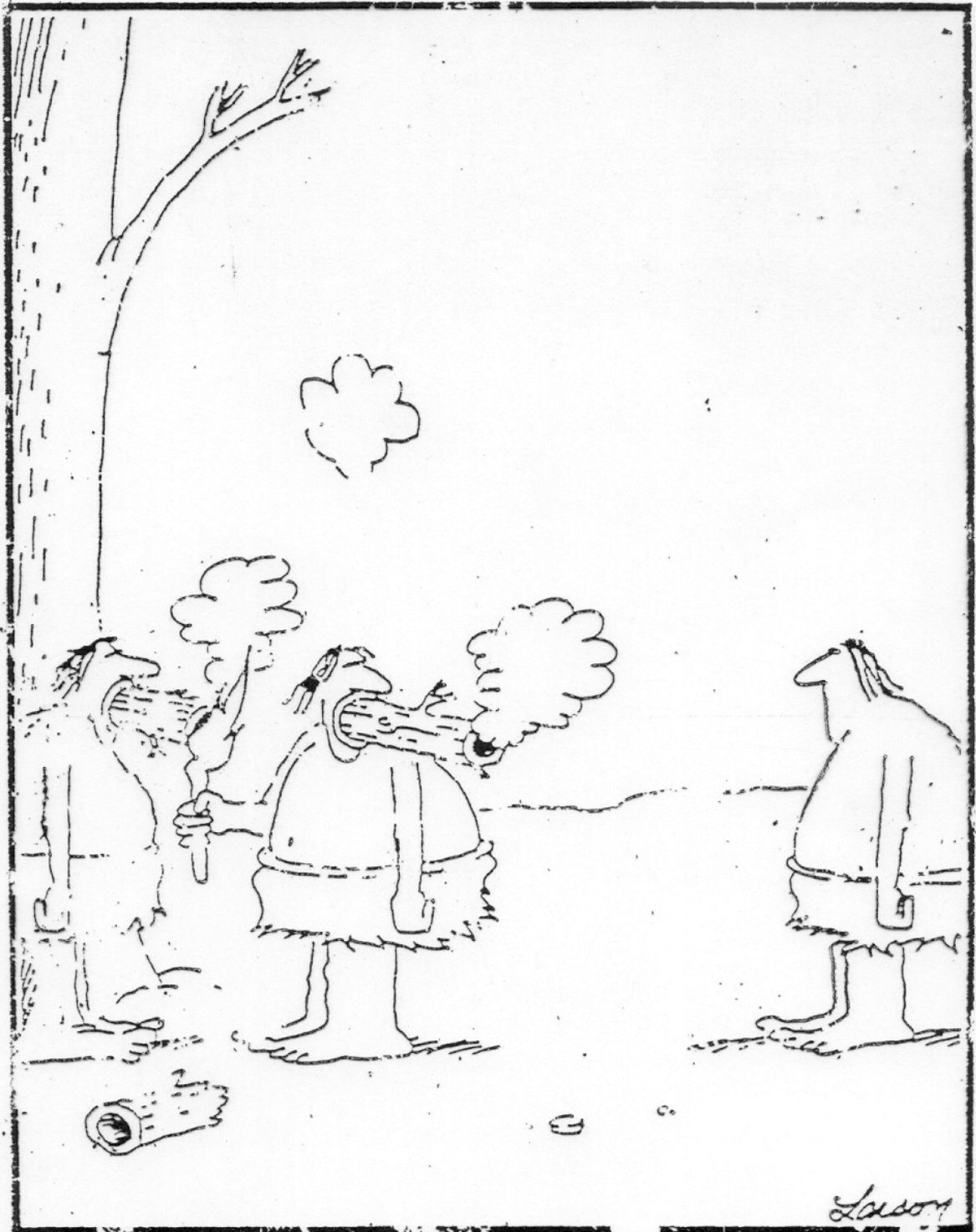


Chapter 8

Tobacco



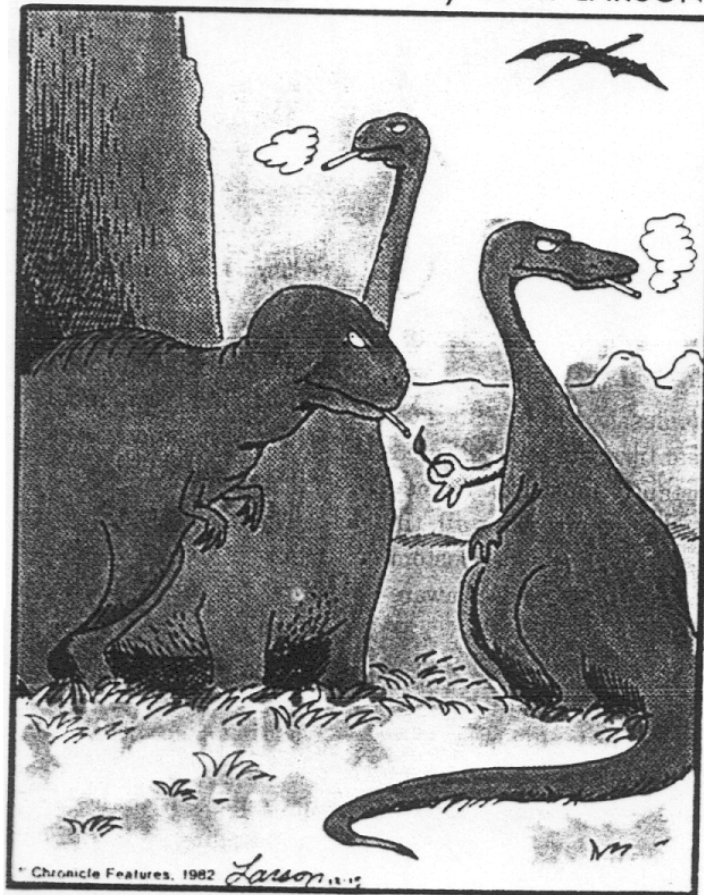
Primitive peer pressure

EXAMPLE

Gary Larson is a famous cartoonist who pokes fun at people through his drawings and words. Most of the time he uses animal characters to get his point across.

THE FAR SIDE

By GARY LARSON



The real reason dinosaurs became extinct

CURTIS



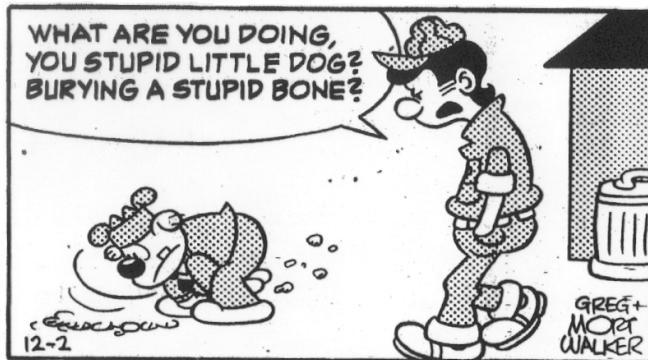
(c) 1986 by King Features Syndicate, Inc. World Rights reserved

DURING THAT TIME, EVERYONE FROM THE RICHEST MAN TO THE SCUM OF THE EARTH SMOKED! YOU FELT CONNECTED!

