

《沉迷上网影响免疫力更易感冒》

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How being addicted to the internet could make you sick: Too much time online weakens the immune system, increasing the risk of colds and flu

Spending too much time online can increase your risk of catching a cold or the flu, scientists have warned.

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Those with greater levels of internet addiction are more likely to succumb to illness, than those who spend fewer hours online.

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Researchers at the universities of Swansea and Milan believe the reason lies in the fact people with an internet

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This cycle of stress and relief associated with internet addiction may lead to altered levels of cortisol, a hormone that impacts on the immune system, Professor Read and his team noted.

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Professor Read said: 'It may also be that those who spend a long time alone on the internet experience reduced immune function as a result of simply not having enough contact with others and their germs.'

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The team found most people reported using the internet on average for six hours a day.

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Meanwhile, a minority admitted to being online for more than 10 hours a day - usually using social media sites.

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And researchers noted differences between the way men and women use the internet.

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Women showed a propensity to use social media sites and shop online, while men were more likely than women to use the internet for gaming and pornography.

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Vocabulary

succumb ???

cortisol????

propensity??????

pornography?????

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