**HOT OR COLD**

**Which do you prefer?**

**Vocabulary:** freezing, cool, cold, chilly, hot, heat, warm, lukewarm, temperature, sweat

**Seven low-tech ways to keep cool in a heatwave** By Jon Kelly BBC News Magazine

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Konec formuláře

Soaring temperatures in Europe have been welcome for some. But how can people keep comfortable when the mercury rises? There are a number of simple solutions which might not always be obvious.

1. Wear wet clothes

"The most obvious suggestion to me is that you dampen your clothes," says Cambridge University physicist Lisa Jardine-Wright. In order for the water to evaporate - changing its state from a liquid to a gas - there needs an input of heat energy, she explains. This energy will come from the heat of your body which produces a cooling effect to your skin, lowering your temperature. "When I was cycling in France it was more than 40C and I soaked my T-shirt in water before I went out. But that's a bit extreme," Jardine-Wright adds. "Anything that involves evaporation is going to take the heat away from you."

1. Stick your hands in cold water

Plunging your hands into a bucket or a basin full of cold water will help you cool down, says Mike Tipton, professor of human physiology at the University of Portsmouth. When your deep body temperature rises, blood is sent to the surface of the skin. "Your hands have a high surface area - it's like you have five radiators sticking out of your palm," says Tipton. "As soon as the deep body temperature returns to normal, it slows the blood flow to your hands and you'll feel cool."

1. Fans next to windows

A fan placed in the middle of a closed room will circulate the air, which helps speed up the evaporation of your sweat. But it will be much more effective if the device is placed next to an open window, says Jardine-Wright, as this will draw air from outdoors, which should be colder. "You're taking the cooler air from the outside and propelling it inside," she says. "If there are no windows or doors open you're just circulating the hot air."

1. Eat a curry

Tucking into a hot curry may seem a counter-intuitive way to lower your temperature. But eating spicy food helps cool you down, says Tipton. Curry contains capsaicin, a heat compound in chilli peppers that stimulates sweat production. "Anything you can do to make sure you are sweating means you will enhance evaporative heat loss," Tipton adds. "As the water evaporates you will feel cooler."

1. Bedouin robes

It's widely assumed that wearing lighter-coloured clothing is the best way to stay cool. This isn't necessarily the case, however. A [1980 study of Bedouin tribes](http://www.nature.com/nature/journal/v283/n5745/abs/283373a0.html) found the colour of their garment made little difference to their body temperature. "White clothing will reflect more light, but black clothes are better radiators of heat," says Jardine-Wright. However, she says there is an option that has very clear benefit - wearing looser clothes, like the robes favoured by the Bedouin. "If you have air circulating next to your skin, it will help to evaporate the perspiration, and this will make you feel cooler."

1. Lukewarm showers

Standing under a freezing shower might sound like the quickest way to bring your temperature down. But your body will react to a dramatic change like this by trying to preserve heat. "If I'm hot and I go under a cold shower, I'll shut down the blood flow to the skin and trap the heat inside me rather than let it escape," says Tipton. As a result, he says, it's better to use water that is in the 20s Celsius than water that is in the 10s. "It's better to have a warmer shower that is cool enough to lower the deep body temperature but is warm enough to allow the blood to the surface of the skin."

1. Fan your face

If you use a fan, make sure you direct the flow of air to your face, says Tipton. "It's more effective because the face has so many receptors on it," he says. "Even though you're not cooling down your whole body, fanning your face has a disproportionate effect on your comfort." However, he warns, it's important not to make a common mistake - using a manual fan too vigorously, and warming yourself up by doing so.

**Discussion:**

Do you have any tips for cooling down? And what about warming up?

Do you warm up before an exercise?

Do you like using fans and air-conditionings? Do you sometimes use them for heating?

Can you think of any food which is really disgusting hot or cold?

What was the hottest place you have ever been to?

What was the coldest place?

What is your worse memory connected with heat and coldness?

Which are warm and cold colours? Which do you prefer?

When did you last have a cold? What is the best remedy?

Do you often suffer from high temperatures? What do you do to reduce it?

What is your opinion on global warming?

What do you do when it is too cold in your flat?

Is your blood hot?

Do you know what it means to BLOW HOT AND COLD?

Can you explain the following sentence? "What he says is just a lot of hot air – don't take it too seriously."
Do you know anybody who is cold-hearted?

What does “to be like a cat on a hot tin roof” mean?

Write the opposites of the following words:

She is not as **tall** as she appears on TV. In fact she is rather \_\_\_\_\_\_\_\_\_\_\_.

The flat is not **vacant**. It is \_\_\_\_\_\_\_\_\_\_\_\_.

Strawberries are **sweet.** And lemons are \_\_\_\_\_\_\_\_\_\_\_\_\_.

The doorway is too **narrow**. It should be \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

This flower is real, it is **genuine**. However, that flower is plastic, it is \_\_\_\_\_\_\_\_\_\_\_\_\_\_.

She is an **advanced student**. He is a \_\_\_\_\_\_\_\_\_\_\_\_\_.

This house is really **beautifu**l. That one is \_\_\_\_\_\_\_\_\_\_\_\_.

You must be **careful**, not so \_\_\_\_\_\_\_\_\_as you are now.

English lessons are not **compulsory**. They are \_\_\_\_\_\_\_\_\_\_\_.

The food was absolutely **delicious** this time but last time it was \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

His lessons are sometimes so **dull**. I wish they were more \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

It is not **funny**. The situation is quite \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

She is very **generous** but her husband is \_\_\_\_\_\_\_\_\_\_\_\_\_.

I don’t think he is **guilty.** I hope the jury will find him \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

How can people survive in the **urban** jungle? \_\_\_\_\_\_\_\_\_\_\_life is much more peaceful.

The river looks really **deep** but in fact it is quite \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

The surface of the table should be **smoother.** I think it is too \_\_\_\_\_\_\_\_\_\_\_\_.

You mustn’t wear such **tight** clothes. Your job requires a little \_\_\_\_\_\_\_\_\_\_\_\_ dresses and blouses.

**Hot ‘n Cold by Katy Perry**

You change your ………………………

Like a ………………… changes ……………………

Yeah you P.M.S

Like a b\*\*\*\*

I would  ……………………

And you over ……………………………………

Always …………………………cryptically

I should know

That you're no ………………………….for me

**(CHORUS)**

**‘cause you're  ………then you're ……………**

**You're  then you're **

**You're  …………….then you're …………**

**You're  ……………then you're ………………**

**You're  ……………………when it's ………………..**

**It's ……………………….. and it's …………..**

**We ……………………………… we break up**

**We ……………………we make up**

**You, you don't really wanna stay no**

**You, but you don't really wanna  …….o**

** ………then you're ……………**

**You're  then you're **

**You're  …………….then you're …………**

**You're  ……………then you're ………………**

We used to be

Just like …………………………………

So in sync

The same …………………………………

Now's a dead …………………………………

Used to l………………………..

About nothing

Now you're plain ……………………………

I should ……………………

That you're not gonna change

# CHORUS

Someone call the …………………………….

Got a case of  ……………………….bi polar

Stuck on a  ……………………………………….

And I can't get off this ride...

You change your ………………………

Like a ………………… changes ……………………