**Should we let vape replace cigarettes in the future?**

A view has emerged in recent years: replacing cigarette with vape. I agree with this approach.

First of all, I support the reason that vape completely replace cigarette is that they are more able to meet the diverse needs of users, and their charm is greater than that of monotonous traditional cigarette. cigarette provide users with pleasure through spices and nicotine. The nicotine content in cigarette is much the same, and the content of nicotine of a cigarette is about 0.5 mg. Moreover, many of the spices added are harmful to human health after burning. There are many kinds of vape, and its oil composition is very simple, according to the active components, there are three main categories:

CBD vape: the active ingredient is CBD smoke oil, CBD is proved to be free of dependence, addiction, hallucination, it can improve sleep quality, relax body and mind, this classification is CBD vape.

Nicotine vape: an electronic cigarette with an active ingredient of nicotine salt. Nicotine salts are mainly 3 mg/100ml, or 6 mg/100ml. in content Notably, the nicotine content of a whole bottle of smoke oil is comparable to that of a pack of cigarette, while 100 ml is sufficient vapor use for a long time (often 2 months or more). Actually, there is more nicotine smoke oil, and vapor using high nicotine smoke oil tend to be exposed to nicotine levels comparable to those of ordinary smokers, which are users who have a strong dependence on nicotine.

Nicotine oil: smoke oil that contains only spices and atomization stuff, and does

not contain CBD or nicotine. This vape is the equivalent of a nebulizer.

In addition to the effective components, the other ingredients are very simple: essence, vegetable glycerin, edible grade propylene glycol. These are additives to some foods, such as cans. Composition of smoke oil is adjustable, which gives vapors more options. People who don't want to take nicotine choose nicotine-free smoke oil and only experience the fun of puffing. Anyone who wants nicotine or CBD will choose the right oil and taste. And find a balance between health and pleasure by using different concentrations of smoke oil.

Second, the harm of electronic smoke is smaller.

Cigarette causes great harm to the health of users. Although the chemicals in cigarette are mainly dry tobacco, after chemical process added a lot of ingredients. Smoke lit cigarette contains about 4000 chemicals, many of them toxic, mutagenic and thousands of carcinogens. Radioisotopes are one of the causes of lung cancer in smokers. The cigarette can not be discharged from the body. Can enter the blood vessels and lead to heart, liver, stomach and other lesions. cigarette also have Radium 226 and Lead 210. Radioisotopes are derived from mineral fertilizers. In the 1960s and 1980s, smokers were found to have radioactive isotopes in their bodies. Smoke burning cigarette also contains nitrosamines, benzopyrene and other carcinogens.

Not only that, cigarette second-hand smoke has adhesion, will adhere to the clothes of people around, affecting the public environment, and vape do not have this problem, because the steam of vape has no adhesion.

Third, it can effectively curb young people trying to smoke. At present, many

countries can not buy vape through online shopping, and unauthorized places can not buy vape. Only brand stores can buy vape. Traditional cigarette can even be bought in newsstands, or even given to you by strangers, but as a multiple, more personal item, nonsmokers do not easily use other people's nebulizers. Shop assistants also identify whether customers are given an adult chance to try again. Moreover, it is more expensive than traditional cigarette. vape must be bought first, and most of them are expensive. Uneconomical minors find it difficult to try vape through pocket money. This is a reasonable conjecture. Replacing vape does not mean promoting vape as a popular activity today, but rather minimizing the impact of smoking and minimizing the number of smokers. Therefore, measures to raise the threshold must be necessary. Traditional cigarette are too cheap to make and buy, and it is easy for the public to cross that line and try to smoke as a smoker. It is morbid and incorrect to make it very easy for the public to have access to addictive substances. After replacing cigarette with vape, it also promotes its harmfulness, rather than comparing it with traditional cigarette, emphasizing its harmless, even if it is.

There are many people and even experts who question the conclusion that vape are less harmful, including the World Health Organization, and there is no long-term data to support the conclusion that e-cigarette health, because the history of vape is too short to determine the consequences of long-term e-cigarette smoking. Although its composition is non-toxic, the substance after burning may be toxic. There is also smoke oil, in addition to the above four components will add some additives to change taste, increase shelf life and so on, these additives will have problems.

The National Academies of Sciences, Engineering, and Medicine Committee support the idea that：While there is currently little evidence of long-term effects,vape are not without bio logical effects in humans,but they are likely to pose significantly less risk to an individual than combustible cigarette.[[1]](#footnote-0)

Indeed, there is a lack of long-term research on vape, but we know the long-term effects of cigarette, and we should try to avoid them. But we can already be sure that the harm of smoking cigarette is obvious, both long-term and short-term. Millions of people die each year from smoking, many of them for less than 10 years, and there are no cases of e-cigarette death. The harm of cigarette is so great that it is obvious, but people continue to smoke. Why should we ignore such obvious threats? Now that it has been determined that smoke after cigarette burning is toxic and can damage people's health system, there are only two options for cigarette: prohibit or replace them with something else. We can't ban cigarette instantly. vape can be a mild substitute for cigarette. Although we do not know the long-term effects of them, we know the long-term effects of cigarette, and we should try our best to avoid them. Strengthen the research on vape and let it replace cigarette.

Reference

Helen, G. S., & Eaton, D. L. (2018). Public health consequences of e-cigarette use. JAMA internal medicine, 178(7), 984-986.

1. Helen, G. S., & Eaton, D. L. (2018). Public health consequences of e-cigarette use. JAMA internal medicine, 178(7), 984-986. [↑](#footnote-ref-0)