vibrates; muscles are activated, heart rate goes up (increasing blood circulation), breathing is amplified (up to five times more oxygen) -- all similar to athletic exercise. A kind of internal jogging. When laughter subsides, the endorphins in the brain are released, causing a state of compensatory physical relaxation and alleviation of emotional tension. According to Dr. Kenneth Palletier, “Laughter is an activity that creates total brain symmetry.” *(Terry Braverman, in New Thought magazine)***

**With mirth and laughter let old wrinkles come. *(William Shakespeare)***

**Laughter is good medicine. Side effects may include abdominal cramps, shortness of breath and weakness in legs. *(Pat Brady, in Rose Is Rose comic strip)***

**A laugh is a smile that bursts. *(Mary H. Waldrip)***

**Probably for the first time, a soccer match has been delayed by laughter. Five thousand Athenian soccer fans, awaiting the start of an exhibition match between a Greek team and a Chinese team last year, rose and stood in respectful silence as what they took to be the Chinese national anthem reverberated from the stadium's loud speakers. The Chinese team on the field, observing all those standing Greeks, also came to polite attention, assuming that the Greek anthem was being played. Then a lilting female voice rose above the unfamiliar music -- to extol the virtues of a local toothpaste. (Sports Illustrated)**

**Those who can’t laugh at themselves leave the job to others. (Bits & Pieces)**

**If you don’t learn to laugh at trouble, you won’t have anything to laugh at when you’re old. (Edgar Watson Howe)**

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**The human race has one really effective weapon, and that is laughter. (Mark Twain)**

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**The sound of laughter has always seemed to me the most civilized music in the universe. (Peter Ustinov)**

**Seven days without laughter makes one weak. *(Joel Goodman, American humor educator)***

**A judge has ordered a German man to stop bursting into laughter in the woods. Accountant Joachim Bahrenfeld was taken to court by one of several joggers who say their runs have been disturbed by Bahrenfeld’s deafening squeals of joy. He faces up to six months in jail if he gets caught again. Behrenfeld, 54, says he goes laughing in the woods nearly every day to relieve stress. “It’s part of living for me,” says Behrenfeld, “like eating, drinking, and breathing.” (*The Week magazine, April 21, 2006)***

**Sexiness wears thin after a while and beauty fades, but to be married to a man who makes you laugh every day, ah, now that’s a real treat. *(Joanne Woodward)***

**Laugh and the world laughs with you; cry, and you look a mess! *(The Chateau Chatter)***

**If you laugh a lot, when you get older your wrinkles will be in the right places. (Andrew V. Mason, in Reader's Digest)**

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