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THE TUMBLEWEED



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CFS ALSASK

April 10, 1979

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The pressures encountered by today's society make it easy to justify in some twisted way the benefits of drugs, including alcohol, rather than face up to reality and meet problems head-on. Decriminalizing soft drugs is but the beginning to the full acceptance of all drugs, yet this does not alter the fact that the crime, in the social sense of the word, will remain. Decriminalization of alcohol has not removed the attendant problems or associated crimes with its manufacture and use.

For long the legislator has held himself up as the champion of the people, the protector of society, the expert who knew what was good for society and what was not, and this analogy was used at the time of the debate on capital punishment, particularly with reference to the Berkien theory of the MP's responsibilities.

If there is to be any consistency and honesty, then it behooves the legislator to prevent society from feeding on its own weaknesses.

In fact, society is not that weak and is crying out for law and order, yet the legislator seems bent on decriminalizing marijuana and, of necessity, its derivatives.

As a conclusion to the article which appears hereunder we would leave the reader with the question, "What intrinsic benefit can be derived from the non-medical use of drugs, particularly the so-called soft variety?" (Editor)

THE CASE AGAINST THE LEGALIZATION OF CANNABIS

André McNicoll

medical sociologist, the author delivered this address to the Rotary Club of Ottawa in the Chateau Laurier on March 14, 1977.

The subject of the decriminalization, or legalization¹, of cannabis, that is, marijuana and hashish, has been very much in the news for some time. Lately, however, it seems even more so. For example, less than two weeks ago, the confused pronouncements of the Attorney General of Ontario, Roy McMurtry, which seemed to favour legalization, received generous media coverage². It appears to me equally that we are now facing some sort of concerted campaign to legalize marijuana.

Ladies and gentlemen, this rush to legalize marijuana must be opposed with courage and determination. The reasons for this most unexpected call to resist, yet another form of intoxication, are compelling.

Let me begin with a brief review³ of the alarming evidence that exists that, not only is the prolonged use of marijuana dangerous, but, in some instances, even the infrequent use. Alarming, particularly because the evidence is not known to the general public, and not much better known to the medical profession. Why this remarkable ignorance should be is fascinating and I will explain later in my presentation.

In 1969, the American government, and, a little later, the Canadian government, permitted the cultivation of marijuana in order to obtain a standard and known dose of THC — tetrahydrocannabinol — the main psychoactive ingredient of marijuana and hashish. This meant it was possible for the first time in history to conduct truly scientific and laboratory experiments on the effects of the drug. As a result, we are now well on our way to explaining the repeated observations⁴ of deep psychiatric disturbances following marijuana use, for we have sophisticated know-

ledge of the chemistry of the drug and of its effects on different parts of the body.

Unlike alcohol, an extremely simple molecule which is water soluble and metabolized quickly by liver enzymes into the perfectly harmless end-products of carbon dioxide and water, THC is fat soluble. In fact, it is a strikingly high solubility⁵. Molecules of THC hook on to molecules of hydrocarbon in cell membranes and discharge psychoactive by-products directly into the cells where they interfere with nucleic acids — the very structure of cells. Now, because of the high concentrations of fats in the brain and in the gonads, with repeated use there is a gradual buildup of the drug and its metabolites in these parts of the body. The metabolites from smoking just one single marijuana cigarette are found in the blood at least eight days after. With long term use it is therefore entirely possible for the user to be under the effect of the drug for several months after use has stopped. And marijuana, far from being a simple drug, is made up of at least some 50 separate chemical components — many of which are psychoactive. To say that marijuana is less toxic than alcohol, as one hears so often, is patent nonsense — a fabrication of the irresponsible and abysmally ill-informed proponents of legalization.

This valuable knowledge, about the persistence of THC in the brain, may explain a consistent clinical observation — the a-motivational syndrome — a condition described by two Philadelphia psychoanalysts, Harold Kolansky and William Moore^{6,7}. In several hundreds of young users and patients they have seen, they found that all showed the same set of symptoms: mental and physical apathy, lethargy,

sluggishness; a goallessness and a loss of interest in personal appearance; a flattening of affect giving a false impression of well-being, usually accompanied by the patients' conviction that they had recently developed emotional maturity and insight.

High concentrations of THC in the brain may also be related to recent findings suggesting possibly irreversible brain damage following heavy use. Dr. A.M.G. Campbell, of the British Royal United Hospitals, London, found that brains of ten young male heavy users, had shrunk. He attributed the atrophy to the use of cannabis. Dr. Robert Heath, a very highly-reputed psychiatrist and neurosurgeon at Tulane University, has found structural alteration of brain cells in rhesus monkeys subjected to moderate doses of THC — doses equivalent in humans to one marijuana cigarette per day. Heath is convinced that the heavy, long-term use of cannabis causes irreversible brain damage. A view he confirms in his more recent and soon-to-be-published findings.

There is also evidence of high rates of chromosome breakage in white blood cells, of a substantially reduced synthesis of DNA — the very stuff of heredity — in lymphocytes — cells essential to the body's immunity system⁸, of impaired sexual functioning, reduced sperm counts, as well as lowered levels of testosterone — the hormone responsible for secondary male sexual characteristics.

Recent animal studies have grave implications for humans. Prof. Peter Fried, at Carleton University, has found retarded development in rats whose mothers had been exposed to moderate levels of THC. That is, these rats had never themselves been exposed to THC except when in gestation⁹. In subsequent work, Fried is finding that the second and even third generation rats continue to show signs of retardation¹⁰. Prof. M. Joneja, in similar studies on mice at Queen's University, has found "significant fetal growth retardation" resulting from all of several dose levels^{11 12}.

It is now known that marijuana passes through the placenta and that even minute doses may affect the fetus. It is therefore quite possible that in generations to come a very large human population will manifest genetically-transmitted marijuana-induced abnormalities.

Alfred Miliman, a lawyer and a therapist in Baltimore, relates the use of cannabis, including the social use, to a specific thought disorder — the cannabis syndrome — that he believes is a major factor in the genesis of the social upheaval of the past fifteen years^{13 14}.

Some of the medical findings are controversial. Methodologies are not standardized and it has been difficult to consistently replicate the findings. The extraction of THC from cannabis was not perfected until 1972 and even today there remains some disagreement over the method. Marijuana is one of the most toxic and complex drugs scientists have ever come across and much more research is required before we can describe with greater precision its harmful effects, especially following infrequent use. Nonetheless, a few years ago, much of the evidence we now have was not even suspected.

But how can we account for the public's remarkably persistent ignorance about marijuana, and for the urge to legalize?

According to Toronto psychiatrist, Andrew Malcolm, perhaps the most astute student of drug phenomena anywhere, the epidemic use of marijuana coincides with a

particular form of liberalism¹⁵. That liberalism which sees in the post-industrial state the negation of man's inner experience and seeks to re-create a simple past long-gone.

I agree with Dr. Malcolm.

The culture that evolved around the use of marijuana: the return to the land, the meditative existence, tribal, communal living, and the rejection of all traditional authority and institutions, has had a near-hypnotic appeal for this type of liberal-humanist. It is a drug culture that has been veiled in mystical, magical garb, but without the slightest awareness that its appealing philosophy of apparent equanimity was dictated by the effects of marijuana on specific brain centres¹⁶. We know that the effect of THC is mainly on the limbic system of the brain — a group of brain structures responsible for certain aspects of emotion and behaviour. Through repeated marijuana intoxication the individual exhausts his ability to respond creatively to his environment, he suffers a progressive loss of his critical and intellectual capacity, is rendered more suggestible, recent and immediate memory are blocked in favour of long-term memory, and eventually he slips into a more primitive mental state¹⁷.

