## Decide for yourself



Learn more about cigarette ingredients from <a href="http://quitsmoking.about.com/cs/nicotineinhaler/">http://quitsmoking.about.com/cs/nicotineinhaler/</a> a/cigingredients.htm

## Cigarette filters - silent killers

During their long life environment, cigarette filters continue to leach the toxic chemicals into the surrounding environment. A large proportion of the filters are carried away by the rain and eventually end up polluting water courses. Studies that substances, such nicotine, pesticide residues, and metal, seep out of the filters and become acutely toxic to fish and microorganisms. Visit

http://www.longwood.edu/cleanva/cig arettelitterhome.html for the latest research, related links and more information about Cigarette Butt Litter.



Learn more about the health hazards of smoking, visit <a href="http://pbskids.org/itsmylife/body/smoking/article2.htm">http://pbskids.org/itsmylife/body/smoking/article2.htm</a>

## The environmental effects of Smoking

What are cigarettes made up from? A cigarette is mainly made up of finely cut tobacco leaves wrapped in paper. However, about 1,400 other ingredients are added to give and enhance flavours, as preservatives, to improve burning speed and to make nicotine more readily available. Tobacco companies are not required to specify these ingredients because they are approved as additives for foods. However, the combination of the ingredients and their burning changes their properties making them toxic and/or carcinogenic (i.e. tend to induce cancer). A considerable amount of these hazardous chemicals is trapped in cigarette filters (also known as cigarette butts).

**Air pollution from cigarette smoke.** Besides being a major health risk to non-smokers, the smoke given off by a burning cigarette releases harmful chemicals into the air such as nicotine, carbon monoxide, vaporised tobacco tars and glycerin. According to an Italian study, published in 2004, smoking three cigarettes produced 10 times the particulate matter of a 2003 diesel engine.

Cigarette related littering. After smoking a cigarette, most smokers have the bad habit of throwing away the remains of smoked cigarettes on the ground or out of the car window. Studies show that cigarettes, their filters and their wrappers/boxes are the most prominent litter item. Cigarette filters are made from cellulose acetate, a plastic which is theoretically biodegradable. However, tests have shown that cigarette filters take at least 9 months to degrade under "severe biological circumstances". The sun may break them down into smaller pieces of waste which become diluted in water and/or soil.

**Tobacco hurts people and their environment.** Prime agricultural land is diverted away from food production to tobacco cultivation. Land, usually covered by forests, is cleared to make way for tobacco plantations. This exposes the soil that is more likely to be washed away in heavy rains leading to loss of soil and failing yields. This affects the lives of countless farmers who are forced into poverty and famine. Moreover, tobacco farms use a lot of water and pesticides.

Both these practices reduce the quantity and quality of drinking water. Deforestation is also promoted as a lot of wood is needed to cure tobacco leaves. Trees are then replaced by quick growing, but water-thirsty eucalyptus trees which further increase water depletion.

Tobacco companies do their very best to paint a rosy picture of their industry. They have the money to do it and they stop at nothing to achieve their goals. Visit:

http://www.globalissues.org/ar ticle/533/tobacco to learn more about the dark side of tobacco.



Child labour is often very common in tobacco farms.