



Health Yourself Byte

APRIL IS NATIONAL HUMOR MONTH



Laughter is a very powerful antidote for stress. Nothing works faster at bringing your mind and body back into balance than a good laugh. It lightens your burdens, inspires hope, connects you to others and keeps you grounded, focused and alert. Laughter is contagious . . . so use it in any setting to make yourself and the people around you perk up!

I know that we're closing in on the end of the month, but let me do my part for you today:

A first grade teacher collected old, well known proverbs. She gave each student in her class the first half of the proverb and they had to complete the saying. Here's what she got back . . .

Two's Company. Three's . . . **The Musketeers.**
It's Always Darkest Before . . . **Daylight Savings Time.**
Strike While The . . . **Bug is Close.**
Never Underestimate The Power of . . . **Termites.**
Better Safe Than . . . **Punch a 5th Grader.**
No News is . . . **Impossible.**
If You Lie Down With The Dogs . . . **You'll Stink In The Morning.**
Don't Bite The Hand That . . . **Looks Dirty!**
A Penny Saved Is . . . **Not Much!**



Here are some actual laws that were at one time in place in this country. No doubt some of them have been repealed, but that they were ever written is laughable . . .

The law forbids women of Oxford, Ohio from undressing in front of the photograph of a man.
In Gurnee, Illinois, a 200 pound woman is not allowed to wear shorts when riding a horse.
In Wichita, Kansas, it is illegal to carry a concealed bean snapper.
In Cold Spring, PA, liquor can only be sold to a married man if he has his wife's written permission.
In Zion, Illinois, it is illegal to make ugly faces at anyone.
A kiss can last no longer than one second in Halethorpe, Maryland.
According to Kentucky Law, burglary can only be committed in the night-time.
In Colorado Springs, CO, the law upholds a dog's right to one bite.
It is unlawful for goldfish to ride on a Seattle WA bus unless they lie still.
Salt Lake City, Utah has a law against carrying an unwrapped ukulele on the street.
Every man in Phoenix, AZ must wear pants when he comes to town.
It's a crime in several states to dance to "The Star-Spangled Banner".
A man can be sent to the penitentiary in Texas if he is found carrying a pair of pliers.
In 17th century Connecticut, a person could receive the death penalty for disobeying a parent.
An ordinance in Pocatello, Idaho makes it illegal to look gloomy.

