

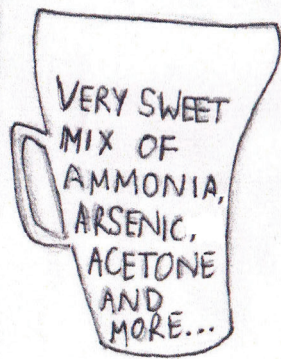
THE CONSEQUENCES
OF SMOKING
ON THE WORLD
WE LIVE IN



GRANDMA'S RECIPE

FOR A TASTY CIGARETTE

① WE ALL KNOW THE FIRST STEPS; PAPERS, A FILTER IF YOU WANT AND OF COURSE TOBACCO (FROM A VERY SENSITIVE PLANT THAT NEEDS A LOT OF CHEMICAL HELP TO STAY ALIVE)



DO YOU KNOW THE EXTREMELY BITTER TASTE OF TOBACCO? OF COURSE YOU DON'T! WE CAN CHOOSE OVER 599 ADDITIVES (MOSTLY CHEMICALS) TO IMPROVE THE TASTE

③ ALMOST FORGOT! WHAT'S A CIGARETTE WITHOUT TAR, NICOTINE & CARBON MONOXIDE?

LIGHT 'EM UP, INHALE & BLOW OUT MORE THAN 4000 VERY POISONOUS AND CANCER CAUSING CHEMICALS! Mmjam!

Intro

Yes, we know. We know that you know. But do you really know? Are we living consistently with awareness about how our personal choices affect the scope of our political goals? As we already know that our communities (and the Dutch community at large) are aware of the large lists of the health hazards of smoking, in this zine we aim to show people in OUR active community what the environmental and political impacts of their choice to smoke is supporting. This zine is not about wagging a shaming finger but rather to encourage activists and non activists alike to align their political with their personal goals when debating to or to not light up and to take responsibility in realizing who their choices are impacting. So, who is impacted by the choice to smoke: the earth, the animals, the legal and very illegal workers, kids, you, us, everyone.

Interesting facts:

The World Health Organization estimates that 1.1 billion people in the world smoke—that is one third of all people on earth over the age of 15.

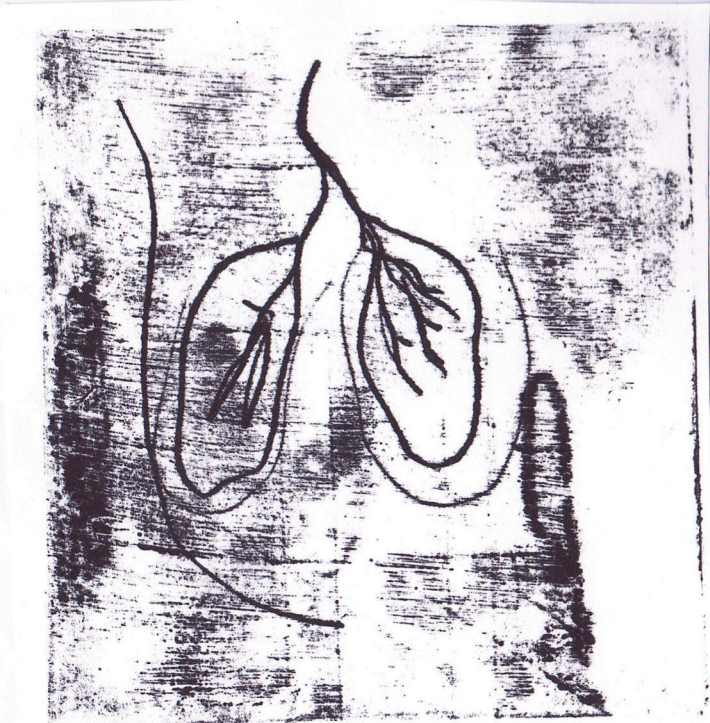
If one person smokes a pack and a half a day, he will consume more than 10,000 cigarettes in a year. This number of cigarette butts (filters only—not including remnant tobacco) will fill a volume of five liters. Worldwide annual consumption of cigarettes creates enough cigarette butt waste to fill more than 2,800,000,000 liters (2,800,000 m³).

