



Name: _____ Class: _____ Date: _____

Fingernails growing faster

People's fingernails and toenails, **(0) according** 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 ago.

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.

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|-----|-------------|----------------|----------------|-----------------|
| 1. | A. taken | B. carried | C. studied | D. worked |
| 2. | A. near | B. just | C. close | D. next |
| 3. | A. average | B. medium | C. common | D. standard |
| 4. | A. opposed | B. measured | C. related | D. compared |
| 5. | A. although | B. despite | C. however | D. nevertheless |
| 6. | A. achieved | B. concluded | C. arrived | D. obtained |
| 7. | A. set | B. write | C. put | D. say |
| 8. | A. belief | B. information | C. familiarity | D. awareness |
| 9. | A. way | B. rule | C. line | D. case |
| 10. | A. tend | B. lean | C. head | D. aim |
| 11. | A. pace | B. rate | C. speed | D. step |
| 12. | A. by | B. so | C. as | D. too |