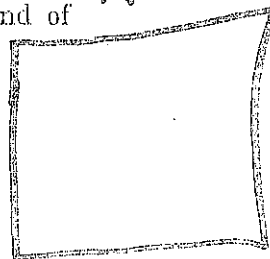


Something to Chew On

28

Chewing gum has a long history for a number of good reasons. Ancient Greeks, Mayans, and American Indians chewed the hardened saps and resins from trees in these regions. Studies have shown that gum chewing helps people relax and the saliva produced helps wash away tooth-decaying bacteria. In addition, many people find that gum chewing helps increase concentration and relieve boredom. Chewing gum is not all together good, though, especially if your big on gum flavored with sugar. Sugared gum rots teeth and too much gum chewing of any kind can produce mouth and jaw pain. The kind of gum we chewed today. Had it's beginnings in the late eighteenth century. Since that time, all kinds of people have enjoyed chewing gum. Just as you or me do today.

tally box



More Than Transportation

18

Since their domestication, horses have been one of the most popular animals in the world. People used to consider horses the most fastest and surest way to travel on land. Today they aren't used much for transportation. But are still used for recreation sport and work. Horses are suited good to working and running. Because of their wide nostrils, it can breathe easy. They have long, muscular legs for pulling heavy loads or run at high speeds. Horses also had excellent memories and can remember good or bad experiences many years after they happen. When you consider the beauty of the horse, in addition to its other qualities, it is easy to understand why so many people love this animal.