POLLUTION

Tobacco plants are very sensitive to diseases and can only survive on a diet of pesticides and fertilizer. In some third-world countries they still use illegal pesticides like Methylbromide (affects the ozone layer and is lethal to both humans and animals), Temik (affects the nerve system, increases the risk of getting cancer and is highly toxic to water organisms) and DDT (very harmful to humans, animals and the environment; it almost isn't biodegradable and accumulates in the fat of humans and animals. Because of that the poison can be found in breast milk. These chemicals end up in the drinking water of the surrounding villages via groundwater pollution. After a few years the soil is exhausted by the cultivating of tobacco. The plants used up all the nutrients. Think about how this affects the people living in the surrounding area. Would you stand for this kind of behavior if it was in your back yard instead of those that are far away?

BACTERIA IN TOBACCO

We don't want to preach about how smoking affects your health because you're probably fully aware of the consequences. There are over 4000 chemicals in cigarette smoke among which are arsenic, lead and formaldehyde. 43 of these chemicals increase the risk of getting cancer, 400 others are toxic. But you already knew that. What you probably didn't know is that there are hundreds of different kinds of bacteria in each cigarette you smoke. Some of them might burn in the process of smoking, others might not. They also hide in your cigarette filter. What is shocking about this is the high number of bacteria that cause infectious diseases. A few of these bacteria are bacillus (associated with anthrax and food poisoning), burkholderia (causes lung infections) and klebsiella (associated with several blood and lung infections).



Animal affects article

Animal testing, ingestion of whole cigarettes and cigarette waste (primarily butts), and drinking water that contains cigarette butts are large concerns for both domesticated and undomesticated animals around the world. According to the *American Littoral Society*, "Cigarette butts are the most common type of litter on earth. Collected, they weigh in the millions of pounds. The toxic chemicals absorbed by cigarettes' cellulose acetate filters and found in butts' remnant tobacco, are quickly leached from the butts by water." This is a problem for animals (and the earth, and us!). according to the American Veterinary Medical Association, ingestion of high amounts of both cigarette toxins and nicotine are hazardous to a pet's health.

Also published in the *American Littoral Society*, "Prior to 1954, most cigarettes were non-filtered. In the mid-1950s, sales of filtered cigarettes increased dramatically as the cause-effect relationship between smoking and cancer was reported extensively in the press. Before these reports, in 1950, sales of filtered cigarettes in the US were 1.5% of all cigarette sales. Now, more than 97% of cigarettes sold in the U .S. have filters." Think about how many people toss their cigarette butts on the street. Even so those butts still end up in a landfill or other garbage waste plant. A we see, it is increasingly easy for birds and other animals pick up cigarette filters and eat them just as they do other trash. The butts are not only hazardous to animals because of the toxicity but the possibility of choking is high.

Something that takes 20 years to degenerate should not be ingested by anyone!

The American Association for healthy animals reports that, "Dogs with long noses are at an even greater risk of developing certain nasal and sinus cancers, as they expose more tissue to the carcinogens when they inhale. Cats exposed to secondhand smoke have an increased chance of developing squamous cell carcinoma, a type of oral cancer commonly found in humans that smoke tobacco, possibly because the carcinogens in tobacco smoke can settle on a cat's fur and be ingested when the cat grooms itself."

The above information talk about the problems that cigarettes as a product cause, but what about before a cigarette is ready for consumption? This means tests. Peta reminds us that "No animals are safe from experimentation—primates, dogs, rats, mice, rabbits, pigs, and cats are just a few of the animals that are routinely used in these tests." Most chemicals used in cigarettes are approved by the FDA, which means that they have been tested. A huge portion of this testing is on animals.

As a last statement, if we know that early exposure to pesticides increases a child's long life cancer risk and can harm the child's nervous and immune system, why do we assume that this is any different for animals? These pesticides and chemicals used and produced by cigarettes end up in the soil, the waterway and the food chain. It is a circle that affects us all, but if even if we don't care for ourselves working to respect our earth and those living on it doesn't seem like a bad idea.



Sidestream smoke (from the burning end of the cigarette) has higher concentrations of harmful compounds than the main stream smoke inhaled by the smoker. Studies show there is TWICE as much tar and nicotine, THREE times as much cancer-causing benzyrene, FIVE times as much carbon monoxide, and SIXTY times as much ammonia. There is also more cadmium, which damages the airsacs of the lungs and causes emphysema.

Once cadmium gets into your lungs, it stays there.

Provided by ©Stella Marrs

Thanks To Child Labour

Everybody knows the big cigarette brands do not care about our health, although they pretend to do sometimes. We all know what cigarettes do to our bodies, but did you know what your cigarettes do to children's health? Not just the children around you, but the children who made your cigarettes...

