

James Dunworth

# The Electronic Cigarette



Could it change your life?

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## About The Electronic Cigarette

Cigarettes kill millions of people a year. One of these people happened to be the father of a Chinese inventor, entrepreneur and pharmacist, Hon Lik.

Grief-stricken by the death of his father from lung-cancer, Hon Lik set about creating an alternative to the tobacco cigarette – an alternative that would change the lives of tens of thousands of people.

Could it change your life too?



**Welsh National Opera Singer Fiona Harrison on the stage of Carmen with an ECigaretteDirect.co.uk electronic cigarette.**

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## **James Dunworth**

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### **LINKS**

**Blog:** [Ashtray Blog](#)

**Online Magazine:** [The Smoker's Angel](#)

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# 1. A Quick History

## 1.1 Hon Lik

Hon Lik would light up first thing in the morning. By dinner time, he would be on his third pack of cigarettes. Like 60% of men in China, he was a dedicated smoker.

But then he watched his father die of lung cancer.



**Chinese Cemetery: Stuck in Customs**

Hon Lik just didn't quit his 60 a day habit – he had the inspiration to invent a new device which

would allow smokers to enjoy nicotine without the attendant dangers of smoking.

Hon Lik, however, was not the first to have this idea...

## **1.1 Early Smokeless Cigarettes**

The Electronic Cigarette

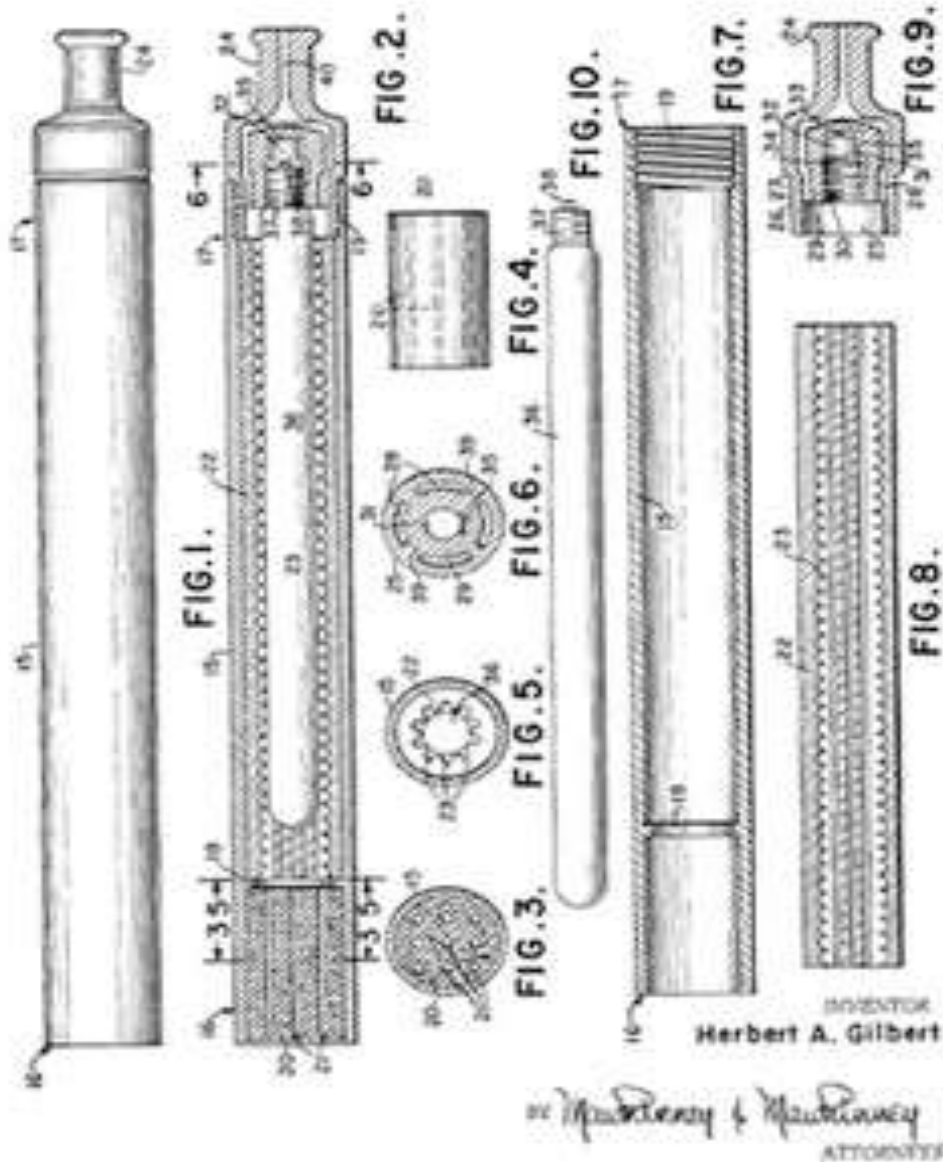
Aug. 17, 1965

H. A. GILBERT

3,200,819

SMOKELESS NON-TORACOD CIGARETTE

Filed April 17, 1965



While the electronic cigarette as we know it today had to wait until the 21st Century to get

built, the concept of smokeless cigarettes has been around for decades.