One argument that is frequently advanced in favour of legalization is that the stigmatization of the user through the imposition of legal sanctions is a worse evil than the drug itself. This argument rests on an incomplete knowledge of the harmful effects of marijuana use and in the fashionable theories of sociologists — theories that are unproven and falling into disrepute¹⁸. The drug phenomenon of the 60's was the first major social issue to which sociologists addressed themselves and they did so with uncritical zeal, and parsimonious data. Sociologists, like many other social scientists, have contributed enormously to the drug problem by conducting a dialogue at an infantile level, and, in a manner so as to serve the expansion of their profession¹⁹.

One also hears that decriminalization in Oregon — the first state to decriminalize in the U.S. in 1973 — did not result in greater use²⁰. The first surveys in Oregon, conducted by the National Drug Abuse Council, an organization committed to legalization, found, naturally enough, no increase. But a second study by an independent firm, and just released, has found an increase of 16 per cent in marijuana use in the age group 18 to 29, from 1974 to 1976. At the same time, the Criminal Division of the Oregon State Police reports a 55.1 per cent increase in citations for possession of less than one ounce of marijuana between 1975 and 1976, and for the same period, a 41.3 per cent increase in all marijuana-related offences. This week, police officials from Alaska, Maine, and California will be reporting significant increases in use since decriminalization took place in their states. The situation in Maine is such that a bill has recently been tabled to re-criminalize marijuana offences.

To maintain that decriminalization or legalization would not increase use is, in fact, to ignore everything that we know about the sociology of drug taking — namely, that drug taking levels are governed by a social contagion effect. We know this through many sophisticated epidemiological studies of alcohol consumption^{21 22}.

The rush to decriminalize marijuana does not have its roots in reason and logic but in the beguiling nature of the experience of the drug. We are witnessing today the result of the second phase of the acculturation of marijuana: the social, recreational use by ever-increasing numbers of

professionals. A pattern of use, both in terms of frequency and of population, that easily but erroneously convinces one that the drug is harmless.

But the pattern of use emerging in younger people, and which may become dominant, is far heavier than anything anticipated in the past. The latest report of the U.S. National Institute on Drug Abuse — a survey of 13,000 high school seniors — shows that 8 per cent of them had used marijuana 10 times or more in the previous month, compared with 6 per cent who had taken alcohol that many times. The same survey also reported that one out every 10 men between the ages of 20 and 24 uses marijuana daily. If men who have never smoked marijuana are excluded, the ratio of young men who smoke daily is nearly one in five²³.

This pattern of use is a menace to public health. My estimate based on observation, the toxicity of the drug, and emerging patterns of consumption is that 20 per cent of those who experiment with hashish will experience a psychosis and require professional psychiatric care. The implications for health care costs are staggering.

I have to confess to an intense anxiety concerning marijuana, and it does not originate solely from a thorough reading of the scientific and psycho-social literature, but also from more than five years of personal use. A period of my life marked by chronic unemployment, divorce, two psychotic breakdowns, and the suicide of a friend as I stood by helpless because of my own disturbance. I assure you, ladies and gentlemen, these are not mine-expanding experiences.

Those who suffer are not the few "predisposed" cases. 26 per cent of marijuana users graduate to the use of LSD, amphetamines, or heroin²⁴. When travelling to India, in 1971, looking for gurus, I met literally thousands of drug users. Every major city from Istanbul to Delhi was crowded with young Western hippies rolling joints and shooting morphine into their veins as often as five times a day. Cheap hotel rooms were filled with them — most suffering from hepatitis, malnutrition and paranoia. I am not aware that any single one of them had not started on his tragic journey without first being initiated into the delights of marijuana smoking²⁵.

I wish I could report a growing concern with the use of marijuana. But I can't. Both from within the addictions field and from without, there is a rising chorus demanding that marijuana be liberated — to use a current buzz word.

In the 1960's, some of the most important agencies in the drug addiction field in Canada let go their most senior and "conservative" therapists in favour of hiring either neutral administrators, or be-jeaned, youthful counsellors whose sole qualification was an unqualified acceptance of marijuana and therefore the claim that they could "communicate" with their clients. The result has been a tremendous loss of seriousness in the field, a debasement of the therapist, and a kind of immorality symbolized by the fact that marijuana has become a sacred cow.

Almost daily, I receive literature from drug abuse agencies especially from the U.S., stating quite clearly that their objective is not to discourage the use of any chemical substance but merely to provide information so the individual can decide for himself. That, is moral bankruptcy.

From outside of the addictions field, we have the malicious influence of groups like the Washington-based NORML — National Organization for the Reform of

Marijuana Laws. A travelling circus of pot head lawyers and their sympathizers, distorting scientific facts by quoting out of context and preying on gullible reporters, disillusioned legislators and an unsuspecting and ill-informed public to spread the notion that marijuana is perfectly harmless and the laws are vicious for sending poor, innocent kids to jail. NORML has just opened a Canadian office, in Vancouver, on the very same day that Roy McMurtry made his naive and confused pronouncements. An interesting coincidence — the kind that NORML excels in creating.

A few days ago²⁶, I received a letter from Dr. Roy H. Hart, editor of the *Journal of the American Academy of Psychiatry and Neurology*. Dr. Hart says, in part: "There is so much clinical and scientific information about the harmfulness of cannabis that the crucial issue is no longer a medical one. The media's pro-pot position amounts to advocacy journalism, and the public has unquestionably been denied a proper presentation of what is known about cannabis. Unless the data we have is soon transmitted to the public, we will probably witness the decline of Western civilization as we have known it."

I agree with Dr. Hart's grave assessment, and I hope you do as well. I hope you will also agree with me that the real issue is not a problem with the law, but the serious menace to public health from wildly escalating use.

What we should now demand from the federal government is a serious commitment to discouraging use, and detailed plans for a concerted and sustained health education campaign. Once this has been done, then we can talk about the "problem" with the law — not before. Once the social and political climate in Canada becomes less permissive and accommodating, through public health education, then, I believe, the law will act as a vital deterrent to drug use.

REFERENCES

1. I do not distinguish between these two terms. "Decriminalization" is an imprecise term and has been taken to mean many things from doing away with penalties for simple possession, to a kind of abstract sociological notion meaning "de-labelling".
2. Hysterical coverage would really be more appropriate. McMurtry's apparent pro-legalization stand made front-page news in many major dailies. This is not surprising. Anything which is even remotely "pro-pot" immediately becomes a media event.
3. The review is based largely on two articles in *Science*. See: "Marijuana: The Grass May No Longer Be Greener", *Science*, Vol. 185, August 23, 1974; and: "Marijuana (II): Does It Damage The Brain?", *Science*, Vol. 185, August 30, 1974.
4. Students of marijuana, of course, were already familiar with the findings of the Indian Hemp Commission of 1893 which had documented a higher incidence of psychosis among users than non-users (Ireland, T. "Insanity from the Abuse of Indian Hemp", *Alienist and Neurologist*, 1893, 14, pp. 622-630); of the brilliant descriptions of hashish-induced insanity by the French psychiatrist Jacques-Joseph Moreau in the mid-nineteenth century (Moreau, J.J. *Hashish and Mental Illness*, Edited by H. Peters and G. Nahas, New York: Raven Press, 1973); and of the La Guardia Report of 1938 which had showed, in the first ever controlled study, that is, comparing users with non-users in an experimental setting, that almost all the users experienced symptoms of mental illness, ranging from euphoria to full-blown psychotic episodes. (See: Nahas, G. *Keep Off The Grass*, New York: Reader's Digest Press, 1976, pp. 65-67.)
5. See the testimony of Prof. W.D.M. Paton in: "Marijuana-Hashish Epidemic and Its Impact on United States Security". Hearings of special sub-committee of the Committee on the Judiciary, United States Senate, 93rd. Congress, second session, pp. 70-84.
6. Kolansky, Harold and Moore, William T. "Effects of Marijuana on Adolescents and Young Adults", *J.A.M.A.*, April 19, 1971, Vol. 216, No. 3, pp. 486-493.

