

## QUIZ: Test Your SHS IQ

1. Who was the **first European politician** to implement comprehensive smoking bans?  
a) Adolf Hitler b) Bertie Aherne c) Patricia Hewitt
2. In the government's own survey by the ONS in 2006 what % of the public **did not want** a complete smoking ban in pubs?  
a) 67% b) 37% c) 17%
3. Which of the following has been linked to the **highest** increased risk of lung cancer?  
a) drinking 3+ pints of milk a day b) drinking 4+ cups of coffee a day c) SHS
4. In 1998 a **World Health Organisation** study found what link between parents smoking & the risk of their children later developing lung cancer?  
a) 20% **reduced** risk b) no change  
c) 20% **increased** risk
5. What's the **minimum** no. of cigarettes that would need to be smoked in a sealed 20x22x9ft room **in one hour** for chemicals in SHS to become toxic?  
a) 1200 b) 120 c) 12
6. In 2006 the NHS spent £31 million on advertising campaigns, inc. new nurses, blood donation, drugs, immunisation, sexual health, etc. What type of advertising made up **73% of the total spending**?  
a) smoking b) recruiting new nurses c) blood donation
7. Following a **single** complaint to OFCOM, what scenes from Tom & Jerry did TV channel Boomerang have to cut out?  
a) Tom smoking b) Tom hitting Jerry with an axe  
c) Jerry plugging Tom's tail into an electricity socket

### How did you score?

**Mostly a)** Congratulations, you already know a lot about the SHS myth, so please be nice & pass this flyer on to someone who needs it more than you do!

**Mostly b)** There's hope for you yet but the truth is still out there - visit the F2C website to find out more.

**Mostly c)** Oh dear, you appear to have been brainwashed by the anti-smoking lobbyists. Visit the F2C website to start your deprogramming immediately! It won't hurt a bit, we promise... ☺

## Find out more & join our challenge

Freedom to Choose is a self funding volunteer group of people from all walks of life. We are determined to expose the myths that currently threaten the freedoms of this nation and expose the fact that the government has lied to us on the smoking ban issue by not carrying through the promises made in its manifesto.

We are the only group actively seeking to have the ban amended to restore freedom of choice to smokers and non-smokers.

**We say that ventilation and air filtration, linked to a Regulated Indoor Air Quality Standard, is the only solution to the perceived issues of SHS that will also protect the fabric of the nation, thus allowing all of us to work and socialise in harmony.**

### We Need Your Support!

#### Please visit our website to:

- ◆ find out more about the issues surrounding the smoking ban & become a member to receive our regular newsletter
- ◆ donate towards the fighting fund
- ◆ join in discussion with other members
- ◆ discover what else you can do to help

## Defend your www.freedom2choose.info

For more information  
And a welcome pack  
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## FREEDOM TO CHOOSE?

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### The Great Smoking Ban Swindle

#### What if you discovered...

- ◆ 'Second hand smoke kills' is just another *scare slogan*, without a shred of scientific credibility?
- ◆ The UK government has wasted over £40m of *your money* on spinning the scare and enforcing smoking bans that most people didn't want anyway?
- ◆ Tolerant alternatives to blanket bans work perfectly well?
- ◆ Smoking bans needlessly destroy businesses & cost jobs?
- ◆ UK citizens were never even given the chance to vote on the question of excluding smokers from society?

**If any of this were true, would you be  
angry?**

**If you think that freedom is worth  
fighting for, read on....**

## **Second hand smoke (SHS) & smoking bans ~ the story so far...**

In 1975, the World Health Organisation stated that to reduce smoking "**It would be essential to foster an atmosphere where it was perceived that active smokers could injure those around them**"

Antismoking lobbyists have been pushing this unscientific propaganda ever since. Slowly and stealthily, they have been achieving their aims and are now openly demanding that smoking & smokers be "**de-normalised**". That's where **smoking bans & spin** come in – let's ban smokers from indoor social settings, let's get society to think they're murderers, let's not show them on TV, let's try to intimidate & bully smokers into quitting. Nice, huh?

What about democracy? Blanket smoking bans did not feature in the manifesto of any UK party! Even though the Office of National Statistics survey 2006 found that **67% did not want a complete ban on smoking in pubs**, the Government pressed ahead anyway, *wasting over £40m of your money so far*, to spin the scare & enforce a ban which was never put to the electorate (14 million smokers are voters!).

