

The electronic cigarette



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Electronic cigarettes, or e-cigarettes, have become increasingly popular in recent years. Regular cigarette smoking has been on the decline due to many factors including price, health risks, and the fact that most public places no longer allow indoor smoking: making it an inconvenience to step outside and light one up. The convenience, , and health benefits are just a number of reasons the electronic cigarette is rising in popularity. A comparison between e-cigarettes and regular cigarettes show a number of similarities and differences.

E-cigarettes offer the same amount of nicotine regular cigarettes do. Thus satisfying a smokers nicotine craving that is attributed with cigarette smoking. E-cigarettes just about look, feel, and weigh about as much as a real cigarette, so puffing on one won't feel foreign to the seasoned smoker. Smoking regularly can get pretty expensive and buying the e-cigarette start up kit can be just as expensive too. As a smoker myself, I have noticed a number of differences between cigarettes and e- cigarettes. The taste of a regular cigarette to me is much more satisfying than that of an e-cigarette.

E-cigarettes lack the authentic tobacco taste that cigarettes have and this leads to a less pleasing smoking experience. Cigarette smoke is full of harmful toxins, whereas e-cigarettes have about 1, 000 times less toxins and there is no smoke, only water vapor. This leads to why most people who aren't ready to fully quit smoking, to start smoking e-cigarettes. Cigarette smoking is also very expensive, whereas e-cigarettes require quite a heavy install investment at first, around \$100 for the start up kit, they pay for themselves in the long run and end up saving you money over time.