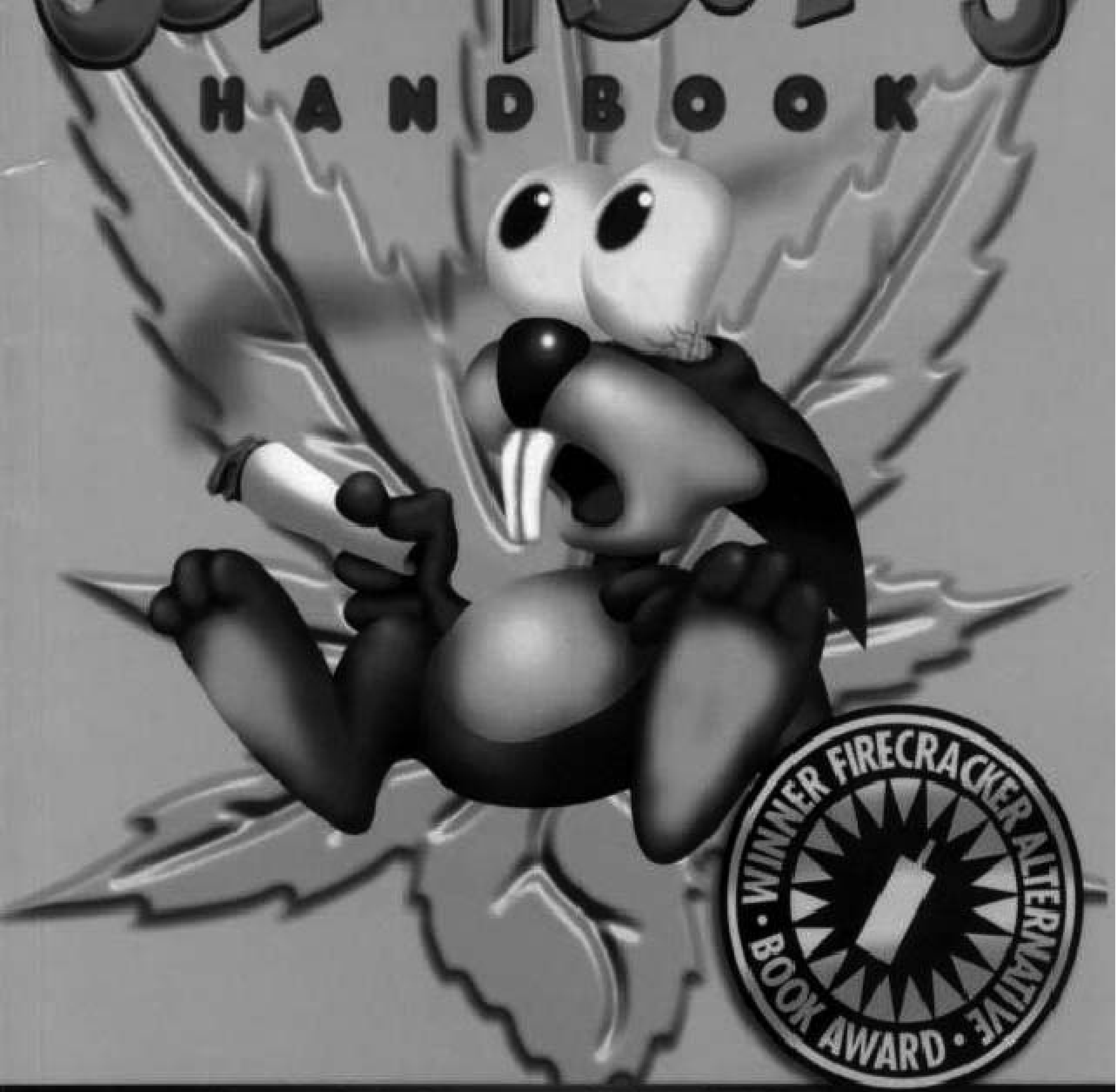
BOBCAT PRESS PRESENTS

THE Joint Rolling HANDBOOK



tips, tricks and techniques

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THE Joint Rolling HANDBOOK

EXPERT EDITION

CONTENTS

6 Rolling

12 MagicCarpet

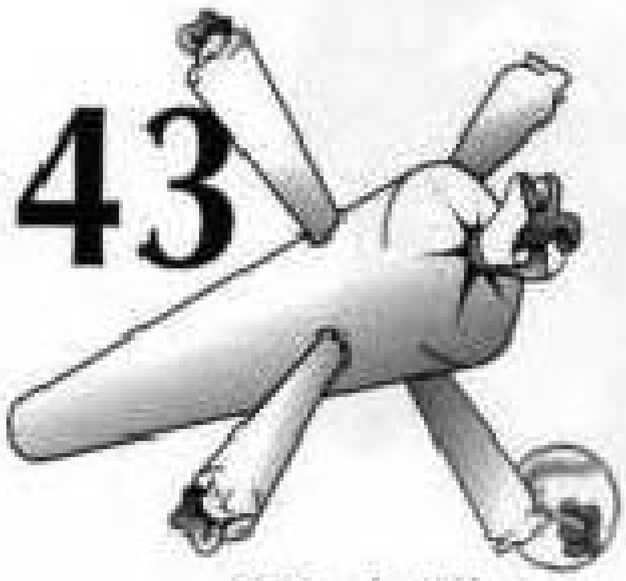
14 Mixes

23 Roaches

24 Crossroads

32 Diamond

35 Tulip

43  Windmill

46 Cannabis Cigar

53 Is it Safe?

59 Is it Legal?

8

Knee Trembler

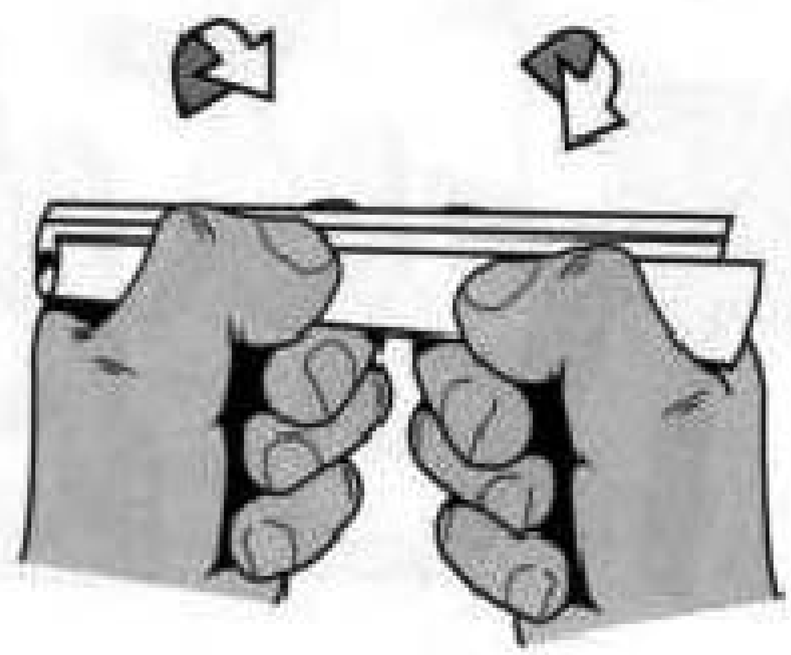
10

Saturday Night Special

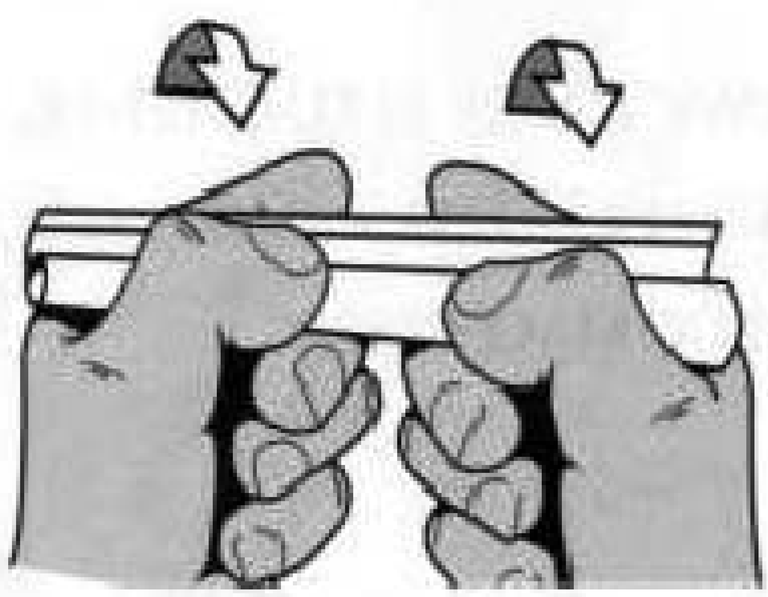
17

20

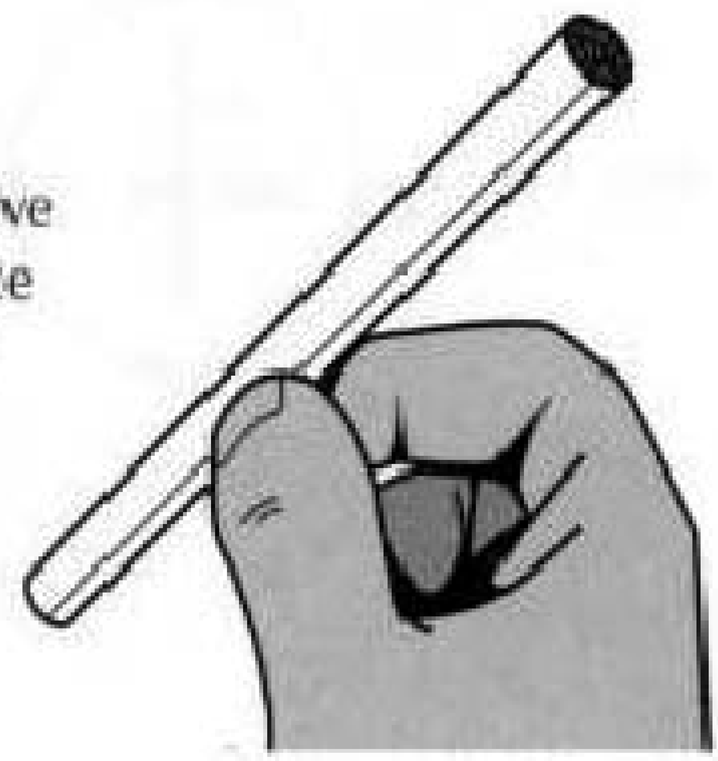
Putting the roach in BEFORE rolling is highly recommended and saves time and hassle (see page 23). You're also more likely to get a perfect fit.



