

# What if I never exhaled?

A look at vaping bans.

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When my wife and I switched from cigarettes to vaping, she was concerned about how she would be perceived by others. She felt like she would stick out in a crowd, or look awkward. I ensured her that she would look less silly than someone killing themselves slowly with a cigarette. She quickly got over the social acceptance, but now she, myself, and millions of others, have to deal with another stigma of vaping, legal acceptance.

Vaping in public is becoming a concern among those of us choosing to not die from cigarettes. New rules, regulations and laws deciding where we can vape are starting to appear quicker than they ever did for traditional cigarettes. Vaping gives the illusion of smoking to all but the trained eye. A vaper can spot another vaper, but it's not so easy for the average person. Disposable e-cigarettes are sized, and some even colored, to mimic a traditional cigarette, so it can be hard to spot the difference at a glance. Exhaled vapor, which dissipates very quickly, can still be hard to discern from smoke.

This has led to rules that are simply based on "it looks like smoking" so we'll ban or prevent people from doing it.

What part of the act of vaping do non-vapers (and politicians) dislike so much that they feel the need to regulate it in such a way?

Let's find out.

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If you saw me standing in a crowd, holding something up to my mouth, then moving it away, would you mind?

What if it was a lollipop, would you mind?

What if it was an ice cream cone?

What if it was a bagel?

A smartphone?

Standing in a crowd, simply holding a personal vaporizer or e-cigarette **doesn't affect the people around you**. When the button isn't pressed, it's just an inert piece of aluminum, plastic, stainless steel and glass doing nothing. During an inhale, it still doesn't do anything that would harm or bother other people.

The exhale however is the point where modern technology mimics centuries old combustible tobacco products. That cloud, big or small, sweet or sour, is what impacts others both olfactorily, visually, and psychologically.

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### Is it the smell?

Cigarette smoke has always smelled offensive to non-smokers. People in general don't like smelly things. People who wear excessive amounts of Axe Body Spray or perfumes assault the noses of people every day. People with bad breath are offensive, and we don't need to discuss being in a confined space like an airplane or elevator with people who don't groom correctly, or ate something for lunch that disagreed with them.

We don't regulate any of that however, so why regulate vapor? People say the smell offends them. I say "smells like bullshit". Vapor smell can range from baked goods, tropical fruits, your grandfathers pipe tobacco, to no smell at all. There are literally thousands of flavors available, so those claiming vapor simply smells bad, have probably never actually smelled vapor.

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### Is it the visual?

It looks like smoking, so those who make the rules think it makes people want to smoke, and it may make smokers think they can smoke in the same place. People think it's harmful because they can see it, even though we spend our days walking through other visible gases that aren't regulated. It's not understood by the ignorant, so the best option is to just lump it in with smoke, because we do know that smoke of almost any form is bad for those around us, be it from a cigarette, a campfire, or a diesel engine. But it's not smoke.

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## Is it psychological?

We regulate where people can smoke cigarettes due to secondhand smoke. Secondhand smoke has been proven to be harmful beyond a reasonable doubt.

**But we didn't regulate it because there was nicotine in the smoke, we did it because of the thousands of chemicals and carcinogens in it.**

Vaping however hasn't been tested as much, but it *has been tested*, and the results show it is far from harmful in secondhand form. Asthma inhalers have similar ingredients to the liquids used in vaping, and they have no limitations on their usage. Hospital air filtration systems use propylene glycol. Hotels pump flavored air through their lobbies and rooms so you remember them the next time you visit.

The trace amount of nicotine found in exhaled vapor is so extremely low, that a person worried about it should be even more worried about eating tomatoes and potatoes and other nightshade plants, which are the source of nicotine.

If a person is worried about the flavor components, or propylene glycol, or vegetable glycerin landing on their skin, they might consider not getting that flavor shot the next time they buy a coffee, as it contains the exact same ingredients, *which are FDA approved*, which is then consumed **while steam rises from the coffee.**

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Now that we know why people may not like vaping, let's find out what part of the act of vaping is actually regulated.

Holding, or having a vaping device on your person doesn't do anything that could be deemed illegal. Inhaling doesn't do anything that could be deemed illegal either.

**Exhaling vapor then, is where the problem lies.**

What if I never exhaled?

What if the vapor wasn't actually visible?

Would there still be a reason to ban or regulate where a person could vape?

There currently exists e-liquid that produces no visible vapor.

How will that be regulated?

Will simply holding a piece of metal with a battery be outlawed?

