

Drug Information

Marijuana

Derived from a plant known as Cannabis sativa, which has been used medicinally for centuries. Other derivatives include hashish and hashish oil.

Other names

Marijuana is also called grass, mull, dope, weed, ganga, or, hooch and yarnie. Hashish is usually just called hash.

Effects

Marijuana and hashish are depressant drugs which affect mood and perception. Depressants have a relaxing effect on the body, similar to alcohol and tranquillisers. The 'high' feeling is caused by the chemical THC (Delta-9-tetrahydrocannabinol), which is absorbed quickly into the bloodstream through the walls of the lungs. The high can occur within minutes and last for up to seven hours. The effects of marijuana and hashish vary, but may include: euphoria; loss of inhibitions; loss of concentration; increased appetite; increased heart rate; red eyes; tendency to talk and laugh a lot; impaired balance and co-ordination; 'tunnel awareness', where a person focuses on one thing. Generally, the feelings are calm and reflective. Large doses, however, can cause confusion, restlessness, detachment from reality, feelings of excitement, hallucinations, anxiety or panic. Short-term memory, logical thinking, motor (movement) skills and ability to perform complex tasks also may be affected.

Long term side effects

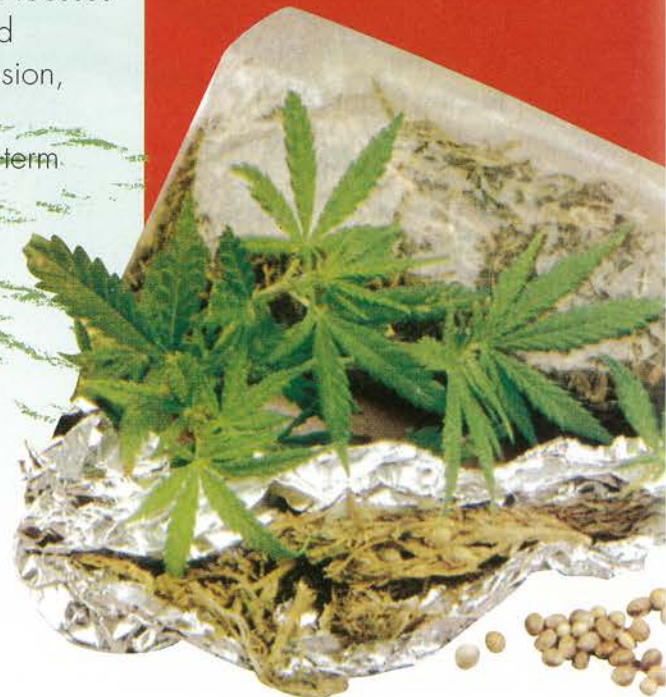
Increased risk of bronchitis, lung cancer and respiratory disease; loss of motivation; decreases concentration, memory and learning abilities; interference with sexual and hormone production (lowered sex drive and sperm count, irregular menstrual cycles); psychological disturbances.

Appearance

Marijuana is the dried flowers and leaves of the cannabis plant and resembles dried herbs. It also sometimes contains seeds. Hashish is made from the cannabis plant resin and is more potent than marijuana. It is dried and pressed into small blocks and sold in putty like pieces ranging from light brown to nearly black in colour.

Dangers

Marijuana and hashish can be dangerous on their own and their effects are intensified when combined with other drugs such as alcohol.



Bits & Pieces of Bits & Pieces

Some things in life really matter. Some things do not. Unfortunately, a lot of people worry about things that aren't really important. Successful people don't fall into that trap. They learn to distinguish between what is important and what is not and because they do, they cut their worries at least in half.

ACHIEVEMENT FORMULA

Conceive + Believe = Achieve

What you **CONCEIVE** in your mind
and **BELIEVE** in your heart
you will **ACHIEVE** in reality

**The wisdom of life is to endure what
we must and to change what we can.**

TWO SONS were left a large piece of property by their father. For months they fought over how the land should be divided. Finally, they brought their problem to their rabbi and asked him to solve it.

"Come back tomorrow," said the rabbi, "and we'll talk."

The next day the sons returned and the rabbi gave them his solution.

"Toss a coin," he said to one of the brothers.

"You call it, heads or tails," he said to the other. "The one who wins the toss, divides the land."

"That's no solution," said one of the brothers. "We're right back where we started from."

"Not so," said the rabbi. "The one who wins the toss divides the land; but the other gets first choice."

*The Chinese have
a proverb that
says:*

*'A bit of
fragrance clings
to the hand that
gives flowers.
Say something
nice to someone
and a bit of
niceness will
cling to you.'*

*A bend in the road is not the end
of the road...
unless you fail to make the turn.*

You can do office aerobics sitting at your desk. It consists of jumping to conclusions, ducking responsibility, coming to grips with problems, stretching your boss's patience, side-stepping difficulty and pushing your luck.

**The best way to meet trouble
is to face it**