

Good Morning Mr Chair,

Members of the Law Amendments Committee

My name is Caitlynne Hines, I am the operations manager for Halifax Cloud Company, a ~~very~~ small business co-owned by my partner, Nick Flynn. However, today I'm not here for myself, my partner, or even the business. I'm here for <sup>for those I'm here</sup> reason, logic, and science. I'm here for those who can't be.

Before I started working with my partner, I was ~~acting~~ <sup>long standing</sup> Executive Director and Science Communication Officer for a science education and advocacy organization. My degree is in science communication. I am an expert in debunking junk science, identifying bias, and explaining difficult concepts to public audiences.

<sup>never expected</sup> I just ~~didn't expect~~ harm reduction to be one of those difficult concepts. I <sup>pounded</sup> ~~assault~~ won't ~~assault~~ you with facts (there's only two I'll mention) because the Canadian Vaping Association has them in spades and has been pounding on your doors for months desperate to be allowed the privilege of presenting them to you.

No one in this room wants youth vaping – except maybe if there's a Juul rep here

(I know they, a big tobacco subsidiary, were the only industry consultation taken

by this government). <sup>and (coincidentally)</sup> ~~and~~ the only company <sup>in Canada</sup> not hurt by this ~~tax~~ <sup>proposed legislative</sup> ~~taxation~~ <sup>change</sup>.

People who walk into our shop get IDed as soon as they come through the door –

the NSLC doesn't check until you're ready at the counter – plenty of time for

youth to browse the vast variety of flavoured alcohols available. Do you think

banning Raspberry vodka will reduce yearly stomach pumps in hospitals?

But I digress – alcohol is a separate issue.

No one in this room believes that vaping is 100% safe. Putting anything in your

lungs besides fresh air isn't going to be good for you.

However; for many Nova Scotia residents this simply isn't an option. Nicotine is

notoriously one of the hardest substances to break an addiction to and unless

you've experienced it you can never really understand.

That's because smoking is more than an addiction – it's a series of habits.

The psychological habits of a smoke after waking up, after a meal, before bed.

There's the hand to mouth reward conditioning— not to mention the social aspect.

Forget about the nicotine addiction – imagine trying to break multiple <sup>habits you've</sup> years long <sup>had for years all at once</sup> engrained habits all at once. It's these habits that often cause people's will power to falter <sup>more</sup> so than the nicotine craving. Vaping helps mitigate those factors and is incentivized by flavours.

If you have a sweet tooth, is replacing cookies with a rice cake really going to do the trick? For an addict, the choice between a <sup>what will become</sup> \$60+ bottle of flavourless e-liquid, nothing, or a \$20 pack of cigarettes is an easy one and I think you know which option it is.

While vaping may not be harm/less is is less harmful, and I'd like to come back to the two facts I alluded to earlier:

1. 100% the 'vaping related' illnesses from last fall were caused by illicit THC cartridges containing Vitamin E Acetate as recently confirmed by the CDC

I understand that due to unjust media hysteria, this government was under pressure to take action and a flavour ban was the quickest and easiest route

*news cycle has moved on so its time to look for*  
*The notes of angry Facebook moms have moved on so to look for*  
*rate. A similar quick fix*  
available. But that doesn't mean it was most effective option - raising the age to  
*for example a better starting point would have been*  
21 makes far more sense from a youth brain development and social access  
*which*  
standpoint for vaping, alcohol and cannabis – which also comes in a flavoured  
vaping form and seems to be missing from this legislation.

But I digress – cannabis is a separate issue.

*re second fact*  
✓ Vaping is 95% less harmful than smoking.

This statistic is thrown around a lot but where does it come from and what does it mean? A lot of advocates actually get this one wrong – The 95% comes from comprehensive, independent reviews of the scientific evidence by both Public Health England (Health Canada) and the Tobacco Advisory Committee of the UK Royal College of Physicians, one of the most respected groups of health care professionals in the world.

In science, a literature review takes data from, in this case over 200 studies in a similar subject area and uses them to identify patterns and make generalized

conclusions and recommendations about said subject. ~~They do this every few years and just released another update yesterday.~~

*subsequent updates  
PHC updates  
1 yesterday*

I'd be happy to walk anyone through the initial 113 page report but for now, I

heard a great analogy during the second reading of this bill that I'd like to  
paraphrase and reuse: If I have to be hit in the face, I'd rather be slapped than  
punched. Both are going to hurt, but one hurts much less.