Now for the 'tricky' bit. Pick everything up and start in the middle, rolling outwards. Let your thumbs do most of the work and give support and pressure with your forefingers. You should start to feel the mix firming inside the paper.



When you have an even consistency tuck down the facing paper edge with the tips of your thumbs, wrap the excess paper around the joint, wet the glue and seal that puppy!



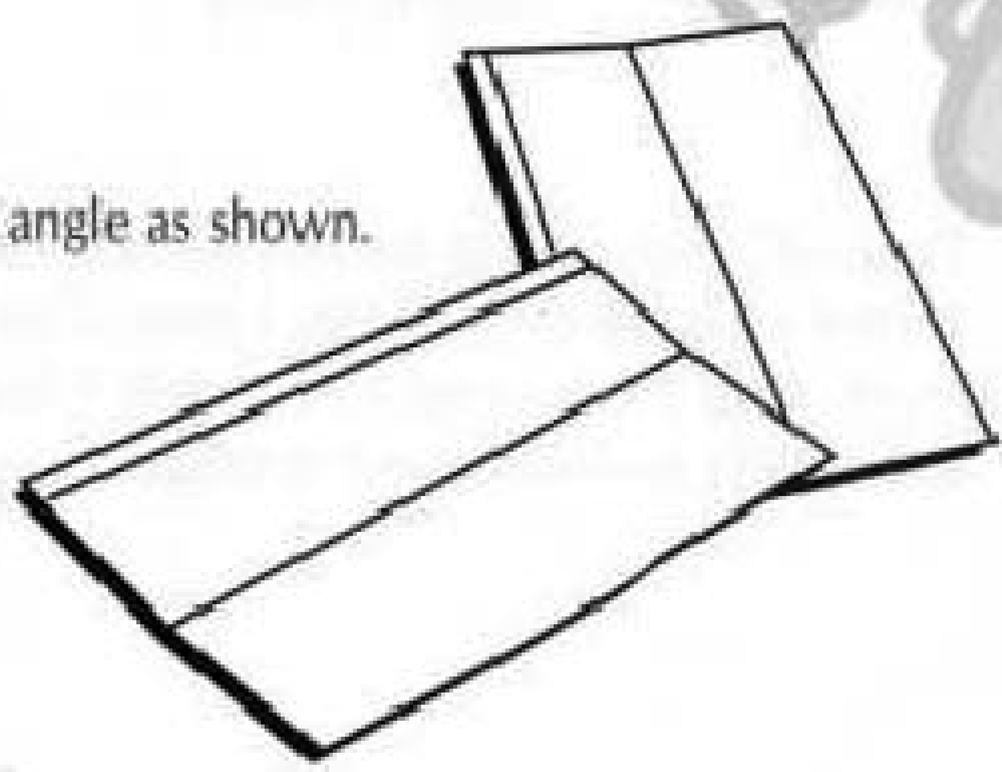
The best joints are firm but not so tight you have to bust a lung to draw smoke. Loose joints taste rough, burn too fast and have a nasty habit of setting light to clothing and furniture.

