

Laughing to death 笑死了

Vocabulary: Ill health 词汇: 健康不佳

Let me tell you a joke: which aspect of the English language are boxers best at? Don't you know? It's punch-uation (as in punctuation!)

Funny? Well, maybe you'd better not laugh too hard. According to a paper published by the British Medical Journal, laughter isn't always the best **medicine**. Sometimes it can even be **harmful**.

Professor Robin Ferner from the University of Birmingham, one of the authors of the study, found that bad things could happen to people who laughed too much. He says: "We found people with heart rhythm disturbance which had stopped their heart, we found people who had **fainted**, we found people whose **gullets** had burst, and we found people who'd **dislocated** their **jaws** or burst their lungs."



Sometimes laughter is no laughing matter

It seems that laughing can be **no laughing matter**. But **it's not all doom and gloom**. Professor Ferner says there are benefits to laughing... when you want to **lose weight**, for example. Yes, that's right: laugh and be slimmer!

Professor Ferner explains that: "You use energy when you laugh, you move your **diaphragm**, you expand your lungs, and both those things can be helpful."

According to the research, laughing for a quarter of an hour can burn up to 40 calories, and if you laughed all day you'd use up about 2,000 calories, which is what most people consume in a day. But don't do that or you might end up with a **painful** jaw. **Ouch!** Or you might find people looking at you in a **funny** way.

There's also one kind of laughter, described by the authors as "**pathological**", which can be caused by medical disorders such as **cerebral tumours** and **multiple sclerosis**.

But I don't want to finish this article leaving you feeling **desperate**. Laughter comes naturally for most of us. Babies begin to laugh at around 3-6 months.

So give in to your **sense of humour** and... keep smiling. Life is short anyway.

词汇表请参看答案与词汇部分

Quiz 测验

阅读短文并回答问题。

1. According to the study, what happened to some people's lungs when they laughed?
2. How many calories can you use if you laugh for half a day?
3. What do you call laughter caused by illness?
4. When do babies start to laugh?
5. Which word is used to mean 'a good effect arising from something'?

Exercise 练习

请你在不参考课文的情况下完成下列练习。从每个表格中选择一个意思合适的单词填入句子的空格处。

1. John _____ his arm when he fell from the roof. The doctor had to put it back into place.

burst	dislocated	expanded	fainted
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2. It's not all _____. In spite of the economic crisis people still have a sense of community.

a laughing matter	funny	doom and gloom	the best medicine
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3. It was so _____ when I caught my finger in the door.

harmful	pathological	painful	desperate
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4. If you go to a meeting wearing pyjamas, people might look at you in a _____ way.

funny	fainted	harmful	pathological
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5. Mary was annoyed when I drew a moustache on her face while she was asleep. She's got no _____.

smiling	funny	sense of humour	laughter
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Answers and Glossary 答案与词汇

Quiz 小测验

1. According to the study, what happened to some people's lungs when they laughed? **They burst.**
2. How many calories can you use if you laugh for half a day? **About 1,000. The research says if you laughed all day you'd use up about 2,000.**
3. What do you call laughter caused by illness? **Pathological laughter.**
4. When do babies start to laugh? **Between 3-6 months old.**
5. Which word is used to mean 'a good effect arising from something'? **Benefit.**

Exercise 练习

1. John **dislocated** his arm when he fell from the roof. The doctor had to put it back into place.
2. It's not all **doom and gloom**. In spite of the economic crisis people still have a sense of community.
3. It was so **painful** when I caught my finger in the door.
4. My stomach feels **funny**. I think I ate something bad.
5. Mary was annoyed when I drew a moustache on her face while she was asleep. She's got no **sense of humour**.

Glossary 词汇表

medicine	药品
harmful	有害的
to faint	晕倒
gullet	食道、食管
to dislocate	使（骨头、关节）脱位
jaw	下颚
(to be) no laughing matter	不是闹着玩的事情
it's not all doom and gloom	绝非那么悲观
to lose weight	减肥
diaphragm	横隔膜
painful	疼痛的
ouch	（感叹语）哎哟
funny (here: strange)	稀奇的
pathological	由疾病引起的
cerebral tumour	脑肿瘤
multiple sclerosis	多发性硬化症
desperate	绝望的
sense of humour	幽默感