

Jrs. (12)

(개별과제)

장영주

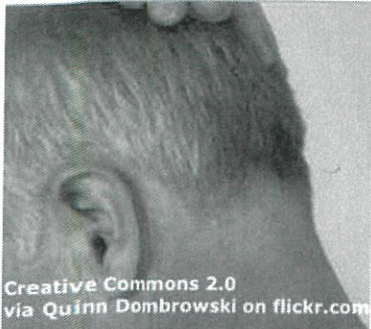
조성빈

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Stress really does turn your hair grey

26th January, 2020



Scientists have discovered that stress is one factor in turning our hair grey, white or silver - at least, in mice. Stem cell biologists from Harvard University in the USA conducted a series of tests on mice to ascertain the effects of

stress on the rodents. The scientists injected the mice with an ingredient found in chili peppers that gives them their heat. The compound made the mice stressed. This caused a hair-colouring pigment in the mice to go into overdrive as a reaction to the stress and deplete colour-regenerating stem cells. This caused the mice's hair to rapidly turn white. Lead researcher, Professor Ya-Chieh Hsu, said: "The detrimental impact of stress that we discovered was beyond what I imagined."

People have wondered for centuries about the link between stress and greying hair. It is believed that France's Queen Marie Antoinette's hair turned white the night before she was beheaded during the French Revolution in the late-eighteenth century. More recently, we have witnessed the locks of presidents and other world leaders quickly lose color. The strains of leadership seem to go to the roots of things, especially hair follicles. Professor Hsu said the loss of the pigment-regenerating stem cells cannot be reversed. She said: "Once they're gone, you can't regenerate pigment any more. The damage is permanent." Worryingly, she hypothesised that stress could be responsible for accelerating the aging process.

Sources: thesun.co.uk / the-scientist.com / metro.co.uk

Writing

Humans would lead better lives if they had no hair at all. Discuss.

Chat

Talk about these words from the article.

scientists / stress / biologists / effects / mice / chili peppers / hair colour / reaction / centuries / eighteenth century / presidents / world leaders / hair follicles / cells / aging

True / False

- a) The article said scientists found three factors that turn our hair grey. T / F
- b) Scientists did many tests on mice and monkeys. T / F
- c) Scientists gave chilli pepper to mice to make them stressed. T / F
- d) The test results were just what a researcher imagined they would be. T / F
- e) A queen's hair supposedly went white the night before she lost her head. T / F
- f) The article says the pressures of leadership turns hair white. T / F
- g) The loss of the colouring pigment can be reversed. T / F
- h) A professor said stress is the major cause of aging. T / F

Synonym Match

(The words in **bold** are from the news article.)

- | | |
|-------------------------|----------------|
| 1. factor | a. hastening |
| 2. conducted | b. use up |
| 3. ingredient | c. decapitated |
| 4. deplete | d. carried out |
| 5. detrimental | e. colour |
| 6. beheaded | f. harmful |
| 7. strains | g. altered |
| 8. reversed | h. element |
| 9. pigment | i. stresses |
| 10. accelerating | j. constituent |

Discussion – Student A

- a) What do you think about what you read?
- b) Would life be better without hair?
- c) What do you think of our hair turning grey?
- d) What is the best way to deal with stress?
- e) Would you quit a job that was turning your hair grey?
- f) How can we best look after our hair?
- g) Are you worried that stress could accelerate the aging process?
- h) What questions would you like to ask the researchers?

Stress really does turn your hair grey(January 26, 2020)

1. Who conducted these tests?

2. What did the scientists do?

3. What do scientists believe about Queen Marie Antoinette?
What have we witnessed more recently?

4. What did Professor Hsu say?

5. What stresses you out?

How do you deal with stress?

6. Would you rather have gray/white hair or be bald?(and why?)

7. Have you ever dyed your hair?
If yes, what color did you dye it?