# THE EFFECT OF XYLITOL CHEWING GUM ON MUTANS STREPTOCOCCI

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#### The Effect of Xylitol Chewing Gum on Mutans Streptococci

#### What are mutans streptococci?

Mutans streptococci are a group of bacteria that live in the mouth and cause cavities. They feed on sugar and produce acids that dissolve tooth enamel.

#### How does xylitol chewing gum affect mutans streptococci?

Xylitol is a sugar alcohol that cannot be broken down by mutans streptococci. Instead, it tricks the bacteria into thinking that they are eating sugar, but they cannot produce acid as a byproduct. This helps to reduce the number of mutans streptococci in the mouth and prevent cavities.

## What is the evidence for the effectiveness of xylitol chewing gum in preventing cavities?

There is a growing body of evidence to support the effectiveness of xylitol chewing gum in preventing cavities. A recent study published in the Journal of the American Dental Association found that children who chewed xylitol gum for 10 minutes after a meal had 40% fewer cavities than those who did not chew gum.

#### Is xylitol chewing gum safe?

Xylitol is safe for most people to consume. However, it is important to note that xylitol can cause diarrhea in some people, especially if they consume large amounts.

How often should I chew xylitol chewing gum?

For best results, chew xylitol gum for 10 minutes after each meal or snack. This will

help to reduce the number of mutans streptococci in your mouth and prevent

cavities.

The Trolley Problem: A Philosophical Conundrum

**By Thomas Cathcart** 

The trolley problem is a hypothetical ethical dilemma that has captivated

philosophers and ethicists for decades. The classic version of the problem is as

follows:

Question: A runaway trolley is hurtling down a track towards five people who are

tied to the tracks. You are standing next to a lever that can divert the trolley onto a

side track, saving the five people. However, there is a single person tied to the side

track, and if you pull the lever, the trolley will kill this person. Do you pull the lever

and sacrifice one person to save five?

The trolley problem raises fundamental questions about morality and the value of

human life. There is no easy answer, and different people have come to different

conclusions about what the right thing to do is.

**Paragraph 2: Ethical Implications** 

One of the most common arguments in favor of pulling the lever is that it is a net gain

in terms of human life. By sacrificing one person, you can save five, and from a

utilitarian perspective, this is the most ethical choice. However, others argue that it is

wrong to kill an innocent person, even if it means saving others. They believe that all

human life is equally valuable, and that it is never justified to take one life for the

sake of another.

Paragraph 3: Variations on the Problem

There are numerous variations on the trolley problem that explore different ethical

dimensions. For example, some versions of the problem involve a loved one being

tied to the side track, or a group of children instead of adults. These variations

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highlight the complex and often conflicting nature of our moral intuitions.

Paragraph 4: Philosophical Perspectives

Different philosophical perspectives offer different insights into the trolley problem. Utilitarianism argues that the right action is the one that maximizes happiness or

well-being. Kantian ethics, on the other hand, emphasizes duty and the importance

of following moral rules. Virtue ethics focuses on developing good character traits

and acting in accordance with them.

Paragraph 5: No Easy Answer

Ultimately, there is no easy answer to the trolley problem. It is a profound ethical

dilemma that raises fundamental questions about the nature of morality and the

value of human life. Different people will come to different conclusions about what

the right thing to do is, and there is no single "correct" answer.

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**Tozer on Worship and Entertainment: Questions and Answers** 

#### 1. What is the primary purpose of worship according to A. W. Tozer?

Tozer believed that the primary purpose of worship is to glorify God. Worship is not about our personal enjoyment or spiritual fulfillment, but rather about exalting the majesty and worth of the Creator.

#### 2. How does entertainment differ from worship?

According to Tozer, entertainment is focused on satisfying our own desires and providing temporary pleasure. Worship, on the other hand, directs our attention to God and seeks to please Him. Entertainment is often passive and self-centered, while worship is an active and God-centered experience.

#### 3. Can worship and entertainment coexist?

Tozer believed that it is possible for worship to be corrupted by entertainment. When worship becomes more about our own enjoyment than about honoring God, it ceases to be true worship. Entertainment can creep into worship through elements such as excessive theatrics, flashy music, or shallow messages.

#### 4. How can we avoid entertainment in worship?

Tozer urged Christians to focus on the essence of worship: adoration, thanksgiving, confession, and surrender. We should be wary of activities that distract us from these core elements. He also emphasized the importance of discernment and introspection in discerning genuine worship from mere entertainment.

#### 5. What is the role of the Holy Spirit in true worship?

Tozer believed that the Holy Spirit empowers us to truly worship God. The Spirit creates in us a longing for God, guides us in right worship, and fills us with joy and reverence in His presence. When we worship the Spirit's way, we experience a profound connection with God that transforms our lives.

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