

IN THE MATTER OF: *Bill No. 60, Smoke-free Places Act (amended) and Tobacco Access Act (amended), An Act to Amend Chapter 12 of the Acts of 2002, the Smoke-free Places Act, and Chapter 14 of the Acts of 1993, the Tobacco Access Act* as introduced in the Legislature on October 24th by the Hon. Leo A. Glavine, Minister of Health and Wellness.

**SUBMISSION TO THE LAW AMENDMENTS COMMITTEE ON BEHALF OF
STEVE MOORES (resident of Nova Scotia)**

November 1, 2014

Steve Moores

I am writing to you this day with regard to a matter of great importance to the people of Nova Scotia.

Flavored e-juice often contains nicotine (but not always and never tobacco). The product needs legislation to ensure child proof caps and proper labelling. If the Provincial Government bans the sale of flavored e-liquid in Nova Scotia (as is currently planned) and classifies e-cigarettes as a tobacco product (which it is not), all existing and new Nova Scotia consumers of these products will simply source their supplies outside the province and the product will therefore not be subject to the opportunity for enforcement of **sensible Nova Scotia legislation** that would require child proof packaging and reasonable labeling. This will hurt existing Nova Scotia businesses, take money out of Nova Scotia and give the Government even less control over the product being consumed in their province.

Many smokers are morbidly addicted to harmful cigarettes and other tobacco products yet a large number of them aren't yet familiar with vaping or e-cigarettes but many do trust their elected government and if banned will be led to believe that it should be banned (for some unknown reason) and continue to smoke and die as a result.

The suggested legislation will affect fifteen existing businesses in Nova Scotia. While exiting consumers of these products can simply source their equipment and supplies outside the province people wishing to switch to this much less harmful alternative need the education, help and assistance provided by the responsible and friendly staff at these existing retail outlets.

To be clear, I support sensible legislation of e-cigarettes. Sales should not be permitted to minors (although existing legislation doesn't seem effective in preventing them from having access to alcohol and real tobacco cigarettes), containers of e-liquid sold by retail outlets should be required to have child proof caps, appropriate warnings and be required to list the ingredients.

The horrible irony is that a bill introduced by the Minister of Health and Wellness will result in needless deaths of Nova Scotians, unless amended by this committee. We already have unflavored nicotine in the form of the Nicorette Inhaler and the success rates are abysmal compared to vaping because it has no flavor and does not emulate smoking like vaping does while eliminating the harm from smoking (like vaping does).

In speaking with the media, the Hon. Leo Glavine said the steps are needed to address emerging evidence that e-cigarettes pose a health risk, especially to young people. He said the children's hospital in Halifax and others across the country have reported some cases of children with nicotine poisoning. The potential risks from accidentally drinking nicotine liquid were highlighted by the New York Times. In a front page story the paper said there had been 1,300 reports of accidental poisoning in the United States over the previous year. Yet none of these accidents

produced fatalities. The paper failed to mention that there had been 12,000 reports of toothpaste 'poisoning' and 70,000 cases of suspected vitamin overdoses. So if any politician wants to ban e-liquid then they have got to answer the toothpaste question first. And definitely ban vitamins. In the vast majority of cases of ingestion there is no lasting harm as the human body metabolizes the nicotine quickly - half of its is gone within 2 hours. To date the only fatalities have been reported are of an Israeli toddler who was said to have swallowed an e-liquid capsule and an American adult who committed suicide by injecting nicotine liquid. Tragedies - but absolutely no justification for taking away e-cigarettes from millions of smokers who are using to help them switch. Society should ban household bleach and plastic bags long before e-cigarettes. Child proof caps and common sense labelling of products are the answer not bans. While the Minister seeks to alarm the public by saying there is "emerging evidence that e-cigarettes pose a health risk" the real truth of the matter is that there is much more "emerging evidence" to the contrary he is either unaware of or intentionally chooses to ignore.