Nicotine in and of itself, while highly addictive, is relatively harmless to adults.  
It's a low-level stimulant on par with caffeine. What causes illnesses in smokers is  
the combustion. The additives and preservatives. The vast majority of the  
chemicals causing smoking-related disease are completely absent in vaping. Those  
that are present are in such low ~~concentrations~~ <sup>quantities</sup> they pose limited danger as

toxicity is determined by both concentration and length of exposure. *It's the  
difference between standing in Chernobyl vs standing 500m away from  
a nuclear power plant. You'll still get some radiation, but it is much, much safer for  
you to be there for long periods of time.*

Additionally, studies which have found higher levels of chemicals have been  
retracted. This is because during those studies, the devices were improperly used  
causing the cotton wicking in the device to burn and give off smoke. Burning

cotton, not vaping.

*In the time I've been speaking*  
The science is in, and vaping works. ~~Every five seconds, someone in Canada~~  
*a Canadian has died from preventable tobacco related illness*  
~~dies from a smoking related illness.~~ Your so-called prevention will send people to  
the grave – or at the very least put even more strain our already crumbling and  
frankly abysmal health care system.

*leave my career*  
I made the decision to work at Halifax Cloud Company because it allowed me  
the PRIVLEDGE of helping people in their journey to quit. And people have quit.

I choose to work in a vape shop because I believe in these products and their  
effectiveness - because I get to experience, on a day to day basis, the pride people  
feel when they say they haven't picked up a cigarette since the first day they  
came into the shop, to have a visible, measurable, positive impact in the  
communities we're located in.

*to keep my*  
So no, I'm not here fighting to keep a business operating or ~~because I want~~  
*job - I want to*  
~~menthol e-liquid.~~

I'm here today pleading for education.

I'm here today hoping for open minds.

I'm here today begging you to do nothing more than actually *listen*.

I'm here for the elderly with 50+ year addictions who no longer need help

breathing – for the people who are low-income (the largest percentage of

smokers) who often make the choice between cigarettes and food – for the

*I'm here for the children of smokers.*  
people who are thrilled to call themselves ex-smokers.

*Something I experienced from  
my parents as  
a child*

I'm here for the people who have tried and tried and tried everything else and

finally, *finally* found success only for you to take it away from them.

The only thing vaping and cigarettes have in common is nicotine. Following the

logic in Bill 233 apples and eggplant be classified as a tobacco product.

Furthermore, ~~the vast majority~~ <sup>most</sup> of nicotine is <sup>in vaping products</sup> synthetic or extracted from non-

~~tobacco sources.~~ *The nicotine in Vaping is the same  
pharmaceutical grade as found on other NRTs  
which are not class. fied as tobacco.*

This time I don't digress - tobacco is a separate issue and that's the point.

Right now, Nova Scotia has an amazing opportunity to have the most protective and progressive vaping laws in the <sup>country</sup> world. To be a world leader in harm reduction.

Please do everything you can to protect our youth – but protect our adults too.

Please exempt ADULT ONLY retail locations from Bill 233, Smoke Free Places Act and the Tobacco Access Act. Unless you do, adult only access channels will cease to exist and you lose not only the care and education they provide but you lose all those ~~precious~~ tax dollars you're counting on too.

Work with industry and the CVA to help create a bill and regulations separate

from tobacco that encompass the full scope of the vaping industry.

Because we do want regulations. We want permits and licencing ~~with~~ mandatory

ID scanners on the doors. We want a nicotine cap. We want reasonable and logical taxation.

We want youth to stop – or even better, never start - vaping. We want big tobacco to <sup>bleed</sup> suffer for what they've done.

In conclusion, if you care about the health and well-being of ALL Nova Scotia residents – stop handing them a pack of smokes.

Thank you.

is every other country  
Province has

because if anything has  
been made clear by this bill  
is that this government doesn't  
know enough about these products  
to make a good decision  
if this bill has  
been made clear  
because it's been clear  
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