If a person consumes something in your vicinity, like drinking a hot cup of coffee, or eating a warm bagel, **while performing the natural bodily functions of inhaling and exhaling**, aren't they too doing the same thing as vaping? Molecules are entering their body, and exiting their body, and they are sharing them with you if you are close enough.

Neil deGrasse Tyson has shown us how our sense of smell works on Cosmos. If you smell something, **it has entered your body**. The molecules of the substance you smell touch the receptors in your nose. Those molecules can be caffeine, or propylene glycol, or vegetable glycerin, or thousands of other elements that haven't been studied. By standing near someone drinking coffee, if you smell it, they're sharing some of it with you.

**No one has ever bothered to stop and think about this, and study it, because we don't see it, and it doesn't look like something bad.**

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Regulations are now showing up everywhere. You can't vape in Central Park, in New York City. 843 acres of outdoors, and you can't vape there legally. You can still drink coffee there, you can still fart there, but you can't vape.

**Because it looks like smoking.**

Vaping in New York City has also been banned indoors in every public building, tacked onto the **Smoke-Free Air Act**. Notice the word "smoke" in that title. Smoke, not vapor. This sets a dangerous precedent that other cities and states can follow, most of which already have indoor clean air policies and laws in place to prevent smoking.

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There are many public places where smoking has been regulated or banned, where I feel vaping should follow suit, but those places are limited, and the regulation needs to be for reasons that aren't because it looks like smoking, Places like movie theaters, schools, churches, hospitals, and libraries.

I didn't like someone smoking while I was eating out 20 years ago, and I certainly wouldn't like someone blowing clouds of banana cream menthol near me while I enjoy a good meal, so smoking and vaping limitations in restaurants have their place. However, it should still be left up to the owner of the property, as it's their clientele, and their profit they stand to lose or gain.

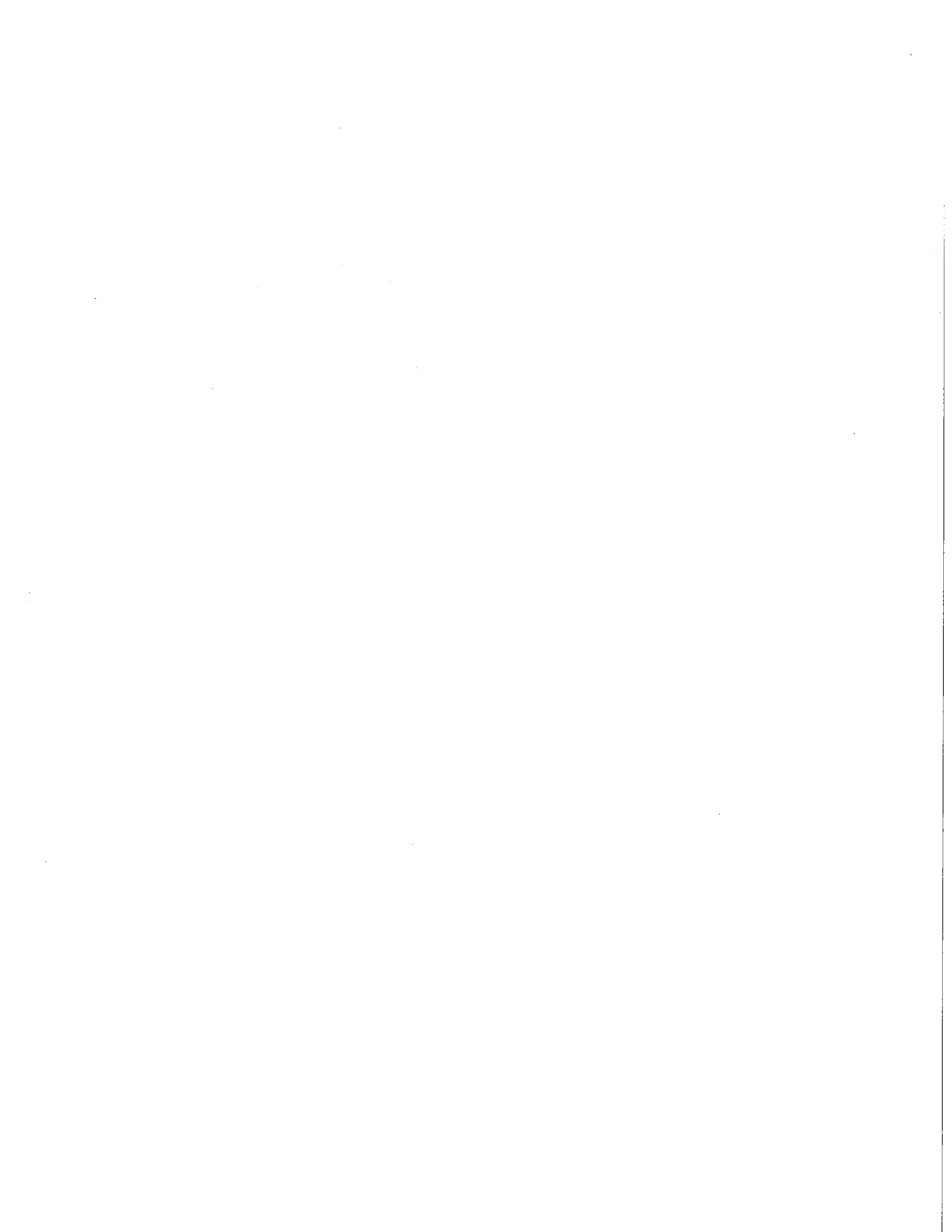
The same can be said for drinking establishments, where drinking and smoking have gone hand in hand for **over 500 years**. A proprietor, *not a politician*, should be allowed to decide if people can vape in his private business establishment that is open to the public. If a person disagrees, they can certainly find somewhere else to buy a drink.