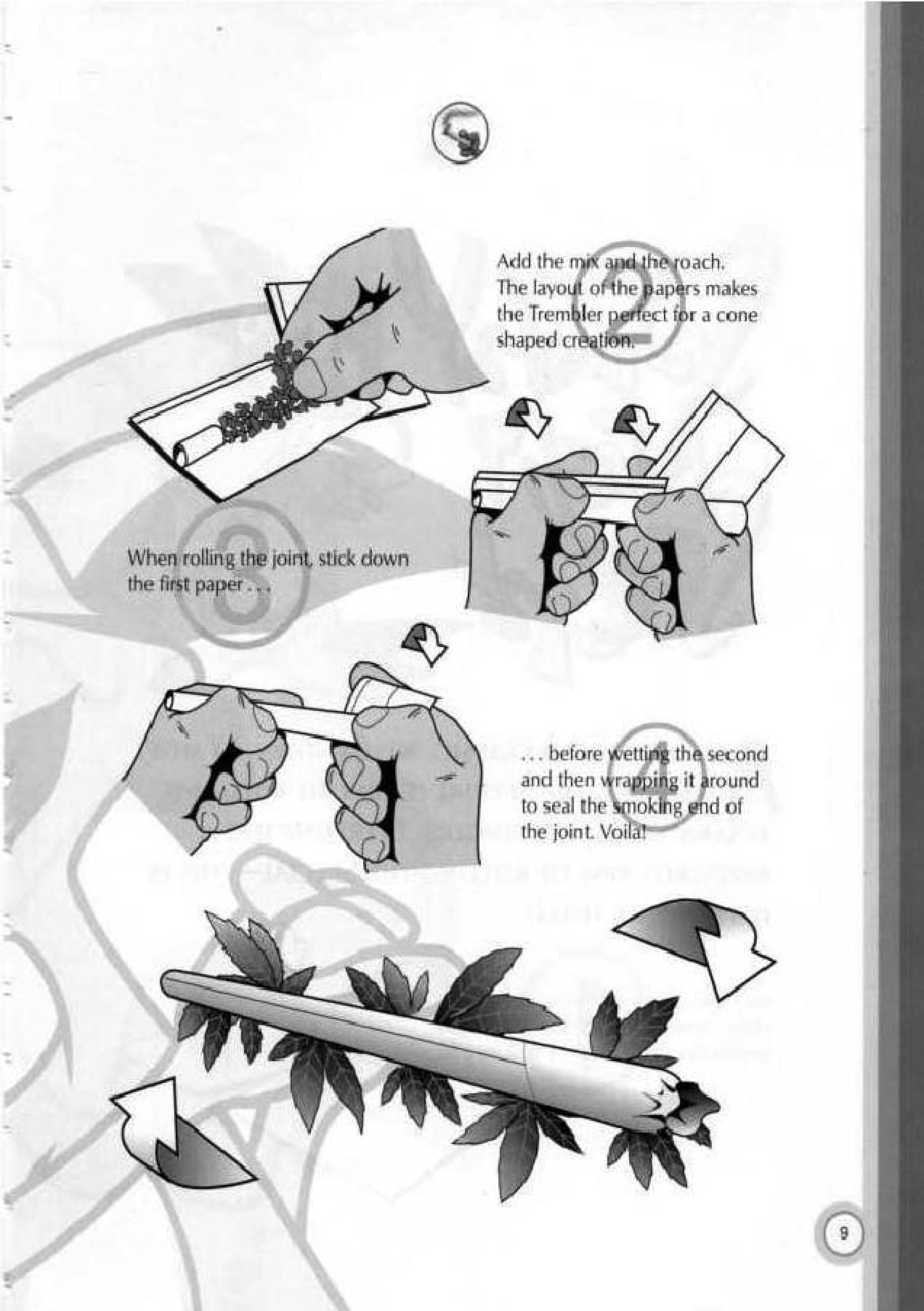
The Trembler

PERFECT FOR ROLLING IN AWKWARD SITUATIONS, THE TREMBLER IS SPEEDY, SIMPLE, USES ONLY TWO PAPERS AND COMES HIGHLY RECOMMENDED. A CLASSIC QUICKIE.

1

Stick two papers together at a 45° angle as shown.

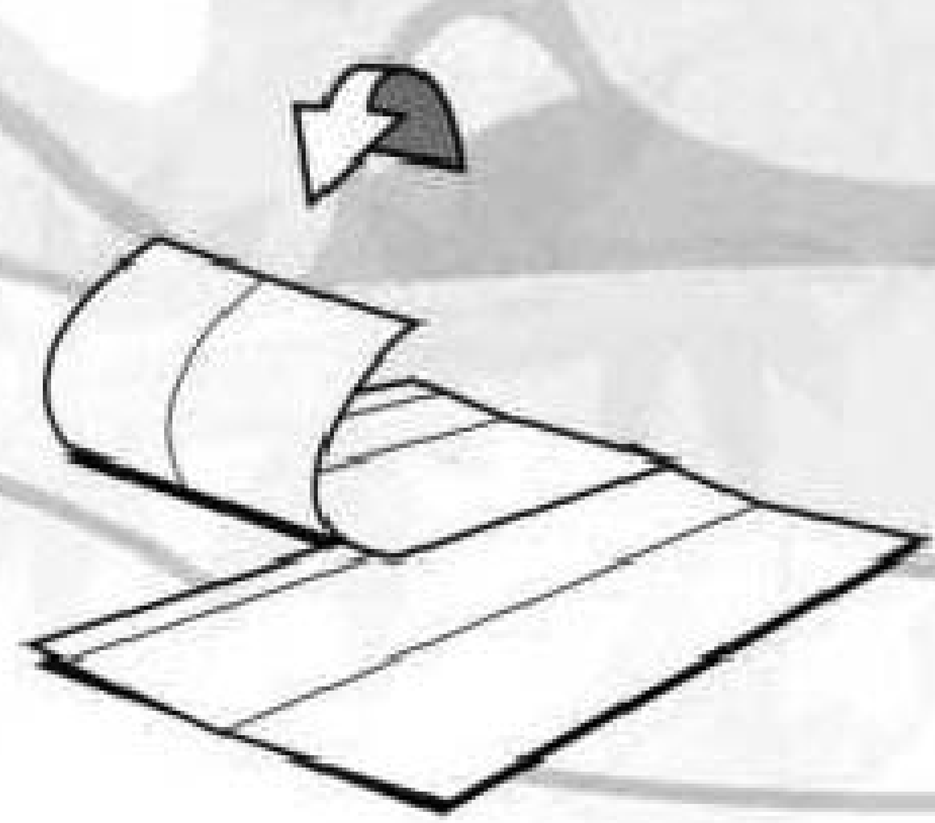


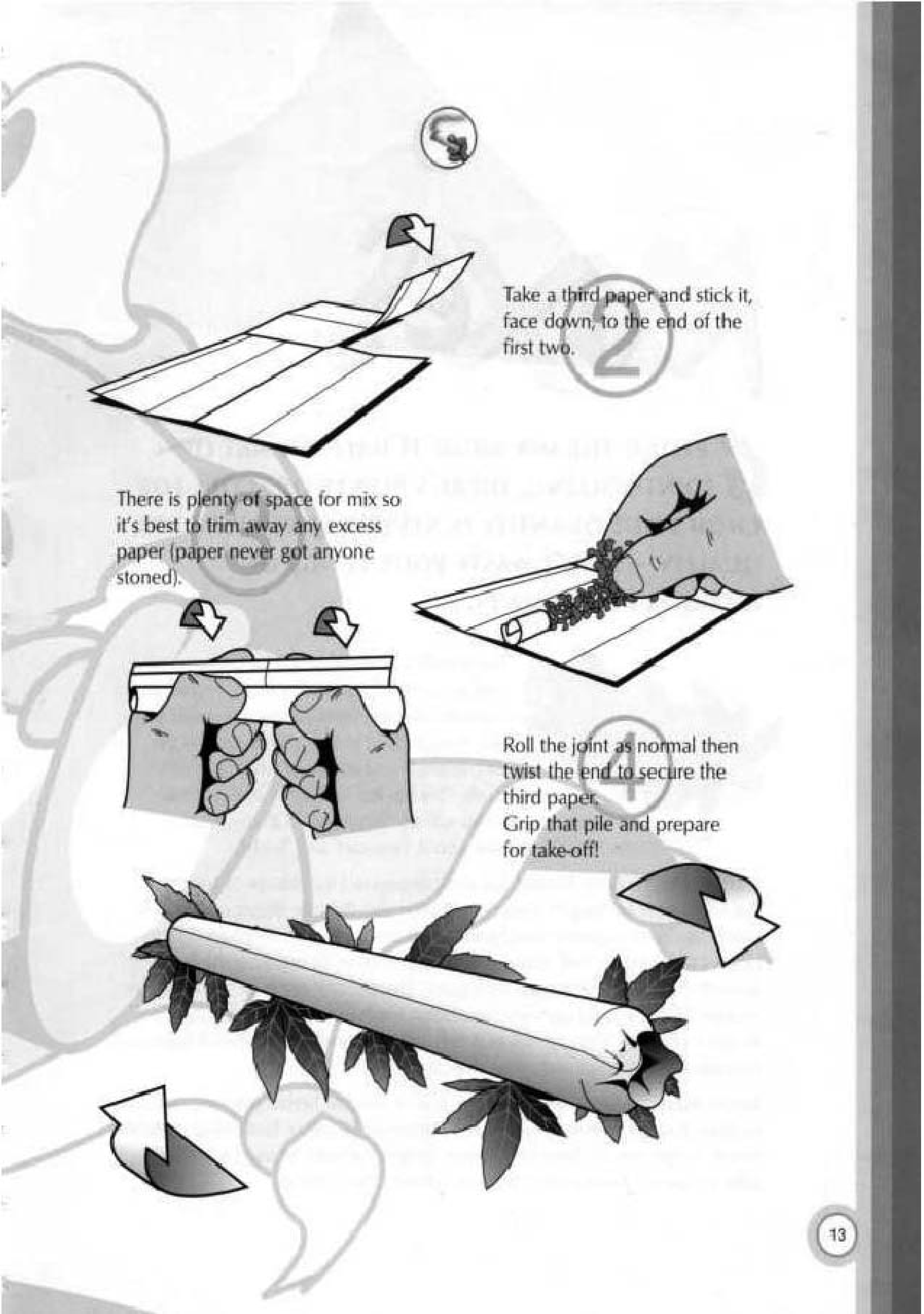

Add the mix and the roach. The layout of the papers makes the Trembler perfect for a cone shaped creation.
When rolling the joint, stick down the first paper . . .
. . . before wetting the second and then wrapping it around to seal the smoking end of the joint. Voila!

MAGIC CARPET

FLY INTO FANTASY ON THE AXMINSTER OF YOUR DREAMS! POPULAR IN NORTH AFRICA, WHERE A CIGARETTE SEGMENT IS SUBSTITUTED FOR THE ROACH, THE CARPET IS IDEAL FOR THOSE THAT LIKE 'EM SHORT AND FAT.