Non-profit organization, Plan Nederland, found out that in Malawi almost 80.000 young kids are working in tobacco-factories and plantations; they mainly pluck and sort the plants. During this work the kids come in contact with a lot of nicotine from the plants on their skin, around 54 milligrams of nicotine every day which is about as much as you get from smoking 64 cigarettes.

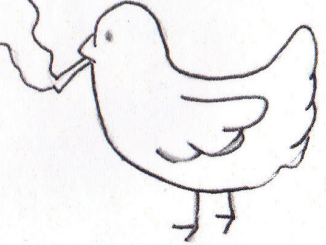
This contact causes heavy nicotine exposure and poisoning which is, of course, a big risk during children's growing years. For an entire day of work these children get around 12 cents; if they don't reach their daily goals or don't work hard enough, they will receive less or nothing at all.

This is one small peak into the tobacco industry and how it affects the lives of those who are making the cigarettes (and very likely also consuming them via both pay and addiction). But

think of it further. As we consistently uncover the hidden truths corporation's keep from us the more exploitation we find.



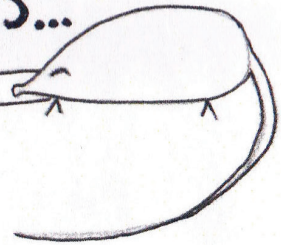
THIS
MIGHT LOOK
SOME KIND
OF CUTE...



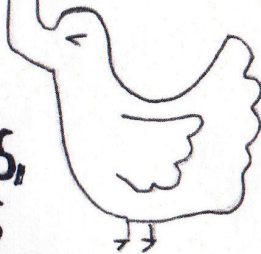
IN FACT: THIS IS NOT HOW IT REALLY GOES
THE PICTURES
OF ANIMAL TESTS...



24h SMOKE

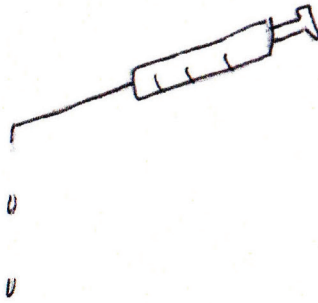
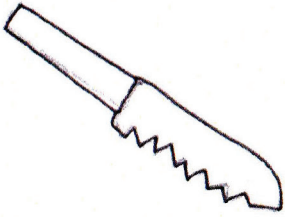


ON BUNNIES,
MICE, CATS, DOGS,
BIRDS, MONKEYS
AND OTHER ANIMALS...

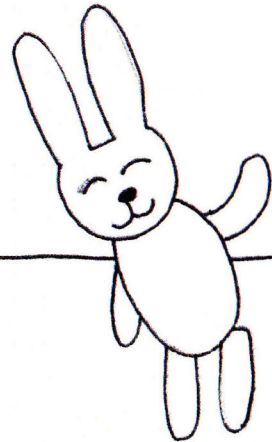


... ARE
EXTREMELY
CRUEL.

AFTER DAYS, WEEKS, MONTHS OF
24h INHALING CIGARETTE SMOKE...