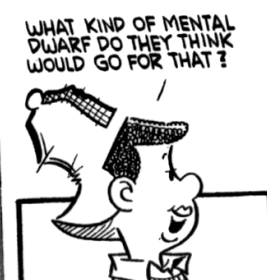


CAT

Beetle Bailey



Curtis



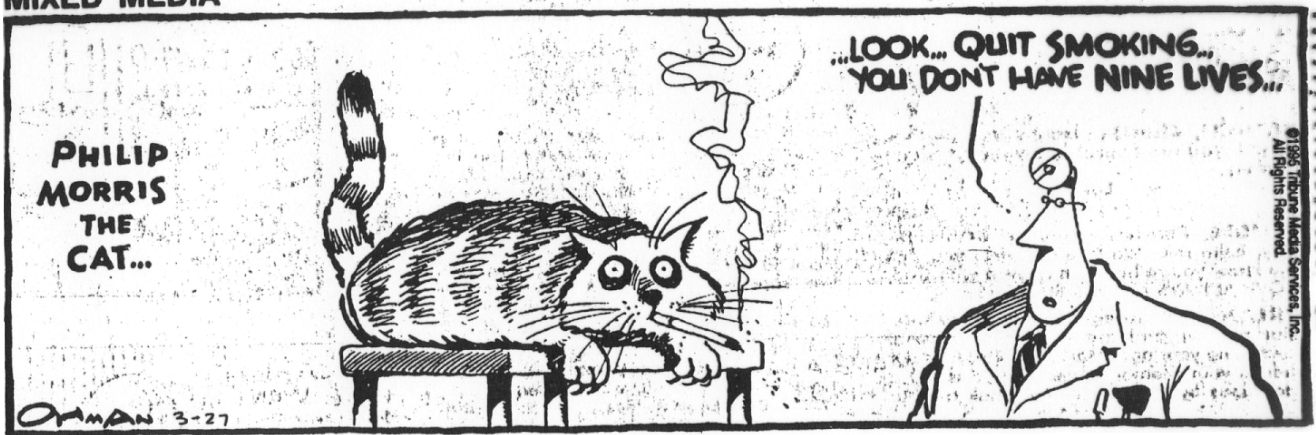
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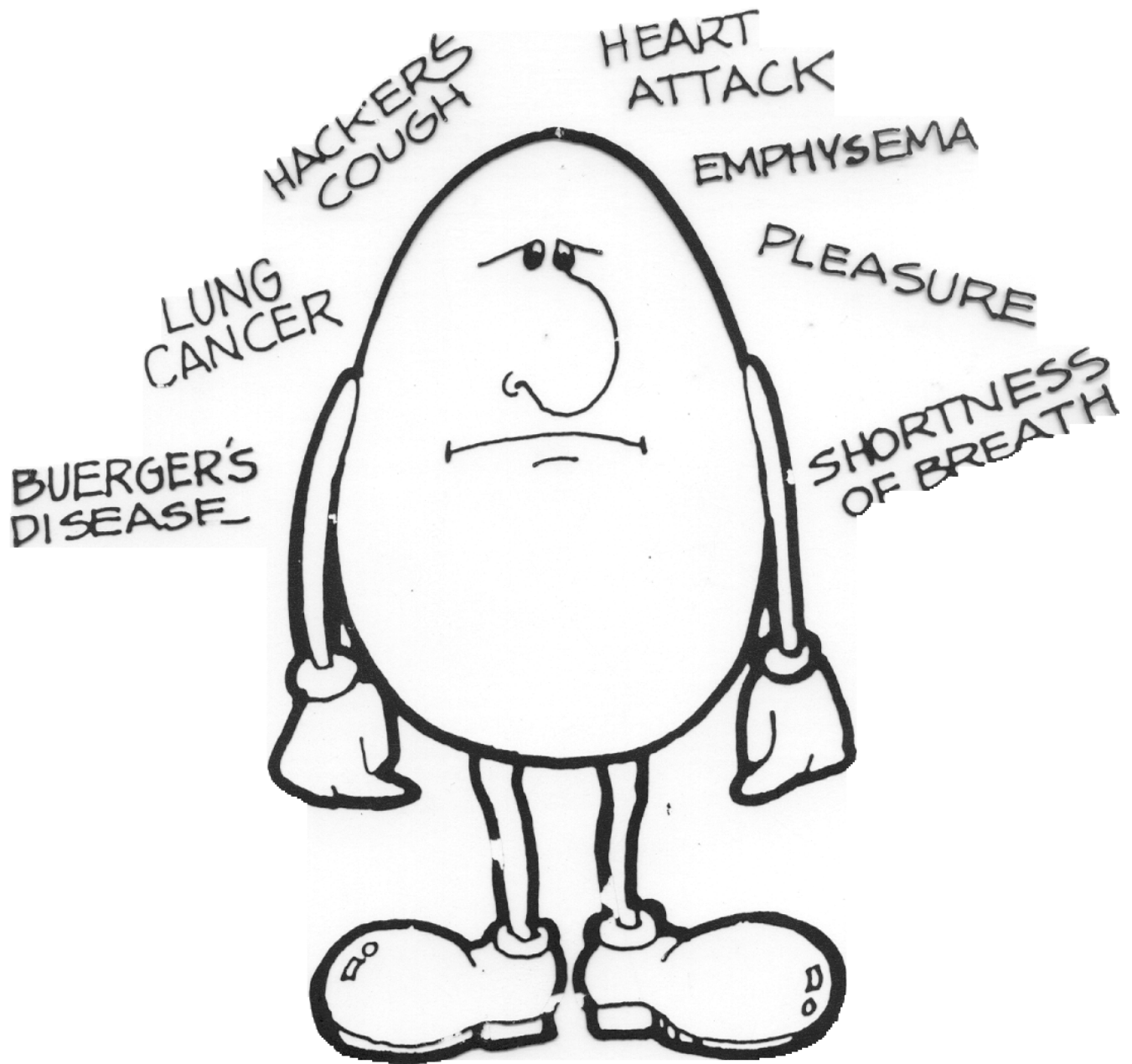
BROOM HILDA



MIXED MEDIA











Copyright © Glencoe/McGraw-Hill

Health of Others
Social Studies





<http://www.brainpop.com/health/personalhealth/smoking/>

Lesson 1: How Tobacco Affect the Body

Words to know:

nicotine- is an addictive, or habit forming drug found in tobacco

tar- is a thick, dark liquid that forms when tobacco burns

carbon monoxide- is a colorless, odorless, poisonous gas
produced when tobacco burns

carcinogen- is any chemical substance that can cause cancer

tobacco- is a plant grown in the southern U.S.

