

# DON'T FORGET TO SMILE

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*David Iscoe*

Don't forget to smile. Write it down on a checklist. On every checklist. Put it in the number-one spot. Smile, brush teeth, shower. Smile, keys, wallet, phone. Smile, confirm the correct address, lights, siren. Smile, is the scene safe? Are you equipped with proper body substance isolation? Smile, check for deformities, contusions, abrasions, penetrations, burns, tenderness, lacerations, swelling. Smile.

Don't forget to smile. He who forgets to smile forgets to live. Are you forgetting to live? You don't have a lot of time on this earth. It's a brief escape from oblivion, too brief to not spend it smiling. Smile. Eternity is empty, null. Even the memory of a smile will be gone, inaccessible; nothing of you will remain even to feel the loss. Smile. When you forget to smile, you miss an opportunity for happiness that can never be recaptured.

Smile.

Don't forget to smile. Frowning people are less attractive. Subconsciously, people dislike them. Their subsequent opinions of the frowners are filtered through this first impression. Don't forget to smile. You can never make up this deficit; no matter what you do, they would love you more if you had smiled. Don't forget to smile. When you forget to smile, your face droops, your features harden, frown lines carve indelible wrinkles into your skin. Go without smiling long enough, and you'll become a grotesque, unrecognizable gargoyle, a shade of your former self.

Don't forget to smile.

If you're not smiling now, you're spiraling toward destitution. Don't let that smile fall. Every moment you forget to smile, the smilers of the world gain on you. They become happier, more attractive, more successful. They bask in inner joy, project it out to the world, bask again in the reflected love. You wither, falling deeper into despair. Never forget to smile. You will become revolting to the world of the joyous. You will be a leper, an outcast, a pariah. With every beat of your heart, every twitch of your nerves, every

synaptic firing, do not forget to smile. What are you, a freak? Everyone can see it. Every moment without a smile is a reason for them to doubt you. Never forget to smile.

And hey—don't forget to laugh :-D