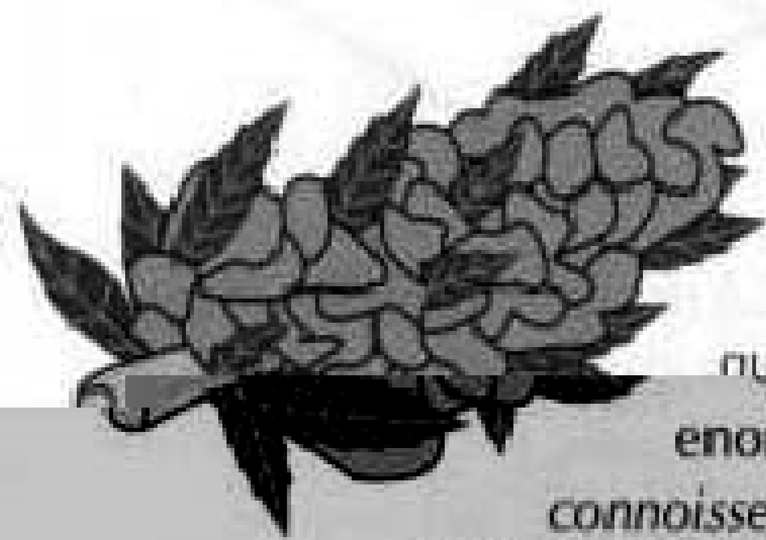
1 Stick two papers together to form a square with a gum strip along one side.




Take a third paper and stick it, face down, to the end of the first two.
There is plenty of space for mix so it's best to trim away any excess paper (paper never got anyone stoned).
Roll the joint as normal then twist the end to secure the third paper.
Grip that pile and prepare for take-off!

MIXES

GETTING THE MIX RIGHT IS HALF THE ART OF JOINT-ROLLING. THERE'S PLENTY OF SCOPE FOR CHOICE BUT QUANTITY IS NEVER A SUBSTITUTE FOR QUALITY — DON'T WASTE YOUR LUNGS ON INFERIOR INGREDIENTS.



The female's flower-tops are by far the most potent part of the cannabis plant. Thanks to cannabis farmers from all over the world there are thousands of strains and varieties — the quality, strength and nature of which can differ enormously. This has led to the rise of the '*weed connoisseur*' who will say things like: "Oh my, what a subtle Sativa!" and talk about 'bouquet' and 'body'.

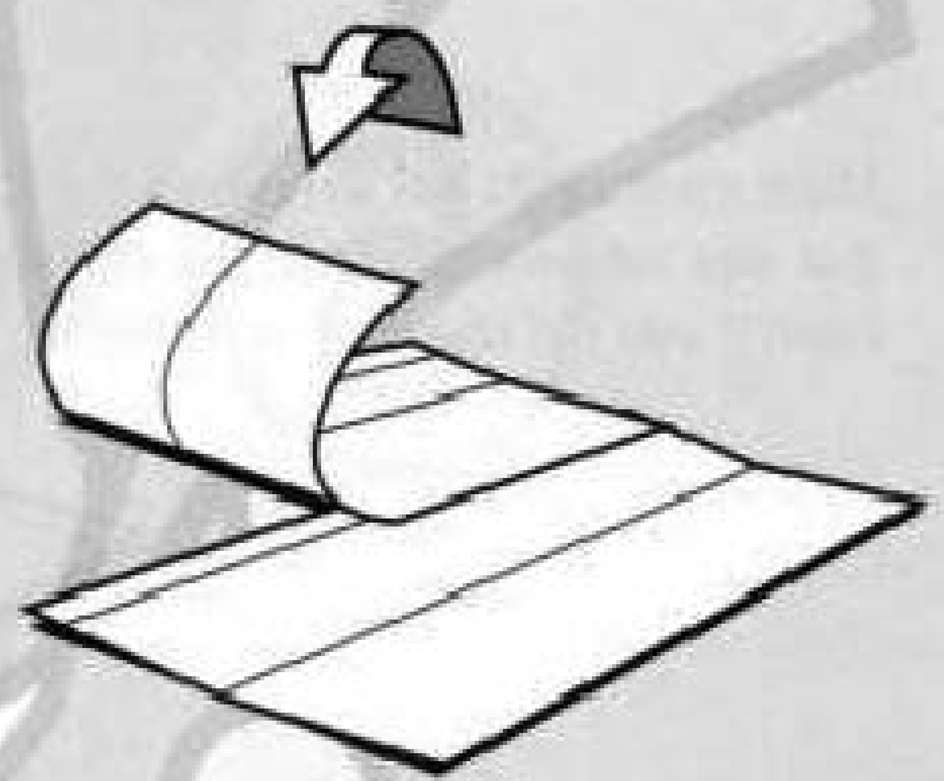
Imported bud is often force-dried and compressed for storage or transit, this can simply be broken up and crumbled into the mix. Better quality bud which has been properly cured and stored should be handled with care to protect the delicate THC glands. Use sharp scissors to break-up the bud and store the remainder in a cool, dark place. Discard any seeds or stems as they contain little THC and are harsh to smoke. Fresh bud may develop mould if stored incorrectly and (painful as it may be) this should be thrown away as it can damage the lungs and cause infection.

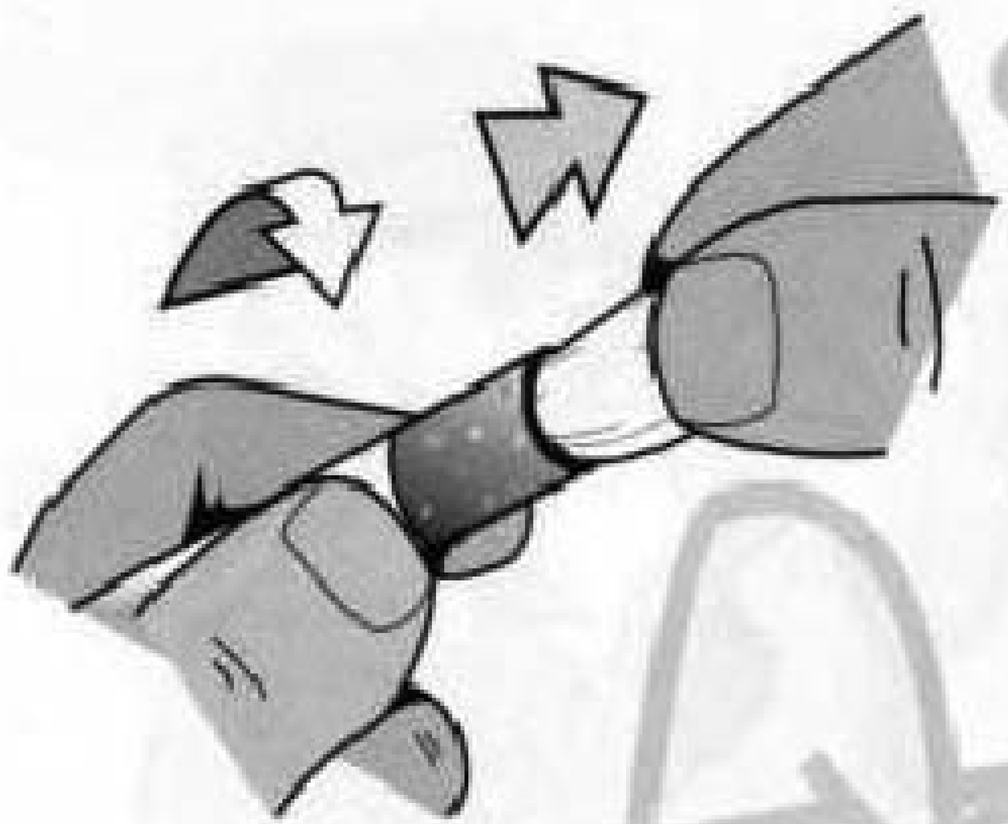
Bud is often combined with tobacco, leaf or another herbal smoking mixture to allow it to *breathe* in the joint. The numerous Skunk or Nederweit varieties which are genetically bred for extreme potency should be used sparingly until the user is familiar with, and can predict, their effects.