alveoli- the tiny air sacs in the lungs

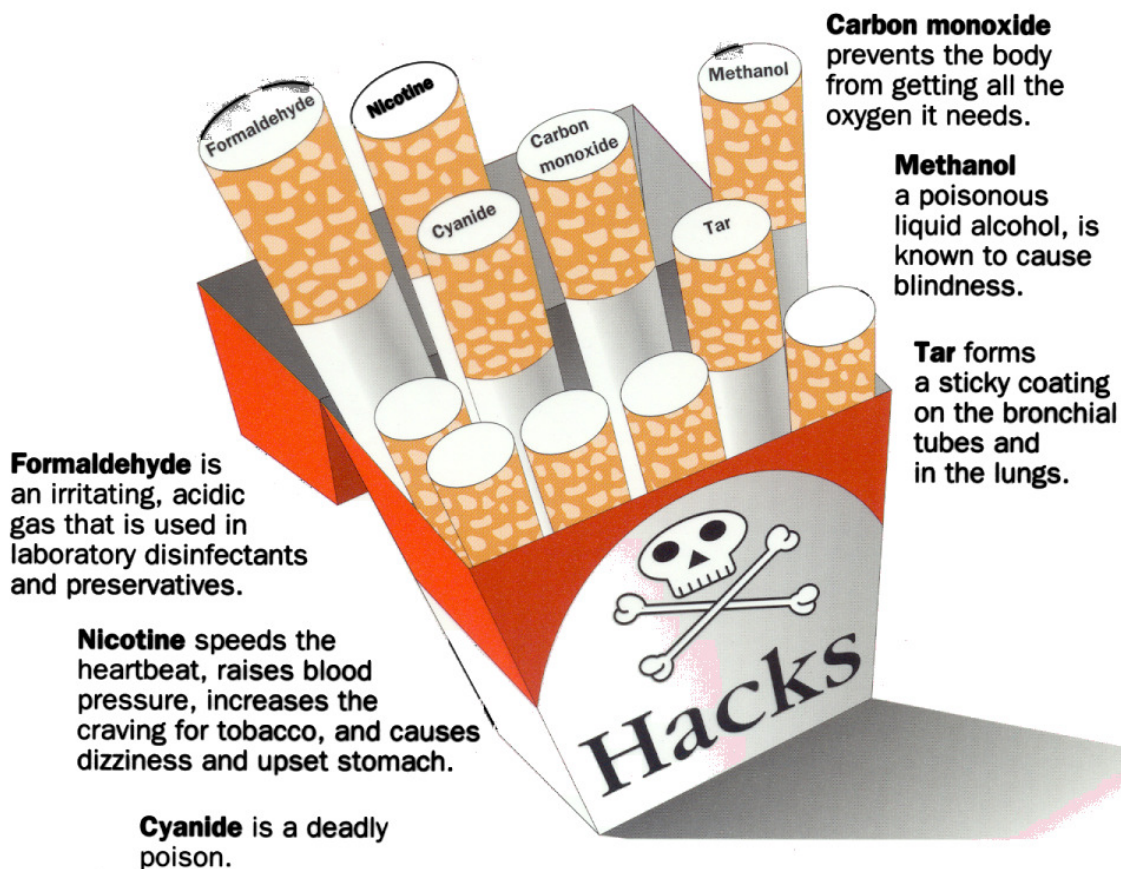
emphysema- a disease that results in the destruction of the alveol
in the lungs.

Chemicals: 4300 chemicals have been identified in tobacco
1200 are poisonous
69 are cancerous (carcinogenic)

Substances found in tobacco

formaldehyde	nicotine
cyanide	carbon monoxide
methanol	tar etc...

*365 packs of cigarettes a year will deposit one cup of tar in your lungs



Immediate effects smoking tobacco has on the body

- 😊 a. increased heart rate (20 Beats per min.)
- b. increased blood pressure
- 😊 c. increased stomach acid
- d. decreased skin temperature
- 😊 e. decreased lung capacity
- f. decreased appetite
- g. decreased physical endurance
- 😊 h. carbon monoxide enters the blood
- 😊 j. blood vessels constrict
- k. low birth weight if mother smokes during pregnancy

Types of tobacco:

Smokeless:

1. Snuff- a form of powdered tobacco that is snorted up the nose or placed in between the cheek and gums.
2. Chewing tobacco: is chopped tobacco leaves, molasses, sugar, and flavoring mix

Smoking:

1. Cigars: made from rolled tobacco leaves and smoked.
2. Pipe tobacco: made from shredded tobacco leaves.
3. Cigarettes: made from shredded tobacco leaves rolled in paper.
4. Herbal cigarettes: made from 60% tobacco, 40% cloves, and other herbs, more dangerous than regular cigarettes.

What tobacco does to the body

- A. Nervous system: smoking reduces the flow of oxygen to the brain
- B. Respiratory system: tar and other chemicals leave a sticky slime that destroys the cilia in the lungs. Smoking also damages the alveoli (air sacks) preventing the absorption of oxygen. Smokers are 12 to 22 times more likely to develop lung cancer
- C. Circulatory system: Smoking weakens the blood vessels and causes a fatty buildup in the vessel. This buildup increases the chances of a heart attack.
- D. Digestive system: tobacco causes staining of teeth, bad breath, oral and throat cancer. It also can cause stomach ulcers.
- E. Excretory system: Smoking increases the danger of bladder cancer.



