

Free Press

YOUTH PAGE

fresh tracks
by Barbara McIntosh

Marijuana And Its Effects

While casually talking with a young man at a party in Kingston this spring, I discovered that he was a marijuana pusher from Toronto. Unaware that I was the intrepid reporter-type, he related how he buys the 'hash' from a telephone booth in Yorkville and sells 'dime packs' (which actually cost \$10 an ounce) to students at the university.

Even though the use of marijuana is still highly illegal in this country, the terms 'pot', 'hash' and 'turn on' are becoming increasingly common, especially among young people.

It is relatively easy in the urban centres to find someone, who knows someone, who can contact someone who sells it.

Most people imagine users to be in the lower income and social classes, or among the long-haired protest clans. Yet reports indicate the increasing use of marijuana by members of the conventional middle-class.

This is causing considerable concern, even panic, in our society, even though the misuse of alcohol and certain other drugs including the barbiturates, constitutes a much greater problem in terms of the known number of misusers and the known possibilities of serious damage to the excessive user.

Since the widespread smoking of 'pot' is relatively new on the scene, much of this concern is a simple lack of knowledge about the nature of the drug and its effects.

Recently the Addiction Research Foundation of Ontario produced an assessment of the current knowledge of marijuana.

It states that the acute effects of marijuana like those of any other drug, depends on the dose administered and the person to whom it is administered.

With the usual dose, the effects on most subjects are mild, creating a general feeling of well-being, heightened intensity of visual and auditory sensations, and a tendency towards passivity and relaxation. However, sometimes the individual has a reverse reaction characterized by anxiety or panic.

Medical people have concluded that the difference in effect depends essentially on the mental state of the user and the setting under which the drug is taken.

A young man from Toronto claims that the ideal way to smoke, is to set up a flashing red light at the bottom of a fluorescent rubber construction cylinder, turn out all other lights, sit in a circle with a group of friends and pass the marijuana cigarette around to the music of the Doors. He swears by his yellow coffee-bean necklace, that he gets true insight into reality in this way.

Another girl expresses disappointment in her trip. She says it was like a mild case of intoxication and hardly worth the \$10.

The amount of marijuana normally used, does not result in any hangover or other physical impairment. The duration of effect produced by a single cigarette is highly variable depending on the quality of the preparation and the way it is taken. The trip can last anywhere from half an hour to eight hours.

According to the report of the Addiction Centre, there is no evidence that the use of the drug itself causes crimes of violence or antisocial behaviour, although it is known that any drug that disturbs inhibitions may have such consequences in some persons depending on their mental state.

The report goes on to state that the risk to the user is very small if the drug is taken in a situation in which others are on hand to protect the individual should there be ill-effects. However, the distorted perception of time and space that results from even a mild dose could constitute a hazard in driving or in walking. Several young people have been thought to commit suicide under the effects.

It is generally agreed that the chronic marijuana user may stop taking the drug at any time without risk of physical withdrawal symptoms. However, there are good case descriptions of persons who feel they need to maintain a state of marijuana intoxication for most or all of their waking hours to function in society. This constitutes a drug dependence of the psychological rather than the physical nature.

The question remains whether dependence on the drug can result in physical, psychological or social harm. While studies are being made in this area, not enough information has been found to form any definite conclusions.

While there is no conclusive evidence as yet, there is considerable indication that many marijuana users go on to narcotics and more dangerous drugs like LSD.

Therefore one can conclude that the effects of marijuana are not unlike the effects of alcohol or other drugs capable of altering the mental and emotional state of the user. Some individuals will be adversely affected, and others will not.

Most of the problems associated with marijuana arise from the fact that possession of the drug is illegal. Yet so many questions about its long-term effects are as yet unanswered.

It is probably undesirable to subject users of marijuana to the severe penalties that are provided in the narcotics control legislation. However, it is also undesirable to legalize the sale and use of marijuana unless these questions can be satisfactorily answered.

