



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.

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