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# Just Tobacco? You're Kidding! The Unexpurgated Contents of a Cigarette.

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Support Notes.



EVERYMAN EDUCATION  
E-mail : [everyman.education@ntlworld.com](mailto:everyman.education@ntlworld.com)

Duration 13 minutes.

## **Just Tobacco? You're Kidding! The Unexpurgated Contents of a Cigarette.**

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### Video Overview.

This video is about the additives put in cigarettes to make nicotine palatable. It also looks at the way tobacco companies have used the changes in the law to their own advantage. We also raise issues about the consumers' rights to know what they are putting into their bodies when smoking a cigarette. The video is designed to give students of all ages information of what happens to them when smoking.

The information is presented in such a way that it is accessible to students from around 10 years through to adulthood. In preparing the notes we noticed that most adults were surprised and angry at what the tobacco companies had been doing, so this programme is a perfect launching pad for the rights and responsibilities of companies and consumers.

### The History of Smoking.

The first record of tobacco smoking is from Mayan records at about 500 AD. Although it is very likely that tobacco had been smoked long before. It arrived in England in 1565 although it wasn't until 1586 that Sir Walter Raleigh brought a large quantity back from the New World. At first it was used purely for medical purposes, as it was thought that tobacco could cure almost everything! Even the pupils at Eaton College were made to smoke a pipe of tobacco every morning to keep them healthy.

Cigarettes first arrived when British troops arrived back from the Crimean War where the French and Turkish armies smoked tobacco rolled in paper. When the automatic rolling machine was invented in 1881 it paved the way for cigarettes to be made on a huge scale and thus began the rise of the massive multinationals, which produce tobacco today. (<http://area51.upsu.plym.ac.uk/infoserv/drugs>)

### The Social History of Tobacco.

When Europeans first encountered Native Americans at the end of the 15<sup>th</sup> century, smoking was always intertwined with fellowship, ceremony and conversation. Indian tribes smoked to celebrate great occasions – such as the famous “peace pipe” ceremony – but also to relax at the end of the day. Colonial era smokers adopted the Indian pipe – a long stem, with a small bowl. Since such pipes were hard to carry around and brittle, they were often made of clay, they were usually kept on racks at an inn or coffee house.

Pipes, along with chewing tobacco, were the preferred form of smoking until the Mexican War of 1848, the first of several wars to influence American smoking habits. Soldiers came back from the Southwest with an affection for Mexican cigarros and cigarillos; cigars would hold sway for the rest of the century, with chewing tobacco retaining its popularity in the South. Cigarettes were really a continental invention, the word “cigarette” is French, and while Mayan and other American Indian groups did smoke a primitive cigarette, the modern practice really began in Spain and the Mediterranean countries and as seen popularised by British troops in the Crimea. (The original rolling papers were paper tubes usually filled with gunpowder and used as cannon fuses).

Cigarettes remained on the fringes – Oscar Wilde smoked them as a sign of diletantism in the 1880's, along with his long hair and sunflower boutonniere. It was really during the First World War, when American Doughboys, who rarely had time to sit down and smoke a cigar and couldn't be bothered with a pipe, realised cigarettes offered an easy and quick way to smoke. After the Armistice, soldiers brought home the practice (along with trench coats etc) and cigarettes became the most popular form of tobacco in many parts of the world.

In the 1920's it became acceptable for women to smoke and what started out as a display of independence soon became common place. In her first etiquette book in 1922, Emily Post said women should feel no qualms about smoking.

The heyday of cigarette smokings romance was the middle of the century, when film stars made smoking part of their glamour and mystique. Now in the 21<sup>st</sup> century smoking has become controversial again, as society looks for a compromise between smokers and non smokers.

### Pre Viewing Activities.

#### **Tobacco.**

- ? Where is tobacco grown?
- ? Describe the process of cultivating and harvesting the plant.
- ? What are some of the customs associated with smoking?
- ? How is smoking spread?
- ? How are cigarettes made?

#### **Chemicals**

- ? What happens to chemicals when they are heated or burned?
- ? What happens when chemicals are mixed?

### **VIDEO TIMELINE.**

<b>00.00</b>	Video Starts
<b>00.43</b>	Opening Title – “Just Tob
<b>00.55</b>	Introduction
<b>01.52</b>	Information about regulations in the U.K
<b>3.14</b>	Title – <b>Low – tar Cigarettes</b>
<b>5.39</b>	Title – <b>Additives for Better Flavour</b>
<b>6.59</b>	Title – <b>Additives with a Pharmacological effect - ammonia</b>
<b>9.18</b>	Title – <b>Other Additives with a Pharmacological Effect</b>
<b>10.55</b>	Title – <b>Additives for Environmental Tobacco Smoke (ETS)</b>
<b>12.26</b>	Conclusion -
<b>12.57</b>	End Credits

### STUDENT WORK SHEETS.

1. How many chemical compounds are found in tobacco?
2. How many known cancer - causing agents are there in tobacco?
3. How many food additives are added to tobacco?
4. What may the combustion process do to many food products?
5. Why isn't smoking illegal
6. If tobacco appeared on the market today, what would happen to it?
7. What is a cigarette?
8. What 2 words describe the taste of nicotine?

9. What does tar do for nicotine?
10. What effect did the introduction of low tar cigarettes have on the number of additives in cigarettes?
11. What is one way of making a low tar cigarette?
12. What is the ultimate effect of cigarettes if used “properly”?
13. List 5 added flavourings
14. What percentage of smokers start before they reach 18?
15. What effect does ammonia have on nicotine?
16. Did ammonia have an effect on the results of cigarette testing?
17. Acetaldehyde is produced by .....
18. What effect does acetaldehyde have on nicotine?
19. Why is levulinic acid added?
20. What is bronchodilator?
21. Theobromine comes from .....
22. Glycyrrhizin is a .....
23. Sidestream smoke is very dangerous because it does not go .....
24. What did tobacco companies do about ETS?