

**МІНІСТЕРСТВО ОСВІТИ І НАУКИ УКРАЇНИ  
СУМСЬКИЙ ДЕРЖАВНИЙ УНІВЕРСИТЕТ  
КАФЕДРА ІНОЗЕМНИХ МОВ  
ЛІНГВІСТИЧНИЙ НАВЧАЛЬНО-МЕТОДИЧНИЙ ЦЕНТР**

**МАТЕРІАЛИ  
VIII МІЖВУЗІВСЬКОЇ НАУКОВО-ПРАКТИЧНОЇ  
КОНФЕРЕНЦІЇ  
ЛІНГВІСТИЧНОГО НАВЧАЛЬНО-МЕТОДИЧНОГО ЦЕНТРУ  
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## CHEWING GUM- 5000 YEARS OF HISTORY

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Chewing gum is a soft, cohesive substance intended for chewing but not swallowing. Humans have used chewing gum for at least 5,000 years.

Chewing gum in various forms has existed since the Neolithic period. 5,000-year-old chewing gum made from bark tar, with tooth imprints, has been found in Kierikki, Yli-Ii, Finland.

Forms of chewing gums were also chewed in Ancient Greece. The Greeks chewed mastic gum, made from the resin of the mastic tree. Many other cultures have chewed gum like substances made from plants, grasses, and resins. The American Indians chewed resin made from the sap of spruce trees.

Modern chewing gum was first developed in the 1860s when chicle was brought from Mexico by the former President, General Antonio Lopez de Santa Anna, to New York, where he gave it to Thomas Adams for use as a rubber substitute. Chicle did not succeed as a replacement for rubber, but as a gum, which was cut into strips and marketed as Adams New York Chewing Gum in 1871.

Saliva is the most important component of oral health. Water comprises 99% of saliva and the remaining components are macromolecules, formed within the acinar cells and secreted into the mouth. Saliva alone is a powerful protector of the oral cavity. And, chewing gum is an efficient and pleasant way to increase saliva without drugs. Increasing saliva from the mouth is accomplished by the gustatory action of gum and the mechanical action of chewing. Together these forces stimulate the salivary glands to increase the flow rate by about 10 times the resting state during the first few minutes of chewing and keep it significantly elevated for as long as you chew. Stimulated saliva is capable of maintaining a healthy mouth, correcting a potentially harmful environment using its high concentration of buffers, minerals and antibacterial components.