

# Toothpaste



# What Do You Really Know about Toothpaste?



We brush our teeth everyday, but how much do you really know about the toothpaste that you put on to your toothbrush?

The most popular toothpaste flavour is vanilla.

Toothpaste should not be swallowed.

Toothpaste contains abrasives (rough particles) to grind away plaque.

Toothpaste contains soap to make it produce foam as you brush.

Fluoride is a mineral found in many toothpastes that reduces tooth decay.

**Look at these statements about toothpaste and decide if each one is a fact or if it is fiction.**

# What Were the First Toothpastes Like?

The first known toothpaste was invented in North Africa by the Ancient Egyptians as early as 5000 BC, although historians don't think they used brushes until 3500 BC (when they made brushes from twigs). They may have used the toothpaste on its own or rubbed it on to their teeth with rags.

Chinese people were the first people to use a toothbrush we would recognise today, with bristles attached to bamboo or bone. They even invented 'chewing sticks' made from sweet-smelling woods and leaves to freshen their breath.



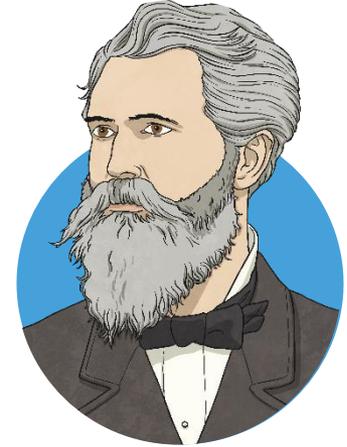
# What Were the First Toothpastes Like?

Early toothpastes used abrasives such as crushed bones or oyster shells.

In the 1800s, tooth powders were used. These were made out of chalk, brick powder, salt or charcoal. They also contained soap and continued to do so until 1945!



# Washington Sheffield



Washington Sheffield was an American dentist and he was famous for inventing the first modern toothpaste in a tube.

He was also considered to be one of the most skilful dentists in the USA.

Dr Sheffield formulated his own tooth powder to use on his patients.

In the mid-1870s he created a ready-made 'Tooth Crème', which included mint flavourings. This was very popular with his patients, who requested samples to use at home.

Dr Sheffield began to make and sell his tooth crème. So many people wanted to buy it that he had to build a laboratory and factory behind his house!

He set up a manufacturing company with his son, who was also a dentist.

# Washington Sheffield

In 1880, Dr Sheffield and his son started producing a new product.

They called this product '**Dr Sheffield's Crème Angélique Dentifrice**'.

This was the first toothpaste as we know it today and it was sold in tubes like modern toothpastes.

In 1896, Colgate and Company created a toothpaste called 'Dental Cream', which was sold in tubes imitating Dr Sheffield's design.

His invention was so successful that it was the basis for all the modern toothpastes we use today.

