Smiling

I smiled on them when they had no confidence;

and the light of my countenance they did not extinguish.

*(Job 29:24)*

**Acronym: SMILE = Spirit Moving Into Loving Expression.**

**A smile adds a great deal to face value. *(Submitted by Guideposts reader Linda Smith)***

**Bad week for: The grouchy, after Canon, the Japanese camera giant, deployed new AI technology that will prevent employees from entering meeting rooms unless they’re smiling. A spokesperson said Canon hopes to “create a positive atmosphere by utilizing this system.” *(The Week magazine, July 2, 2021)***

**It has been written by an anonymous medical researcher: “A baby learns to smile in the womb. But it does not learn to pout until about six months after it’s exposed to the real world.” *(Boyd’s Curiosity Shop, p. 7)***

**In the hectic holidays ahead, the best gift you can give costs nothing. It takes only a fleeting moment to wrap and deliver it, but the memory of it can last a lifetime. It’s the only thing people can wear that never goes out of style. And one size fits everyone. It is called a smile. *(Bits & Pieces)***

**Is smiling something the Bible mentions? In reality, the word appears less than five times in Scripture, and never as something we are told to do. However, the Bible does suggest for us an attitude that leads to smiles -- and that is the word joy. Nearly 250 times we read about joy. *(Dave Branon, in Our Daily Bread)***

**Smiling doesn’t win you gold medals. *(Simone Biles, in The Guardian)***

**The man who can smile when something has gone wrong may have just thought of someone he can blame it on. *(Leslie B. Flynn & Bernice Flynn, in Humorous Incidents and Quips for Church Publications, p. 57)***

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

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

**Dolly: "You can't give a smile away. It always comes back." *(Bil & Jeff Keane, in The Family Circus comic strip***

**Cooperation is doing with a smile what you have to do anyhow. *(Quote magazine)***

**A smile is a curve that sets everything straight. *(Phyllis Diller)***

**You are not dressed for work until you wear a smile. *(Anonymous)***

**Wear a smile and have friends; wear a scowl and have wrinkles. *(George Eliot)***

**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)**

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

**Grin and bear it: Even a fake grin can make you feel better. That’s the finding of University of Kansas researchers, who asked more than 150 volunteers to hold chopsticks in their mouths in one of three ways: one that kept their facial expressions neutral, one that caused them to smile with only their mouths, or one that engaged the facial muscles people use when producing a genuine grin. The researchers then monitored the subjects’ heart rates while they performed a stressful task, such as holding a hand in a cup of ice water. The subjects who produced a full smile had the lowest heart rates, followed by those who smiled with just their mouths; both of those groups also reported simply feeling better than those whose faces remained blank. The research suggests that the act of smiling – even divorced from feelings of joy – can help us relax, study author Sarah Pressman tells LiveScience.com. “The next time you are stuck in traffic or are experiencing some other type of stress,” force yourself to grin, she says. “It might actually help your heart health.” *(The Week magazine, August 17, 2012)***

**Start every day with a smile and get it over with. *(W. C. Fields)***

**It is impossible to persuade a man who does not disagree but smiles. *(Muriel Spark, novelist)***

**No matter what we do to improve or alter the way we look, we will all continue to smile. *(Angus Trumble, in A Brief History of the Smile)***

**A smile is an inexpensive way to improve your looks. *(Charles Gordy, in Thomaston, Georgia, Times)***

**It's all in the eyes: You don't need to look like Brad and Angelina to lure a mate, says a new study. Being attractive is easy: Just make eye contact and smile. Scottish researchers asked hundreds of university students to rate the attractiveness of people in photos. The photo sets contained images of the same faces, either smiling or looking disgusted, with eyes looking toward the viewer or away. In all cases, especially when viewing photos of the opposite sex, the students rated the smiling, forward-looking faces as the most attractive. We usually try to judge beauty based on facial characteristics alone, study author Ben Jones tells the London Guardian. But this study shows that the assessment of another person's beauty is really "a narcissistic thing. People are attracted to people who are attracted to them." This makes perfect sense from an evolutionary perspective, because there's a better chance you'll get to mate with someone who also finds you interesting. "It takes quite a lot of effort to attract a mate," Jones says. "What you want to do is allocate that effort in a more efficient way." *(The Week magazine, November 23, 2007)***

**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)***

**You now see TV pictures from Japan of people smiling at the camera. Just a few years ago, you didn’t see that. There then, it was all right to grin during setup, but not during the actual taping. Even a smile was improper. That has changed. *(L. M. Boyd)***

**Smiling is definitely one of the best beauty remedies. *(Rashida Jones)***

**A journey of a thousand smiles begins with a single step! *(Tom Wilson, in Ziggy comic strip)***

**There are no language barriers when you are smiling. *(Allen Klein)***

**Teacher: "Freddie, you mustn't laugh out loud in the schoolroom." Freddie: "I didn't mean to do it. I was smiling, and the smile busted." (Mentioned by Steve Wilson, in A Joy of Life Book)**

