

词汇: *laughter* 笑声

What things make you laugh? There are many things that make us **chuckle** or **burst into laughter**. This natural show of emotion gives off signals that we are happy, we find something **humorous** or even that we're just **a barrel of laughs!** **Gelotologists** have been looking at why we do it and what the benefits are.

Laughter is a very **primitive** way of making a sound. When we do it, we make very strange noises – from **wheezes** and **squeaks** to **gasps** and **snorts** – and each sound simply reflects the muscles in the chest squeezing out air from our ribcages under very high pressure.

Most of the time our laughter is **involuntary** and **contagious**, particularly between friends. Neuroscientist, Sophie Scott, told the BBC that it's "a social emotion. It's better to laugh with people we like." She defines two types of laughter – **spontaneous laughter**, where we laugh instantly and uncontrollably, and **conversational laughter** – where we laugh together with friends. Research found, on average, people laugh seven times for every ten minutes of conversation.

The BBC World Service programme *Crowd Science* examined the science of laughter. It wanted to know what caused this highly **infectious** repetitive action. It found we use laughter to show others that we're being playful and **non-threatening**, and this serves to make and maintain **social bonds**. Also, people outside of our social group can understand the relationship between the laughers by the sound of our chuckles.

While our health is **no laughing matter**, research has found a good **guffaw** can help our body and mind – it can make us feel good and relax our bodies. It also helps us manage pain and improve our immune system. That's why **laughter therapy** is being used as an alternative to conventional treatments. But generally, our ability to laugh is out of our control. When you start doing it, just go with the flow and others will join in.

词汇表

| | |
|--------------------------------|-------------|
| chuckle | 轻声笑，暗自笑 |
| burst into laughter | 突然开始大笑 |
| humorous | 幽默的，滑稽的 |
| a barrel of laughs | 有趣，开心果 |
| gelotologist | 笑学家 |
| primitive | 原始的 |
| wheeze | 呼哧呼哧的喘气声 |
| squeak | 吱吱声，短促的尖叫声 |
| gasp | 喘息，倒抽气 |
| snort | 鼻息声，哼哼声 |
| involuntary | 不由自主的 |
| contagious | 具有感染力的 |
| spontaneous laughter | 自发的笑 |
| conversational laughter | 交谈中的笑 |
| infectious | 有感染力的 |
| non-threatening | 不具威胁性的 |
| social bond | 社会关系 |
| no laughing matter | 不是开玩笑的事，正经事 |
| guffaw | 哈哈大笑，狂笑 |
| laughter therapy | 笑声疗法 |

测验与练习

1. 阅读课文并回答问题。

1. What is happening physically in our bodies that makes us laugh?
2. What happens when we laugh spontaneously?
3. According to one survey, how many times do we laugh on average in a ten-minute conversation?
4. In which ways can laughter improve our health?
5. True or false? *Other people feel threatened if they hear you laugh.*

2. 选择意思恰当的单词或词组来完成下列句子。

1. We were very _____ and booked a cheap package holiday. We're leaving tomorrow!

| | | | |
|----------|-------------|------------|------------|
| humorous | spontaneous | infectious | contagious |
|----------|-------------|------------|------------|

2. I like going out with my brother. He's always a _____.

| | | | |
|-----------------|--------------------|-------------------|------------------|
| laughing barrel | barrel of laughing | barrels of laughs | barrel of laughs |
|-----------------|--------------------|-------------------|------------------|

3. Her sense of humour is _____; we always end up laughing with her.

| | | | |
|----------|------------|----------------|--------|
| humorous | contagious | conversational | guffaw |
|----------|------------|----------------|--------|

4. I had to _____ when I saw the actor get his words mixed up.

| | | | |
|--------|-------|---------|-----------|
| wheeze | snort | chuckle | primitive |
|--------|-------|---------|-----------|

5. Losing your job is _____.

| | |
|----------------------|--------------------|
| a laughing matter | no laugh matters |
| laughing not matters | no laughing matter |

答案

1. 阅读课文并回答问题。

1. What is happening physically in our bodies that makes us laugh?

Laughter is caused by the muscles in the chest squeezing out air from our ribcages under very high pressure.

2. What happens when we laugh spontaneously?

We laugh instantly and uncontrollably.

3. According to one survey, how many times do we laugh on average, in a ten-minute conversation?

Research found, on average, people laugh seven times for every ten minutes of conversation.

4. In which ways can laughter improve our health?

It can make us feel good and relax our bodies. It can even help manage pain and improve our immune system.

5. True or false? *Other people feel threatened if they hear you laugh.*

False. We use laughter to show others that we're being playful and non-threatening.

2. 选择意思恰当的单词或词组来完成下列句子。

1. We were very **spontaneous** and booked a cheap package holiday. We're leaving tomorrow!

2. I like going out with my brother. He's always a **barrel of laughs**.

3. Her sense of humour is **contagious**; we always end up laughing with her.

4. I had to **chuckle** when I saw the actor get his words mixed up.

5. Losing your job is **no laughing matter**.