Lesson 2: The respiratory system

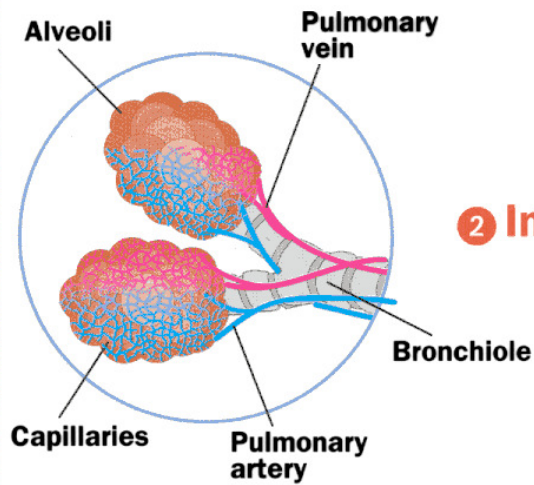
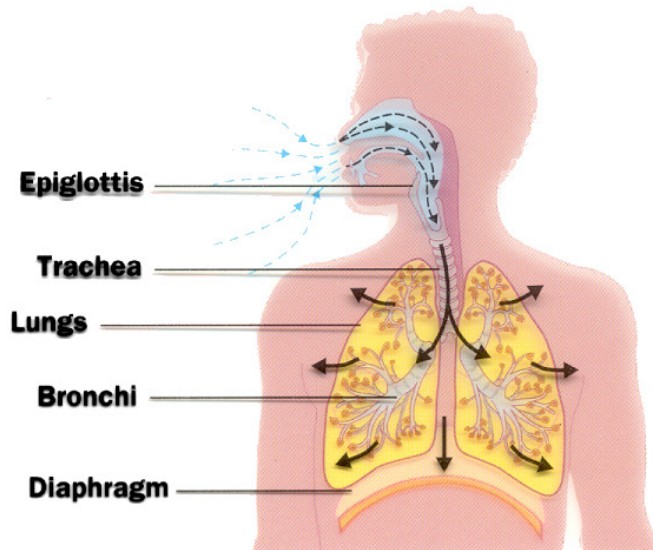
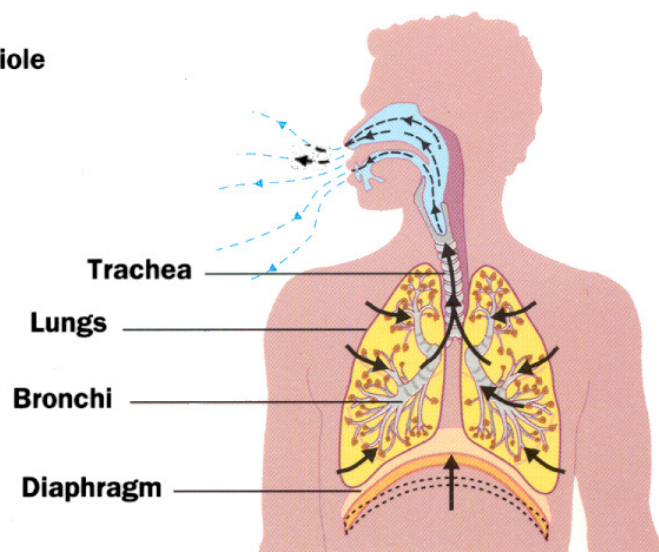
Word to know:

Respiratory system- is the set of organs that supply your body with oxygen and rid your body of carbon dioxide.

Parts of the respiratory system and their functions

- A. mouth/nose: warms, moistens and filters the air.
- B. trachea (windpipe): is a passageway that takes air in and out of the lungs
- C. epiglottis: is a flap of tissue in back of the mouth that covers the trachea to prevent choking.
- D. cilia: hair like structures in the trachea and nose that help to filter air and clean the lungs.
- E. bronchi: two branches of the trachea leading to the lungs.
- F. diaphragm: A large, dome-shaped muscle below the lungs used to breath.
- G. alveoli: air sacks where carbon dioxide is exchanged for oxygen.



1 Inhaling**2 Inside the Lungs****3 Exhaling**

<http://lgfl.skool.co.uk/content/keystage3/biology/pc/learningsteps/ORSLC/launch.html>

