Passage The miswak 20

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1. The **miswak**is a teeth cleaning twig made from a twig of the Salvadora persica tree (known as arak in Arabic). A traditional alternative to the modern toothbrush, it has a long, well-documented history and is reputed for its medicinal benefits.
2. A 2003 scientific study comparing the use of *miswak*with ordinary toothbrushes concluded that the results clearly were in favor of the users who had been using the *miswak*, provided they had been given proper instruction in how to brush using it. However, the study’s sample size was only fifteen people,

calling into question its statistical significance. The World Health Organization (WHO) recommended the use of the miswak in 1986 and in 2000 an international consensus report on oral hygiene concluded that further research was needed to document the effect of the miswak.

1. Dr. Rami Mohammed Diabi,] who spent more than 17 years researching the effects of *miswak*on health, and especially its anti-addiction effects on smokers (curative and preventive sides), has opened a field of science and research with his last publication: “Miswak Medicine Theory” or Sewak Puncture medicine which led him to what is called *Beyond Sewak: World of Science and Research*. *Miswak*also is contributing in the fight against desertification thereby affecting our environment and global climate.
2. The use of the *miswak*is frequently advocated in the *hadith*(the traditions relating to the life of Muhammad). Situations where the *miswak*is recommended to be used include, before religious practice, before entering one’s house, before and after going on a journey, on Fridays before sleeping and after waking up, when experiencing hunger or thirst and before entering any good gathering.
3. In addition to strengthening the gums, preventing tooth decay and eliminating toothaches, the miswak is also said to stop further increase in decay that has already set in. Furthermore, it is said to create a **fragrance**in the mouth, eliminate bad breath, improve sensitivity of taste-buds and promote cleaner teeth.
4. There is also toothpaste made from miswak extract that can be purchased in the Middle East, South Asia, Southeast Asia, Europe and North America. Use of toothpastes featuring benefits of *miswak*is, however, not a true alternate practice of using *miswak*in its original shape and in the *masnoon*way. Some companies, such as Al Khair and AL Falah, have also taken the initiative to process and preserve *miswak*in vacuum bags. This has the effect of increasing the twig’s shelf life to a period of over six months.

**1-B 2-B 3-A 4-C 5-B**

**Questions**

1. **The results of more than 200 studies on *miswak*and ordinary toothbrushes proved that……………………**
2. toothbrushes are much better than *miswak*.
3. *miswak*is much better than toothbrushes.
4. they are the same in results.
5. neither is good for teeth.
6. **The main idea of paragraph 3 is…………………….**
7. Dr. Rami Diabi spent 17 years in his research.
8. The effects of *miswak*on health and environment.
9. The World Health Organization
10. The effects of Se *miswak*on smokers only.
11. **Paragraph 4 is talking about…………………..**
12. where and when *miswak*is recommended to be used.
13. using *miswak*before saying prayers.
14. using *miswak*on Fridays before sleeping and after waking up.
15. using *miswak*when experiencing hunger or thirst.

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1. **The underlined word ” fragrance” most probably means………………**
2. Bad smell
3. No smell
4. Good smell
5. Miswak
6. **The last paragraph mentions that the toothpaste made from miswak extract………….**
7. has the same effect of miswak.
8. is not a true alternate practice of using *miswak*in its original shape.
9. is preserved in vacuum bags
10. is made by some companies, such as Al Khair and AL Falah