The vast majority of e-cigarette users are switching from tobacco smoking which kills one in every two of its users - they typically lose 10 years of life along with a big impact on their health while they are alive. The World Health Organization estimates that during this century 1,000,000,000 people will be killed by smoking. That's one every three seconds. As this is an estimate, even with a generous 25% margin of error is it any less shocking to have someone die every four seconds instead of every three seconds? Since e-cigarettes were invented 10 years ago **the number killed by vaping has been zero.**

Why is vaping failing to kill? Because vaping produces none of the lung clogging tar or suffocating carbon monoxide that tobacco smoking produces. And in terms of toxins including carcinogens e-cigarettes produce only trace amounts similar to those produced by medicinally licensed nicotine gum, patches and the Nicorette(r) Inhaler.

"The risk is negligible, and compared with smoking there is no contest" Professor Robert West, University College London, July 2013

"The chemicals that make cigarettes dangerous are either absent in electronic cigarettes or present only in trace concentrations" Lancet, July 2013

It's many years since Ireland became the first country in the world to ban tobacco smoking in enclosed spaces. Dozens of countries have followed suit. Non-smokers didn't just find the smell of smoke disturbing, they didn't want to inhale the cocktail of 4,000 chemicals for hours at end. Yet what's the rationale for banning e-cigarette vaping in public places? The safety argument is hard to make given there is so little toxicity in e-cigarette vapor. Some fantastical arguments have been made about the risks of second vapor - and even third hand vapor (i.e. touching surfaces 'contaminated' by nicotine from e-cigarettes.) but they lack credibility for all but the most gullible. A more interesting argument is that smokers and others who watch people using e-cigarettes might

break down the hard fought bans on tobacco smoking by 'normalizing' smoking. Yet in the six years since e-cigarette use started to take off we've seen smoking rates falling. So they seem to be rather better at normalizing non-smoking. Where are the press reports of armies of smokers using vapers as cover for their activity? Perhaps that's because as these devices typically have a flashing light and don't smell of smoke, it isn't that hard to distinguish them from cigarettes. Some vapers are their own worst enemies - being so ostentatious in the vapor clouds they project that they cause offence - and given ignorance about the science - concern. But this is an argument for establishing an e-cigarette etiquette in each venue rather than widespread bans. Such bans really do risk 'normalizing' smoking by sending vapers who are struggling to quit outside where tobacco smokers offer them cigarettes.

This may be the most effective smoking cessation aid to ever be invented yet the government moves to ban it while allowing much more dangerous cessation aids. Many investigations have found smoking-cessation drug Champix is among the leading suspected causes of reported suicides linked to prescription drugs — and Health Canada won't say whether it has investigated cases like Heidi Clow's suicide - the 22-year-old Canadian navy steward. Pfizer Canada, the drug's manufacturer, says its benefits outweigh the risks. I submit to you that whatever the "risks" posed by e-cigarettes they pale in comparison to Champix which has also been linked to violent episodes.

Does vaping flavored e-juice using an e-cigarette help people quit smoking? We aren't allowed to say it does due to Health Canada regulations, yet the only inhaler with nicotine clinically proven to help you quit (and endorsed by Health Canada) the company says: *The NICORETTE® Inhaler is made up of a mouthpiece and a replaceable nicotine cartridge. When you draw on the mouthpiece, the cartridge releases nicotine to help relieve your cravings and withdrawal symptoms. And, because it is held like a cigarette, your hands are kept busy too.*

Sounds suspiciously like an e-cigarette to me (just without visible vapor) and I can assure you that all the nicotine released is not absorbed by the user but rather released into the air. Of course it has been proven that extreme exposure (to a level that could never happen in real world conditions) to secondhand e-cigarette vapor does increase the amount of nicotine present equivalent to eating a small amount of potato (which also naturally contains nicotine as many healthy vegetables do).

The popularity of e-cigarettes continues to increase exponentially due to technological advances, and increased awareness. The solution to people destroying their health is now here to stay, this legislation in its current form can slow down this progress but I assure you the times of large amounts of revenue from tobacco taxes is coming to a close.

I thank you for your time and your service to the people of of Nova Scotia and will be watching carefully the outcome of this review.

Very kindest regards,

Steve Moores