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Laugh makes longer our life. But what makes a person laugh? Laughing is very difficult psychology process and psychologist for a long time try to recognize functions and purposes of human laugh.

What can be a purpose of laughter? Researches found out the imbalances or external disadvantages maybe reasons of laughter. For example: fat lady dancing with a small thin gentleman, man with big nose, ears etc. All these things have influence for our vision. And there are other senses that can lead to laughter if irritated. Tickling affects tactile sensations, funny sounds affects hearing etc. This kind of laughing is named animal laughter. You can recognize it when a person croak or neigh during laughing.

But nobody discovered appearing laugh of higher lever. People laugh at stand-up concerts, listening to a set of sounds or when they read a book, seeing a set of letters on the paper sheet. Communication of neurons of the brain with sound and visual sets has not yet been investigated.

But physicians they proved it long ago that the laugh is a very useful action. It is the kind of prevention for the respiratory tract and lungs. Sincere long-lasting laughter not only disinfects the internal mood, but also adjusts functions of all the body.

As for me, I get a lot of laughing from the comedies and comedians. Last time I have been watching Russian sitcoms with the one of the most popular Russian comedian – Sergey Burunov. I know that these films are primitive and sometimes stupid and there is a lot of obscene lexicon, but actor always plays so good that I see the films with him over and over again.

I deeply convinced that when you laugh, you moral tension and stress leave you, your mood become better, and your life seems easier and more fun.