Secret Agent

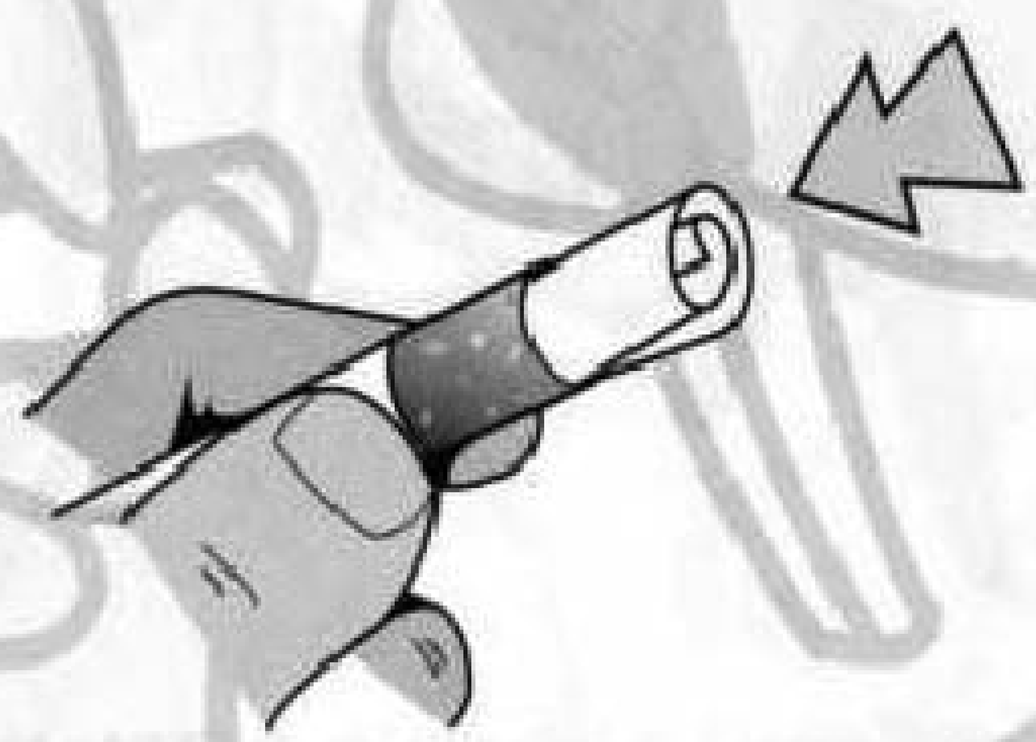
Joint smoking often demands a little discretion. If you're in the need for a clandestine toke, roll yourself a Secret Agent and remember to stay downwind.

Stick two papers together to make a square with a gum strip along one side.

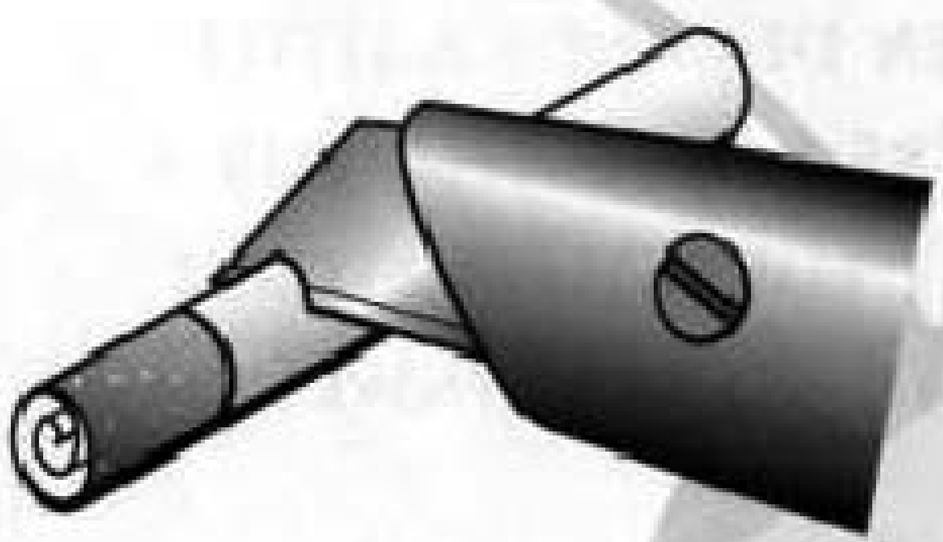




Take a cigarette and remove the filter by squeezing at its base and rotating between finger and thumb. Eventually enough of the filter will show for you to pull it out.



Replace the filter with a roach of the same size and shape.



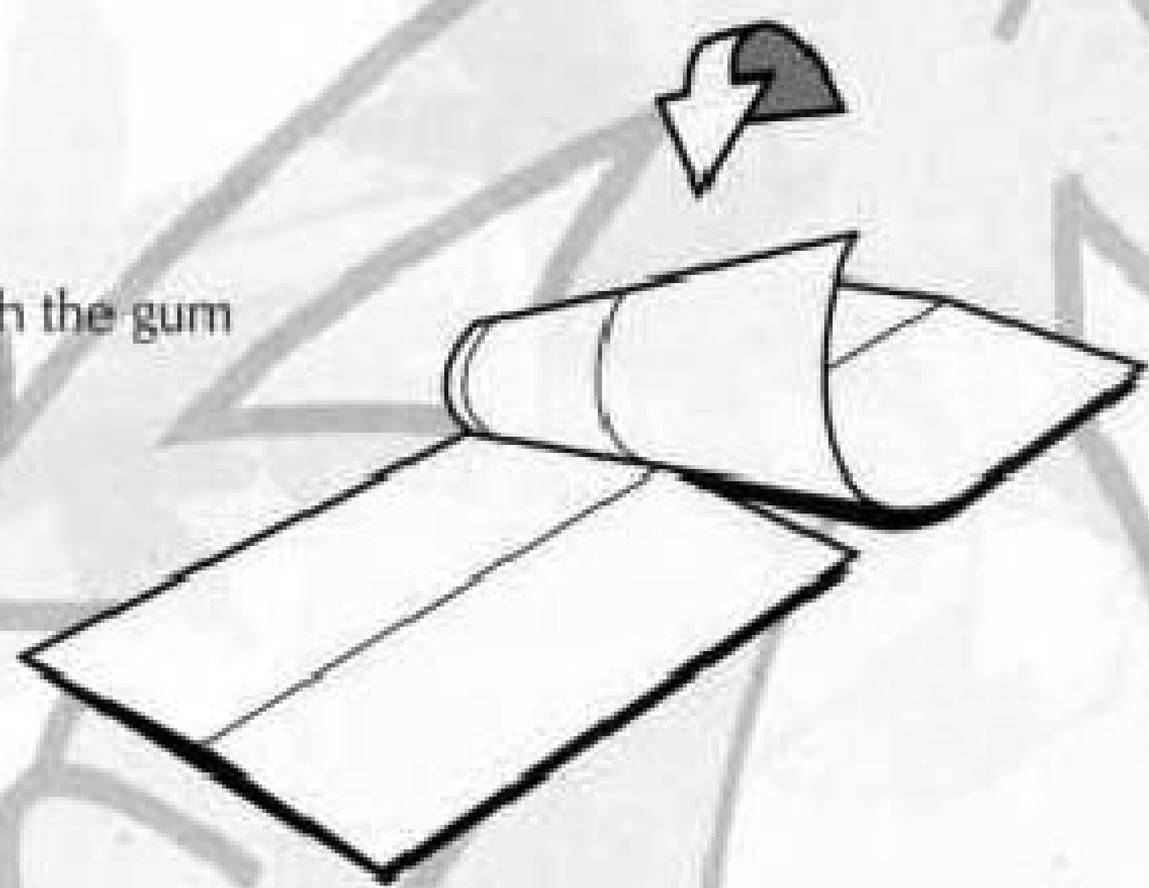
Cut the cigarette in two, as cleanly as possibly about 1cm from the roach.