Herbert's smokeless cigarette aimed to replace "burning tobacco and paper with heated, moist flavoured air" via the process of microencapsulation. (Source: [Free Patents Online](#).)

Micro cells contained within the device would provide the flavour of tobacco smoking. The user would compress the device by squeezing and rolling it between their fingers. This would suck in air to be inhaled by the user. At the same time, the action would break the micro-cells, releasing the flavour.

The inventor envisaged that some users would miss the actual smoke of the cigarette. These users would be able to add burning tobacco to the end of their cigarette. However, the smoke would be blocked from entering the cigarette.

Some of the micro-cells would also produce heat which would warm the air being drawn into the smoker's mouth.

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? *For more information about Herbert's patents see <http://www.freepatentsonline.com/3683936.html>.*

## 1.1 Tobacco Industry Experiments

Perhaps more realistic experiments were made by the tobacco industries, although as with other developments towards a safer cigarette they ran foul of an industry agreement not to admit that current cigarettes were dangerous. By developing and producing a safer form of cigarette, they would be implicitly be acknowledging that current cigarettes were dangerous.

### **The Premier**

The Premier was a precursor of the electroniccigarette in that it was smokeless - the creators, realising that combustion was the cause of tobacco related illnesses, sought to remove combustion from the process.



R J Reynolds spent hundreds of millions of dollars developing the Premier 2, which was to be marketed as a cleaner smoking device. The device aimed to give smokers the nicotine hit without the disadvantages of combustion. To do so, it heated rather than burned tobacco pellets, and in the process reduced the amount of smoke that was inhaled by the smoker.

Smokers intensely disliked the new device, complaining that it left a charcoal taste in the mouth, and there were also issues with the FDA which, in scenes which would foreshadow its battle over the electronic cigarette, argued that it should be regulated as a drug.

(Decades later it took a Judge in the [NJJOY/Smoking Everywhere v. The FDA case](#) to point

out how ridiculous it was that safer products should face more onerous regulation than cigarettes!)

#### **1.4. A New Device**

Which brings us back to the electronic cigarette. Unlike the children of other deceased smokers, Hon Lik was a pharmacist and an inventor. And in 2003, he submitted the patent for the electronic cigarette. His company was so inspired by the product that it changed its name from Golden Dragon Holdings to Ruyan: Like Smoke.

The device he invented has changed a lot in the few short years since its invention, but for the first time people could smoke something that felt like a cigarette, looked like a cigarette, tasted like a cigarette - but had none of the combustion of a regular cigarette.

## 2. How the Electronic Cigarette Works



### 1.1 Components

Electronic cigarettes do vary considerably between the different designs, and great strides have been made in quality, reliability and sophistication since the original electronic cigarette was made.

However, there are some common elements between the different electronic cigarettes.

The main stem of the "cigarette" is actually the battery. An atomiser and a cartridge are screwed into the battery. The battery usually also carries a coloured tip which lights up when the user drags to

simulate the use of a cigarette.

## **1.1 Function**

### **1.2**

When you inhale from an electronic cigarette, air is sucked in, and a sensor activates the atomiser. The atomiser heats the air which then passes through a liquid solution which usually contains nicotine. Crucially, the temperature of the smoke is cooler than cigarette smoke and at no point does combustion occur.

Some cheaper models also carry a switch which is used to turn on the electronic cigarette instead of using a sensor.

**The Halo**

A recent innovation has been to make the atomiser and the cartridge into a single piece. The [Halo cartridge](#) is an example of this. The innovation both makes it easier and quicker to assemble the electronic cigarette and reduces atomiser failure.



Halo Refill Cartridges

## **3.Can the E Cigarette Help You Quit?**

### **1.1Claims**

#### **1.2**

**"You can stop smoking with the electronic cigarette!"**

**That's a claim you will see all over the Internet.**

But is it true?

It's currently an illegal claim, as there are no long term studies which give definitive proof that the electronic cigarette can help us quit, and because the electronic is not licensed as a smoking cessation aid.

However, there are several interesting studies which at least suggest the possibility:

### **1.1New Zealand Research**

#### **1.2**

New Zealand research shows that the electronic cigarette can:



- increase the level of nicotine in your blood
- help alleviate nicotine cravings

[Click here](#) for a summary of the research.

## **1.1 South African Study**

### **1.2**

An informal study in South Africa which gave smoking doctors the electronic cigarette to try out found that 45% of users quit were able to quit using the electronic cigarette over a two month period.

One of the doctors involved stated: "an ecigarette is the most effective treatment method on the market for quitting tobacco smoking".

See: [45% of Smokers Quit with the Electronic Cigarette](#) for more details.

Our own survey, which was analysed by the University of Alberta (see [Electronic Cigarettes as a Potential Harm Reduction Tool](#)), suggested that a majority of smokers are able to either partially or wholly replace cigarettes with electronic cigarettes.

See [Electronic Cigarettes The Electronic Cigarette as a Potential Harm Reduction Product](#) for more information.

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