

FINGERNAILS GROW FASTER

Read the text and choose the correct word.

People's fingernails and toenails, (0)_____ to a recent study, are nowadays growing more quickly. Research (1)_____ out at the University of North Carolina indicates that the speed at which human nails are growing has increased by (2)_____ to 25 per cent over the last 70 years.

The results of the study show that the (3)_____ human fingernail now grows about 3.5 mm a month, (4)_____ with just 3 mm seven decades ago. Toenail growth, (5)_____ only about 2 mm per month, was also up on the figure (6)_____ in a similar survey done 70 years go.

Researchers (7)_____ the rapid increase down to changes in lifestyle, particularly the greater (8)_____ of the importance of regular exercise and a healthy diet. This, they point out, is in (9)_____ with similar trends in the height and weight of present-day adults.

Interestingly, it appears that nails (10)_____ to grow fastest in warmer conditions, with the quickest growth (11)_____ among young people, and men. The fastest-growing nail is on the middle finger, while that on the little finger is (12)_____ far the slowest, at only a fraction over 3 mm each month.