7. Kolansky, Harold and Moore, William T. "Clinical Effects of Marijuana on the Young", Report presented to the National Commission on Marijuana and Drug Abuse, Washington, D.C. May 17, 1971.
8. This explains the observation made that marijuana users appear to be susceptible to a host of infectious diseases. Infectious diseases are best treated with penicillin G and this may be unfortunate for users since there is a possibility that marijuana users treated with penicillin G might have dangerous epileptic seizures of the severe gran mal type. (Presentation of Dr. Pierre Morin at the Conference of the Canadian Association of Clinical Research, Quebec City, February 1976).
9. Fried, P.A. "Short and Long Term Effects of Pre-Natal Cannabis Inhalation upon Rat Offspring", *Psychopharmacology*. Reprint, 1976.
10. Personal Communication.
11. Joneja, M.G. "A study of teratological effects of intravenous, subcutaneous and intragastric administration of delta-9-tetrahydrocannabinol in mice", *Toxicology and Applied Pharmacology*, 1976, 36: pp. 151-162.
12. Joneja, M.G. "Effects of delta-9-tetrahydrocannabinol on hamster fetuses". To be published.
13. Miliman, Alfred V. "The Thought Disorder of the Cannabis Syndrome". Paper presented at the 10th Annual Conference of the Canadian Foundation on Alcohol and Drug Dependencies, Toronto, 1976.
14. Miliman, Alfred V. et al. "A Ten Year Study of Addiction Treatment Successes and Failures". Study by the Maryland Drug Abuse Research and Treatment Foundation, Inc. Baltimore, Maryland, 1975.
15. See, in particular, Malcolm, Andrew. *The Craving For The High*. Toronto: Simon and Schuster, 1975.
16. Andrew Malcolm has succinctly and brilliantly summarized these findings. Malcolm, Andrew. "An Appraisal of the A-Motivational Syndrome". Paper presented at 6th. International Institute on the Prevention and Treatment of Drug Dependence, Hamburg, June, 1976.
17. Ibid.
18. There is a whole school of sociology that has pushed the notion that the reaction to a "thing" is worse than the "thing" itself. This is called "secondary deviance". See, Becker, Howard S. *Outsiders: Studies in the Sociology of Deviance*. New York: Free Press of Glencoe, 1963, especially Chapter 4, "Marijuana Use and Social Control".
19. The new discipline of sociobiology is attempting to redress the imbalance created by the labelling theorists and promotes a synthesis of biology and sociology. See, Wilson, Edward O. *Sociobiology: the new synthesis*. Cambridge, Mass: Belknap Press of Harvard University, 1975.
20. For some very illuminating background information on the politics of the Oregon situation, see Cowan, G. Keith. Testimony to the Canadian Senate's legal and Constitutional Affairs Committee, March 25, 1975. It turns out that State Attorney, J. Patrick Horton, Oregon's much-travelled advocate of legalization, has been financed by Playboy and NORML (National Organization for The Repeal of Marijuana Laws) and that the Drug Abuse Council responsible for the so-called survey showing no increase in use has had an intimate association with NORML.
21. Eastland Subcommittee Hearings on the Impact of the Marijuana Hashish Epidemic on United States Security, Washington, D.C. 1974. See testimony of Prof. Nils Bejerot, p. 170.
22. Schmidt, W. "Public Health Perspectives on Alcohol Problems with Special Reference to Canada". Paper presented at the 10th Annual Conference of the Canadian Foundation on Alcohol and Drug Dependencies, Toronto, 1976.
23. *Globe and Mail*, March 12, 1977.
24. The notion that the use of cannabis does not lead to the use of hard drugs is uncritical. It is fascinating why nothing is made of the fact that each year in Canada several hundreds of hard drug users are recruited *directly* (that is, there is no transitional drug involved) from the ranks of cannabis users. There were 488 such cases in 1974, 577 in 1975. These are "known" cases (that is, known mainly to the police) and probably represent only a fraction of the real number. See: Annual Report of the Bureau of Dangerous Drugs, Ottawa. The 26 per cent figure quoted refers to a random sampling of New York State high school students. See: Kandel, Denise, "Stages in Adolescent Involvement in Drug Use", *Science*, Vol. 190, November 28, 1975.
25. McNicoll, A. "Let's Think Again About 'Soft' Drugs", 1974. Paper originally appeared in the *Citizen* (Ottawa) and subsequently in revised form in some 30 Canadian and European newspapers and magazines. (Still, only a fraction of the total number of publications who were sent the paper). I have also completed a draft of a book describing my drug taking and involvement in the Counter Culture.
26. February 28, 1977.

Submitted by Sgt J. Lowe on behalf of the Military Police.

HOLY WEEK/EASTER CHAPEL SERVICES

The following Chapel Services are scheduled for Good Friday, April 13, and Easter Sunday, April 15:

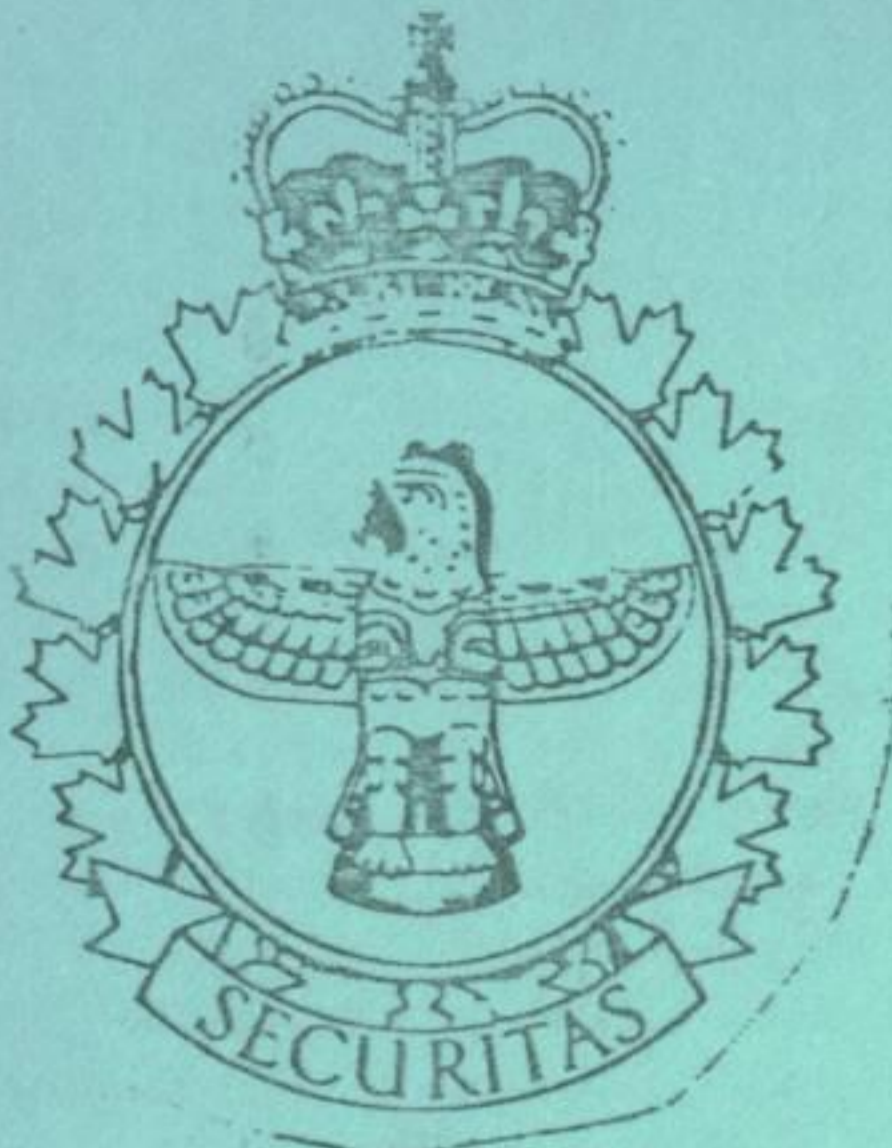
RC Good Friday 10:00 - Good Friday Service
11:00 - 12:00 - Confessions