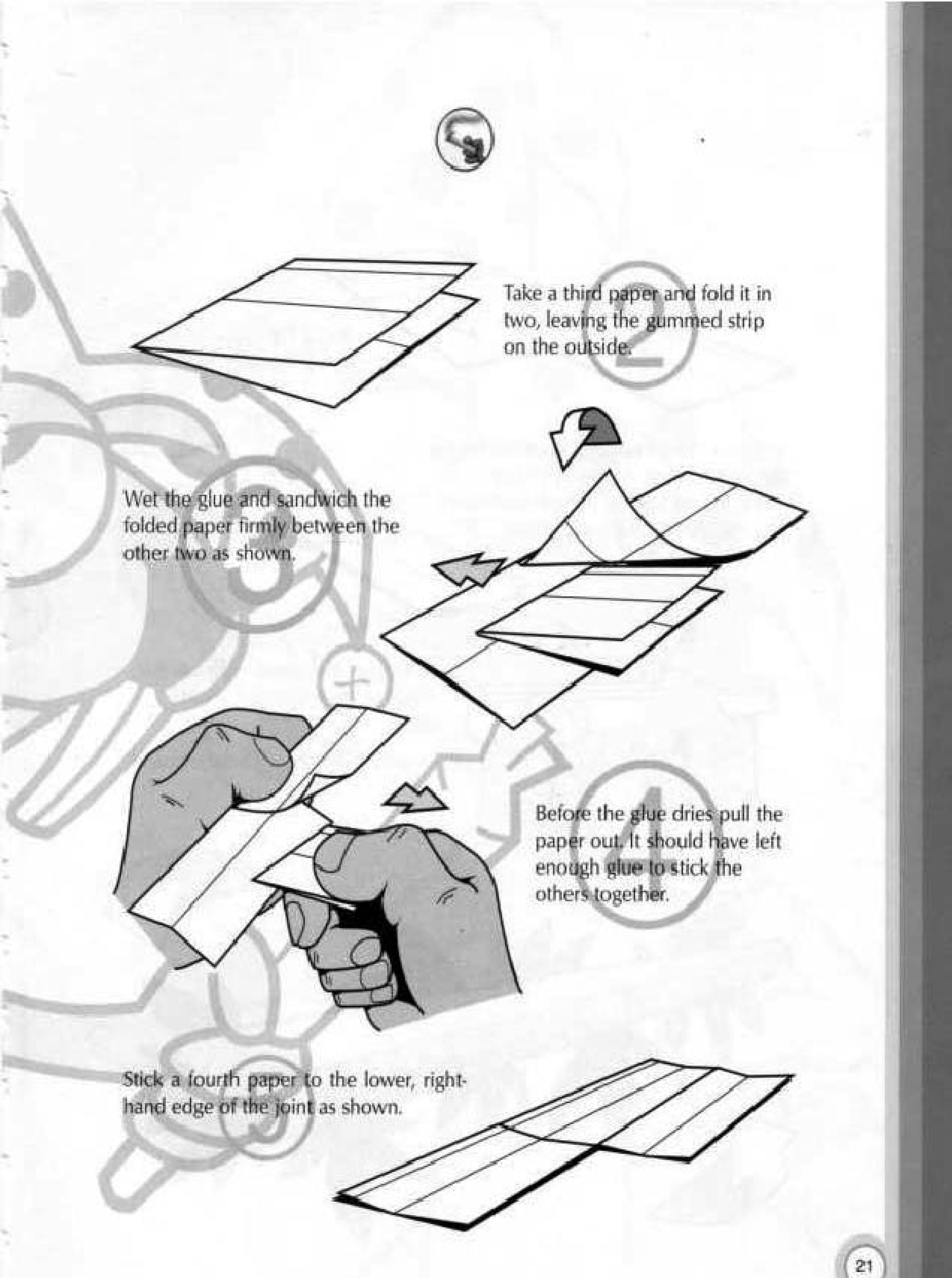
Make up enough mix to replace the tobacco that was cut away and add this to the papers. Form it into the shape of a cigarette.

Joker

A NUMBER THAT SEEMS TO LAST FOREVER, THE JOKER IS A BIG, FAT, JUICY CONE GUARANTEED TO SPREAD A GRIN FROM EAR-TO-EAR WITHOUT STRAINING THE FINGER MUSCLES.

1 Stick two papers together with the gum strips forming a straight line.



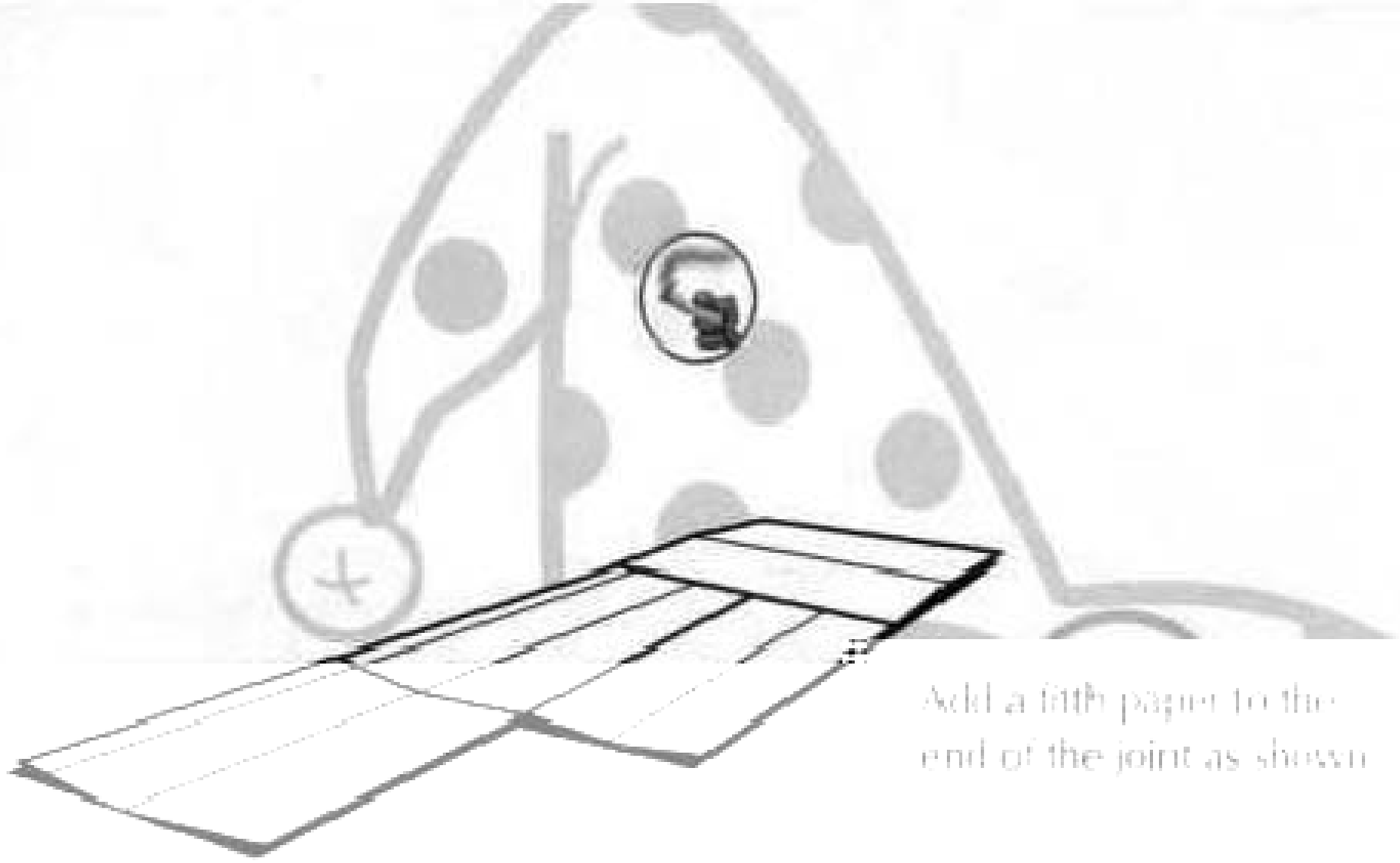


Take a third paper and fold it in two, leaving the gummed strip on the outside.

Wet the glue and sandwich the folded paper firmly between the other two as shown.