That is where the distinction needs to be made. Many public places are privately owned, and private property, and in that case, the owner should set the rules, not politicians. Vapers will seek out vape friendly establishments, and haters will go elsewhere **if molecules offend them**.

Vaping bans **promote the misconception that vaping is smoking** by being tacked onto existing anti-smoking regulation. This is done because it's simple, and easy to explain to uneducated voters.

It's not smoking though, it's anti-smoking, and it's **saving my life, and the lives of millions**. It's just getting harder to find places to do it.

<https://medium.com/vaping-stories/what-if-i-never-exhaled-fd62a177b988>





Consumer Advocates for Smoke-free Alternatives Association

## 8 Biggest Electronic Cigarette Myths

There are many myths and misconceptions about electronic cigarettes. Let's separate fact from fiction.

### **Myth #1 - Electronic cigarettes are a threat to children/teens.**

**FALSE.**

#### **Where it comes from:**

Legislators and anti-smoking groups assume that children will be drawn to the "electronic gadgets," the fruit/candy flavors and ease of access on the internet & mall kiosks.

#### **Why it's a wrong:**

First, they aren't easy to purchase on the internet. A credit card or bank account is required. So, unless the child steals a parent's credit card and then hides the card statement later on, the risk of being discovered is high. The majority of kiosk vendors have already implemented a policy of forbidding sales to minors. The opportunity for minors to purchase electronic cigarettes at those kiosks is no better than purchasing tobacco cigarettes at a gas station – probably less.

Second, the least expensive electronic cigarette starter kits run between \$35 - \$50 (plus shipping) online and \$90 - \$150 at mall kiosks. This price point is considerable for the average adult, let alone a child. Children would be more likely to spend that money on music, clothes or video games than an electronic cigarette – especially when they can easily get a \$7 pack of cigarettes at the corner store or from friends. Electronic cigarettes also require the additional purchases of accessories and replacement parts. A single battery costs over \$10. Heating elements, which require frequent replacement, cost over \$8 each.

Third, anecdotal accounts indicate that children/teens view electronic cigarettes as a way for adults to quit smoking. They lack the "danger factor," which reduces appeal. Additionally, surveys of electronic cigarette owners show that the average consumer is overwhelmingly between 30-50 years old and a smoker<sup>1</sup>, indicating that even young adults do not find them particularly appealing.

**Myth #2 - Sweet flavors and flashy packaging are intended to specifically attract young people.**

**FALSE.**

**Where it comes from:**

The assumption by critics that the slick advertisements and fruity flavors only appeal to children and their lack of knowledge of the target consumer and the intended purpose of the product.

**Why it's wrong:**

These products are not intended to be a treatment for nicotine addiction. They are intended to be a way for current smokers to "smoke" without the dangerous toxins and carcinogens. Retailers need to differentiate themselves from stop-smoking aids, to convince long-time smokers that the electronic cigarette is just as appealing as the tobacco cigarette they currently use.

Just as with marketing cars, televisions, cell phones, alcohol and other adult products, advertisers attempt to make the devices appeal to adults with a "coolness factor." Studies show that "smokers are more likely than the general population to be risk-taking, extroverted, defiant, and impulsive"<sup>7</sup> - very similar to teen demographics - so the misconception is understandable, but misguided. Often overlooked by critics in these ads are the claims about the ability to "smoke anywhere" and have a safer/healthier option to smoking – a clear indication that they are targeting current smokers and smokers concerned about their health and not new/young smokers.

