

Mid semester exam

[Education](#), [School](#)



It's not a noise that you usually hear coming from a hospital room. " Ha ha ha! Hee hee!" You open the door to see twelve patients - all sick, several in wheelchairs - tickling each other with long balloons and laughing as hard as it's possible to laugh. Joining in with the fun is Dry Tim Crick, and this is his weekly session of laughter therapy at Leeds City Hospital. The aim of these 30-minute sessions is not only to help patients forget that they are sick, according to Dry Crick: " Laughter gives the lungs and the muscles a good workout, which is important in long-term patients.

But more than this. I believe that laughter can actually speed up recuperation from sickness. " Laughter therapy's recent history begins in the asses, when writer Norman Cousins described in *Anatomy of an Illness* how he used comedy films to successfully give himself some relief from a painful medical condition. This promoted academics to begin looking at the physiological effects of laughter. The spread of therapeutic " laughter clubs" began in India in the asses with Dry Madman Astral, who began taking patients for sessions in a public park.

So is there any science behind the claims that laughter speeds recovery? Certainly, it triggers a range of reactions in the body. Some studies have shown that the ability to use and respond to humor may raise the level of infection-fighting antibodies, and boost the level of immune cells. A recent study with diabetics showed that laughter helped control blood sugar levels. And research at the University of Maryland showed that laughter helped blood flow by keeping blood vessels relaxed.

For Dry Crick, It is In laughter's ability to relax s that Its healing power lies. After a good laugh. Our muscles relax. Our mind stops focusing on pain or negative thoughts, and endorphins start to flow in our brains. It puts the body in a situation where it can begin to heal itself. When we are healthy we can achieve this state through physical exercise, social contact, and on- things that are more difficult when you are n hospital. Laughter, in the same way asmusic, can bring relaxation into the wards. While many are doubtful about the scientific basis of laughter therapy, It would be Impossible for even the most extreme septic to watch these helve patients In Leeds laugh until tears run down their faces without thinking, " this is doing them good. "

Questions: 1- Read the text and answer the following questions: 1. In what two ways is laughter good for patients, according to Dry Tim Crick? Laughter therapy session held? " 3. Why might laughter help diabetics? 2. Where were the 1st 4. How does laughter help fight infections, according to some studies? 2- Match the highlighted words In the text with the meanings below:
a.

Designed to effect that you are trying to achieve: c Makes something begin to happen: " 3- Fill in the blanks with the comparative or superlative forms of the adjectives: a. Aspirin is (strong) painkiller we've got, I'm afraid. B. Can I do anything to make you feel (well) ? C. Moving around is getting (hard) to do. D. Injection is (fast) way to administer pain relief. E. He is (weak) " he was yesterday. F. For children, thinking about the injection is (frightening) the pain itself. 4- Complete the questions in the dialogue: Nurse: When did the symptoms first appear? Patient: About a year.

Nurse: Why (you/not come) to see me? Patient: At the time I wasn't very worried. Nurse: And (the symptoms/ get worse) " 7 Patient: Yes, they started to get worse about a month ago. Nurse: I see, and (you/ take) any medication since then? Patient: I went to see a homeopath and he prescribed these pills. Nurse: I see. (You/ your mouth wide and say " ah"? - Ah. Nurse: Good, can open) " and (what/ happen) when you took the pills? Patient: This rash appeared. (You/ can see) it on my back? Nurse: Yes, I see. SO, (there was) any improvement when you took the pills? Patient: No