- <http://lgfl.skool.co.uk/content/keystage3/biology/pc/learningsteps/SCBLC/launch.html>
- http://www.skool.ie/content/skool_learning/junior/lessons/science/breathing/flash/h-frame-ie.ht
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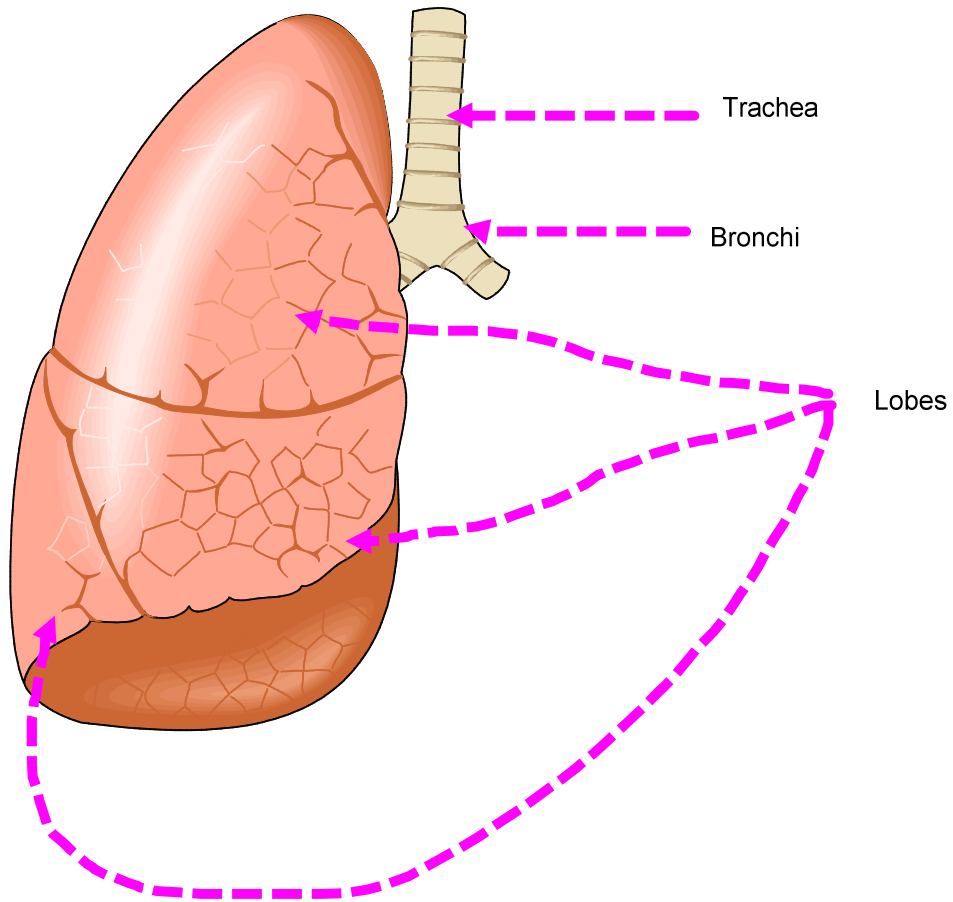
Problems with the respiratory system

1. Colds/flu: caused by viruses
- 😊 2. Pneumonia: caused by a viral or bacteria infection. Symptoms are chest pain, difficulty breathing and a fever.
3. Asthma: A narrowing of the airways, causing wheezing, shortness of breath, and coughing.
4. Tuberculosis: A bacterial infection of the lungs, causing coughing, fatigue and it can be deadly.
- 😊 5. Emphysema: caused by smoking. The air sacks (alveoli) are destroyed.
6. Lung cancer: Uncontrolled growth of tumors in the lungs.
- 😊 7. Mouth & tongue cancer: tumors show up on the cheeks & lips



Tips for Taking Care of Your Respiratory System

- A. avoid tobacco use
- B. stay away from smokers or smoky places
- C. take care of your body when you have a respiratory illness
- D. drink plenty of fluids
- E. take deep, full breaths often
- F. eat a healthful diet
- G. get outside and breathe fresh air
- H. be physically active on a regular basis
- I. pay attention to allergy alerts, ozone alerts, and pollution



Lesson 3: Tobacco addiction

Words to know:

- 😊 -addiction: is a physical or psychological need for a drug or other substance.
- withdrawal: is the unpleasant symptoms that occur when someone stops using an addictive substance.
- 😊 -physiological dependence: is a bodily need for a drug
- 😊 -psychological dependence: is a mental need for the drug.

*****OVER 4000 AMERICAN TEENS BEGIN USING TOBACCO EVERYDAY!!**

Why do teens start to use tobacco (10)

- | | |
|----|-----|
| 1. | 6. |
| 2. | 7. |
| 3. | 8. |
| 4. | 9. |
| 5. | 10. |

Lesson 3: Tobacco Use and Teens

Words to know:

addiction- a mental or physical need for a drug or other substance

withdrawal- the unpleasant symptoms that someone experiences when he or she stops using an addictive substance

psychological dependence- a person's belief that he or she needs a drug to feel good or function normally

physical dependence- an addiction in which the body develops a chemical need for a drug.

tolerance- the body's need for larger and larger amounts of a drug to produce the same effect.

target audience- a group of people for which a product is intended.

product placement- when a company pays to show its products in media being used by celebrities.

media literacy- the ability to understand the goals of advertising and the media.

Why Teens Use Tobacco

- A. peer pressure
- B. parents of other family members use tobacco products
- C. media
- D. addiction
- E. wanting to look cool or fit in
- F. Wanting to be just like their rolemodels
- G. Wanting to seem more grown-up
- I. Thinking it will help with weight loss

Antismoking Efforts

- A. Anti smoking campaigns (Truth ads)
- B. bans on tobacco advertising on tv and radio
 - tv & radio 12/31/70 (smoking tobacco ads)
 - tv & radio 1987 (smokeless tobacco ads)
 - Billboards, sporting events, cartoon characters, t-shirts, hats etc... 1990s

Lesson 4: Tobacco Use and Society

Words to know:

secondhand smoke- air that has been contaminated by tobacco smoke.

passive smoke- nonsmokers who breathe in secondhand smoke.

mainstream smoke- the smoke that is inhaled and then exhaled by a smoker.

sidestream smoke- smoke that comes from the burning end of a cigarette, pipe, or cigar.

thirdhand smoke- smoke residue on carpets, drapes, & furniture.

