

Look at the first paragraph. Then look at the last paragraph. What is the topic of this article? Think about the topic as you read.

Medicine from Your Kitchen

A cold is probably the most common health problem in the world. Most people have one or two colds a year. When you have a cold, you often have a cough and a sore throat. You cannot breathe, your nose is congested, and you might have a fever. Although there is no cure for a cold, there are things you can do to feel better. Some people take medication. Other people use home remedies.

Home remedies are ways to treat an illness with foods and other items found at home. People may use them instead of going to the doctor or buying medication.

Here are some home remedies for colds that my grandmother always uses. My grandmother used to say, "Feed a cold. Starve a fever." This is an old idea. It means you should eat a lot if you have a cold, but you should not eat much if you have a fever. She thinks that chicken soup

and toast are the best foods to eat when you have a cold. However, she says you should never have cheese or other milk products. They can make a cold worse.

My grandmother also gives this advice: Drink a lot of liquids. She recommends that you drink up to eight glasses of water or juice a day and take vitamin C. She also says that hot water with lemon and honey can help you breathe more easily if you are congested and that a spoonful of red pepper in a glass of water will reduce a fever. If you have a cough, she thinks you should cook onions and put them on your chest while they are still warm.

Do these home remedies really work? Some doctors say "yes," and other doctors say "no." But people have used them for hundreds of years to feel better when they have a cold, so it probably doesn't hurt to try.

1 Check your understanding

Complete the chart.

Grandmother Townsend's Home Remedies	
If you have a cold,	
eat	<i>chicken soup and toast</i>
don't eat	
drink	
take	
cook	

2 Build your vocabulary

A Find the following words in the article. Underline them.

common cure starve
congested home remedies reduce

B Guess the meaning of the words. Circle the clues that helped you. Then use a dictionary to check your guesses.

I guess that *common* means that something is shared by many people. My clue was the sentence "Most people have one or two colds a year" in the first paragraph. The dictionary definition of *common [adj.]* is "found frequently in many places or among many people."

C Complete the sentences. Use the words from Exercise 2A.

- Colds are very _____. Many people get them every year.
- If you eat nothing or very little, you may _____.
- Instead of going to the doctor, people often use _____ to cure a cold.
- When you _____ a fever, your body temperature gets lower.
- A _____ makes a sick person well.
- When you are _____, it's not easy to breathe.

3 Think about it

- Do you know any home remedies? Are they the same or different from the remedies in the article?
- Look at the chart in Exercise 1. Which remedies have you tried? Which remedies do you want to try?