

# OPINION



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## SATURDAY FORUM

### Your killer perfume, cologne could be killer to some of us

There is an issue I would like to share with you, which has serious health complications associated with it, as much as inhaling second-hand smoke and is akin to putting your lips around a car exhaust pipe and inhaling.

I am talking about perfume and fragrances.

As someone who has severe allergies to these products and also a retail store owner, the hardships arising from countless exposures from customers who have very little awareness about what they are spraying all over their bodies is becoming increasingly alarming.

What most do not realize is that perfume is not some romantic potion made from flowers as it used to be back in Cleopatra's day, but is instead a very hazardous substance filled with many toxic chemicals.

More than 4,000 chemicals are used in fragrances, 95 per cent are made from petroleum.

There is no agency that regulates the fragrance industry, yet perfume chemicals are as damaging to health as tobacco smoke.

Exposure to scented products can cause dizziness, difficulty concentrating, headaches, rashes, swollen lymph glands, muscle aches and spasms, heart palpitations, nausea, stomach cramps, vomiting, asthma attacks, neuro-motor dysfunction, seizures and even loss of consciousness.

Even if you are not sensitive and don't feel the effects yet, your health is still being damaged.

Some of your health problems that seem to have no known cause, may actually be due to exposure to toxic fragrances that are found almost everywhere these days.



Karen Dawn

If you aren't already sick as I am from exposure to these substances, do you really want to gamble on how much longer you have before your body can no longer cope with the toxic toluene and other poisons in them?

People like myself are the canaries in the coal mine, folks, sent to warn you of impending danger. Do yourselves and people like me a huge favour, not to mention the planet, and stop using all perfumed and fragranced products.

Products to avoid are perfume, of course, but also laundry detergents, fabric softeners, anti-static dryer sheets, dish washing liquids, household disinfectants, soaps, shampoos and other hair products, deodorants, cosmetics, sun-tan lotions, aftershave, colognes, incense, analgesic creams and the dreaded room sprays such as Febreze and Airwick.

Beware of toxic dog products such as flea sprays and collars.

Insect repellent and moth-balls are also very harmful products. Even products marked as unscented often are falsely labelled and actually contain toxic fragrances.

Be very cautious with what you purchase.

*Karen Dawn is a Newmarket entrepreneur*

Is there an issue about which you are passionate?  
You could be a Saturday Forum contributor and get  
the chance to have your piece published along with  
your name and headshot. E-mail your 450-word sub-  
mission to [jmason@yrmg.com](mailto:jmason@yrmg.com)

## LETTERS TO THE EDITOR

### Good Samaritan returned lost watch

Last Saturday, I took my grandson swimming at the Whitechurch-Stouffville Leisure Centre.

It was only much later that I realized I didn't have my watch. Searching the car and the house, it occurred to me that I likely had left the watch in a locker in the men's change room.

When I went a few days later to check, the kind woman at the lost and found at the pool told me it had been handed in the day before.

The watch was a Christmas gift from my wife and is quite valuable.

So, to the anonymous Good Samaritan who turned in the watch, my heartfelt gratitude.

DAN LINTON  
STOUFFVILLE

### Don't mix laws with revenue generation

*Re: Red-light cameras will pay for themselves, letter to the editor by Terry Copps, June 20.*

► What do you think of these issues or any others? E-mail [jmason@yrmg.com](mailto:jmason@yrmg.com)

It is statements such as "The only one who has to fear a cash grab is the guilty party" that I believe is what is wrong with society today.

They cannot see beyond what doesn't affect them today.

They are the same people who believe in heavily taxing gasoline, tobacco and alcohol as long as they don't use or consume either of them.

York Region realizes this and that is why it is able to sell you the idea of the red-light cameras.

The merit should stand regardless of any revenue to be generated by them.

Show citizens how spending \$3.7 million during two years will save lives or prevent serious injury in a meaningful way.

If you can do that, then and only then should we implement them.

Otherwise, it is a cash grab, plain and simple.

For those who can't see or understand mixing law enforcement with revenue

streams is a conflict of interest, I can't explain it to you in this short letter to the editor.

PAUL STEVENS  
NEWMARKET

### Longer amber lights better than cameras

*Re: Bring on red-light cameras, letter to the editor by Allan Bowman, June 20.*

Does a person waiting to see if traffic is truly stopping before making a safe left-hand turn face a ticket?

Will some drivers speed up at the sight of pedestrian countdowns and others slam on their brakes to avoid a ticket?

Should driver decisions be based on safety or avoiding a ticket?

Intersections by their very nature are complicated enough without adding one more distraction.

Could increasing the length of time of amber lights be safer, fairer and more cost effective?

KARIN EICHLER  
NEWMARKET