Regarding sweet flavors, the tobacco-flavored liquid does not have a pleasant taste for many smokers, as it is difficult to replicate the tobacco smoke taste. Adults, who make up the majority of electronic cigarette consumers, specifically requested alternative flavors that would work well with the liquid base – which were mostly sweeter fruit and candy flavors. About 50% of adult electronic cigarette owners polled (over the age of 26)<sup>1</sup> report that they primarily use these non-tobacco flavors and attribute them with the ability to keep them from returning to tobacco cigarettes. They also testify that the sweeter flavors make tobacco cigarettes taste particularly foul and further reduce their chances of returning to smoking cigarettes.

**Myth #3 - Electronic Cigarettes all contain anti-freeze.**

**FALSE.**

**Where it comes from:**

In 2009, the FDA released a press statement claiming that they tested electronic cigarettes and found diethylene glycol, an ingredient in anti freeze.<sup>2</sup>

**Why it's wrong:**

Independent labs extensively tested other electronic cigarettes and found no evidence of diethylene glycol, the toxic component of anti-freeze claimed to have been found in the brands the FDA tested.<sup>3</sup>



To further the confusion, electronic cigarette liquid is made of propylene glycol, an ingredient recognized as safe for human consumption by the FDA. While propylene glycol is sometimes used in anti-freeze, it is an additive intended to make it LESS harmful if accidentally swallowed.

The FDA tested just 18 cartridges, from only two companies. Out of those 18, just one tested positive for "about 1% diethylene glycol."<sup>4</sup> Because so many other tests failed to find diethylene glycol, many experts conclude that the single sample may have been contaminated in some other way. By no means is it considered a standard ingredient in electronic cigarettes.

If electronic cigarettes did contain anti-freeze, there would be news reports about the thousands of electronic cigarette owners suffering from diethylene glycol poisoning and that is not the case. To date, after five years on the market worldwide, there have been no such reports.

**Myth #4 - Electronic cigarettes are just as deadly and carcinogenic as tobacco cigarettes.**

**FALSE.**

**Where it comes from:**

The FDA stated they found trace amounts of carcinogens in the nicotine cartridges and the media and health organizations used that statement to claim that electronic cigarettes are just as dangerous as tobacco cigarettes.<sup>2</sup>

**Why it's wrong:**

The FDA found trace amounts of "tobacco-specific nitrosamines" in the samples they tested, which can cause cancer under certain conditions and in sufficient amounts.<sup>4</sup> The FDA allows certain levels of nitrosamines in consumable products. For example, tests show that other nicotine products, such as nicotine gum and nicotine patches, also contain the same tobacco-specific nitrosamines. The FDA did not release any information on the levels they found, however, the scientific definition of "trace amount" means amounts that are "detectable," but too small to even accurately measure.

An independent study by Dr. Murray Laugesen showed that, on average, the electronic cigarette contained 8.18ng nitrosamines per 1g of liquid. 8 ng in 1g = eight parts **per trillion**, an extremely tiny amount. By comparison, nicotine gum tested at 2ng, the nicotine patch tested at 8ng and Marlborough cigarettes tested at a staggering 11,190ng. That translates to electronic cigarettes containing 1,200 times LESS of these cancer-causing nitrosamines than tobacco cigarettes and about the same as the FDA-approved nicotine patch.<sup>3</sup>

**Myth #5 - Electronic cigarettes may be more addictive than regular cigarettes.**

**FALSE.**

**Where it comes from:**

The infamous FDA testing showed that the levels of nicotine found in the cartridges varied from the advertised amount. Also, traces of nicotine were found in cartridges labeled as "no nicotine." Critics claim that means electronic cigarette users may be inhaling too much nicotine and causing them to become even more addicted.

**Why it's wrong:**

Two independent tests, the one by Dr. Laugesen and one by Dr. Thomas Eissenberg at Virginia Commonwealth University<sup>5</sup>, showed that electronic cigarette vapor does not deliver nicotine as "efficiently" as tobacco smoke and actually delivers nicotine in lower amounts than tobacco smoke.

Additionally, smokers tend to "self-regulate" their intake, as seen by how many cigarettes a smoker uses in a day. When the need for nicotine is met, the smoker – or in this case, the electronic cigarette user – no longer has a craving and ceases consumption. The fundamental behavior of nicotine addiction just doesn't support the claims of increasing the addiction in that manner.

