**八年级（下）英语第4周第1课时**

**Module 4 Unit 1 学程拓展**

**请同学们阅读文章，了解关于感冒的更多知识。**

How Can You Fight Colds?

People usually catch a cold in the springtime and fall. It makes us question if scientists can send a man to the moon, why can’t they find a treatment for the common cold. The answer is easy. There are hundreds of kinds of cold viruses (病毒) out there. You never know which one you will get, so there isn’t a treatment for each one.

When a virus enters your body, your body works hard to do away with it. Blood (血液) goes into your nose and brings congestion (堵塞) with it. You feel terrible because you can’t breathe well, but in fact your body is “eating” the virus. Your temperature rises and you get a fever, but the heat (高温) of your body is beating the virus. You might also have a runny nose to stop the virus from getting to your cells (细胞). You may feel awful, but in fact your wonderful body is doing everything it can to beat the cold.

Different people have different ways to fight colds. In Canada and some other countries, for example, people might eat chicken soup to feel better. Some people take hot baths and drink warm drinks. Other people take medicines to stop the fever, congestion and runny nose.

There is one interesting thing to note—some scientists believe that taking medicines when you have a cold is really bad for you. We know that bodies can do a great job on their own. Taking medicine can make the virus stay in you longer because your body doesn’t have a way to fight it and beat it. There is a joke on taking medicine when you have a cold. It goes like this: It takes about 1 week to get over a cold if you don't take medicine, but only 7 days to get over a cold if you take medicine.