Easter Sunday 1:00 - Mid-day Easter Celebration

PROTESTANT Good Friday 7:30 - Chapel Service

Easter Sunday 7:30 - Chapel Service

The following articles have been found and turned in to the Military Police: 2 wrist watches



TOTEM TALK

DRUG ABUSE

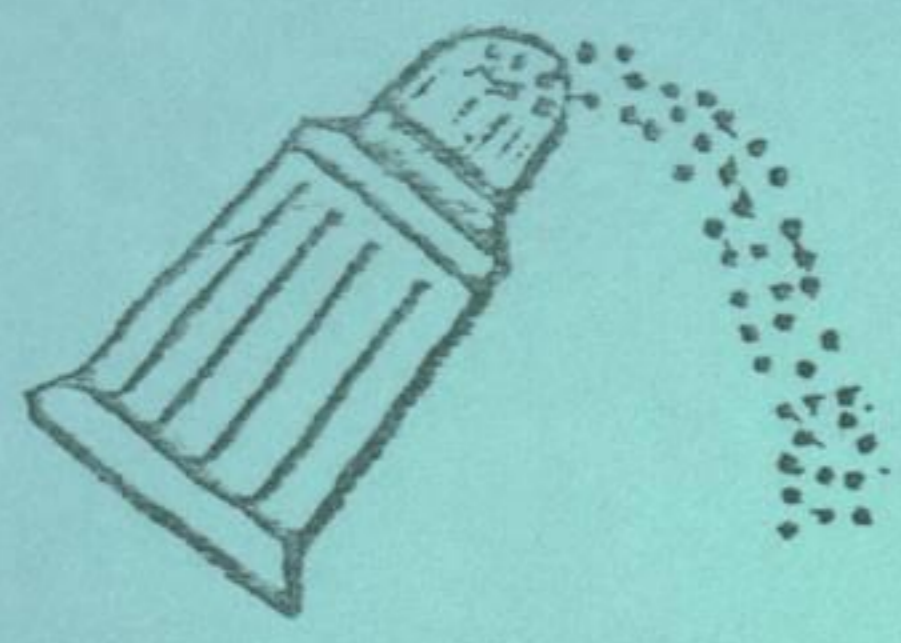
The Prairie West Community College, on the 06 Apr 79, sponsored a presentation on Drug Abuse. The presentation was given by Cpl Somers of the Kindersley Detachment of the RCMP. I recommend to you who missed Cpl Somers presentation, to try and get out to the next one.

I would like to pass along to you, with Cpl Somers permission, some tell-tale signs which are present when a person uses marijuana.

1. rapid speaking - marijuana acts as a stimulant
2. very red eyes - they will remain red from 4 to 12 hours
3. eye pupils dilate
4. aims and goals become meaningless to long time users
5. possession of cigarette papers
6. possession of small bought or home made pipes
7. possession of roach clip - a joint holder
8. burnt finger tips
9. possession of foil or plastic, seal type, sandwich bags which are used to carry the marijuana
10. intoxication without any smell of alcohol
11. burnt clothing - the effect of the drug causes carelessness
12. the presence of an odor, like burning leaves in the fall
13. change of habits:
 - never at home
 - too much or not enough money
 - too many friends, too many telephone calls
 - bank accounts which disappear
 - moody and secretive

I hope, as well as this article, you have taken the time to read "The Case Against The Legalization of Cannabis." In order to prevent cannabis from being legalized, Cpl Somers asks you or the group you belong to, to write or send a petition to your local member of parliament. I agree with Cpl Somers, it is time to do something NOW.

Canada Grade 'A' Fryers will be available approximately April 18th from Acadia Colony Hutterites. The cost will be 85¢ per pound. Place your order through WO Al Ward, Loc. 249 or 2653. Don't delay and wish you had ordered.



MON GRAIN DE SEL
par Michelle Lemay

Bonjour, bonjour,

"Mon pays, ce n'est pas un pays, c'est l'hiver." Ce que Gilles Vigneault chante du Québec commence à être vrai pour Alsask. Excepté qu'Alsask a un hiver tardif. On a eu plus de neige depuis trois semaines que dans le mois de janvier. Les gophers ne doivent plus savoir s'ils doivent rester réveillés ou retourner dormir.

Eh! bien. On s'en va nous aussi. On déménage au Québec en juillet. A Valcartier. Si on allait ailleurs j'aurais été contente de connaître un autre coin du pays, mais il me plaît de retourner chez-nous. Il est important pour nous que Marc aille à l'école française, mais avec l'aide de voisins anglophones il conservera son anglais. Sinon on va l'aider à le garder. Mais je vais m'ennuyer d'Alsask.

Il s'en passe des choses dans la famille Figden. Tout le monde a été bien heureux de l'ouverture du "nouveau" snack bar. L'endroit est propre, gai et accueillant. Roy et Bonnie sont fatigués, mais pleins de bonnes idées. Mais voilà que tout à coup Golden devient grand frère. En effet, ces jours-ci Roy et Bonnie deviennent parents adoptifs d'une petite fille. Un beau rêve se réalise. Félicitations à la famille Figden. tout le monde se réjouit avec vous.

Félicitations à Sheila et Jocelyn dont les fiançailles ont eu lieu il y a quelques semaines.

La station sera à moitié habitée pendant le congé de Pâques. Beaucoup de gens visiteront leur famille. Soyez prudents sur la route et

Joyeuses Pâques !

