

# The Best Medicine: Decoding The Hidden Meanings Of Laughter

January 18, 2019

Here's how it usually goes: You're working from home and you dial in to a conference call for the morning meeting. Everyone is cheerfully talking around the table. You can't believe what a good time everyone seems to be having, talking about nothing.

—

In the early 1990s, neuroscientist Robert Provine and colleagues conducted a study to find out what sparked laughter in conversations. Some of the “hilarious” phrases they observed included:

“I'll see you guys later.”

“It was nice meeting you, too.”

“I see your point.”

“Look, it's Andre!”

You can read about Provine's observational study [here](#). And find out why [rat “laughter” can prevent aggression](#) in other rats, why laughter may be a [universally-recognized human sound](#), and why teenage boys at risk for becoming [psychopaths don't join along in the laughter of others](#).