

## **Dear Members of the Oregon House Human Services & Housing Committee:**

Please help addicted adult smokers escape the deadly clutches of cigarette smoking and vote “NO” on HB 4115. This bill will create a needless obstacle towards keeping ex-smokers smoke free.

This counterproductive bill has no scientific or medical rationale to support it. The vapor of e-cigarettes has been analyzed by experts in chemistry and toxicology, and found to pose no health threat to bystanders. Why should it...being that it’s composed of water vapor, with vaporized nicotine and sometimes flavorings, and propylene glycol (FDA recognized as GRAS, safe, as used e.g. in medical inhalers!) and/or vegetable glycerin (also GRAS). Levels of other chemicals have been found to be too low to be of concern to anyone (See: Burstyn, “Peering through the mist,” BMC Public Health, 1/9/14, <http://www.ncbi.nlm.nih.gov/pubmed/24406205> ; and Goniewicz et al, Tobacco Control, 3/6/13, <http://www.ncbi.nlm.nih.gov/pubmed/23467656> ).

Some fear that having “vapers” using e-cigarettes will “re-normalize smoking.” There is not a shred of evidence that this is true; why and how would anyone observing an adult using a reduced-risk product instead of a toxic, smoky one believe that it’s now a good idea to smoke? This makes no sense. Some fear that workers will be confused by e-cigarettes, not being able to differentiate them from the real think. Anyone who has been anywhere near someone vaping will immediately realize that this too is not a valid concern. Besides, would you ban water because it resembles vodka, or sugar given it’s similarity to cocaine?

Millions of desperate smokers have switched to e-cigarettes and become happier and healthier vapers. Non-smokers. In New York, my home town, such a silly ban was enacted, despite expert testimony against it. Experts have predicted that—IF regulators allow it to come to pass, e-cigarettes may outstrip the real, dangerous cigarettes within 10 years. Don’t let this bill stand in the way, please. Consigning recently-quit ex-smokers to the cold smoky exteriors with active smokers is a recipe for relapse.

Remember: smokers die from the smoke, not the nicotine in the smoke, and certainly not the nicotine in the vapor.

My organization, The American Council on Science and Health, a consumer-education public health nonprofit, has many publications on this topic. Please spend a few minutes perusing our site: [www.acsh.org](http://www.acsh.org).

Thank you for your attention.

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