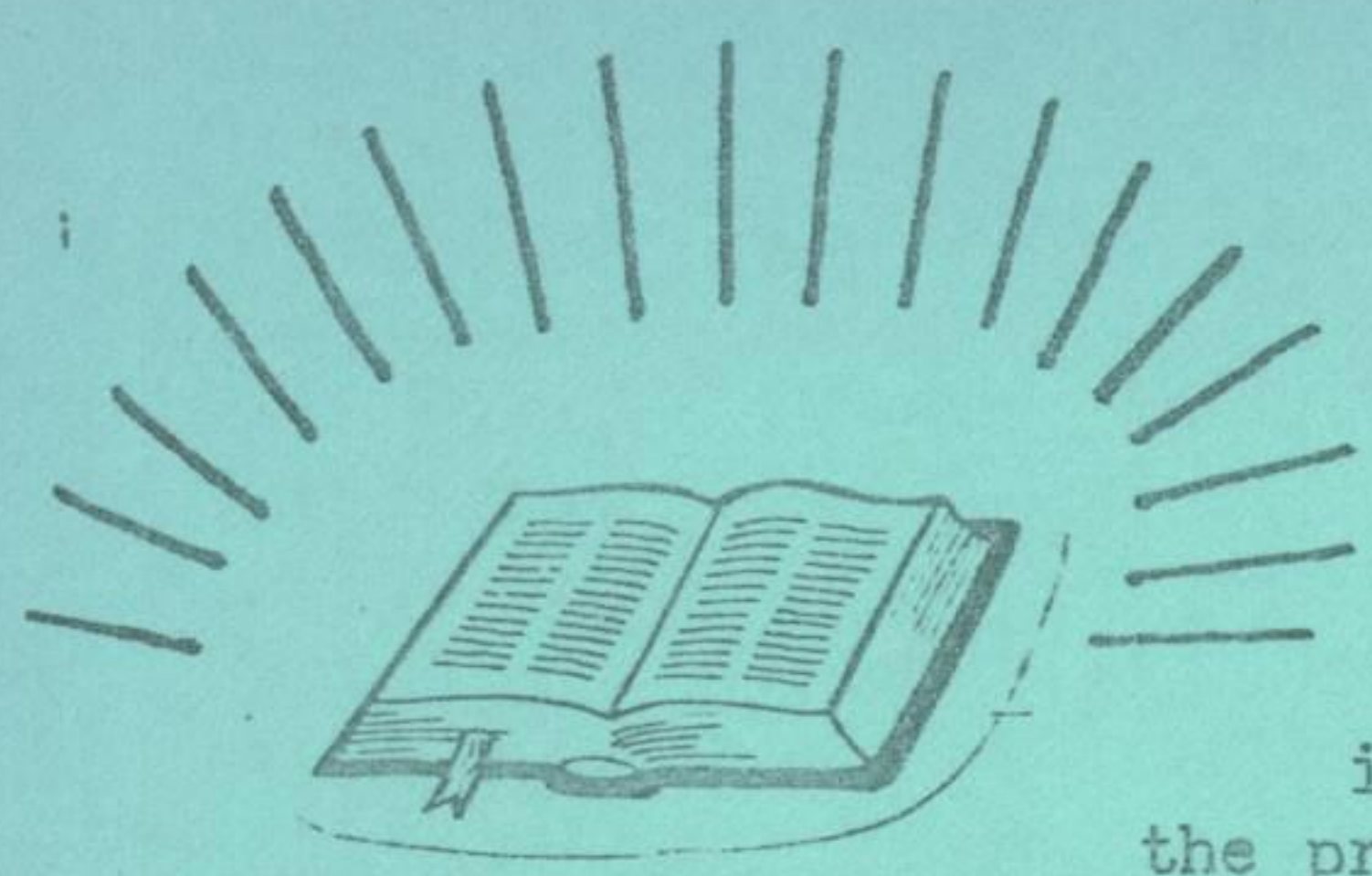


ALSASK LIONS CLUB DRAW OF THE MONTH

Winners for the April, 1979, draw are as follows:

- \$50.00 - Dick Savidant
- \$30.00 - Paul Leboeuf
- \$20.00 - Ron & Marlene Beattie
- \$15.00 - Jim James
- \$10.00 - Lorne Tobias





SEARCHING THE SCRIPTURES

John 5:39

As a final article on issues confronting us in these last days, may I draw your attention to the problem of drugs. The previous two articles discussed pornography and homosexuality and Scripture was used to show God's condemnation and hatred of them. Let us look at what God says about drugs. First, the word for drugs comes from the Greek word for sorceries "pharmakeia" meaning pharmacy, druggist, magic, medication; also the word "pharmakon" meaning magician, poisoner and druggist. Specifically in Revelation 9:21, 18:23, 21:8 and 22:15 is the word sorceries, or pharmakeia and pharmakon, used as God identifies this practice of drug use or sale of drugs with murders, idolaters, liars, thieves and other abominal practices and persons. Fifteen times is this word sorceries used in Scripture and always, always used with those that deceive, practise witchcraft, dogs, pagan worship and other practices of an abominal nature.

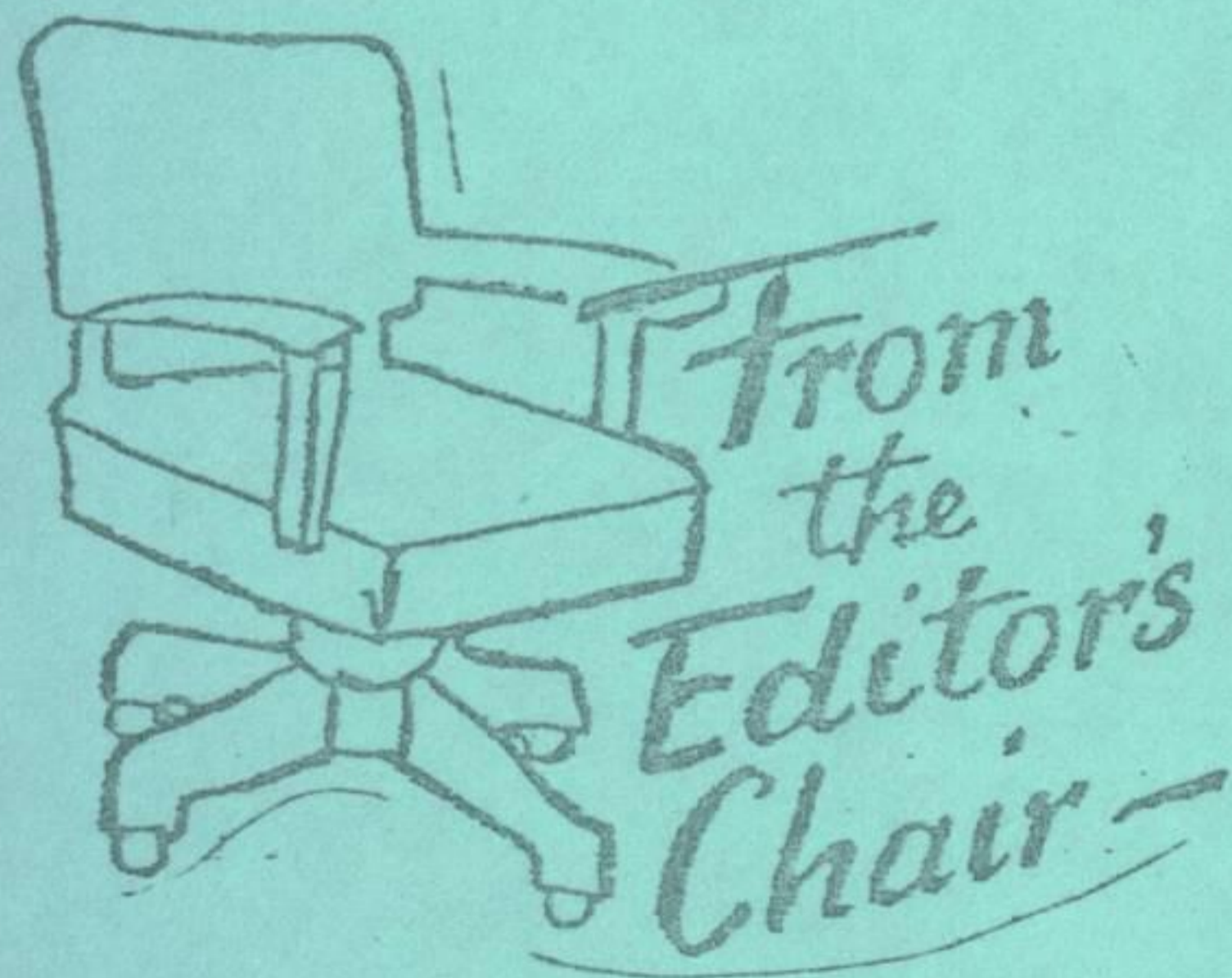
The use of drugs today has the same implication. Let me say that persons involved in illegal, mind-altering drugs in this age are not any different that they were in the Bible. If a person is involved with drugs, he or she will be a deceiver and will degenerate to all sorts of degrading practices if continued use in made of drugs. Many pamphlets on drugs and their effects on a person do not really give us the true tragedies of drug use. So much has been written in regards to drug abuse that it has become "old hat" to most of you. Write-ups on drug abuse have, in some cases, colored over the real dangers of drug use. However, an article written in the March 79 issue of Good Housekeeping gives some very good facts on drug abuse and specifically marijuana. The following are exerpts from that article: Dr. Blaine of the National Institute on Drug Abuse in Rockville, Md., who had been the assistant director of the National Commission on Marijuana and Drug Abuse says this: "Marijuana is retained in the body for a long time. It has more than 57 unique ingredients. Several of these are psychoactive (mind-altering). Of these ingredients, Delta-9-THC (commonly called THC) is the most psychoactive. Experiments have shown that three days after a person smokes one joint, 50% of the THC that was inhaled is still in the body in active form. It may take weeks to rid the body of the remainder of this THC. The THC seeps into the fatty cells and fat-laden organs: liver, spleen, lungs, sex organs and the brain. Each additional joint smoked adds more THC to accumulate in the body. This THC affects the part of the brain known as the septal area which controls emotional behaviour, deep-seated pleasurable sensations, instincts, the subconscious and memory storage." Dr. Robert L. Dupont, formerly the director of the National Institute on Drug Abuse says: "From what we know already, I have no doubt that the consequences resulting from drug use are going to be horrendous."