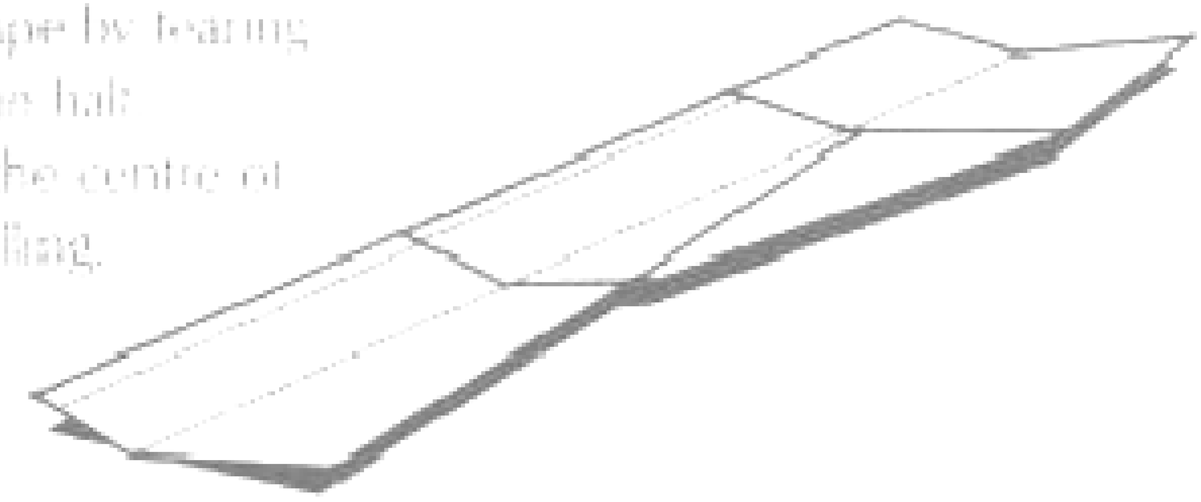
Before the glue dries pull the paper out. It should have left enough glue to stick the others together.

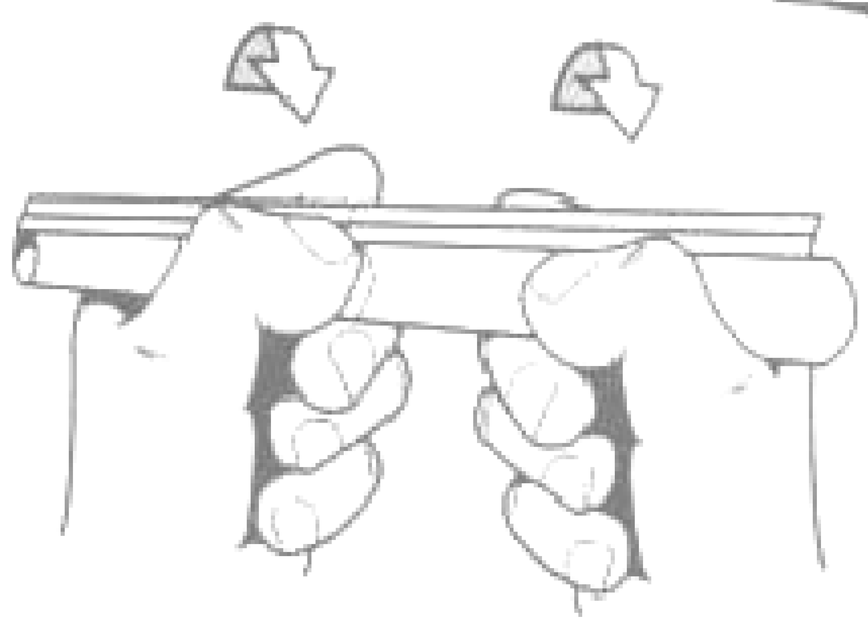
Stick a fourth paper to the lower, right-hand edge of the joint as shown.



Add a fifth paper to the end of the joint as shown

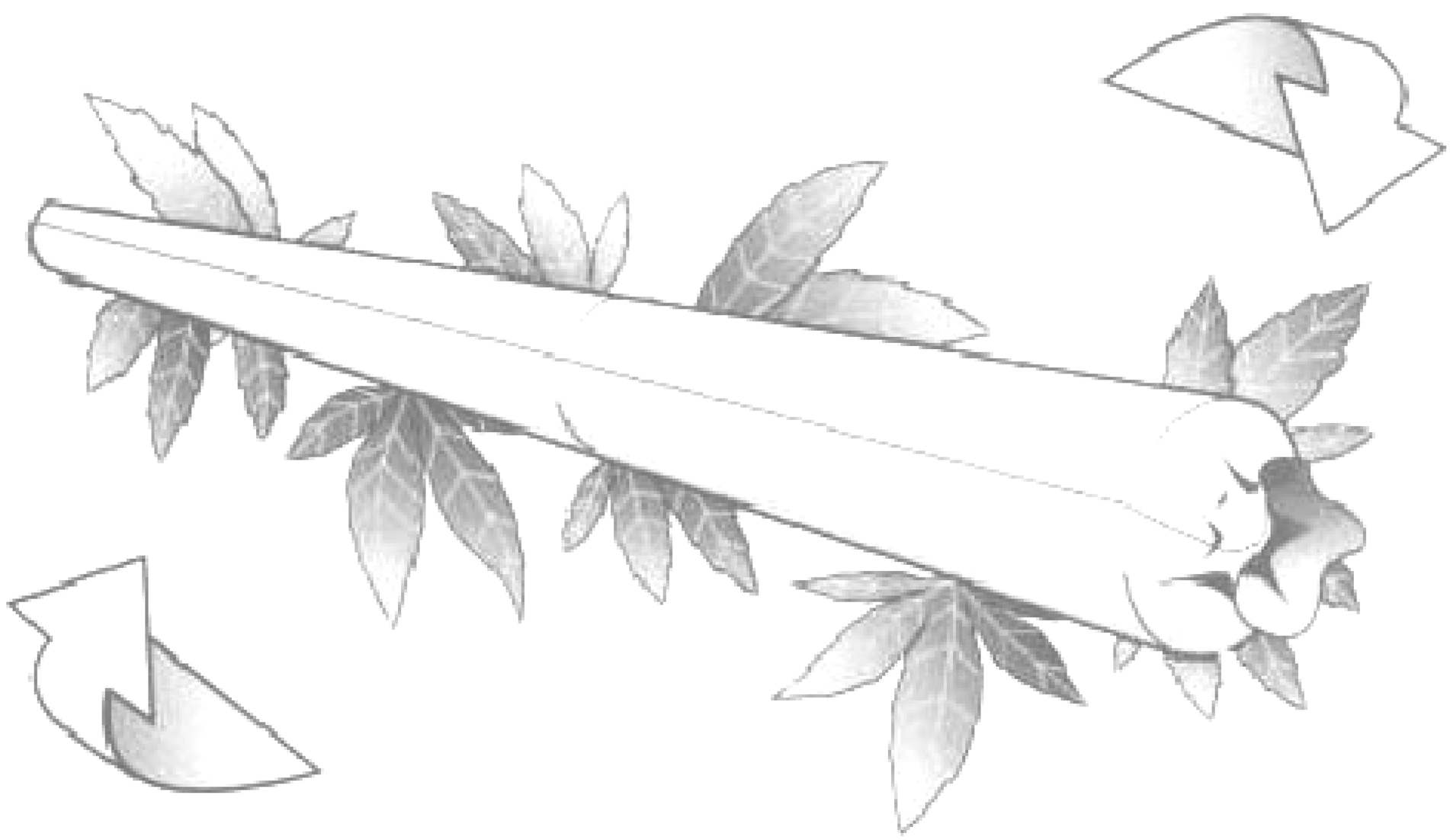
Create a more triangular shape by folding the fourth paper diagonally in half. Reshaping the papers along the centre of this triangle will also ease rolling.