Rights of Nonsmokers

A. smoke-free environments

1. no smoking in public places
 - a. gov't buildings
 - b. schools
 - c. parks
 - d. stadiums
 - e. planes
 - f. etc...

Legal Restrictions on Smoking

- A. warning labels on all tobacco products
- B. limit on smoking in the work place

Hidden Costs to Society

- A. medical costs
- B. environmental costs
- C. insurance costs
- D. increase in taxes

Lesson 5: Saying No to Tobacco Use

Word to know:

cold turkey- stopping all use of tobacco products immediately.

Ways to kick the habit

1. "cold turkey"- is stopping right that second. You don't do it anymore.
2. Gradually- this means cutting back on the amount of tobacco used. This method prolongs the addiction and makes the withdrawal symptoms last longer.
3. Medicine- is the use of drugs to help break the addiction (nicapatch, naltrexone, etc...)
4. Therapy: a psychologist or therapist teaches you why you smoke and how to stop smoking.
5. Hypnosis
6. Acupuncture treatments
7. Laser treatments



Benefits of Being Tobacco Free

- A. staying healthy
- B. clear, healthy skin
- C. fresh breath
- D. clean fresh smelling clothes and hair
- E. better sports performance
- F. saving money
- G. keeping the environment healthy

You Can Quit

- A. list your reasons
- B. set small goals
- C. choose tobacco-free places to spend time
- D. change tobacco-related habits
- E. be physically active
- F. keep trying

Harmful effects of smokeless tobacco:

1. Leukoplakia: precancerous cell growth-looks like white patches in the mouth
2. Oral cancer
3. Cavities
4. Receding gums
5. Loss of tooth enamel
6. Reduction in the senses of taste and smell

A color photograph of Paul Hornung, a Green Bay Packers halfback, sitting in a locker room. He is wearing a yellow jacket over a red shirt and is holding a cigarette in his right hand. The locker behind him has the name "HORNUNG" on it. To the right of the photo, there is text and a pack of Marlboro cigarettes.

Why don't you settle back
and have a full-flavored smoke?

Marlboro
the filter cigarette
with the
unfiltered taste

Paul Hornung: Green Bay halfback
and 1961 National Football League
Player of the Year. Paul's a Marlboro
man all the way.

WATCH NFL PRO FOOTBALL
weekends on CBS-TV,
brought to you by Marlboro

*You get a lot to like—
Filter, Flavor, Pack or Box*

The
WEBSTER.
Golden Wedding



16° week

The man who has been Golden Wedding man for 50 years, Golden type Webster quality hasn't varied in 50 years. That's why it enjoys such a faithful following.



For 50 years Webster has been the standard in smoking.
E.

Gladys Swarthout

Over 4 American opera singers... and for every pack of the Montgomery Ward...
 ...the public...
 ...the public...



Virginia Mac Walters

Her...
 ...the public...

The famous mezzo-soprano and opera's brilliant, new coloratura agree...

Camels for Mildness!

In a recent test of hundreds of people who smoked only Camels for 30 days, noted throat specialists, smoking society, anatomists, reported:

NOT ONE SINGLE CASE OF THROAT IRRITATION due to smoking CAMELS!

Millions of people who have smoked Camels for years also do...
 ...the public...

Try the mildness of Camels...
 ...the public...

Many...
 ...the public...

I AGREE, MISS SWARTHOUT—EVEN SINCE I GAVE THEM 30-DAY MILDNESS TEST, IN MY OWN CAMELS WITH ME.



AND WHEN YOU SMOKE CAMELS AS LONG AS I DO, VIRGINIA, YOU'LL APPRECIATE THE MILDNESS AND FLAVOR EVEN MORE!



According to a nationwide survey:
MORE DOCTORS SMOKE CAMELS THAN ANY OTHER CIGARETTE

Doctors smoke for pleasure, too! And when their smoking...
 ...the public...

Where did you first meet Benson & Hedges?

With Benson & Hedges you pay more ... you get more

Wherever good taste is in attendance, you can expect to find Benson & Hedges cigarettes. Its superb blend of prime tobacco, skillfully cured and extra aged, makes it more than a mere puff off the printed wrap and the distinctive pouch becomes your personal case. The drawer slides open to deliver each Benson & Hedges in perfect shape. Notice that the filter is recessed into a firm, clean mouthpiece, so it never touches your lips, never intrudes upon your enjoyment. If you appreciate quality, you'll understand why Benson & Hedges must be a limited edition.

NOW—ENJOY SMOKING WITHOUT INHALING



A new concept in smoking.
Cigarette size and
package convenience . . .
but no paper wrapper.
Cigar tobacco for full flavor.

TREND *Mild* **LITTLE CIGARS**
35c pack of 20



*Rich... moist...
mildly aromatic*

BOND STREET

*the pipe tobacco
that stays lit*







What does
MAUREEN O'HARA do

...when she's having her coffee?
...when she's finished a scene?
...when she studies a script?
...when she's entertaining?

