



Writing a Comment

Exercise 29

В упражнении использовано задание финала СПбГУ 2022/23, 10–11 класс

Comment on the following extract.

(Advisable length of the answer is up to 200 words).

Laughter

Laughter just might be the most contagious of all emotional experiences.

Although laughter is one of the distinguishing features of human beings, little is known about the mechanisms behind it. Laughter is not limited to communicating mirth. It can be triggered by embarrassment and other social discomforts. Laughter may have evolved to facilitate bonding across large groups of people. In primates, the grooming process releases chemicals that help build social bonds; humans eventually came to live in groups that were larger than the grooming process allowed. Laughter, as well as speech, enables us to bond quickly and easily with a large community.

Although laughter is not generally under voluntary control, it has numerous health benefits. Bouts of laughter can boost the immune system, relax muscles, aid circulation, and protect against heart disease. It can abet mental health, too; laughter can lower anxiety, release tension, improve mood, and foster resilience.

A hearty chuckle releases endorphins, feel-good neurotransmitters that have an effect similar to narcotics, and endorphins are part of the reason laughing is so contagious. Laughing also has many health benefits such as increasing blood flow and improving mental and physical resilience. In fact, it's not unlike a vigorous workout session.

Psychologists agree that laughter isn't really about humor. He contends that it's more about relationships. Cutting-edge humor straight out of Comedy Central is great, but people actually laugh more in conversation and through interaction.