Those who attempt to 'turn on' at the present time, most certainly run the risk of a harsh fine and a jail sentence.

They may also be running the risk of injury or death through a bad trip, or future physical and mental side effects.

Scribble scrutiny shows personality traits

Your hand writing could be telling the world all your innermost secrets.

Graphoanalysis is the art of personality study through writing. To study the art thoroughly takes from eight to 18 months. Every type of study has its own society and the International Graphoanalysis Society has a closely guarded membership. In order to avoid cracks, prospective scribble-scrutinists must pass a rigid examination.

However, if you are curious to know what the inner-you is really saying, you can give yourself some simple tests. Use a sample of your writing, done previously so there will be no chance of subconscious cheating.

If you dot your i's with a circle, you probably consider yourself to be an individual with individual tastes and ideas. A high needle-point tip on your m's and n's denotes a quick grasp of ideas. On the other hand, if you don't put points on m's and n's, it indicates a thorough and methodical nature.

The slant of your writing gives your emotional responsiveness. The farther to the right your i's



and i's slant, the greater your degree of emotional responsiveness. If your letters slant to the

left, you tend to be introverted. If the letters are vertical, you are moved by judgment rather than emotions.

In addition to the way that you form the individual letters, much can be detected from the over-all style of the writing.

If it is small, you love details and facts and do not consider yourself strongly in need of companionship. On the other hand, if it is generally large, you like to work with people and have an exciting social life.

If your letters are uniformly joined, your mind is logical, but if they are unconnected, you act mainly on intuition and impulse.

A light touch in writing shows sensitivity. Applying heavy pressure reveals basically aggressive attitudes towards people.

Graphoanalysis claims to be able to denote character with some degree of accuracy. If you don't like your writing it appears that you may have to alter your personality to improve it.

At the same time, if your personality leaves something to be desired, or your social life has been rotten lately, perhaps a change in writing style would work wonders. Remember, the higher you cross your i's, the higher your goals and ambitions.

\$1,345 Cancer donation at Project Action hop

At the expense of many tired feet in this Spring's Marathon Walk, members of Project Action presented cheques totalling \$1,345 to the Canadian Cancer Society, at their first dance of the summer in the arena last Thursday night.

Accepting the cheques for the Acton Cancer Society, President Mrs. Ray Arbic congratulated the young people for raising the largest single donation received by the Acton branch from a volunteer group.

Over 150 high school students walked from five to 54 miles in the Marathon from Metro City Hall or Thornhill to Acton.

Marianne Coles, Bob Browne and George Beshari, took part in the ceremony. Mrs. Gloria Browne, one of the strongest adult supporters of the effort, was also on hand to share the limelight.

The dance itself was only a partial success. While the floor appeared crowded, the net profit was less than a dollar.

The expected band, "The Blues Revue" apparently suffered a sick player, and "The Sketch" turned up instead. It was the psychedelic type and Acton boys better to blues.

However, Project Action leaders are optimistic and plan more dances through the summer.

NOW a do-it yourself seamless floor covering

AS EASY AS... A.B.C.

TO PREPARE SURFACE -

1. Apply SEALER COAT lightly, with a roller.
2. Blend Your Own Sparkling Custom Color Combination of Vinyl Design Chips. Sprinkle evenly over sealer.
3. Complete Job with Liberal Application GLAZE COAT.

THIS MATERIAL IS IDEAL FOR: Kitchens, Bathrooms, Recreation Rooms, Halls and any other surface areas which receive extensive wear. It provides a permanent, high-gloss, non-slip floor covering that never loses its original lustre. It is completely sanitary because it is seamless, with no cracks to harbor dirt and germs.