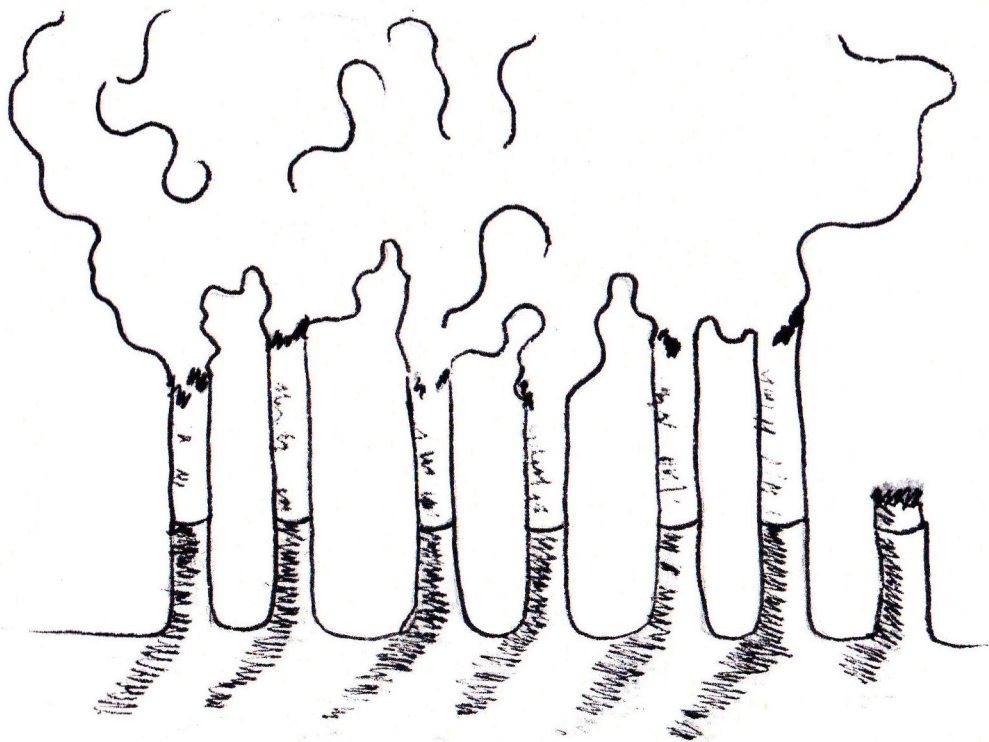


... THEY KILL THE ANIMALS TO
SEE WHAT THEIR LUNGS AND
OTHER ORGANS LOOK LIKE



DEFORESTATION

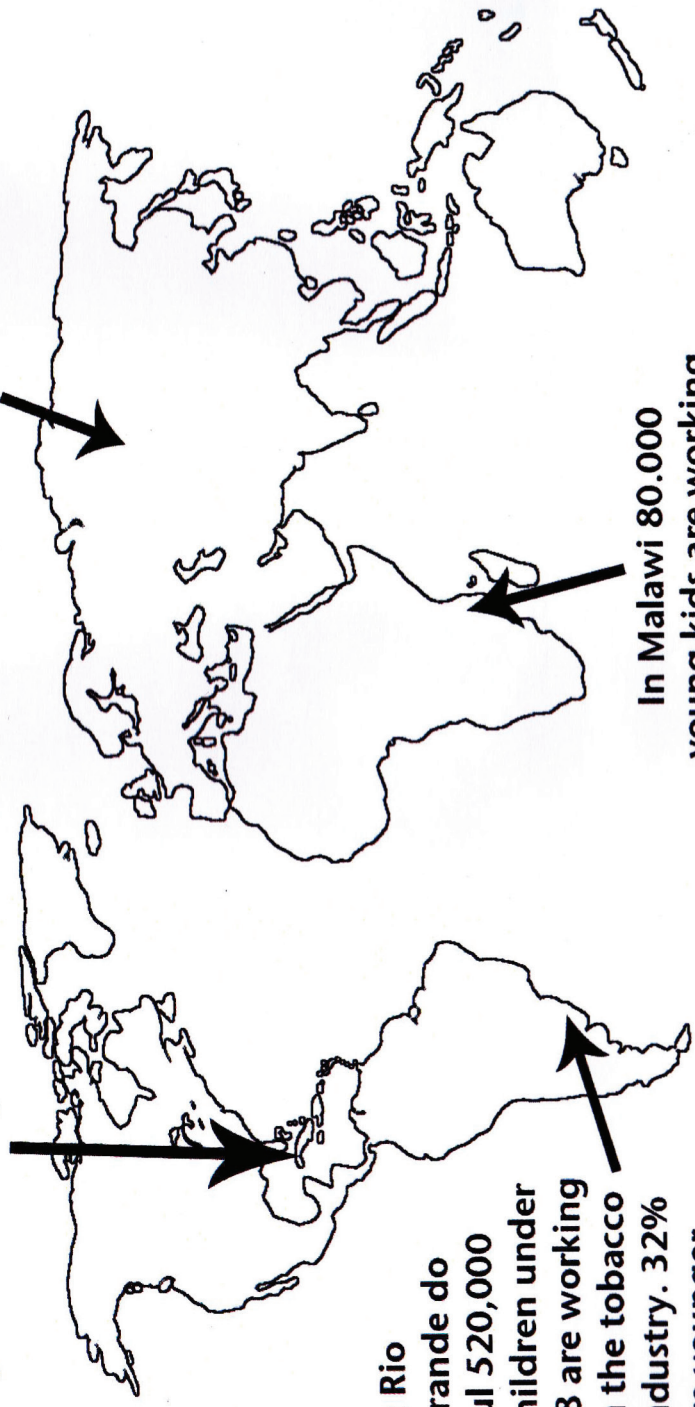
To grow tobacco you need space. To cure tobacco you need fuel. To make cigarettes out of tobacco you need paper. Every day 200 000 hectares (1 hectare is 1 square kilometer) of rain forest goes up in smoke because of the tobacco industry. That is 6 times Holland disappearing every year. Trees are removed to make space for planting and for fueling the curing process. One whole rainforest tree is needed to produce only 300 cigarettes, that is without both packing material and rolling paper. A modern cigarette machine uses up to 6 kilometres of rolling paper per hour. You do the math.



