

CHEWING GUM



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History

Do you know how long ago people began chewing gum?

About one thousand years ago, the Mayan Indians started to chew chicle which is hardened juice from the sapodilla tree. The Greeks made and chewed gum from sap in the mastic tree and New England Indians made gum from spruce sap. New England settlers picked up the habit of chewing gum from the Indians. Eventually, sweetened paraffin wax became more popular than spruce gum.

In the mid 1800's chicle was brought from Mexico by Antonio Lopez who came to New York to sell it as a type of rubber. Also a man named Thomas Adams tried to make things from chicle, but failed when he found that chicle wouldn't harden. Later he found that it could be chewed and then made with different flavors that he manufactured at his factory. Chicle soon was preferred over spruce and paraffin gums.

The first bubble gum was produced in 1906 and was called Blibber-Blubber, but it wasn't sold in stores. In 1914, Wrigley Doublemint brand was created and mint and other fruit extracts

were added to it. In 1928, an employee of the Frank H. Flier Company invented the pink bubble gum Double Bubble and it was very popular. In the mid 1960's sugar free gum was manufactured because dentists preferred it so there wasn't as much tooth decay. The United States produces about 24,000,000 miles of gum each year. The average American chews 200 sticks of gum each year.

How Gum is Made

There are 8 steps to making chewing gum. It begins with the gum base. The base includes sap and rubber from sapodilla, mastic, spruce, and pine. First, the gum base is grounded, melted, and then purified. Second, flavorings, sweeteners, and the right amount of moisture are added. After all the sweeteners are added, a thick ribbon of gum is pushed out of a machine. Then, the ribbon is flattened into a thin sheet. Lastly, once the thin sheet has cooled, it is cut, wrapped, and then packaged.

Why Gum is Chewed

There are lots of different reasons why people enjoy chewing gum. People think it helps them relax and helps them concentrate. It also helps relieve tension. People like the taste too. The most popular flavors of gum are fruit, spearmint, peppermint, and cinnamon. It also comes in varieties of shapes like balls, pellets, sticks, and chunks. People also like the bubbles, the good breath, and because it is fun. According to my survey, most students in my class chew gum because they like the taste. I chew gum because I like to blow bubbles.

Good and Bad Effects

Chewing gum has both good and bad effects. The good effects are that it helps aid concentration when working on tasks or listening.

However, there are far worse bad effects than good. For example, dentists warn that chewing sugared gum can lead to tooth decay and cavities. In the 1800s, doctors warned people that chewing gum would cause your intestines to stick together. Also dentists say there is too much sugar in the gum so your teeth will become damaged. Now gum is harmless if swallowed.

Bibliography

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Introduction

Did you ever wonder how the idea of chewing gum started? Chewing gum began centuries ago when the Mayan Indians started to chew chicle. Gum can be made from chicle, but now is made out of rubber, plastic, and wax. People like to chew gum for various reasons such as relaxing and relieving boredom. There are good and bad effects of chewing gum and the history of how chewing gum began is filled with interesting facts.

Conclusion

Chewing gum has been around for a long time and has changed quite a bit since the 1800's. Gum used to be made from tree sap, but now is made from plastic, rubber, and wax! Indians, centuries ago would take the sap from the tree and then chew it, but today it takes 8 steps to make gum. People like to chew gum because it helps them concentrate and relieves boredom.

Until the mid 1900's, people did not know about the bad effects of chewing gum. You can get too much sugar from gum which causes cavities and tooth decay. So think about the bad effects of gum before putting it in your mouth.