



Workshop: The smoking bottle

Objective

The idea of the "smoking bottle" is to demonstrate the amount of harmful substances that enter the human body from a single cigarette. The bottle represents the lung of an adult. The aim is to give smokers a concrete demonstration of the impact of smoking.

Target group and the group size

The demonstration can be given for up to 20 people by having the demonstrator stand in the middle and move the bottle around so everyone can see.

Time use

Preparing the bottle: approx. 10 min The presentation: approx. 10 min.

Preparation, supplies, facilities and equipment

- 1.5–2 l bottle (soft plastic)
 - 2 caps
 - chewing gum or Blu-Tack
 - cotton wool
 - 2 glasses of clean water
 - pointed scissors
 - a drill or a sharp knife
 - a cup of water for the cigarette stub
 - 1 cigarette
 - matches
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- Wash the bottle and remove the label
 - Use the scissors, knife or drill to make a hole in the cap for the cigarette (approx. 8 mm)
 - Push the cigarette into the hole so that the filter is almost totally inside the cap
 - Loosely push a piece of cotton wool under the cap to act as a filter
 - Seal the hole around the cigarette with chewing gum or Blu-Tack
 - Screw the cap back on

Print these instructions (this form) for the participants.

Assignment and work instructions

The demonstration should be done outdoors.

- Light the cigarette
- Squeeze the bottle to "smoke" the cigarette.
- Squeeze at roughly the same rate a smoker would smoke the cigarette.



- Show everyone how the smoke enters "the lungs" and turns the cotton wool a yellow-brown colour (show the cotton wool).
- Remove the cigarette and soak it if necessary before disposal.
- Pour a glass of water into the bottle.
- Close the bottle with the spare cap.
- Shake.
- The cigarette smoke dissolves into the water. Pour the water back in the glass.
- Compare the smell and appearance of the smoke water with the clean water. Ask the participants to smell the glass to see what just one cigarette does to the water.

Notes

Discuss any thoughts and feelings the participants have after the demonstration.

Source:

(original source used in the reference material unknown)

Tupakoiva pullo 2012. 4GoodLifeHAMK. [YouTube video.] Published 8 February 2012. Accessed 21 October 2015. <https://www.youtube.com/watch?v=xsibDCMjsT8&noredirect=1>

