



LOL! New Japan law orders citizens to laugh once a day

A new law in Japan mandates that citizens now have to laugh at least once a day. The law is based on a study conducted by Yamagata University, which states that laughter reduces the risk of heart attacks. This unique

law was passed last week in the Yamagata Prefecture in northern Japan.

The study published five years ago in the *Journal of Epidemiology* provides

compelling evidence that laughter offers numerous health benefits, including significant cardiovascular advantages.

The law states that Yamagata citizens "will deepen their understanding of the beneficial health effects of laughter and make efforts to shape mental and physical health through means such as laughing once a day."

Workplaces have been directed to create an "environment filled with laughter." The eighth day of every month has been designated as a day of laughter, aimed at promoting and encouraging laughter even more.

- The law is based on a study that only counted loud laughter, not silent laughs
- Over 17,000 people aged 40 or younger joined the study
- The participants were asked how often they laughed, and their health was monitored for several years
- The results showed that people who laughed at least once a week had fewer heart problems compared to those who laughed less than once a month