I would like to recommend to the committee that there should be no restrictions on e-cigarettes.

I had been a regular smoker of some 30 to 40 cigarettes a day for 50 years, it had become a way of life. There had been a few attempts to quit, but all unsuccessful.

Three years ago I made another attempt to quit and went through the advertised NHS program but it was not working for me. I came across an article about a new device called e-cigarette and decided to give it a try and have not smoked since.

It really annoys me that so many negative views are expressed.

I have seen no evidence that suggests that young people are encouraged to smoke real cigarettes by seeing or trying e-cigarettes, even though the argument is frequently expressed. I socialise with my son’s peer group (who are non smokers, all but one) who are not influenced by my use of e-cigarettes but are delighted that I have managed to give up smoking.

Frequently I have had conversations with people who say that there is smoke coming out of my e-cigarette. They are often unconvinced that it is only water vapour and it is the same as boiling a kettle or pan of water. Restricting the use of e-cigarettes in restricted spaces, the same as for cigarettes, is as illogical as restricting kettles in studio flats.

If, as appears to be the case, e-cigarettes help people quit smoking, then it should be encouraged. The benefits would not just be limited to the individual concerned but to their families, the wider community and NHS savings.

Of course research should be carried out on the long term effects of e-cigarettes but restrictions should not be put in place based on mis-information.

With every aspect of life there is an associated risk and one has to balance the benefit against the perceived size of the risk. I maintain that for e-cigarettes the benefits far outweigh the risks.

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