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## Laughter is the best medicine to stay healthy

IT is heartening to note that popular comedians Douglas Lim and Kuah Jenhan have raised RM15,000 for the PT Foundation's HIV/AIDS programmes through a unique event *Laugh Yourself Red* "Guffaws for a good cause" (*The Star*, July 12).

Lim and Kuah should be commended for daring to be different in their effort to help the foundation. Of greater significance is the fact that they have indirectly sent the message that laughter is the best medicine.

The importance of laughter from the health point of view is explained by Dr Scheweisheimer: "According to modern scientific research, laughter affects all the organs of the body from the lungs to the intestines. Laughter

speeds the cure of diseases. Laughter has been looked upon as an innovation of nature to compensate for the diminished organic friction and massages the internal organs caused by man's erect position.

"There are first and foremost the lungs. Laughing moves the diaphragm up and down and air is drawn into the lungs and forcibly ejected until every portion of the lungs is thoroughly ventilated.

"Even deep inhaling will not approach in thoroughness the effect of good-hearted laughter. Laughter causes a massage of the liver. This means a greater flow of bile which is produced by the liver.

" People who laugh during meals enjoy better

digestion and absorption of nourishing materials than those moody and dissatisfied while eating. Laughter gently massages the endocrine glands and thus increases their secretion.

"The thyroid glands, the suprarenals and the pancreas are directly stimulated by laughter and as all endocrine glands are affected by each other's secretion, laughter affects the whole chain of glands. Laughter stimulates the pituitary gland, that pea-sized lump at the base of the brain."

Now that the lesser known curative powers of laughter have been revealed, let us laugh, laugh uproariously and stay healthy.

**S. SUNDARESON**  
Petaling Jaya