**There aren't any photos of Abe Lincoln smiling because nobody smiled for cameras then. Exposure took too long to hold a smile. *(L. M. Boyd)***

**Smiles are magnetic. They draw people together. (Bud Holiday)**

**After my wife and I had the privilege of visiting the Louvre in Paris, I called our eleven-year-old granddaughter Addie on the phone. When I mentioned seeing da Vinci's famous painting Mona Lisa, Addie asked, "Is she smiling?" Isn't that the big question surrounding this painting? More than 600 years after Leonardo captured this subject in oil, we still don't know if the lady was smiling or not. Though enraptured by the painting's beauty, we are unsure about Mona Lisa's demeanor. The "smile" is part of the intrigue of the painting. But how important is this anyway? (Dave Branon, in Our Daily Bread)**

**\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\***

**Peace begins with a smile -- smile five times a day at someone you really don't want to smile at . . . do it for peace. *(Mother Teresa)***

**Mother Teresa often gives people unexpected advice. When a group of Americans, many in the teaching profession, visited her in Calcutta, they asked her for some advice to take home to their families. "Smile at your wives," she told them. "Smile at your husbands." Thinking that perhaps the counsel was simplistic, coming from an unmarried person, one of them asked, "Are you married?" "Yes," she replied, to their surprise, "and I find it hard sometimes to smile at Jesus. He can be very demanding." (Eileen Egan, in Such a Vision of the Street)**

**\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\***

**Studies published in the Journal of Personality & Social Psychologyand in Psychological Review claim that if we will smile, we will feel happy, and for a couple of reasons. One is that by tightening and loosening the muscles of the face, we activate a network of nerves that sends signals to the emotion centers of the brain. A frown turns on the depression center. A smile turns on the elation center. Another reason why smiling triggers happiness has to do with blood temperature. Have you ever been boiling mad? Have you ever been accused of being hot-headed? Our very way of speaking gives a clue. Frowning tightens a set of muscles which thereby diverts more of our 98.6 degrees F. blood to the brain, warming it up. Smiling tightens a different set of muscles, a set which decreases the blood flow to the brain -- not enough to impair its functioning, but just enough to cool it. (Michael Jamison, in Unity magazine)**

**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)**

**It takes 26 muscles to smile and 62 muscles to frown. Why not make it easy on yourself? *(Bits & Pieces) 226981***

**\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*Consider the pizza. It is like a smiling face: It assuages the fear of complexity by showing everything on its surface. *(Rachel Cusk, novelist)***

**I had come in time to learn that it was a mistake to smile a friendly smile when somebody made a fool of me. (Marcel Proust, in Remembrance of Things Past: The Captive)**

**MARGINAL NOTE: “Smile and rest your wrinkles.” *(Country Extra magazine)*
All people smile in the same language. (Bits & Pieces)**

**When this brutal winter's snowdrifts threatened to bury Minnesota farmer Greg Novak's greenhouses, he started digging out like everyone else. Then he thought: Why not build a really massive snowman? "As long as you're moving it, might as well do something practical with it," he said. It took skid loaders, a silage blower, and hundreds of hours of work, but people are traveling from miles away to see the giant, 50-foot figure Novak calls Grand-daddy. Novak is unfazed by those questioning his sanity. "It puts a smile on people's faces," he said. "When people smile, you know you've done a good thing." (The Week magazine, March 14, 2014)**

**Most smiles are started by another smile. *(Good Reading)***

**What sunshine is to flowers, smiles are to humanity. (*Joseph Addison)***

**The thing that goes the farthest towards making life worthwhile, that costs the least and does the most is just a pleasant smile. *(Sign hanging in the farmhouse of the grandmother of Guideposts reader Hugh Smith)***

**A warm smile is the universal language of kindness. *(William Arthur Ward)***

**Whatever you have to say to people be sure to say it in words that will cause them to smile and you will be on pretty safe ground. And when you do find it necessary to criticize someone, put your criticism in the form of a question which the other fellow is practically sure to have to answer in a manner that he becomes his own critic. (John Wanamaker)**

**Why don't people smile in old photographs? (Art Ross, Kingwood, Texas) Although we tend to think the subjects had to hold their faces still for an uncomfortably long time, exposures from the early days of commercial photography only lasted about 5 to 15 seconds. The real reason is that, in the mid-19th-century, photography was so expensive and uncommon that people knew this photograph might be the only one they'd ever have made. Rather than flash a grin, they often opted to look thoughtful and serious, a carry-over from the more formal conventions of painted portraiture, explains Ann Shumard, senior curator of photographs at the National Portrait Gallery. When George Eastman, founder of Eastman Kodak, introduced hand-held cameras in 1888, it made photography more accessible and casual. Photos from around the turn of the 20th-century include a lot more candids, and a lot more smiles. *(Anna Diamond, in Smithsonian magazine)***

**A winning smile is the best accessory any dress ever had. *(C. Terry Cline, Jr., in Prey)***

**\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\***