Surely the leaders in our country who are attempting to legalize marijuana have access to studies, research and experiments on this drug. Why then would they try to have it legalized? Only one reason: their own greedy self is the "best interest of their heart."

Parents, do you realize the dangers to our children, your children? Do you sit in apathy or do you condone it as you have tobacco smoking and drinking of alcoholic beverages, saying "Oh, well, all in moderation you know." Tobacco and alcohol wreak havoc with our spiritual and physical health and our economy, and marijuana is worse yet. It is time parents who say they love their children demonstrated that love by setting an example for their children of good, clean, healthy living. Tobacco (nicotine) is a poison and it stinks and makes you, your clothes, your house and everyone around you stink. Alcohol is a poison and stinks and certainly does not make you smell like a rose nor act like a gentleman or lady. Parents, take a look at yourselves, then your children; blow smoke in their faces or burp alcohol smelling breath at them and then tell them you love them and are trying to set a good example for them. If you can have these degrading vices why can't your children? You are not bluffing your children, just fooling yourself.

If you really want the best for your children then turn to Jesus Christ who loves you and gave Himself for you. Christ came to save sinners; that's you. Christ suffered the penalty for your sin. Accept Him as taking your place and take Him as your own personal Saviour. Trust Him. Believe Him. Prove Him. Jesus is the answer to all life's problems. Come to Him now.

If you have any questions on what it means to be saved or how you can know you are on your way to heaven if you die or Jesus comes back, please contact me anytime. Bible study is held each Monday evening in my home, MQ 33 at 8:00 p.m. or phone 2333. Please come and study God's word.



HEY, MOTHER NATURE, ENOUGH ALREADY!

"Spring is sprung, but the grass ain't riz. I wonder where the sunshine is!"

In less than a week, we celebrate Easter, the great Christian feast marking Christ's triumph over death, and in its wake, the triumph of spring over winter, the renewal of life in nature. Young animals are being born, grass and trees and flowers are awakening to glorify

the world with color and freshness. Sunshine, and soft breezes, and rain falling in misty sheets. At least, that's what it's supposed to be like, so they tell me. I'd really like to see it for myself. But....

Maybe if I'm a really good girl, I can put the boots and parkas into temporary storage around June. In fact, by August the mud should even have dried up a little. As for sunshine and warmth, I've heard of them, at least. Maybe they really do exist, somewhere....

THE CADO KNOWS

Spring has sprung - the sure sign: as I was coming back from Saskatoon last weekend, I noticed someone was burning off his grass, at Flaxcombe. However, it all ends at Rosetown - there's still lots of snow east of there! Not just on the ground, either. It was actively falling in Saskatoon on Saturday.

The Officers' Mess took advantage of the last gasp of winter here in the 'real west' to hold its annual funspiel at the curling rink. Talk about a wacky game: Rick (the novice) Low was on the winning team. (I hope the prize was something he and Edith can use now that they're going to tie the knot and set up their own household - Maybe he can trade it in on a fondue pot). Speaking of food - we had a fantastic make-your-own pizza night last Friday. Nicole Welton, I want you to know, is a 'pro' (really - she used to do it for money). Some of our members, fearing the results of their OPDP exams might well take lessons -

By the time you read this the great exodus will have occurred, one convoy heading south for Phoenix, (though not before Wayne Anderson gets to Edmonton for his briefing as Deputy Returning Officer for the forthcoming election... some people will do anything to avoid the general's visit;) the teachers scattering to the winds - mostly east (don't forget those boots and mufflers); Zoria and the CO to his parents so that she can convert them to the joys of Ukranian Easter (which, unlike Christmas, I gather, the Ukranians celebrate on the same day as the rest of us.) Why, the only officer left to be Chief Easter Bunny and Acting CO for the weekend will be Rick Dunstan. But then, who better? I hear Lion Rick has already demonstrated his talents as a pretty smashing "Ms Carrot" during the Lions' Senior Citizens' Dinner last weekend.

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THANK YOU

On behalf of the pupils and staff of the John A. Silver School, I wish to thank all parents and friends who supported Fun Day. \$216.75 was raised. This money will be used for field trips, Globe Theatre, and other activities for which no funding is available.

Mrs. Leppard guessed the correct weight of the pupils in Grade VI (580 kilograms). Other Winners were Capt. Davis, Golden Pigden, Mrs. Pigden, Mrs. Nicholson, Mrs. Mathews and Mrs. Coombs.

G.E. Proud, Principal

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MISSING since March 14, a small boy's two-wheel bicycle with training wheels. White and green "Supercycle" with high-rise handlebars, white banana seat, and bell on right handlebar. Converts to male or female bike. Last seen on school grounds near sandbox.

If anyone has seen this bicycle or has any information leading to its return, please contact the Military Police or MCpl Kessler.

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STORE HOURS

EASTER WEEK END

CLOSED FRIDAY. APRIL 13.
 OPEN SATURDAY. REG. HOURS.
 CLOSED MONDAY. APRIL 16.

NEW ARRIVALS:

