

I- Text

(1) Children on average laugh about 300 times a day. Can you guess how many times per day the average adult laughs? Not even close. Just 17 times per day. How sad that we lose all our sense of humour as we grow up! The simple act of throwing your head back and roaring at any kind of humour has multiple benefits both mentally and physically.

(2) Laughter actually increases the immune system, making us stronger and better able to fight off disease. And all that humour requires us to do is breathing in more oxygen, which is good for the entire body. The physical benefits of humour do not end there. Laughing has been proven to lower blood pressure, burn calories and give your internal organs a good massage. It also exercises almost the entire body, which explains why we get sore sides after a good laugh session. Moreover, it lowers stress hormone levels, keeping us calmer.

(3) Humour can change your mood instantly. It is very hard to be angry when something strikes you as funny. Laughing stimulates the brain, both left and right sides, to help the laughter retain more information. Depression and anxiety are almost non-existent in people who have a great sense of humour and who are able to laugh at themselves. They automatically see the world in a different light, simply because of their sense of humour. Some doctors even recommend laughing as a therapeutic exercise.

(4) This concept has even gone so far as to form humour clubs where the main activity is laughing. The idea behind this is that if you spend an hour giggling, you will be healthier. The people who join these clubs spend the hour or so chortling away and go home feeling rejuvenated and healthy. According to the laughing clubs, you do not have to feel the laughter in order for it to be beneficial. Just opening your mouth and laughing on purpose, forced or not, can increase heart rate, oxygen levels and boost the immune system. And humour is proven to be contagious; so a good group laugh is quite probable every time the members of these clubs get together.

(5) With humour being so good for you, how can you add more of it to your everyday life? You can start by smiling at yourself in the mirror each morning and having a five minute laugh to get the day started. Reading jokes, watching comedy films or shows and hanging out with children are some guaranteed ways to get you chuckling yourself and on the road to better health.

II- Comprehension (15 pts)

1. Answer these questions in your own words. (4 pts)

1- How many types of benefits does laughter have?

2- List two examples for each type of the benefits of laughter?

3- Why do people join humour clubs?

4- Apart from laughter, what does the writer suggest doing to be healthier?

2. Are these statements TRUE or FALSE? JUSTIFY your answers from the article. (3 pts)

1- It has been confirmed that laughing has positive effects on parts of the human body : _____

2- People who are fun-loving are hardly ever anxious and depressed : _____

II- Comprehension (15 pts)

3. Find in the text words or expressions meaning the same as the following. (3 pts)

keep away (paragraph 2) : _____

advise (paragraph 3) : _____

younger (paragraph 4) : _____

4. What do the underlined words in the passage refer to? (3 pts)

your (paragraph 1) : _____

they (paragraph 3) : _____

this (paragraph 4) : _____

5. Complete the following sentences with ideas from the text. (2 pts)

1- People who use humour see the world differently as they _____

2- Laughter not only increases the immune system, but it _____

