BIBLE READERS KNEW

On Fox News the other day an announcement was made that recent research had determined that laughter was good for you. Your mind was more alert and retention was also better.

Several years ago I picked up a book entitled “Anatomy Of An Illness,” by Norman Cousins. Cousins was a political journalist and Editor of the New York Post at one time.

Late in life he was diagnosed with a rare form of cancer and arthritis for which there was no present cure. Having a medical mind as well as being a journalist, he believed health depended largely on faith, love, positive attitude and laughter.

Being in a lot of pain, he taught himself to laugh by watching Marx Brothers and Laurel and Hardy films. He found that after watching an hour of films that made him laugh, he could enjoy two hours of peaceful sleep, uninterrupted by pain.

But people who read the Bible have always known the effect of laughter. “A cheerful heart is a good medicine; But a broken spirit drieth up the bones.” (Prov. 17:22 ) Some versions say “laughter is good medicine.”

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