

## Don't catch cold

According to recent (1)..... (SEARCH), at least some of the advice about health that was passed down to our grandparents by previous generations may actually contain some (2)..... (TRUE).

A good example is the (3)..... (RELATION) between feeling cold and catching a cold. My grandmother was convinced that being outside when the temperature is low, or simply dressing in (4)..... (SUIT) clothes for the cold weather, was a sure way of catching a cold.

Now, as we know, colds are caused by viruses. Therefore, in the (5)..... (ABSENT) of a virus, you cannot catch a cold – no matter how low the temperature or how (6)..... (APPROPRIATE) your clothing.

But (7)..... (SCIENCE) 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. (8)..... (FORTUNATE), this also allows the cold virus to attack the nose or throat more (9)..... (EASY) . So, perhaps Granny was right!