AVAILABLE NOW AT

APPROX. **47c** PER SQUARE FOOT

"WE DELIVER FREE"

LAKEVIEW DISCOUNT CENTRE

126 Main St. N. Acton 853-1190

ACTON HIGH



ACTON'S EUROPEAN-BOUND geography students met last Thursday night for a final briefing on travelling arrangements, discipline, and how many tooth brushes to pack. Group leaders Mr. and Mrs. Paul Marindale stressed that, for the trip, they did not want to be treated like teachers. The seventeen Actonites

will join a group of 150 students at Malton Airport on July 4 for a month tour of Europe. From left to right are Anne Watson, Gary Dobbie, Mrs. Marindale, Ken MacColl, Mr. Marindale, Gordie Morris and Dave Pink. Bob Bonnette's right arm is also in the picture behind Mr. Marindale. (Staff Photo)

OUR READERS WRITE:

THANK YOU

Dear Mr. Editor:

May I take advantage of your newspaper to convey my personal thanks, and that of the Acton Branch of the Canadian Cancer Society, to the wonderful members of "Project Action" for their continued and tremendous efforts in our recent campaign for funds.

Cheques in the amount of \$1273.70 were turned over to the Society, by members at their dance last Thursday evening. With still a few receipts to come, the total is expected to exceed \$1300.

We of the local Cancer Society, and of Ontario Division, are certainly proud of our young people, as justly they should be of themselves.

Sincerely,
Mrs. R. E. Arbic,
Campaign Chairman,
1968.

High seas from Hi-Cs

There were high seas in Longs' pool Sunday - when the Hi-C group went swimming there. There were 18 young people at the pool party with their leaders, Mr. and Mrs. Bill Coats.

Helicopter: An egg beater with ambition.

Tribute

Leonard Daniel Scarborough of Georgetown, who is a member of the Acton-Georgetown St. John Ambulance brigade, received a Priority Vote of Thanks during an impressive ceremony in the Great Hall, Hart House, University of Toronto on Saturday.

Premier John Roberts was invested as a Knight of the Order by Lieutenant Governor Earl Rowe.

On Sunday St. John brigades paraded to St. Paul's Anglican church for a special service. The Acton-Georgetown Brigade did not parade as they were on duty, as usual, at the stock car races.

Concert in park

The band gave an unexpected concert in the park Sunday night, with about 200 enjoying the music. They had just decided at their regular Wednesday practice to have the concert.

CALLING ALL STUDENTS

FREE WANT ADS

GET A JOB THROUGH THE FREE PRESS

FREE TO ALL STUDENTS, PUBLIC AND HIGH SCHOOLS, WHO LIVE IN THIS AREA

No Phone Calls PLEASE

IF YOU ARE LOOKING FOR A FULL OR PART TIME JOB HERE'S ALL YOU DO - Place Your Ad in The Office, 59 Willow St., Acton

1. One Ad to each student, may be repeated up to 3 times if you contact The Free Press by each Monday before 5 p.m.
2. You must use your name in the Ad.
3. You may use up to 20 words of copy.

● DEADLINE For Your Free Ad is Monday, 5 p.m.

SWIMMING CONCRETE AND PLASTIC POOLS

Complete Line of Equipment and Supplies

SCENIC POOLS LTD.

HEAD OFFICE, 459-0307

BRAMPTON

SHOWROOM - 46 Center St. N., Brampton

Agent - R.R. No. 1, Acton 853-0769

Southern Fried CHICKEN

- Tub (Serves 8 to 10 persons) \$5.25
- Box, 14 Pieces, Buns, Honey \$3.90
- Box of 9 Pieces \$2.50
- Individual Dinner, plus trimmings \$1.35
- Light Snack, 2 pieces, french fries 80c
- Fishburger 65c
- Cheeseburger 40c and 50c
- Hamburgers 35c and 45c
- Fish and Chips 50c
- French Fries 25c
- Onion Rings 25c
- Sandwiches Made to Order

HOURS OPEN

Monday to Thursday - 8 a.m. to 9 p.m.
Friday and Saturday - 8 a.m. to 12 Midnight

Closed All Day Sundays
DELIVERIES 50c EXTRA

BP SNACK BAR
853-2114