

“It’s time to stop vaping,” says Lee Norman, a Kansas health official. Six people are dead in America, apparently from smoking e-cigarettes. More than 450 have contracted a serious lung disease. Mr Norman’s advice sounds reasonable. The Centres for Disease Control and the American Medical Association agree: the country’s 11m vapers should quit. A new idea is circulating, that vaping is worse than smoking. On September 11th the Trump administration said it intends to ban non-tobacco flavoured vaping fluid. Some politicians want a ban on all ecigarettes.

Although more research is needed, the evidence suggests the recent deaths in America did not come from shop-bought products but from badly-made items sold on the street. In five out of six cases, the tainted vaping products were bought illicitly; the other involved liquid bought in a legal cannabis shop in Oregon.

E-cigarettes are not good for you. The vapour inhaled is laced with addictive nicotine. Some other chemicals in it may be harmful. But vaping is less dangerous than smoking tobacco. If people turn to e-cigarettes as a substitute, the health benefits are potentially huge. Smoking kills

450,000 Americans annually and 7m people worldwide. Anything that weans people off tobacco is likely to save lives.

The worry is that e-cigarettes will create a new generation of nicotine addicts. Some people who have never smoked have taken up vaping, including a worrying number of children. In America, 25% of high-school pupils vape.

This is alarming and helps explain why many governments have banned e-cigarettes. They should not. Prohibition usually causes more harm than good. Forbidding e-cigarettes will lead vapers to buy illicit products, more likely to poison them. It will also deter many law-abiding smokers from switching to something less deadly.

Regulating vaping is wiser than trying to eliminate it. Governments should carefully control what goes into vape fluid, following the European Union, which restricts the amount of nicotine it may contain. America’s Food and Drug Administration, by contrast, seems constantly to change its mind about how to regulate vaping. Governments should also regulate how ecigarettes

are advertised. Marketing aimed at children is unacceptable. So, perhaps, are fruity flavours appealing to young palates. Government health warnings should be clear and measured. Vaping may be a dangerous habit, but it is vastly less deadly than lighting up.

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KEY SENTENCE : **Regulating vaping is wiser than trying to eliminate it.** Governments should **carefully control what goes into vape fluid,** following the European Union, which restricts the amount of nicotine it may contain. America's Food and Drug Administration, by contrast, seems constantly to change its mind about how to regulate vaping. Governments should also regulate how ecigarettes **are advertised. Marketing aimed at children is unacceptable.** So, perhaps, are fruity flavours appealing to young palates. Government **health warnings** should be clear and measured. Vaping may be a dangerous habit, but it is vastly less deadly than lighting up.

- **Vaping IS unhealthy**
- **It is less unhealthy than smoking**
- **Banning vaping would be counterproductive**
- **Regulating is better : regulate the products and advertising aimed at youngsters + improve health warnings**

Vaping – although not a healthy habit – is less dangerous than smoking. **Therefore**, the prohibition¹ of vaping would be counterproductive. It would lead to a higher consumption of illegal products and dissuade² many smokers from turning to vaping. **Instead**, vaping should be well regulated. The government should carefully control the products used in vaping liquids, regulate advertising and marketing to protect children from the temptation of taking to³ vaping, and set up a more efficient warning system.

83 words

¹ To oppose sth = s'opposer à qch

² To dissuade sb from doing sth = to deter sb from doing sth

³ To take to smoking/vaping = to take up smoking/vaping = se mettre à fumer / vapoter