

sports and hobbies. One can obtain escape from reality and boredom with drugs and in contrast to other means the use of drugs requires no active participation by the consumer. The individual takes drugs because they are an easy shortcut, and a relatively safe although not healthy way, to escape reality.

What drug is chosen depends on the mental make-up of the individual, the current fad, and by availability.

Five Reasons

There are five common reasons for a normal person to take drugs:—

1. To combat fatigue especially in situations where increased alertness and duration of activity is required. Examples of common crutches are tea, coffee, amphetamines.

2. To improve one's mood we have available a number of drugs which can produce a sense of euphoria which is an unnatural feeling of well-being beyond what is reasonable for the situation. Examples of these are in order of increasing potency meprobamate, alcohol, amphetamines, morphine, cocaine.

3. A group of drugs which can be used to ease worries. Life is filled with worries, some of which have a real background but many of which are imaginary. This is probably the commonest group of medications and the most used. Examples—tranquilizers, sedatives, alcohol, narcotics.

4. Hypnotics or sleep inducing drugs compose the fourth large group. Worries and anxieties have a habit of slipping out when man is left alone and trying to sleep. Even the worry that lack of sleep may prevent one from working well the next day may prevent one from sleeping. The desire to sleep well and rise refreshed explains the use of hypnotics.

5. The fifth group of drugs are termed dream makers. Dreams are not only found during sleep; they may appear when we are half awake or even fully conscious. They are a pronounced materialization of our thoughts. If these are felt so vividly that we forget that they are fostered by our own brain and we term them hallucinations.

Scale of Dreams

We therefore have a sliding scale of dreams ranging from pure thoughts, to ideas falsely interrupted as realities. Drugs can provide suspense anxiety and relief this transgression implies.

The middle and upper class youngster brought up with few denials of material comforts may miss sufficient challenges in his life and then turn to drugs as just another gratification of a wish.

The majority of youngsters will go through a phase of drug use unharmed and look back on this period fondly and with a certain kind of retrospective daringness as their elders look

stress, to achieve a feeling of well-being, to experience new sensations such as hallucinations and to be part of a group of his friends are partaking. There is no legislation covering the use of solvents.

Marajuana

Marajuana is composed of the top leaves and flowering tops of the female hemp plant. Hashish is a resin obtained from the same source and hence is stronger. Marajuana ranges in color from greenish grey to greenish black with its texture varying from fine to coarse particles. Hashish is sold in cakes which are light brown to black in color. Marajuana is smoked

in hand rolled cigarettes which are thinner than ordinary ones and have rolled or twisted ends. Either may be smoked in a pipe. The smoke smells like burning leaves or rope. Either can be made into tea or added to food.

The effect of one cigarette may last one half to 8 hours and the risk is very small to the user if taken in a situation where others are on hand to protect the individual from harm. Driving is hazardous, but no more so than with alcohol. In the usual amounts used there is no hang-over or physical impairment following its use. The chief danger of chronic use is the avoidance of having to cope with everyday problems. There does not seem to be any physical dependance, however there

in effect appears to depend on the mental state of the individual and the setting in which the drug is taken.

The LSD User

The majority of users of LSD are under 30. The dangers from the use of LSD include psychotic breakdowns which may last months; precipitation of acute depressions, acute anxiety and panic or feelings of omnipotence may lead to suicide, homicide or antisocial behaviour, convulsions have occurred. One of the most deterring factors to its use is the report of chromosomal change which may possibly be passed on to future offspring. The treatment of a bad trip involves isolation in a protected quiet peaceful environment and even hospitalization.

There are a great many unknown facts, effects and consequences to the use of the hallucinogenic agents and they have no known medical value, hence their agents now are illicit laboratories.

DMT is similar to LSD in its effect but milder. STP is much more potent than LSD and therefore much more dangerous with the risk of delirium, convulsions and respiratory failure.

Amphetamines

(Speed, crystal, pep pills, bennies)

Amphetamines are synthetic

one pearl which I found interesting. The dividing line between the high and low risk of becoming an alcoholic is six drinks a day.

Hope In Education

It is felt that the only hope of controlling the increased use and abuse of drugs is the early and adequate education of our population. It is imperative that we have an education barrage aimed at insuring that a person who decides to inhale solvents, smoke pot, swallow LSD or Amphetamines, does so with a full awareness of what he is undertaking. There is universal agreement that education must begin early as the peak period for the introduction to drugs was Grade 9 with a gradual decline to Grade 13.

Communication is the foundation of any program to control drug abuse. The facts are emerging and government, educators, parents, and students have a responsibility to see that the facts are presented through full and completely honest discussion. Only factual knowledge and information well presented

Perfectionism

We ask ourselves why is there a growing need for alcohol drugs and chemicals? It is a symptom of disease rooted in social and economic conditions which create dissatisfaction, conflict and tension. There appears to be a growing feeling that in our lives everything should be perfect. Our ancestors were content and felt fortunate if they were warm, dry and well fed. We expect everything and I am afraid the younger generation expect more still. There is a growing acceptance by society for the need to get high, stoned or turned on, and it matters not what drug is used, the important thing is to get turned on.

37% of Students

Is it any wonder that the youth of today is conditioned to turn to drugs. The decision of the student or individual to try marajuana or LSD, etc. seems to indicate a tendency to generalize as socially acceptable the use of all drugs. 37% of students consider drugs as a means of relieving tensions and worries at home and in school.