**Myth #6 – Second-hand "vapor" is a threat to bystanders.**

**FALSE.**

**Where it comes from:**

Anti-smoking groups claim the toxins and carcinogens in electronic cigarettes (as well as addictive nicotine) can be accidentally inhaled by bystanders, just like second-hand tobacco smoke.

**Why it's wrong:**

As shown previously, electronic cigarettes already contain a tiny, barely detectable fraction of the carcinogens found in tobacco cigarettes. They also have been shown not to contain any of the toxins in the amounts found in tobacco cigarettes and that they deliver very little nicotine in the vapor. So, given that the vapor already proves little, if any, danger to the actual user, any danger to bystanders by the exhaled vapor would be negligible.

Additionally, tobacco cigarettes create "side stream smoke," which is the smoke that comes directly from the end of a lit cigarette and the smoke lingers in the air and travels a fair distance from the smoker.

Electronic cigarette vapor does not behave in the same manner as tobacco smoke. There is no vapor produced from the device, until the user activates it by inhaling, so no "side stream vapor" is created and the vapor dissipates very quickly. In the event that a bystander would pass through the vapor, since it doesn't contain the irritating toxins of tobacco smoke, it would likely be barely detectable beyond the faint scent of the flavor and only for a fleeting moment.

**Myth #7 - Electronic cigarettes are a "gateway" to tobacco smoking.**

**FALSE.**

**Where it comes from:**

Critics theorize that more non-smokers will be willing to try electronic cigarettes, due to their attractive flavors and attractive styling.

### **Why it's wrong:**

People start smoking for different reasons. Studies show that children and young adults are more influenced by their peers, parents and stress levels than advertising or flavors.<sup>6</sup> The most popular tobacco flavors among youth are Camel, Marlborough and Newport – fruit and candy flavors only made up 2% of sales when they were legal – and rarely do people cite the flavor as a reason they started smoking.

Considering that the electronic cigarette is perceived as a health concession for adults, the high start-up costs and the easy accessibility of tobacco cigarettes, electronic cigarettes are unlikely to appeal to new smokers in significant numbers.

Additionally, given the fact that current users claim that electronic cigarettes make tobacco smoke taste considerably foul, in the unlikely event that a new smoker chooses electronic cigarettes over tobacco cigarettes, the chance they will find tobacco smoking appealing is even less.

Taking into account that electronic cigarettes have been shown to be both less toxic and less carcinogenic than tobacco cigarettes, if new smokers actually do choose electronic cigarettes over tobacco cigarettes, it would actually benefit their health and safety and that of those around them.

**Myth #8 - If electronic cigarettes were no longer available for smokers, those smokers would simply quit smoking or use traditional stop-smoking aids.**

**FALSE.**

### **Where it comes from:**

Wishful thinking.

