



Have you ever seen hot water kettles in Chinese restaurants? Have you ever seen small thermoses held by Chinese people? Why do Chinese people like to drink hot water so much?

The Chinese custom of drinking hot water goes beyond simple preference. Chinese have been drinking hot water since at least the 4th century BC. According to traditional Chinese medicine, every human body is made up of *yin* elements and *yang* elements. A person remains healthy when the *yin* and *yang* are balanced. However, if the *yang* gets too strong, the body's internal temperature rises, and that person gets sick easily.

To treat these illnesses, the person must get rid of the extra *yang* or the excess heat. The best way to do so is by taking food and drinks in the yin category. Hot water, for example, is a *yin* beverage. It is believed to lower body's internal temperature, restore balance, and subsequently restore a person's health.

In 1862, a cholera epidemic broke out in Shanghai, killing up to 3,000 people a day. From Shanghai, the disease spread northward, reaching the capital of Beijing. The south, on the other hand, remained untouched by the disease. It was well known that southerners drank more hot water than northerners. Hence, the myth that hot water had spared the south spread as fast as the disease itself.

After the founding of New China in 1949, hot water was already very popular. The government also promoted drinking hot water to reduce diseases because boiled water can destroy bacteria.

Nowadays, although younger generations like cold drinks, such as cola and milk tea, many older generations strongly believe that hot water can cure almost any illness, and cold water will make you sick. On the other hand, Chinese people are still faithful to hot water. When a Chinese person is sick, it is never wrong to remind him to "drink more hot water".

Please try to explain why Chinese people like to drink hot water from these two aspects:

Reason 1

(Chinese Medicine)

Reason 2

(Destroy Bacteria)

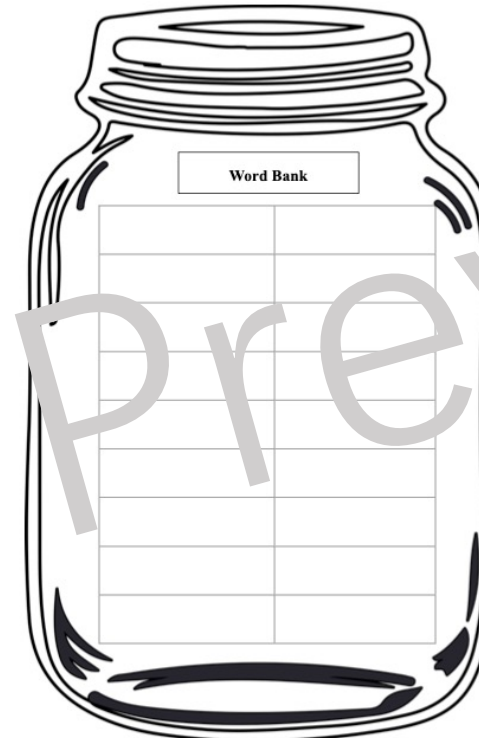
Reading: Interesting Cultural Topic

Writing: Text-Dependent Questions

Doing: Making Flashcards with Fun



#### Make Your Own Word Bank



How to use this page:

- Along the line, cut out the bottle and write the vocabulary on it;
- Let the class put the bottles together;
- Teacher randomly selects a bottle and chooses a student to review the words on it.



Cultural Topic:

Why Chinese people like to drink hot water?