HIKING BOOTS - SPECIAL ORDER ONLY

2 STYLES ON DISPLAY AT CANEX

LLOYD'S DIGITAL RADIOS

SLEEPING BAGS

COLEMAN COOLERS

ADIDAS RUNNERS

ADIDAS T' SHIRTS

ADIDAS SPORT SOCKS

ADIDAS GYM. SUITS

ADIDAS SHOE BAGS

PLANT STANDS

LAWN FURNITURE

GARDEN HOSE

SHELL OIL

10W 30

85¢ LITRE

GROCERY SPECIALS

SQUIRREL PEANUT (500 GRAM) BUTTER

REG. \$1.27

SALE \$1.08

TANG: REG. \$1.40

SALE \$1.16

MAPLE LEAF HAM

REG. \$4.65

SALE \$3.98

SARAN WRAP

REG. \$1.19

SALE .94

COFFEE TRADITION

1 lb. \$2.95

CASHMERE

6 ROLLS \$1.26

WINDEX SPRAY

\$1.05

EASTER

CANDY

30% OFF

THURSDAY 12TH

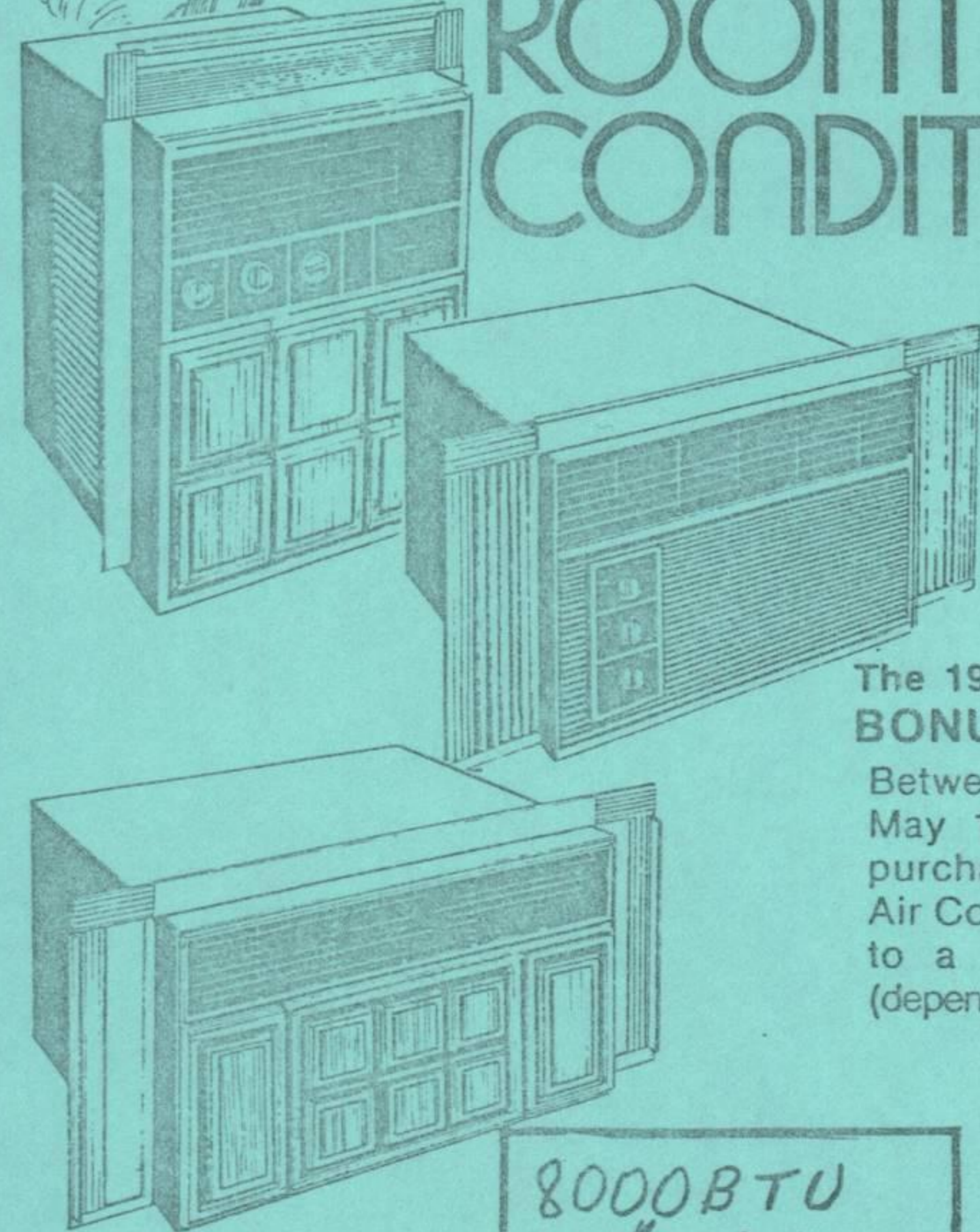
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Between February 15 and
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manager for
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FINANCIAL - SMALL LOANS AND BENEVOLENT FUND ASSISTANCE

1. The Canadian Forces Personnel Assistance Fund (CFPAF) comprises the Canadian Forces Small Loan Programme (CFSLP) and the Canadian Forces Financial Distress Programme. The Financial Distress Programme is operated in co-operation with the Royal Canadian Air Force Benevolent Fund (RCAFBF).

2. CFSLP small loans of \$50. to \$500. are available to all members of the Canadian Forces (Regular) for any genuine purpose that will promote the well-being of members or their dependents.

3. CFSLP repayment rates may be geared from six to 24 months depending on the amount of the loan, at a service charge of \$3.00 per \$100. per year or approximately 5½% simple interest.

4. Any regular member on leave, TD, etc. away from his home unit may apply to the unit nearest him for an emergency loan.

5. If a member is on an unaccompanied posting, his dependent may make application to the loan committee where the dependent is located for assistance.

6. Applications for CFSLP small loans, Distress/Benevolent Fund Assistance, or Benevolent/Financial counselling committee:

Chairman - Lt. D.N. Newell SCOMPT 218
Secretary - Sgt. W.R. Hedley 211
Member - CWO C.F. Baker SWO 221

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CFS ALSASK CHAPEL (RC & P)



ROMAN CATHOLIC

Mass: 5 p.m. Saturday

Confession: Before Mass and by appointment.

Baptisms: Please contact Chaplain as soon as possible.

Marriages: Please contact Chaplain at least 3 months in advance.

Chaplain: Father Joseph Dormans

CFS Alsask - 264 Wednesdays only

Residence - 463-2306 (Kindersley)

RC Chapel Committee Chairman: Sgt. Ed Weisgerber

PROTESTANT

Worship: 7:30 p.m. each Sunday

Sunday School: 11:00 a.m. each Sunday

Baptisms & Marriages: Please contact Chaplain as soon as possible for arrangements.

Chaplains: Padre David Nevett (463-2317 Kindersley) is conducting Sunday services and is available for call-out in an emergency.

Padre Al Stenson (397 CFB Penhold) will visit the Station from time to time.

P Chapel Committee Chairman:

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CABLE TV CHANNELS

STATION	RECEIVED CHANNEL	CABLE CHANNEL
CFCN Calgary	2	2
CHAT Medicine Hat	4	4
CKRD Red Deer	10	10
CFQC Saskatoon	3	7
CBRST Saskatoon	9	6

CATV PROBLEMS

Call Mon - Fri 8 a.m. to 4:30 p.m.
Loc. 245 and ask for CATV

Weekends and after duty hours call
Frank Truman 2647 - Manager
Phil Adams 2346
Bill Pronyk 2614

.....

CANEX: Mon - Fri 10:30 - 12:30
1:00 - 5:30
Sat 11:00 - 3:00
Phone Loc. 239 or 2262

AUTO CLUB: Self-serve.
Pick up key at Guardhouse.

LIBRARY: Mon, Wed, Fri evenings
7:00 - 9:00 p.m. Located at
school. Use SE Corner door.
Librarians - Maureen Irving
Betty Dooley

SNACK BAR: Mon-Thur 4:00 - 10:00
Friday 4:00 - 11:00
Saturday 12:00 - 11:00
Sunday 12:00 - 10:00

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FIRE ALARM SYSTEM IS UNSERVICEABLE. PHONE 222 IF ON BASE OR 2277 IN MQ'S.

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BABYSITTERS

* indicates those who have had a babysitting course. Anyone wishing to be included on this list please send your name, age, phone number and whether or not you have had a babysitting course to the Tumbleweed.

Michelle Ross	(13)	*	2264	Kathy Keats	(16)	*	2413
Sharon Cordick	(18)		2376	Karen Wilke	(13)	*	2296
Gloria Moskowac	(16)	*	2608	Brad Thomas	(14)	*	2656
Tracey Hislop	(14)		2243	Bob Kessler	(14)	*	2354
Darrell Christman	(16)	*	2386	Barb Burk	(16)	*	2252
Martin Christman	(14)	*	2386	Debbie Munro	(15)	*	2396

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FRIDAY NIGHT MOVIES

April 6 - COMES A HORSEMAN starring James Caan & Jane Fonda
Western Rated PG (Parental Guidance)
April 13 - WHO'S KILLING THE GREAT CHEFS OF EUROPE starring George Segal
Mystery Rated Adult
April 20 - CONFESSIONS OF A POP PERFORMER PART 2 starring Robin Asquith
Comedy Rated Restricted
April 27 - MANSION OF THE DOOMED starring Gloria Graham
Horror Rated Restricted Adult
Warning - Some scenes may be offensive

SERVICES AND BUSINESSES

ARTEX PRODUCTS: For supplies and parties, phone Donna Mac Neil at 2694 or drop in at PMQ 22.

AVON REPS: Base - Laurie Weisgerber, 2339. Town - Marge Horton, 2235.

