

# The Hookah

## Design & Mechanics

### What are you smoking?

Shisha is a mixture of tobacco and treacle, honey or sugar, and distilled water with fruit flavors. Shisha tobacco is very light and flavorful with a wonderful fruity aroma. Shisha is not your typical tobacco. It's nothing like the tobacco in cigars, cigarettes or dip. No, smoking true narguile shisha is an entirely different sensation. Shisha Tobacco is

smoked for flavor and not for any kind of effect. It proves a relaxing and peaceful pursuit. Shisha is very light and flavorful, with a wonderful fruity aroma. The most popular flavor is apple and others include strawberry, pineapple, apricot, grape, rose, mint and even cappuccino!



### The Bowl



Also known as the head of the hookah, the bowl is a container, usually made out of clay or marble, that holds the coal and tobacco during the smoking session. The bowl is loaded with tobacco then covered in a small piece of perforated tin foil or a glass or metal screen. Lit coals are then placed on top, which allows the

tobacco to heat to the proper temperature.

There is also a variation of the head which employs a fruit rather than the traditional clay bowl. The fruit is hollowed out and perforated in order to achieve the same shape and system a clay bowl has, then it is loaded and used in the same manner.

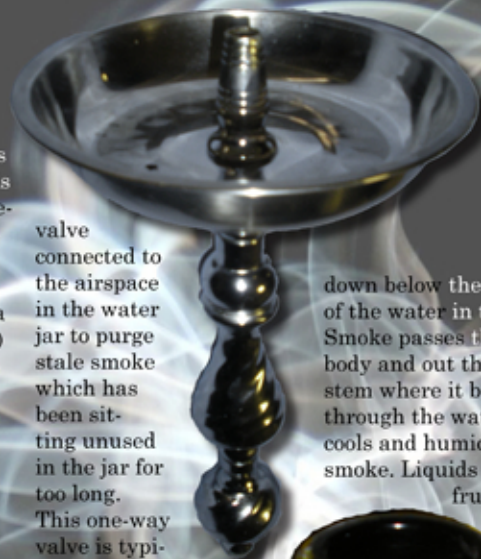
### Body & Gaskets

The body of the hookah is a hollow tube. The bowl is attached to the top. Sometimes an ice bucket is attached between the body and the bowl to cool the smoke. At the bottom is a thin tube (the downstem) that is submerged in water. The point where the body meets the water jar is sealed with a gasket.



Near there are at least two holes that open into the space above the water. One or more may accept a hose.

Many hookah are equipped with a purge



valve connected to the airspace in the water jar to purge stale smoke which has been sitting unused in the jar for too long. This one-way valve is typically a simple ball bearing sitting over a port which seals the port by gravity alone and will open if positive pressure is created by blowing into the hose. The bearing will be held captive with a screw-on cover. The cover should be opened and the bearing and seat cleaned to ensure proper sealing.

### The Vase

The body of the hookah sits on top of the water jar. The downstem hangs

down below the level of the water in the jar. Smoke passes through the body and out the downstem where it bubbles through the water. This cools and humidifies the smoke. Liquids such as fruit juice may be added to the water or used in substitution. Pieces of fruit or crushed ice may be added.

