

## THE EFFECT OF LAUGHTER.

Laughter, says a writer, is a most perfect medicine. It takes a man out of himself and so gives nature a chance. The brain is so frequently our prime mover in sickness that anything that temporarily disarranges it, as it were, is good for us. Forgetfulness is a great administrative and recuperative genius. He who forgets wins half the battle, whether it be the forgetting of an injury or the dismissal of a trouble. Time, the sovereign healer of all our wounds of heart or soul, is but an ally of our brain, and in this combination we have, perhaps, the greatest solution of the secret of life. But, in laughter, almost inexplicable as it is, there exists a great healer. It is the forerunner, one might almost call it, of forgetfulness. It is the distracter. It shakes up the creature, it fosters hope, without which our being is almost a blank. Laughter is the truest of medicines. Get it when you can. Do not be afraid to laugh. It blesses you and those who hear. It is akin to mercy. The light side of nature is a happy one; make haste to laugh.—*Indian Lancet.*

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