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Rosie: Hi there and welcome to Question and Answer of the week. I'm Rosie and joining me here in the studio is Helen.

Helen: (Sniffing) Hi. 在《你问我答》节目中我们会解答大家提出的英语疑问。

Rosie: You don't sound too well today, Helen?

Helen: (Sniff) I'm not well. I've caught a horrible cold. 我感冒了。你看，我都流鼻涕了，头好疼，还有喉咙也特别难受。

Rosie: Oh, poor you! That's just like our listener, Isabel. She is full of cold at the moment – that means she's caught a really bad cold. She says:

Question

"I'd like to know how I can describe the symptoms when I get a cold. Should I say one plug of phlegm or a mouthful of phlegm? And which one is correct: "runny nose" or "running nose?" When I feel pain in my throat, I say "sore throat," but when I feel itchy in my throat, what should I say?"

Helen: Poor Isabel. 她的病症也挺多的，咳嗽有痰，流鼻涕还有喉咙疼。

Rosie: Oh dear. Well, I'm no doctor, but let's see if we can deal with Isabel's symptoms one by one. The first symptom she mentions is phlegm. It is a tricky word, which is spelled P.H.L.E.G.M. but pronounced "phlegm". Phlegm is a type of mucus that you cough up when you have a cold.

Helen: Yuck. 痰是一种粘液，感冒了咳嗽的时候会出现。Isabel 问英语里要说一口痰，是 a plug of phlegm 还是 a mouthful of phlegm.

Rosie: Well, in English, you'd simply say that you've coughed up a lot of phlegm.

Helen: (Coughing) 在英语里，你可以说咳出了很多痰 coughed up a lot of phlegm. 不过大多数人不会直接说起 phlegm 痰这个词。

Rosie: Often, though, it's not polite to talk about it so literally, so people might say "I've got a chesty cough," instead. That lets people know in a more polite way that you have a lot of phlegm!

Helen: Well, I definitely have a chesty cough - have coughed up mouthful after mouthful, it was disgusting, it was gree...

Rosie: OK, thanks Helen, it's not polite to talk about all of the gory details! And make sure that you don't spit it out in public - use a tissue or the bathroom sink!

Helen: Sorry! Isabel 还问流鼻涕英语是怎么表达的? 是 "runny nose" 还是 "running nose"?

Rosie: It's a very common symptom. In English you would say "I have a runny nose".

Helen: I do have a runny nose!

Rosie: Well, don't drip all over the desk! Here's a tissue. You can also say "my nose is running," if it is dripping there and then, like yours is!

Helen: (Sniff) Thanks. 你可以说 "runny nose" 来表达你流鼻涕了。或者 "my nose is running". 意思是一样的。别忘了要纸巾擦擦!

Rosie: Yes, it's not pleasant to look at a runny nose in action! Isabel said she had a sore throat too.

Helen: Isabel 的喉咙也很痛, 这很容易说 sore throat. 要是我的喉咙很痒, 怎么说? How do you describe an itchy throat?

Rosie: If your throat feels a bit itchy, the best way to describe this is to say you have a tickly throat.

Helen: A tickly throat. 像有人用细毛在刷你的喉咙, 很痒。

Rosie: Exactly, and if it is making you cough, you can also say that you have a tickly cough!

Helen: A tickly cough. 痒痒的咳嗽, 这个特别难过, 有时候都停不住。好了, Isabel 希望我们今天的词汇能够帮到你, 也希望你的感冒能早日康复。

Rosie: I would suggest plenty of rest and relaxation by listening to more of our programmes.

Helen: Good idea! 如果你有英语问题, 可以和我们联系, 我们的邮箱是 questions.chinaelt@bbc.co.uk. But Rosie, one more question?

Rosie: Fire away.

Helen: What should you say when someone sneezes? 如果有人在你面前打了喷嚏, 你可以说是什么?

Rosie: You can say "bless you". Why?

Helen: Because I'm about to... about to... ah...ah... ah... atchoo! (Big sneeze)