## **SHS ~ the myths v the science**

You've probably seen the ads saying SHS Kills, yet think about it for a moment. How many bar staff do you know who've died recently? How come Japan & Greece have amongst the highest rates of smoking yet the lowest rates of lung cancer? The Baby Boomer generation were nearly all exposed to SHS when younger yet they're living longer, how so?

We've been told that the science is overwhelming, SHS has been proved to be "deadly". But in **75 studies** into the effects of SHS worldwide, **51 found no significant effect**. Some even found a **protective effect!** Where increased risks were found, the links are incredibly weak & well below normal scientific levels of acceptance.

The government & anti-smoking lobbyists have decided to ignore such inconvenient truths & portray the data from such studies in a consistently misleading way, suppressing findings which fail to support their agenda, cherry-picking from the rest & over-hyping their claims throughout. **Scientists Johnstone & Finch (2006) state** "*Rejection of consistent results from controlled trials & the acceptance of far inferior data would not be*

*countenanced in any other area of medical science.*

*But where smoking & health are being considered this debasement of science is commonplace & passes without comment.*"

The **Health & Safety Executive** stated as recently as 2006 that it "*cannot produce any epidemiological evidence to link levels of exposure to SHS to the raised risk of contracting specific diseases*"!

**So what about the claims such as SHS causes a 25% increased risk of lung cancer?**

Statistics like this are alarmist & conceal the real truth. **Increased risk does not mean actual risk**. If **prolonged and regular** exposure to tobacco smoke increases the risk of lung cancer to non-smokers by 25%, in real terms the rate of sickness increases from 10 per 100,000 to 12.5 per 100,000 non-smokers. If we understand that our risk of lung cancer is so small, even if we're married to a smoker for 50 odd years, then we're likely to be far less afraid of spending the odd night in a smoky pub because we understand that we're still over 99.9% likely to die of something else!



## **Scare-mongering & perspective**

If you compare these claims to other 'health scares', SHS should be the least of our worries! Studies have shown that drinking whole milk 3 or more times a day doubles the risk of lung cancer (100% increase!) and drinking more than 4 cups of coffee a day gives a 51% increased risk. These are honestly not 'made up' findings, but if you think they're baloney (which, along with other cured meats, increases the risk of lung disease by 78%) then you've understood an important point about health scares in general & SHS 'risks' in particular.

**But doesn't SHS contain lots of nasty toxins?**

Yes, but the real question is whether they're dangerous *in the quantities present*. Each chemical in SHS is well below levels that have been shown to affect health. The same applies to household dust or drinking water (US drinking water contains 2100 chemicals that can cause cancer – they're still alive & kicking over the pond!) Nothing in life is risk free & it's the dose that makes the poison. Smoke-free air really doesn't mean clean air either. Did you know lung cancer rates correlate more strongly with exposure to diesel fumes or cooking fumes than SHS? **Modern air filtration/ventilation is a fully adequate means of maintaining indoor air quality. It works and we can prove it works.**

## **Smoking ban damage ~ who loses?**

It's not just the smokers, the wider social & business impact cannot be underestimated. Some examples:

- ◆ Since the ban in Ireland over 1000 pubs have closed permanently. Many villages have lost their only social venue. Bingo halls & clubs are following suit. The longstanding British tradition of a pint & fog is apparently not worth saving, nor the jobs of hospitality workers. The cartoon (left) is no joke!
- ◆ Residential homes are turning their elderly smokers outside. In Canada a 65 yr old smoker died of hypothermia. Even in the UK, a hospice has banned people from smoking *in the garden*.
- ◆ Business owners have lost their property rights: Pubs/bars/cafes are privately owned places now facing unprecedented levels of state interference.
- ◆ Dislike of smoking has turned into government-sanctioned hatred of smokers, who have become the latest target for intolerance, bigotry & abuse. Hate crimes against smokers are already here.
- ◆ Don't think it will stop here - other countries are banning smoking on the street, in parks, in cars, shared apartment buildings, private gardens & more. Many employers forbid smoking during working hours, in uniform or on site. Already there are plans to legislate against your free choice on other issues and to limit freedoms we currently take for granted.

**Please ask yourself whether this is the sort of society that you are proud to be a member of.**

If the answer is 'no', then join us now to fight for our **www.freedom2choose.info**