*She lights up
a Camel!*



© Copyright 1939 by Camel Co.
New York, N.Y.



WHEN I CHANGED
TO CAMELS, I FOUND
I WAS ENJOYING
SMOKING A LOT MORE.
I DON'T KNOW
CAMELS HAVE A
AWESOME FLAVOR.
...AND JUST THE
RIGHT MILDNESS!

Academy Award actress, Maureen O'Hara, is one of many Hollywood
stars who smoke Camels! Others are Joan Wayne, Ak - Tami, Tyrone
Power, John Garfield, Marge and Greta Garbo, Charles Boyer.

for Mildness and Flavor
Camels agree with more people
than any other cigarette!



WHAT I FEEL WHEN I SMOKE A CAMEL

CAMEL FOR LIPS OF EVERY OTHER BRAND

CAMEL

1st day: ☐ 2nd day: ☐ 3rd day: ☐ 4th day: ☐

What does this mean to you?

It means that if so many more people
find Camels soft than any other, it's
because Camels will suit you best, too.

And that for yourself, too, enjoyable
Camels are, as well as they agree with you.
Make your own 30-day Camel test. Don't smoke
other brands for 30 days.

For years we've been asking folks to
smoke for 30 days. And every year,
more and more smokers prefer Camels'
rich flavor and cool inhalation.

Start the 30-day Camel test today!

A pack of Camel cigarettes, featuring a camel illustration and the brand name 'Camel' in a stylized font. The pack is white with gold and brown accents.

ANNIE JOHNSON,
owner of the hotel,
has a fine line of
rooms. 5, 10, 15,
20, 25, 30, 35, 40,
45, 50, 55, 60, 65,
70, 75, 80, 85, 90,
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115, 120, 125, 130,
135, 140, 145, 150,
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Anne Jeffreys
STAGE AND SCREEN

NOTED INDICAT SPECIALIST REPORT
IN 2004-2005 BY CANT. 1000000

Yes, this is one of the findings of the 1980s. About 20 years ago, a team of 20th century economists of the Chicago School of Economics and Warren Buffett, the famous investor, found that the 30-year bond rate

45

It's the Easiest Test
in the Book....
OPEN 'EM • SMELL 'EM
SMOKE 'EM

Make the Tobacco Growers Mildness
Test yourself... "Tobacco that smell milder
smoke milder"

Compare Chesterfield with the brand
you've been smoking... Open a pack... smell
that milder Chesterfield aroma. Prove
tobacco that smell milder smoke milder.

Now smoke Chesterfields—they
do smoke milder, and they leave
NO UNPLEASANT AFTER-TASTE

J. VIRGINIA DAVIS... GRACEY PIER
Featuring in
"CAPTAIN HOBART HONOLULU"
a Warner Bros. Production
Produced by Sol Lesser

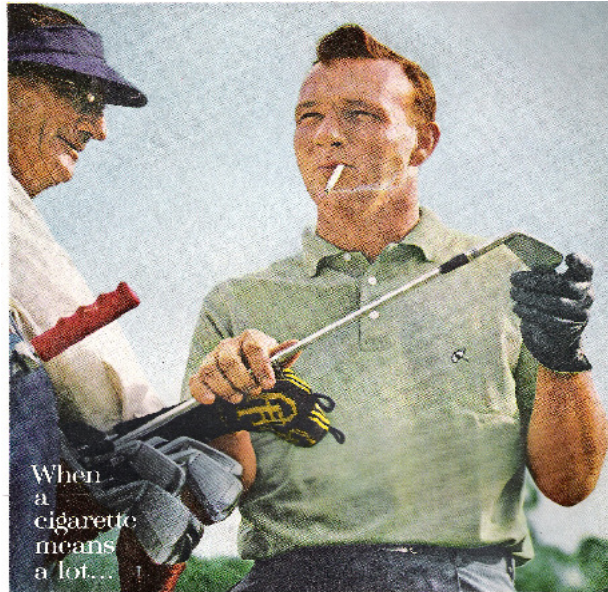


* VIRGINIA DAVIS says she "couldn't quit
a Chesterfield" until the last cigarette in the pack
but that it "tastes creamy in the throat"
and "CAUTIONS INSIDE" 100% TOBACCO

"Chesterfields make a hit with me.
They're milder and leave no unpleasant after-taste."

Virginia Mayo

Make your **C**HESTERFIELD
SMELLS Milder • SMOKE Milder • LEAVES NO UNPLEASANT AFTER-TASTE



When
a
cigarette
means
a lot...

get **Lots More** from **L&M**



more body in the blend



more flavor in the smoke



more taste through the filter

It's the rich-flavor leaf that does it! L&M has more rich-flavor leaf than even some unfiltered cigarettes. And L&M's filter is the modern filter — all white — inside and outside — so only pure white touches your lips.

L&M's the filter cigarette for people who really like to smoke.