CHILDREN AND TOBACCO

67% of children in Cuba are exposed to passive smoking at home

In Russia 30% of kids between the ages of 13 and 15 years old smoke tobacco

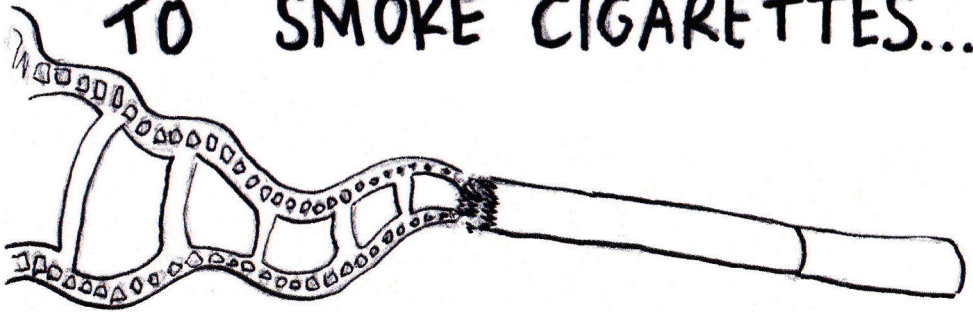


In Rio Grande do Sul 520,000 children under 18 are working in the tobacco industry. 32% are younger than 14

In Malawi 80.000 young kids are working in tobacco factory's

In the documentary, *The Century of the Self*, the introduction of smoking to the average woman was described. Cigarette marketing used the Suffrage Movement, a movement to gain basic civil right for women, as a launching point to include women in their target group. They framed the cigarette as a “torch of freedom” to alter the perception that a smoking women is indecent women. Smoking women became sexy, independent (enough), rebellious (in a socially acceptable way) and mature. Sadly, it worked.

IN THE PAST A LOT OF
HOLLYWOOD ACTORS WERE PAID
TO SMOKE CIGARETTES...



...WOULD IT BE REALLY
DIFFERENT NOW?

The art of lobbying

When we try to find info about the lobbying of tobacco and smoking in

The Netherlands, it seems to disappear as quickly as the smoke trailing from the end of a cigarette; we can only guess what that really looks like. Now that advertising is officially forbidden by EU law lobbying is very important for the big smoking industry. In The Netherlands, the smoking-industry represents over 2 billion euros each year

For instance, we do know that:

... cafe-owners were paid to sue The Netherlands for the smoking-ban in cafes.

... a new cigarette brand gave free cigarettes to a selected group of "cool" people to introduce them to friends as well as to be seen with brand cigarettes at popular places

... the minister of defence, Hans Hillen (CDA) and Elco Brinkmann (CDA) worked for the smoking industry, even while they were already working in a political function.
(They kept this secret until a journalist found out about it.)

At the same time their colleague, Ab Klink –CDA, was working on the smoking ban!

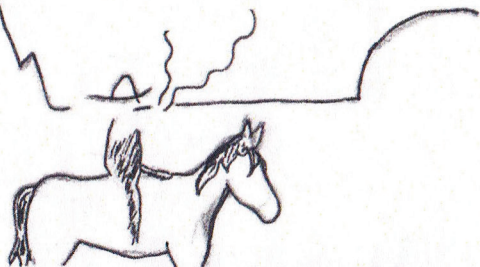
... the cigarette lobby presented about the effect of raising taxes, saying raising taxes will increase the amount of illegal cigarette dealing.

