

The highs and lows of drugs

International Drug Abuse Day is an attempt to warn everyone of the self-destruction and futility that accompanies drug abuse. Drug abuse is the wrongful use of drugs sold in pharmacies (also called smart drugs because they are legal), alcohol and the use of illegal drugs such as dagga, LSD, mandrax and cocaine.

Both have extremely negative effects on people's lives because they cause dependency. If you are so dependent on a drug or alcohol, that

you are obsessed with thoughts of it, that it is affecting your health and relationships and changing your lifestyle and normal activities, you are an **ADDICT**.

If you keep taking alcohol or drugs to blot out negative feelings such as loneliness, hopelessness or insecurity, to get confidence, be accepted by people around you, or to get "high" or happy, or to avoid the depression you feel when the trip wears out, then you are **DEPENDENT** on drugs.

If you fit these descriptions you should be concerned and take a look at the negative effects of drugs, which other drug users will probably not tell you about.

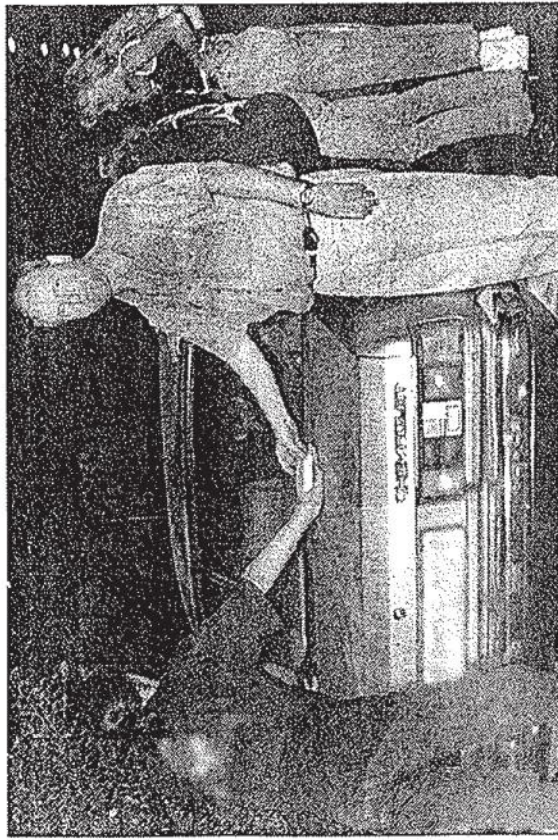
*** COCAINE**
 - paranoid psychosis - a feeling of persecution and suspicion;
 - emaciation - a gaunt look from extreme weight loss;
 - nasal damage - collapse of the nasal tissue and holes in the nose;
 - lung damage;
 - brain haemorrhages;

- inability to function sexually;
 - "Cocaine bugs": crawling, itching sensation as if insects were burrowing under the skin;
 - birth defects in the case of pregnant addicts;
 - disturbed vision.
*** LSD**
 - flashbacks, when you start tripping again without using the drug. If this happens while you are driving, you can very easily cause an accident;
 - can lead to cancer;
 - possible abnormalities in the birth of your baby.

*** MANDRAX**
 - inability to concentrate on operating machinery, driving, etc;
 - inability to concentrate on studies, work, or carry out normal activities;
 - dizziness;
 - nausea;

- emaciation;
 - eye damage;
 - abnormalities in birth of your baby;
 - nerve damage.
*** DAGGA**
 - loss of energy and motivation which increases daily, often causing abusive world and escape from

ers to drop out of school, to become unemployed, to resort to crime and to suffer severe damage to relationships;
 - an urge to use other substances with dagga, to withdraw within a fantasy world and escape from normal activities and relationships;
 - coughing, bronchitis, emphysema or cancer;
 - probable harm to unborn babies if used during pregnancy;
 - damage to immune system.



The technical aspects of this article were prepared for the Southern Courier by D/Sgt Paul O'Sullivan of the SAPS. Seen in the picture is D/Sgt O'Sullivan together with F/Cst Vermaak making an arrest of two suspects with Dagga and Cocaine.