

Speaker No. 5

The power of laughter

Mr. Fusanori Kaneko

Hello everyone. My name is Fusanori Kaneko.

In my presentation today, I'd like to talk about "The power of laughter". Laugh and grow fat. Past Studies suggest the laughing relives some of our stress and keep ourselves free from disease.

Laughing is useful to prevent life-style related disease.

Specialists in the world have begun to use laughing as one of cure.

To put in another way, laughter is the best medicine and best of all. It's free.

There is good sample. Humor and laughter give living power to humans.

Everybody, do you remember the mine collapsing accident in Sanfose in Chili that broke out in 2010.

The rescue operation still remains in the world's memory as an emotional incident.

33 mine workers were shut in a shelter 700 meters underground, and were out of touch for 17 days. After they were confirmed, they were safe, all the people were saved after 69 days from the accident.

Afterward, the team leader of the workers answered to Asahi Newspaper's interview " Now were you able to survive from this severe situation " .

He brought the reasons,

- First to have hope
- Second to the optimistic
- Third never forget humor

These things show that humor and laughter have much to do with human living power.

According to my examining literature " Babies grow up imitating adult laughter " .

Research in America. They reported that adults laugh an average of 17 times a day.

Almost all animals can smile. But except humans only monkey can have

the voice of laughter. To laugh so highly advanced work for the brain. Human babies have smiles when they fall asleep, as it is called "Angel smile".

When you smooth a baby, you should smile and praise a baby or else he'll grow up a child without laughter. Babies learn to smile and laugh as they are praised his smile by adult.

"Do voice laugh well", by sex , man is 40 percent , female is 60 percent. It was found that females laugh more than man.

According some research, peoples laugh an average of 300 times a day, but 70 years olds laugh only twice a day.

I learned that people increase stress as get old so we can not laugh.

When I see in this fall , some older people are in here. So, I'd like to introduce you to one joke.

Title~ cleark and customer

Cleark said to the Customer

This computer will cut your work in half.

Customer : Really? Good!!

I'll talk ~ two of them.

That's all.

Thank you.

Reference 「健康豆知識」

And then, human and laughter have much to do with with human living power.