

## 17. WEATHER

The Czech Republic has a moderate continental climate. There are some differences between summer and winter, but they are not so big. A year is divided into 4 seasons: spring, summer, autumn and winter.

**SPRING:** Many people think that spring and summer are the most beautiful seasons of the year because they usually fall in love in spring and take their holiday in summer.

Nature begins to awake from its long winter sleep and new life begins.

The snow melts and rivers and streams swell and there may be floods in the regions.

The first flowers appear: white snowdrops and snowflakes, yellow marsh marigolds, dandelions, daffodils, blue forget-me-nots, crocuses, tulips, purple violets, and chestnuts. Birds such as swallows, starlings, cuckoos come back from the south.

**SUMMER:** Schoolchildren love this season because they have two months holidays. In the morning there is often dew, the sky is clear and bright, its sunny and dead calm down, no wind blows, sometimes we can suffer from a heat wave.

There can be a crash of thunder and heavy rain.

After the storm, a rainbow may appear in the sky, and we can see un everywhere.

Summer I also time for strawberries, blueberries, raspberries, blackberries and cranberries and the harvest of corn.

**AUTUMN:** The weather is often cloudy, mornings are dull, wet, rainy and it may drizzle.

The sun rises later, and a day get shorter. We can still enjoy a few fine days sun.

In the gardens it's the time of harvest, we pick apple, pears and plums, potatoes, and sugar beet.

The leaves of maples, birches, ashes, beeches, oaks, and larches become yellow, orange, brown and red. Many people go mushrooming.

It doesn't last long because the trees shed their leaves, birds flock together and set out on the journey to the south.

**WINTER:** Typical winter weather brings snowfall, icy wind, and hard frosts.

The temperature is usually below zero. The roads become icy and slippery.

We can enjoy skiing, winter pleasures such as sledging, sliding, skating, throwing, snowballs, building snowmen.

In winter we also celebrate Christmas and New Year.

## *Onemocnění a zdravotní obtíže související s počasím a ročním obdobím*

### **1. Diseases and health problems connected with different seasons of the year.**

- There are different diseases that are specific in a certain period.
- For example, in the **spring and autumn** they are diseases such as allergy, running nose, depression, flu, cold, bronchitis.
- In **summer** we have diseases such as migraine, sunstroke, heatstroke.
- And in **winter** there are pneumonia, depressions, flu, tonsillitis, arthritis.

### **2. Flu vs cold (causes, symptoms, treatment (kinds of medication), complications, prevention.**

#### FLU:

- \* Flu is caused by viruses and symptoms are ***chills, high fevers, severe muscle, and joint pain, often pain behind the eyes,***
- \* A complication of the flu is bronchitis or pneumonia.
- \* We treat the flu with antibiotics, rest, plenty of fluids and sleep, lots of vitamins.

#### COLD:

- \* Colds are caused by inhalation of droplets containing the virus or contact with an infected object.
- \* Symptoms are ***fever, sore throat, mild headache, mild body, and headaches.***
- \* Complications of a cold are sinus infections, otitis media, or even pneumonia.
- \* Vitamin C is the best for colds and plenty of fluids and sleep.