Fig. 1.

Fig. 2.

Fig. 3.

Fig. 4.

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METHOD FOR BREAKING THE CIGARETTE HABIT
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ABSTRACT OF THE DISCLOSURE
The provision of a series of special cigarettes to be smoked in predetermined succession: the fillers of the successive cigarettes being modified by progressively reducing their nicotine content through the substitution of a relatively neutral, burnable, component while progressively increasing the amount of a distasteful ingredient.

BACKGROUND OF THE INVENTION
The Report of the Advisory Committee to the Surgeon General of the Public Health Service, issued in 1964, on the subject of “Smoking and Health,” presents the convincing conclusion that the smoking of tobacco, and more particularly the smoking of cigarettes, is a health hazard, contributing seriously to the incidence of lung cancer, chronic bronchitis, emphysema, other potentially fatal or debilitating afflictions, and systemic disruptions.

The risk of developing lung cancer apparently increases with duration of smoking and the number of cigarettes smoked per day, and appears to be diminished by discontinuing smoking.

The Report emphasizes that the uncontrolled smoking of cigarettes is a habit rather than addiction, and, therefore, that it can be broken without the characteristic acute abstinence syndrome present upon withdrawal from an addiction.

The habitual use of tobacco, the Report says, is primarily related to psychological and social drives, reinforced and perpetuated by the pharmacological actions of nicotine on the central nervous system. Within the habit pattern, the Report recognizes the inducements of oral gratification and the psychogenic compulsions relating to the act of smoking. It cites, for instance, (p. 355) “the smoker who subconsciously reaches into his pocket for a cigarette and may even light his lighter before he realizes that he is already holding a lighted cigarette in his lips.”

Therefore, because the inducements of the cigarette habit are multiple, the needs of habitual smokers cannot be satisfied by nicotine-free cigarettes alone. Nor, research demonstrates, will smokers, in numbers, be able to break the habit through intravenous or intramuscular administration of nicotine or by the oral administration of a nicotine-substitute such as the drug lobeline.

Clearly, only a method for breaking the habit that considers both the psychogenic drives of the smoker and the pharmacological effects of nicotine can succeed. The report acknowledges that the cigarette habit is not easy to break and that (p. 354) “ultimate realization of the goal involves the firm mental resolve of the individual to stop smoking.”

THE OBJECTS OF THE INVENTION
It is therefore, the principal object of the present invention to provide a method and means to direct the “firm mental resolve” of the smoker to action, and to assist him to discontinue cigarette smoking by discouraging further pursuit of that habit. The discouragement involves, first, the automatic decreases in the physiological or pharmacological effect of nicotine on the smoker’s nervous system, and, second, withering of the social and psycho-genic compulsions by increasing the distasteful effect of the modified cigarettes in the series, until both the need and the appeal of the “habit” disappear and the determination of the smoker to quit easily prevails.

THE INVENTIVE IMPROVEMENT
The invention, as described in the foregoing abstract is illustrated in the accompanying drawings in which:

FIG. 1 is a side elevation, partly in section, showing a modified cigarette filler, designated as Stage 1 of the aforesaid series;
FIG. 2 is a similar view of a modified cigarette filler, designated as Stage 2 of the series;
FIG. 3 is a similar view of a further modified cigarette filler, designated as Stage 3 of the series; and
FIG. 4 is a similar view of a finally modified cigarette filler, designated as Stage 4 of the series.

The cigarette designated Stage 1 has a filler composed of approximately two-thirds, by weight, of tobacco and one-third of a smokable cellulose (of the consistency of shredded facial tissue paper), previously colored by a non-toxic vegetable dye to simulate the appearance of tobacco; and approximately 1.5 grams of sucrose octaeacetate is distributed substantially uniformly through the modified filler, starting about 3/8 inch from the tip-end tip 5 of the cigarette. This spacing is desirable because the added ingredient, a white powder is very bitter to the taste on contact. In the first three cigarettes of the series, the bitter taste is transmitted through the cigarette in its smoke. It is apparent that other bitter tasting ingredients may be used in place of the preferred sucrose octaeacetate.

The second cigarette of the series preferably has a filler composed of one-quarter tobacco and one-half cellulose, lose, with 3.0 grams of sucrose octaeacetate distributed through the filler, starting 3/8 inch from the tip 5.

The third stage of the series preferably has a filler composed of one-quarter tobacco and three-quarters of said cellulose, plus 3.5 grams of sucrose octaeacetate distributed uniformly throughout the cigarette, again starting 3/8 inch from the tip.

The fourth stage of the series has a filler composed of 100% of said cellulose throughout its length, with no tobacco component, but with approximately 4.5 grams of sucrose octaeacetate distributed evenly throughout the length of the cigarette. The bitter substance is, therefore, transmitted by contact and in smoke.

In the drawings, the tobacco particles are indicated by relatively light lines 6, the particles of cellulose by relatively heavy lines 7, and the particles of the bitter powder by small circles 8; but these indications are diagrammatic.

It will be apparent that the modified cigarettes may have the common form of applied "tip" of cork or other sheet material, and that the bitter tasting ingredient may be incorporated in such tip or even in the cigarette paper; if such tip is not employed. In either case, the taste would be transmitted on contact with the lips of the smoker.

As stated above, in carrying out my method, the four stages of the modified cigarettes are to be smoked in the prescribed order: Stage 1, then Stage 2, then Stage 3 and finally Stage 4. It is recommended that, for heavy cigarette smokers the Stage 1 modification be smoked for a period of 3 weeks; Stage 2 for a period of 2 weeks; Stage 3 for a period of 1 week; and Stage 4 for a few days, until the desire for smoking abates completely.

However, such time periods will depend upon the needs of the individual, and will be materially reduced or increased in many instances.

The smoker’s nicotine ingestion is gradually reduced, both by the design of the cigarettes and because, owing
to their bitter taste, he will smoke the cigarettes less fully than is usual.

Because recidivism is prevalent among former smokers, stage four cigarettes will be important as a temporary refuge when resolve weakens.

The use of the method and of the modified cigarettes herein described will be found to be a simple and effective way of breaking the cigarette smoking habit by reinforcing the mental resolve of the smoker to quit for the sake of his health, if for no other reason, and by creating a disinclination to continue smoking.

It is apparent that cigarettes in the series may be further modified and that, in number, cigarettes may be added to and subtracted from the series.

It is recognized that smoke is abhorred by the human system and, therefore, that no smoke now known can be called harmless. The clear purpose of this invention, therefore, is for the smoker to cease all smoking as soon as possible—including the cigarettes provided in this invention.

I claim:

1. A method of breaking the cigarette smoking habit which comprises providing a series of special cigarettes to be smoked in a prescribed succession; the fillers of the successive cigarettes being modified by progressively reducing their respective nicotine content by reducing the quantity of the tobacco charge therein and substituting in increasing proportions a neutral nicotineless component therefor and progressively adding thereto increasing proportions of a bitter tasting ingredient which is carried to the mouth by the smoke or by direct contact and smoking the said series of cigarettes in the indicated sequence until the desire for smoking abates completely.

2. In the method of claim 1 in which the bitter tasting ingredient is sucrose octaacetate.

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