



break free

No Smoking day 2010

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How much do you know about smoking?

Here are some dates to remember from tobacco's troubled history.

1492

Christopher Columbus discovers tobacco being smoked in the New World and the habit comes back to Spain.

1560

Jean Nicot, an ambassador to Portugal, sends tobacco plants to the French court – nicotine is named after him, many years later.

1585

Sir Francis Drake introduces smoking to Sir Walter Raleigh (who later persuades Queen Elizabeth I to try!)

1604

King James introduces tax on tobacco.

1610

Sir Francis Bacon notes the spread of smoking, and that it is hard to quit.

1614

Cigar production takes off in Seville – and Seville's beggars invent the first roll-ups with scraps from cigar butts.

1693

Smoking is banned in the House of Commons Chamber.

1761

The first clinical study of tobacco warns snuff users about nasal cancer.

1847

Philip Morris opens a cigarette shop in London.

1868

Smoke-free railway carriages are introduced.

1908

Sale of tobacco to under-16s is banned.

1951

The link between smoking and lung cancer is established.

1958

The first stop-smoking clinic is opened in Salford, England.

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1965

TV advertising of cigarettes is banned.

1971

ASH (Action on Smoking and Health) is set up.

1984

The UK has its first No Smoking Day.

1985

London Regional Transport bans smoking on all Underground stations wholly or partly underground.

1986

Tobacco advertising is banned in cinemas.

1988

The Government bans the sale of sucking tobacco, with effect from March 1990.

1988

British Airways bans smoking on domestic flights.

1990

A telephone advice and counselling service for smokers wanting to stop is launched by the charity QUIT.

1992

The first transdermal nicotine patch is available on prescription in the UK.

1993

Sir Richard Doll reveals the latest results in his forty year study of doctors. Smokers are three times more likely to die in middle-age than non-smokers, and up to one in two smokers may eventually die from their addiction.

1994

The first no smoking beaches in Britain are introduced in Bournemouth, Dorset.

1999

The Government's "Smoking Kills" White Paper is published. It includes new targets to reduce smoking prevalence, an NHS smoking cessation programme, and plans to further restrict smoking in the workplace.

1999

The Government announces plans to introduce a ban on tobacco advertising on 10 December 1999.

2000

Zyban® (bupropion) is the first non-nicotine stop smoking aid to receive a licence.



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2003

Stark warnings start to appear on cigarette packets as required by the EU Tobacco Products Directive. These include
“Smoking clogs the arteries and causes heart attacks and strokes”.

2004

Ireland becomes the first country in the world to ban smoking in workplaces and public places. Despite the anxiety of pub and restaurant owners, turnover in social venues is unaffected.

2005

Scotland announces the introduction of a complete ban on smoking in enclosed public places from April 2006.

2006

England, Wales and Northern Ireland vote for smokefree public places, so we're heading for a totally smokefree UK in 2007!

2007

Research finds that 18 months after the smoking ban in Scotland, heart attacks have fallen by 17%.

2008

Picture warnings are introduced on all tobacco products sold in the UK.

2009

Parliament votes to end displays of tobacco products at point of sale

... and the rest is history



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