

## We Need More Laughter in Our Lives

*by Liz Gibbons*

What has happened to laughter? I am not aware of many recent humorous sitcoms on TV or comedy movies in theaters. With the advent of political correctness, comedians have become scarce. They don't want to risk being labeled racist, sexist, homophobic, gender biased or Semitic. I don't think humor is as creative and innovative as it was forty or fifty years ago. Could we have a Monty Python series in this day of political correctness? But it is because there are so many serious issues facing us that uncensored laugh out loud, side splitting, almost pee-in-your-pants laughter and humor is needed. We need some George Carlins to regale us about the ridiculous ideas being pushed in our society of which there is much rich material available.

You have to laugh at the utter stupidity and the idiocy we are told to believe. Take this fear mongering being promoted that the earth is going to end in twelve years. Come on. It has lasted for billions of years. I don't think gasoline engine cars, plastic straws, and too many cows farting really have the capacity to end its existence. The earth goes through cycles when the sun is closer to the earth and further away. The sun has a lot more effect than those cows, cars, and straws. That is not to deny that we are terrible stewards of the earth and need to definitely deal with that.

Maybe what we need are some laughing parties. In England, Italy, and a few places in the United States there are laughing yoga classes where participants get together to laugh. Laughter is contagious and can help facilitate bonding between people. Watch people exiting a really funny movie. They are in a good mood, laughing, smiling, and more communicative. My son said he saw something funny on TV when he was exercising at the gym last week and noticed that as he left the gym he still had a big smile on his face.

It is said that children laugh 400 times a day. Adults laugh about 15. Laughter has a positive effect on our bodies, relaxing us, boosting our immune system, and lowering anxiety, plus many other positive effects. Perhaps instead of wearing a pedometer to see how many steps we take in a day we might be better off wearing a meter that records our laughs and strive to experience hundreds of laughs per day.