

2011-1 Text 0

1- Ancient Greek philosopher Aristotle viewed laughter as “a bodily exercise precious to health.”

But _____ some claims to the contrary, laughing probably has little influence on physical fitness.

Laughter does _____ short-term changes in the function of the heart and its blood vessels, _____ heart rate and oxygen consumption.

But because hard laughter is difficult to _____, a good laugh is unlikely to have _____ benefits the way, say, walking or jogging does.

2- _____, instead of straining muscles to build them, as exercise does, laughter apparently accomplishes the _____.

Studies dating back to the 1930’s indicate that laughter _____ muscles, decreasing muscle tone for up to 45 minutes after the laugh dies down.

3- Such bodily reaction might conceivably help _____ the effects of psychological stress.

Anyway, the act of laughing probably does produce other types of _____ feedback, that improve an individual's emotional state.

_____ one classical theory of emotion, our feelings are partially rooted _____ physical reactions.

It was argued at the end of the 19th century that humans do not cry _____ they are sad but they become sad when the tears begin to flow.

4- Although sadness also _____ tears, evidence suggests that emotions can flow _____ muscular responses.

In an experiment published in 1988, social psychologist Fritz Strack of the University of Würzburg in Germany asked volunteers to _____ a pen either with their teeth - thereby creating an artificial smile - or with their lips, which would produce a(n) _____ expression.

Those forced to exercise their smiling muscles _____ more enthusiastically to funny cartoons than did those whose mouths were contracted in a frown, _____ that expressions may influence emotions rather than just the other way around.

_____, the physical act of laughter could improve mood.