# Hair

## 分叉: split ends

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| **[分叉: split ends]**  **e.g. Split ends** or trichoptilosis is a type of hair damage in which our **hair strand** or **hair shaft** splits into two or more branches. It mostly occurs at the end of the **hair shaft**. 它通常发生在毛干的末端However, you can have **split ends** anywhere along the entire **shaft**.  **分叉**是一种头发损伤，我们的**发丝**或**毛干(头发末梢)**分裂成两个或更多的分支 |
| **hair strand**  **e.g. Split ends** or trichoptilosis is a type of hair damage in which our **hair strand** or **hair shaft** splits into two or more branches. |
| **头发末梢hair shaft.** /ʃɑːft/  美 /ʃæft/  e.g. **Split ends** or trichoptilosis is a type of hair damage in which our **hair strand** or **hair shaft** splits into two or more branches. |
| shaft   /ʃɑːft/  美 /ʃæft/  n. v.  n.  1.  ( often in compounds 常构成复合词 ) a long, narrow, usually vertical passage in a building or underground, used especially for a lift/elevator or as a way of allowing air in or out （电梯的）升降机井；通风井；竖井；井筒  例：  a  lift/elevator shaft  电梯井  例：  a mineshaft 竖井  例：  a ventilation shaft 通风井  2.  the long narrow part of an arrow, hammer , golf club , etc. （箭、高尔夫球杆等的）杆；（锤等的）柄  3.  ( often in compounds 常构成复合词 ) a metal bar that joins parts of a machine or an engine together, enabling power and movement to be passed from one part to another （机器的）轴  ——see also camshaft , crankshaft  4.  [ usually pl. ] either of the two poles at the front of a carriage or cart between which a horse is fastened in order to pull it （马车的）辕  5.  ( ~ of light, sunlight, etc. ) ( literary ) a narrow strip of light 一束，一道（光、阳光等）  例：  A shaft of moonlight fell on the lake. 一束月光照在湖面上。  例：  ( figurative ) a shaft of inspiration 一道灵光  6.  ( ~ of pain, fear, etc. ) ( literary ) a sudden strong feeling of pain, etc. that travels through your body 一阵（疼痛、害怕等）  例：  Shafts of fear ran through her as she heard footsteps behind her. 她听见身后有脚步声，感到一阵毛骨悚然。  美  7.  ~ of sth ( formal ) a clever remark that is intended to upset or annoy sb 讥讽；挖苦；尖酸的话  例：  a shaft of wit 机智的调侃 |
| Now, our hair consists of 3 concentric layers. 现在，我们的头发由3个同心层组成。   * The outermost tough layer is called **cuticle**. 最外层的坚韧层称为**角质层**。 * The middle layer is called **cortex** and中间层叫做皮**层** * the innermost layer is called **medulla**.，最内层叫做**髓质**。   ***Split ends*** occur when the **cuticle** gets ripped off or damaged. 当**角质层**被撕裂或损坏时，就会出现分叉。  Now, as there is no longer any tough structure to hold the hair together, cracks begin to develop in the inner layers, thus giving rise to **split ends.** 由于不再有任何坚硬的结构来固定头发，头发内部开始出现裂缝，从而导致发梢分叉。  Now, there are many factors that can cause **split ends**. 现在，有很多因素可以导致分叉。  For example, excessive sun exposure, improper brushing or **detangling**, excessive blow drying, coloring, etc.  例如，过度暴露在阳光下，梳理不当或打结，过度吹干、着色等 |

## Nerves in hair

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| ## nerves in our hair  Inside our body, there is a network of nerves. 在我们的体内，有一个神经网络。  These nerves help us to sense our surroundings and feel pain, touch, etc.by sending messages to the brain.  这些神经帮助我们感知周围环境，并通过向大脑发送信息来感受疼痛、触摸等。  So, do the nerves of my hair not know how to send a message?那么，我头发上的神经不知道怎么发送信息吗?  No.不是。  **Generally**, the part of our hair above the skin is made up of dead cells. **一般来说**，我们皮肤上的毛发是由死细胞组成的. It does not have any nerves. 它没有任何神经。  Hence, when we cut our hair, due to the absence of nerves, our brain does not receive any messages of pain.  因此，当我们剪头发的时候，由于没有神经，我们的大脑不会接收到任何关于疼痛的信息。  As a result, we don’t feel any pain. 所以，我们感觉不到任何疼痛 |

## Dandruff

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| ## dandruff. /ˈdændrʌf/ /ˈdændrəf/  N-UNCOUNT Dandruff is small white pieces of dead skin in someone's hair, **white flakes**, or fallen from someone's hair. 头皮屑  Why do we get dandruff? 为什么我们会有头皮屑?  Dandruff is a condition in which our **scalp** sheds skin cells in the form of **white flakes**白屑.  头皮屑是指我们的**头皮**以白屑的形式脱落皮肤细胞。  A **yeast** called Malassezia globosa. 一种叫做马拉色菌的**酵**母菌。 Malassezia globosa is naturally present on our **scalp**. 马拉色菌自然存在于我们的**头皮**上。  It feeds on sebum and releases oleic acid. 它以皮脂为食，并释放油酸。 Now, some people are sensitive to this oleic acid.有些人对这种油酸很敏感。  When it **penetrates into** the upper layers of their skin, it causes **inflammation**.当它渗透到皮肤的上层时，它会导致炎症。 Hence, in response to this **inflammation**, their skin sheds a large number of skin cells at a higher rate. 因此，为了应对这种炎症，它们的皮肤以较快的速度脱落大量的皮肤细胞。  These cells then join together forming **white flakes**, thus causing **dandruff**.这些细胞结合在一起形成白色的薄片，从而产生头皮屑。 |

## Melanin 黑色素

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| Topic: Human hair. 主题:人类的头发。  Why do we get white hair? 为什么我们会有白头发?  Our hair is basically made up of keratin, a colorless protein. 我们的头发基本上是由角蛋白组成的，这是一种无色的蛋白质。  Hence, before our hair comes out of the skin, it is almost white.  因此，在我们的头发脱离皮肤之前，它几乎是白色的。  How’s that possible?  那怎么可能?  I had black hair during childhood.  我小时候头发是黑色的。  Don’t worry.  别担心。  I will explain!!  我来解释！  Our hair grows from **hair follicles.**  我们的头发是从毛**囊**长出来的。  A hair follicle contains melanocytes which produce **melanin**. 毛囊含有产生黑色素的黑色素细胞。  Melanin is injected in the keratin cells during the growth of our hair.在头发生长过程中，黑色素被注射到角蛋白细胞中。  This melanin gives color to our hair. 这种黑色素使我们的头发有颜色。  Now, the color of our hair is dependent on the type of melanin injected. 现在，我们头发的颜色取决于注射的黑色素的类型。  Eumelanin makes our hair black or brown while pheomelanin makes our hair red or blond. 真黑素使我们的头发变成黑色或棕色，而褐色素使我们的头发变成红色或金色。  However, as we grow old, the melanocytes decrease the production of melanin. 然而，随着年龄的增长，黑色素细胞会减少黑色素的产生。  Thus, less melanin is injected in hair, causing them to eventually turn white.  因此，头发中注入的黑色素较少，最终导致头发变白 |
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