

## Brain games

According to experts, doing puzzles keeps our brains fit and (0) ..... HEALTH

As well as gaining (17) ..... from finding the correct answer SATISFY

to a difficult problem, we give our brains a good workout in the

process. To help us do this, all sorts of handheld 'brain games'

are now available in the shops, and the most (18) ..... games SUCCESS

have sold in their millions.

What's more, people (19) ..... that the more they play the COVER

games, the easier it is to find a (20) ..... to the problems SOLVE

posed. They see this as proof that there has been an (21) ..... IMPROVE

in the power of their brains. Unfortunately, however, this may

be a false impression.

Some (22) ..... argue that the brain gets better at any task SCIENCE

the more often it is repeated. In other words, the improvement

in the (23) ..... of the brain is something that happens naturally. PERFORM

So although these brain games are obviously fun to play, it

remains (24) ..... whether they are actually helping to boost CERTAIN

brainpower or not.

## Don't catch cold

According to recent (0) ..... , at least some of the advice about health that was passed down to our grandparents by previous generations may actually contain some (17) .....

SEARCH

TRUE

A good example is the (18) ..... between feeling cold and catching a cold. My grandmother was convinced that being outside when the temperature is low, or simply dressing in (19) ..... clothes for the cold weather, was a sure way of catching a cold.

RELATION

SUIT

Now, as we know, colds are caused by viruses. Therefore, in the (20) ..... of a virus, you cannot catch a cold – no matter how low the temperature or how (21) ..... your clothing.

ABSENT

APPROPRIATE

But (22) ..... now think that we may have viruses in our bodies already, which are just waiting for the chance to turn into a cold. In cold weather, for example, blood vessels in the nose get smaller to stop heat escaping. (23) ..... , this also allows the cold virus to attack the nose or throat more (24) ..... So, perhaps Granny was right!

SCIENCE

FORTUNATE

EASY