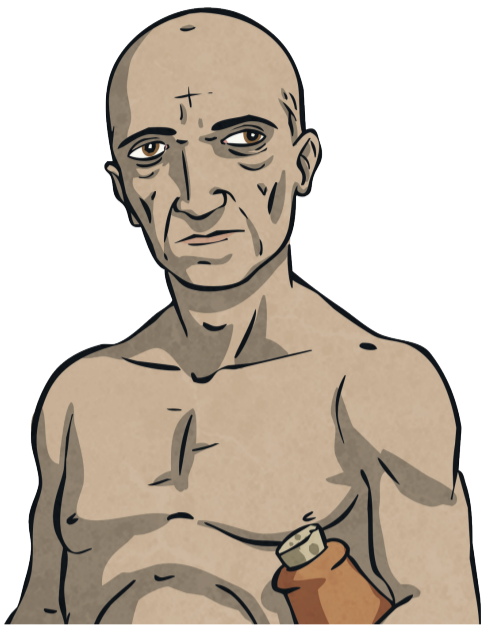


Ancient Egyptian Dentists

Not everyone enjoys a visit to the dentist but imagine you lived 3000-5000 years ago during the age of the ancient Egyptians. Treating toothache was handled slightly differently than it is today...



Dentist! Dentist!

Here's what an Ancient Egyptian dentist might say:

"Toothache? Let's have a look... Ah yes, you've got mouth worms."

"What? Never heard of mouth worms? They're the cause of all tooth decay!"

"Need something to take the pain away? Dangle a dead mouse on your tooth. That should do the trick!"

"Still aches? Hmm... well, try praying to the Gods, and if that doesn't work stop being naughty because that's probably what's caused the problem in the first place!"

Dental Hygiene

Toothpaste – this could be a mixture of egg shells and horses' hooves, or sometimes a delicate blend of crushed rocks, mint, salt, pepper and dried iris flowers!

Mouthwash – bran and celery.

Antiseptic paste – incense and onion.

Pain relief – opium (an illegal drug today!).

Main Problems

- Poor diet! Egyptians didn't eat enough vitamins and minerals to keep their teeth and gums healthy!
- Gritty bread! A lot of sand and grit found their way into Egyptian food – especially bread. This wore down the enamel in people's teeth.
- No money! Lots of people couldn't afford to see a dentist so their teeth simply fell out!



1. According to the ancient Egyptians, what do mouth worms cause?



2. Imagine you were an ancient Egyptian dentist. Using the text, what two things could you suggest if someone had toothache?



3. Look at the ingredients for toothpaste. Why might some of these ingredients be bad for keeping your teeth and gums healthy?



4. Look at the main problems section. Pretend you are Pharaoh and come up with one way to improve the health of people's teeth:
