Smile! You' ll Feel Better

As the song says，smiling when you're feeling blue appears to put you in a rosy mood．At least that's the theory set forth by Robert B．Zajonc，Ph．D.，director of the Institute for Social Research at the University of Michigan．

When you smile，two things happen：You breathe through your nose，and you exert pressure on the veins[1] in your face．Both of these activities result in cooler blood entering the region of the brain known a s the hypothalamus[2] ——which，Zajonc believes，causes the release of chemicals that can suppress pain and ／or help you fee l better．When you breathe through your nose，you bring cool air into your nasal[3] passages，which cools the veins and t he blood flowing through them．And when you use the“smile muscles”at the corners of your mouth，you change the direction of the blood flow inside your face in such a way that it causes the temperature of the blood to drop．

Cooling the blood may also inhibit[4] the release of serotonin[5]，thought to be related to depression，and promote the release of endorphins[6]，which suppress pain and give you a lift．

All this may be one reason we enjoy kissing so much．Notes Zajonc，“When you kiss，you have to breathe through your nose，because your mouth is otherwise occupied．”

微笑！你将感觉更好

正如一首歌所唱的那样，当你感到沮丧时，微笑似乎能让你乐观起来。至少这是密歇根大学社会研究所主任罗伯特B·赞乔恩克博士提出的一种理论。当你微笑时会发生两件事：你在通过鼻子呼吸并对脸部的静脉加压。这两个动作导致流入丘脑下部的血液冷却---赞乔恩克认为这会产生能够抑制疼痛和／或有助于你感觉好些的化学物质。

当你通过你的鼻腔呼吸时，冷空气进入了你的鼻腔通道，这冷却了静脉和流经静脉的血液。当你使用嘴角的“微笑肌肉”时，你改变了流进脸部血液的方向，用这种方式能降低血液的温度。

冷却血液也可能抑制血清素的产生，血清素被认为和沮丧有关。而且冷却血液有助于脑内啡肽的产生，脑内啡肽能抑制疼痛，给你一个好心情。

所有这一切可能是我们如此喜欢亲吻的一个理由。赞乔恩克讲道，“当你亲吻时，你不得不通过你的鼻子呼吸，因为你的嘴已经被占用。”

NOTE 注释：

vein [vein] n. 静脉血管
hypothalamus [ˌhaipəu'θæləməs] n. [解剖]视丘下部
nasal ['neizəl] n. 鼻腔
inhibit [in'hibit] [化][医]抑制
5.serotonin [ˌsiərə'təunin] n. 含于血液中的复合胺
6.endorphin [in'dɔ:fin] n. 啡肽