

# The Prince Edward Island MAGAZINE

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Vol. 5

NOVEMBER, 1903

No. 9

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## The Virtue of Mirth and Value of Laughter.

BY J. H. FLETCHER.

**T**HIS is an age of fakes, fads and foolishness. Almost every person we meet has a nostrum for some ailment or other. The quack labors hard to cure people of their complaints, not that he cares anything for them, but because of the money that is in it if he succeeds. We have had the cold water cure, the blue glass cure, the massage, osteopathy, the laying on of hands, the Keeley cure, the faith cure, Christian Science, the galvanic battery, the electric belt, mesmerism and scores of others too numerous to mention. I often wonder why people die at all in the midst of so much that will restore them to health. And yet, I doubt if we are going to live any longer than our ancestors, especially such men as Methusalem, Adam, and a few other old stayers who have had a very pleasant habit of holding on to life.

But I am about to tell you of a greater elixir than any of those I have named—I mean the medicine of mirth and laughter. It is greater, because it aims to avoid rather than allay—to prevent rather than to cure. It glorifies the