



Humor: Life's ultimate gift

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Humor is one of God's ultimate gifts to man. It causes various miracles which only the wise can comprehend. It solves misunderstandings, creates romances and uplifts pain. It improves the quality of education and the treatment in healthcare. It improves relationships between family members and it patches grudges between enemies. Laughter is indeed one of the best medicines and it has been used by healthcare professionals to remove pain and to establish rapport. It is also better to know someone and to interact with others through humor and as the Swiss Protestant Educator and Theologian Karl Barth quoted that laughter is actually the closest thing to the grace of God.

Humor is indeed a gift from God. It is a miracle that most people forget to cherish. Those who know the healing powers of laughter are the ones who have lesser hardships in life. Laughter not only uplifts a person and improves his health but he is also lucky when he takes things with a touch of humor. This is because the concept of laughter can be traced back to the theory known as Locus of control. Locus of Control is a theory which states that people have total control with the things that happen in their lives. People who take things lightly and smile daily will have more success and have better luck when it comes to plays. They have better relationships with friends and with lovers because they do not have a negative aura. People like to be with them since they have an optimistic look in life and they believe that everything is half full and not half empty. This is the concept behind the Locus of Control.

Men who know the magic of laughter are more interesting in women while women who laugh more look younger and more radiant. Lovers often tell jokes or share funny stories in order to lessen their tension. Teachers also use laughter in order to release the boredom inside the classroom while priests use it in order to enlighten the public. Indeed, the power of humor can be seen everywhere. Dr. Patch Adams, as portrayed by Robin Williams, also uses the power of laughter in order to alleviate the pain of patients and to help children who are sick. He believes that laughter improves the quality of life and it promotes healing. He also believes that laughter has a similar effect to a placebo in which it has a psychological effect to a patient.

In all beings under creation human beings are the only intellectual creatures who are given the gift of laughter. No other beast or life form has the capability to laugh and to share this life changing emotion.

Questions for discussion:

- 1) What is one of the best gifts from God?
- 2) What are the things that humor solves?
- 3) What theory is rooted to the concept of laughter?
- 4) Who are more interesting in women when they laugh?
- 5) Who uses laughter to release boredom inside the classroom?