### **Why it's wrong:**

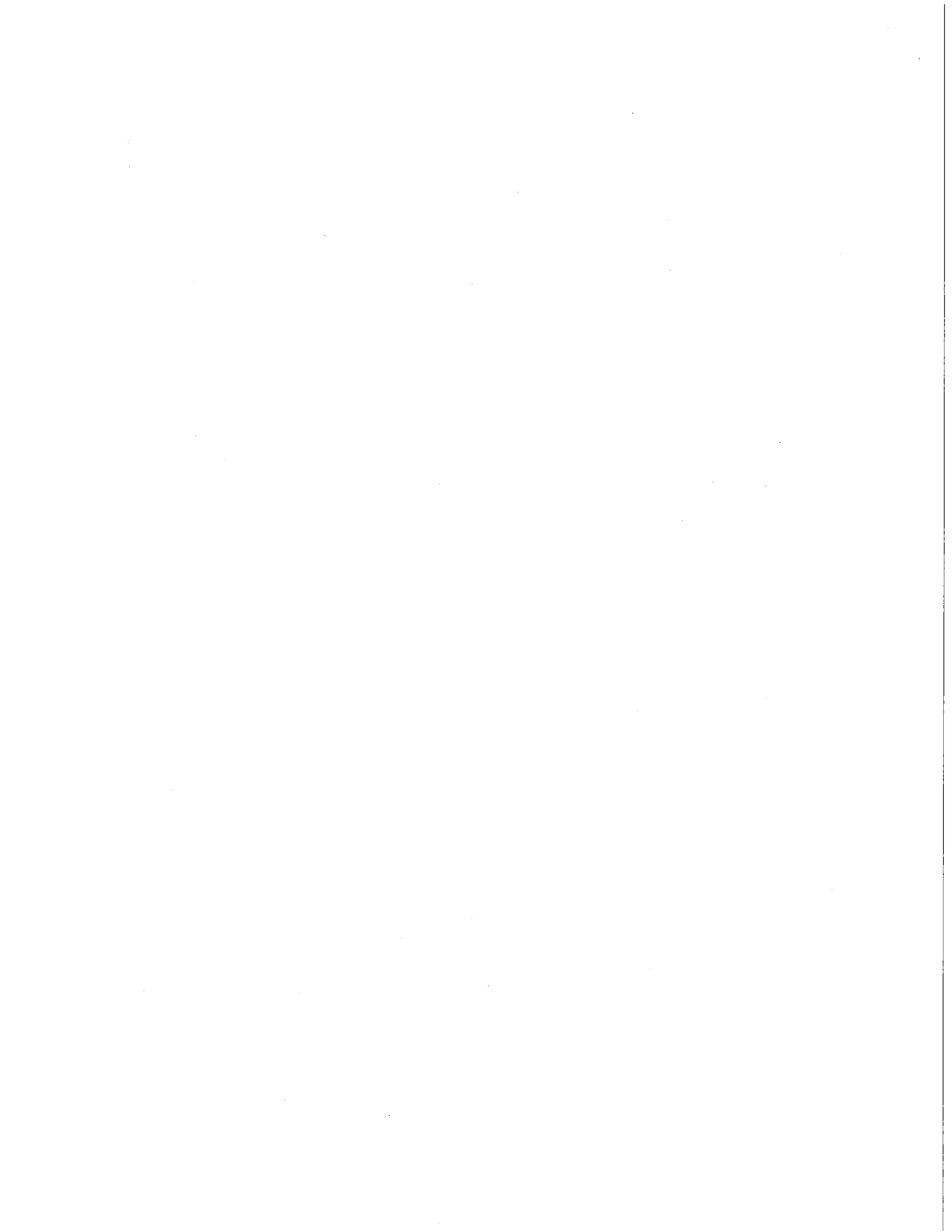
According to the 998 poll participants, only 18% responded that they would use traditional NRTs or attempt to quit cold turkey. Nearly 20% said they would switch to other tobacco alternatives, such as snus or snuff; and a whopping 61% indicated they would most likely resume smoking cigarettes.<sup>1</sup>

### **Sources:**

1. Consumer Advocates for Smokefree Alternatives, Electronic Cigarette User Poll, CASAA.org
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5. Virginia Commonwealth University, Dr. Thomas Eissenberg, Study Reveals a Need to Evaluate and Regulate 'Electronic Cigarettes' "Electronic cigarettes" fail to deliver nicotine, News.vcu.edu
6. Journal of Consulting and Clinical Psychology, Differentiating Stages of Smoking Intensity Among Adolescents: Stage-Specific Psychological and Social Influences, APA.org
7. Dr. Michael Rabinoff, "Ending the Tobacco Holocaust, How Big Tobacco affects our health, pocketbook and political freedom, and what we can do about it." Elite Books, Copyright 2006

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CASAA's mission is to ensure the availability of effective, affordable and reduced harm alternatives to smoking by increasing public awareness and education; to encourage the testing and development of products to achieve acceptable safety standards and reasonable regulation; and to promote the benefits of reduced harm alternatives. CASAA is a volunteer, non-profit consumer organization and receives no compensation from any tobacco, pharmaceutical or electronic cigarette companies.



# Survey results from the 9/14/2014 Vape Meet

Around 200 people total attended the Vape Meet. 94 surveys were completed on this date.

Age of attendee:	
18-21 years old	10
22-27 years old	19
28-33 years old	18
34 – 39 years old	13
40 and over	7
Not noted on survey	27

Did the person smoke before vaping	
Yes	78
No	15
Not noted on survey	1

How long did the person smoke?	
None	15
1 month – 5 years	15
6 years to 10 years	18
11 years to 15 years	16
16 years to 19 years	11
20 + years	19

How much did the person smoke prior to quitting?	
None	15
Less than a pack a day	10
A pack or more a day	69

How long has the person been vaping?	
0 – 3 months	18
4 – 6 months	21
7 – 11 months	11
12 – 23 months	25
2 + years	15
Not noted on the survey	4

Noted benefits of vaping vs smoking	
Lungs/Breathing is better	17
Overall Healthier	50
Other	27

