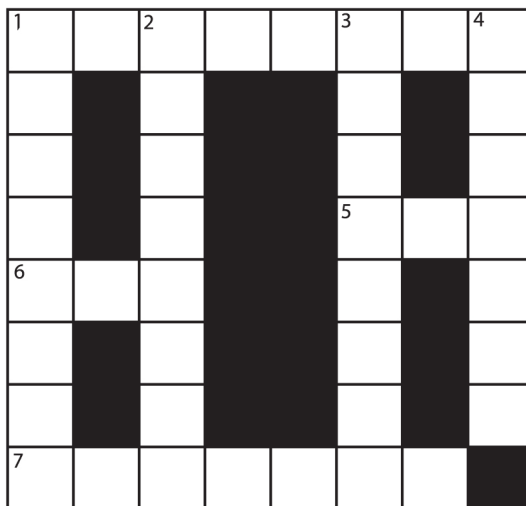




MEDICAL EXPERTS SAY THIS ACTIVITY INCREASES INTAKE OF AIR, STIMULATES THE HEART, LUNGS AND MUSCLES, AND CAN ACTIVATE A HEALTHY STRESS RESPONSE.

ANSWER: LAUGHTER

Crossword Puzzle



ACROSS

1. People who work
5. "Laughing out loud"
6. Covers head
7. Emit light or heat in the form of rays

DOWN

1. Action of laughing
2. Inhaled and exhaled
3. First to arrive
4. Showing teeth in a happy way

Answers:
Across
1. Laborers 5. LOL 6. Hat 7. Radiate
Down
1. Laughter 2. Breathed 3. Earliest 4. Smiling

THIS DAY IN...



HISTORY

- **1910:** AUTHOR SAMUEL CLEMENS, ALIAS MARK TWAIN, DIES AT AGE 74.
- **1960:** BRAZIL INAUGURATES ITS NEW CAPITAL, BRASILIA.
- **1982:** BASEBALL'S ROLLIE FINGERS BECOMES THE FIRST PITCHER TO RECORD 300 SAVES.



GIGGLE

laugh lightly in a nervous or silly way

How they SAY that in...

ENGLISH: Joke

SPANISH: Chiste

ITALIAN: Battuta

FRENCH: Blague

GERMAN: Scherz



LAUGHTER RELEASES ENDORPHINS, WHICH ARE HORMONES THAT MAKE A PERSON FEEL GOOD AND HAPPY. THIS FEELING CAN HELP DULL PAIN.



Can you guess what the bigger picture is?

ANSWER: CLOWNS