Translation:

1. The way of teeth-cleaning: 1. Brush teeth at wake-up, after the meals, and before sleep. 2. Brush 2 or 3 minutes at a time.

2. A good tooth-brush: a. head of the brush is small, the stem is hard, and the hair bundles are not too compactly distributed.

3. Chinese character for four

4. Chinese character for five

5. 4, 5, 6, brush the lower row of the teeth

6. Chinese character for six

7. Brush the tooth crowns (molars?), Chinese character for 8

8. Brush the inner side of the teeth, Chinese character for 7

9. Chinese character for 3

10. 1, 2, 3, brush the upper row of the teeth

11. Chinese character for 2