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From: John Kaczmarek <bif_daddy2007@yahoo.ca>
Sent: October-27-14 1:26 PM
To: Office of the Legislative Counsel
Cc: pictoucountyecigs@gmail.com
Subject: I Am Opposing Bill 60

My name is John Kaczmarek and I am a past tobacco cigarette smoker of over 30 years. Over that 30 year time frame I tried all methods available to quit smoking only to suffer extreme side effects that included mood swings, hostility, aggression, paranoia, hallucinations, panic and confusion coupled with an inability to sleep and nightmares. All of these methods were or still are available to consumers and more than not over the counter at local department and drug stores where anyone can purchase them as young as 14 years of age.

On March 24, 2014, my wife and I purchased our first e-cigarettes and e-liquid. I do not ever want to look back to days prior to that. Because of the e-cigarettes and liquid we have both successfully been able to remove tobacco cigarettes from our lives and better yet, from the lives of our children. My health has improved because of this usage where I sleep better, breath better and feel healthier as a result. To impose a government bill such as our "Health Minister" wants will take this away from us. This is simply not acceptable as I can guarantee that we will both end up back as users of tobacco cigarettes.

Addiction is addiction no matter how it is looked at but if I can get my nicotine through this method, with minimal ingredients, as compared to cigarettes that contain over 4,000 chemicals with 60+ carcinogens, I will be better off for it. If this bill is put into place that will force people back to tobacco cigarettes it will cause undue strain and financial burden to our health care system in the future as we will all be seeking treatment for "Tobacco-related diseases, including lung disease, heart disease, stroke and cancer which are all illnesses caused by tobacco use, the leading preventable cause of death."

Were you aware that the legally sold Nicorette Gum contains the following ingredients: xylitol, sodium carbonate anhydrous, magnesium oxide, sodium hydrogen carbonate, quinolone Yellow Al-lake E104, nicotine, gum base, menthol flavor, peppermint oil and sodium bicarbonate? That is 10 ingredients including yellow food coloring.

Nicorette Quickmist which is also legally sold and attainable by people as young as 14 years of age contains: propylene glycol, anhydrous ethanol, trometamol, poloxamer 407, glycerol, sodium hydrogen, levomenthol, mint flavour, cooling flavour, sucralose, acesulfame potassium, hydrochloric acid, purified water and nicotine. What exactly is cooling flavour? Where does it come from and is it event a "real" ingredient? I will save the counting here, that is 14 ingredients.

Electronic cigarettes contain propylene glycol that is also found in asthma inhalers, toothpaste, beer, salad dressing, baking mixtures; vegetable glycerin which is found in milk, yogurt, eggnog, beer, wine, mustard, pasta and cereal; flavoring which is used in cooking and also flavouring foods that we eat on a daily bases; nicotine which can also be found in your foods such as tomatoes, cauliflower, potatoes, green peppers and tea. All of these ingredients we consume on a daily basis in our foods and beverages so how are they also classified as tobacco as Mr. Glavine has indicated? Do you

consider your spaghetti with tomato sauce, your salad with dressing, the dinner roll and glass of wine tobacco? I didn't think so either.

If you do real research you will find most if not all vendors are ex-smokers, not the Tobacco Industry and already banned minors while groups like yours played politics.

If you are truly concerned you will introduce a separate bill dealing with e-cigarettes as an anti-smoking device.

Our so called Health Minister, Leo Glavine, stated "The industry's fraud, conceit and conspiracy led to addiction and illness among our citizens", this was his reference to the tobacco industry. Yet if Bill 60 is passed Mr. Glavine will be pushing the citizens of Nova Scotia right back into the welcoming arms of the tobacco industry that he considers fraudulent, conceited and having conspiracy which led us all to the addiction and illness caused from the usage of tobacco cigarettes.

You, as a government, will be held accountable for even proposing this. Every smoker or bystander that enters your public health system for tobacco leaf use is another strike against you for doing this and it will live in the records if it passes. The government is the problem with public health in our province. Every smoker or those around smokers that had a choice to reduce their harm, you have just proposed to cut the legs out from under them. How much was tobacco tax revenue in our province last year? It is evident that this is simply showing the government perhaps is in bed with the big tobacco companies in pushing us back to them so that the tax dollars are not lost by the province and the nation. This is not acceptable! This must be stopped.

E-cigarettes are the only thing that has worked for a countless amount of people with replacement of cigarettes, myself and my wife included. The gums and mists contain higher numbers of questionable ingredients and the pills have suicidal and other various negative effects. The patches just make you have an increase of nicotine intake. Laser and hypnosis treatments are unproven treatments that only exist to take money from people. Cold turkey is not effective for everyone and typically leads back to smoking.

A proposal banning flavored nicotine liquids and flavorings said to be "kid-friendly" for e-cigarettes and related vapor products is absolutely not acceptable. The enactment of such a ban will have the effect of keeping smokers smoking and encouraging those who have quit to return to deadly cigarettes, while also harming Nova Scotia's economy. Is the goal also not to strengthen our economy and keep our small businesses here to help the province thrive?

I would be very interested to learn of the scientific evidence that makes such an equation possible. Vaping is the antithesis of smoking, and in my experience the personal vaporizers may do more to promote a smoke-free culture than any other measure. In fact, if they are allowed to do so, they might well support Health and Wellness Minister Leo Glavine in his statement " ... the province has worked hard to shift from a smoking culture toward a smoke-free culture one and does not want to lose ground."

Take heed of what people are telling you, you are making very huge mistakes if you think these recommendations are good. Yes, get rid of the imitation cigarettes that are over the counter at gas stations and convenient stores because you think they encourage the youth - by all means because real vapers that have quit smoking do not use those anyway and probably never did. We do not dispute that some regulations are needed such as vendors not making these products available to people under the age of 19, but try working with us not against us and listen to the people that have researched and benefitted from personal vaporizers not to the fear mongers that do not have a clue

what they are talking about!!!! Stop being revenue greedy and try being health conscious for the people that put you in the position you are in.

You were put there by the people, for the people, it is time for you stand up for us as you all promised in your election campaigns. Speak up and support the thousands of Nova Scotia residents that use these products to stop smoking tobacco cigarettes and are in fact going to be reducing the strain placed on the government financially and also the health care system that is already struggling with our aging population.

Thank you for your support!

John Kaczmarek