What a coincidence it is that

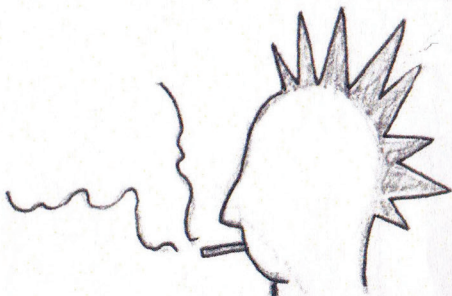
a tobacco lobbying location happens to be in the same street as the governmental buildings.

Only a hop and a skip down to pick up that bonus check!

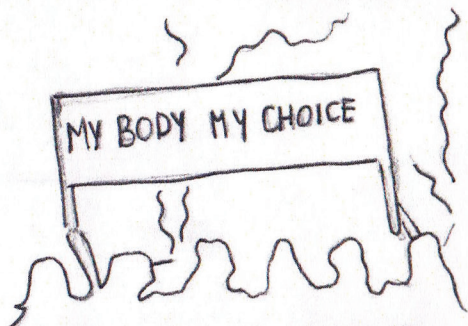
ADVERTISING (THE IMAGE OF) SMOKING



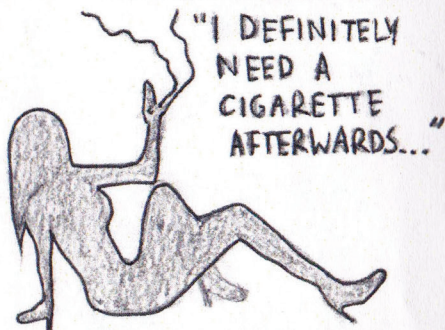
INDEPENDENCY



PROTEST



AUTONOMOUS



"I DEFINITELY
NEED A
CIGARETTE
AFTERWARDS..."

SEX SELLS

"OH GREAT,
THIS IS
EXACTLY
WHAT IT
SHOULD LOOK LIKE!"



So smokers, ask your selves some questions:

How much money a week do you spend on tobacco? Compare that to how much money you spend on food.

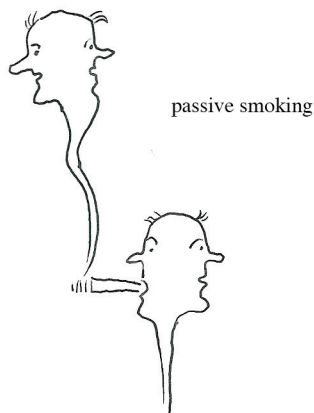
Do you know where the money spent on tobacco (and food for that matter) go?

Who are you fighting against in your activism?

Does your smoking align with your political beliefs?

Why do you smoke? Don't just brush it off. REALLY think about it, why do you smoke?

This little questionnaire can apply to almost all the 'consumer choices' you make. It is a good opportunity to keep ourselves in check with our own beliefs and ethics. We are not trying to tell you what to do, we are encouraging you to be accountable to yourself.



Our Information comes from:

The BBC documentary, Century of the Self.

De Volkskrant-Buitenland- Marnix de Bruyne 25-08-2009

American Littoral Society

The American Association for Healthy Animals

PETA

The British American Tobacco Company

(<http://keepersofthecoast.org/keepers-events/cigarette-butt-box-project/>)

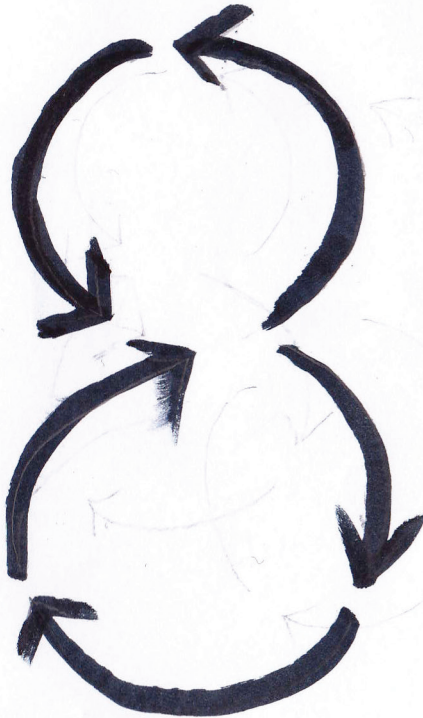
The World Health Organization

Who we are

We are an autonomous group, working from our ideas to support an educated, engaged DIY culture.

If you want to contact us: ditch.diy@riseup.net

ditchzine.noblogs.org



Now is the time, now is always the time and there is never a better time. Take the time to think about how your personal actions affect the world around you.