BABY CLINIC: 2nd Thursday of every month. Phone Kay Langille at 2317.

BARBER SHOP: Frank Truman 2647 and Jocelyn Dore 257/206. Wed. and Thur. 6-9 p.m. by appointment. Fill in appointment book at barber shop door.

CUT & CURL CORNER (BEAUTY SHOP): Elaine Savidant (home 2205) Phone 2622 for appointments. Hours: Wed. - Sat. 9 a.m. to 5 p.m. Closed Noon to 1 p.m.

HARVARD CREDIT UNION: Call Lyle Holmstrom, Loc. 213.

THE KINDERSLEY CLARION: is being distributed in the Alsask area by the Boy Scouts. Subscriptions available at \$9. per year by calling Wayne Hornsby at 2388.

REGAL PRODUCTS: Anyone interested in ordering supplies through Regal or in looking at the Regal Catalogue can contact Gwen Stapleton at PMQ 23 or phone 2340.

ROYAL BANK: Call 2213. Mon, Tues, Wed, & Fri; 10 a.m. - Noon; 1-3 p.m. Thur: 10 a.m. - Noon; 1-5 p.m.

ALSASK SEW & SAVE: Phone Marge Thomson at 2258. Located in home, 2nd Ave. E first home on way into town. Hours - anytime.

SGIO: Motor vehicle licence issuer. Game and angling licences. Automobile, Casualty & Fire Insurance. Phone Gwen Martin at 2692.

STAR-PHOENIX: Town delivery: Bobbi-Jo Johnson at 2281 or Janet Graham at 2698. Base: Mike Brown at 2214 or Arnold Simmons at 2634. Please advise if you are going to be away.

SUN-LIFE ASSURANCE CO. OF CANADA: Rep. Ken Winter is at the Rec Centre 1st and 3rd Thursday each month from 7 to 9 p.m. Phone 2433.

TRI-CHEM SUPPLIES: Call Heather James at 2391.

TUPPERWARE DEALER: Call Diane Moss evenings at 2272.

VANDA BEAUTY COUNSELLOR: For information on home demonstration of make-up, beauty aids, etc. Call Fern Wilkie at 2296. or Lynn Anderson at 2382.

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BOY SCOUTS OF CANADA: Call Wayne Hornsby at 2388 for information.

GUIDE & BROWNIE INFORMATION: Call Karen Atkinson at 2635 and Heather James at 2391 respectively.

ROYAL CANADIAN LEGION: Flaxcombe Branch No. 98. Sick and visiting committee, see or call Russ Denney at 2358 or Hiram Huston at 2229.

TOPS(Take Off Pounds Sensibly): Meeting 7:30 p.m. Mondays at the United Church, Alsask. For more information call Wendy Hislop at 2414.

Yes! There is an A.A. & Al-Anon in Alsask. Friday evening 8 p.m. in the United Church. Every 3rd, Friday is a Public Open Meeting. Anyone interested may attend. For more information call 968-2691 968-2310, 968-2666, or 968-2353.



Did you know that there is an active club in Alsask? For info call John Meade at 2225 or Ken Griggs at 2284.

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PONTIAC, BUICK, GMC: Keller & Cameron Ltd. of Kindersley invites interested persons to see their new 1979 Pontiac, Buick & GMC trucks now in their showroom. Call 463-2 or see Bob England, Don Morgan, Elwind Gronning or Bernard Keller.

MUTUAL LIFE OF CANADA: For all year insurance needs or registered retirement savings call Quincy Von Kuster at 463-3060.

KINDERSLEY HOBBER SHOPPE: We now have Radio Shack equipment. Call 463-2145. Located on Main St. Kindersley.

R.J.'s HOUSE OF CRAFTS: For all your craft supply needs, come to 111-1st. Avenue E or call 463-4616. We're located upstairs.

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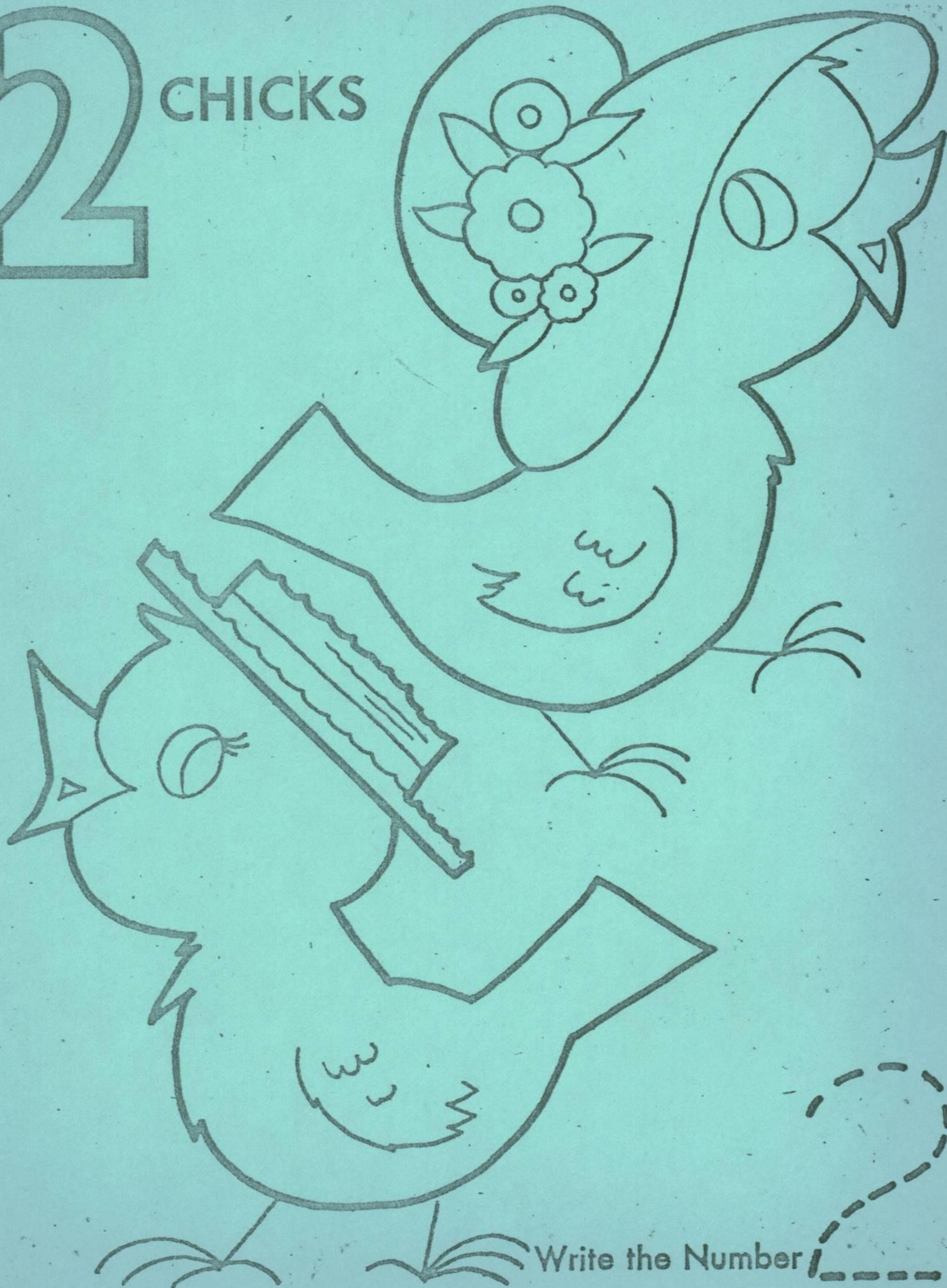
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For Sale - 1966 Pontiac V-8 Fair Running condition. Asking \$250. MQ 33 or phone 2333. (1)

FOR THE LITTLE ONES!

2

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