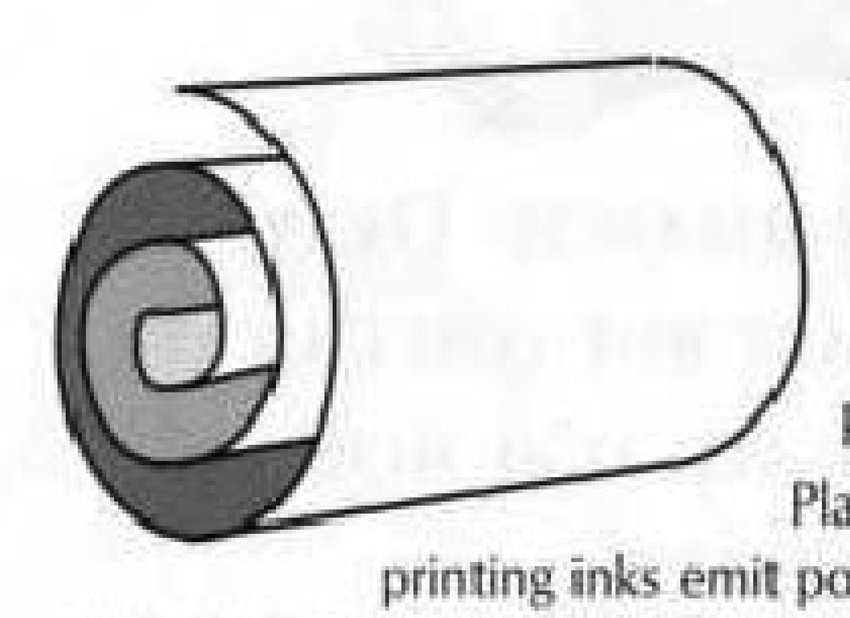
To support the extra length use the whole of the forefingers when rolling.

Prepare for top-notch entertainment!



Roaches

ROACHES DON'T FILTER THE SMOKE BUT THEY DO ALLOW IT TO FLOW. A GOOD ROACH STOPS THE JOINT FROM DISSOLVING IN YOUR MOUTH OR BURNING YOUR LIPS WHEN YOU CHASE THAT LAST ELUSIVE TOKE. HERE'S HOW TO MAKE A GOOD ONE.

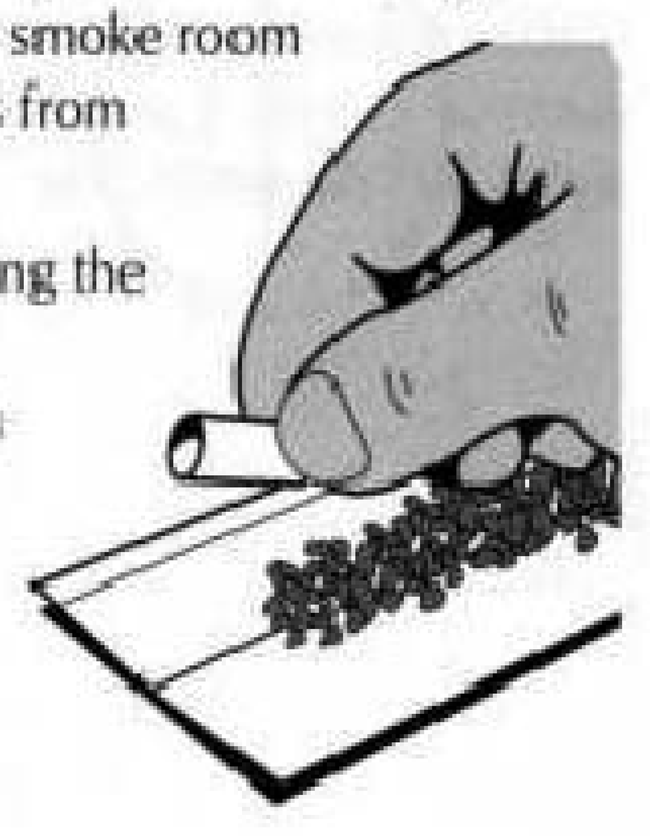


The shape and size of roach is down to personal taste. Wide roaches can make the smoke rough where as tight ones tend to clog, so somewhere in the middle is probably best.

Plain, unprinted card is healthier as some printing inks emit poisonous fumes when burnt. An excellent variation on the simple tube roach can be made from a 2cm by 7cm strip of thin card. Tightly roll the card at a slight angle so that the end of the roach is conical. Roll your joint with the roach already inside (conical end facing outward) and let the card spring out a little to give the smoke room to flow. A cone roach stops any meteor-like tarballs from singeing your gullet.

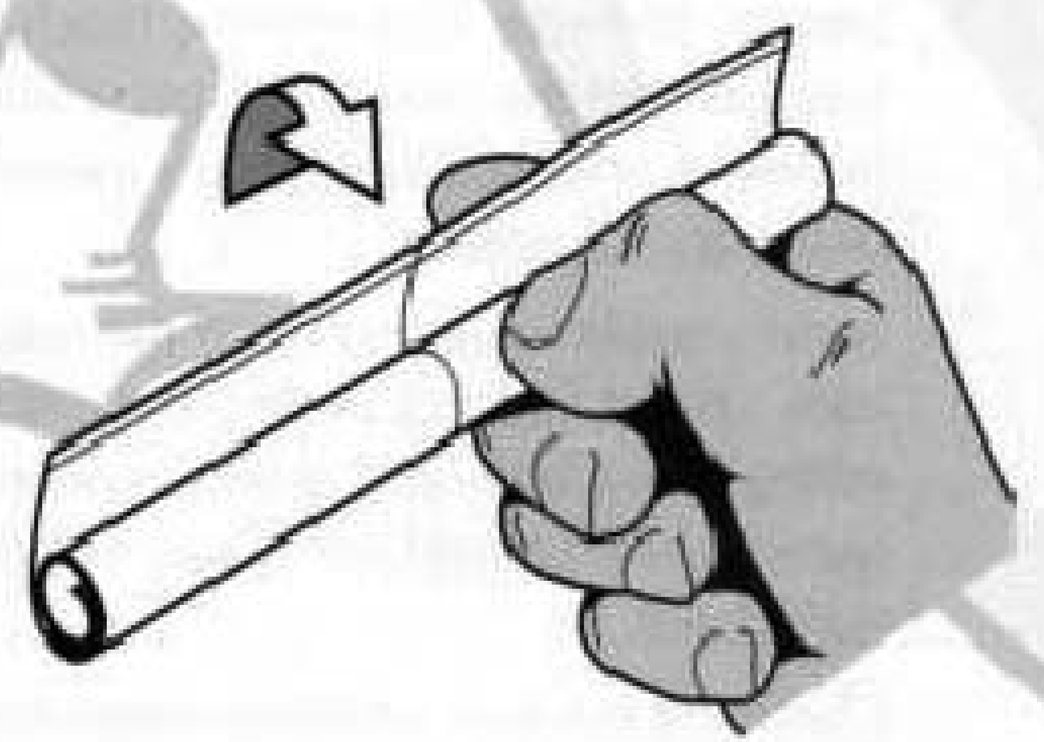
Some smokers prefer to insert the roach after making the joint. Others find that putting the roach in before rolling is less fiddly and makes for a neater fit and a speedier roll. Go with what suits you (but the last way's best).

Check out the joint pages for some roaches that do more than just act as mouthpieces.



THREE-WAY HEAVEN FOR GOURMANDS! OKAY, OKAY, SO IT'S FIDDLY TO MAKE BUT YOU CAN USE IT AGAIN AND AGAIN. BEST OF ALL, IT'LL HOLD THREE OF YOUR FAVOURITE NUMBERS.

1 Make a roach the length and diameter of a thick pencil and seal it with papers or tape.



Health

CANNABIS IS A NON-ADDICTIVE AND (BY MOST ACCOUNTS) PRETTY HARMLESS SUBSTANCE. STILL, IF YOU'RE INHALING SMOKE OF ANY KIND YOUR LUNGS WON'T LIKE IT. THERE ARE STEPS YOU CAN TAKE TO MINIMISE THE RISK.

The dangers of tobacco are familiar to virtually everyone. Nicotine is a HIGHLY addictive substance. Avoid tobacco entirely if you are not already hooked. If you do use cigarettes, choose a low-tar brand and 'cook-out' some of the tar and nicotine by toasting them over a flame (see page 29). If you can cope with the taste, use cannabis leaf or a herbal smoking mix instead. Some people like to roll with rasberry leaves.

Cannabis contains more tar than tobacco and hits the throat and lungs at a higher temperature. However, there is little evidence that any significant damage is caused with the small amounts normally smoked.

Good quality, pure herbal cannabis is generally easiest on the lungs. Potency also plays a part, the stronger the weed the less you need to smoke, in theory at any rate. Avoid smoking seeds and low-grade hashish which may contain dangerous additives.

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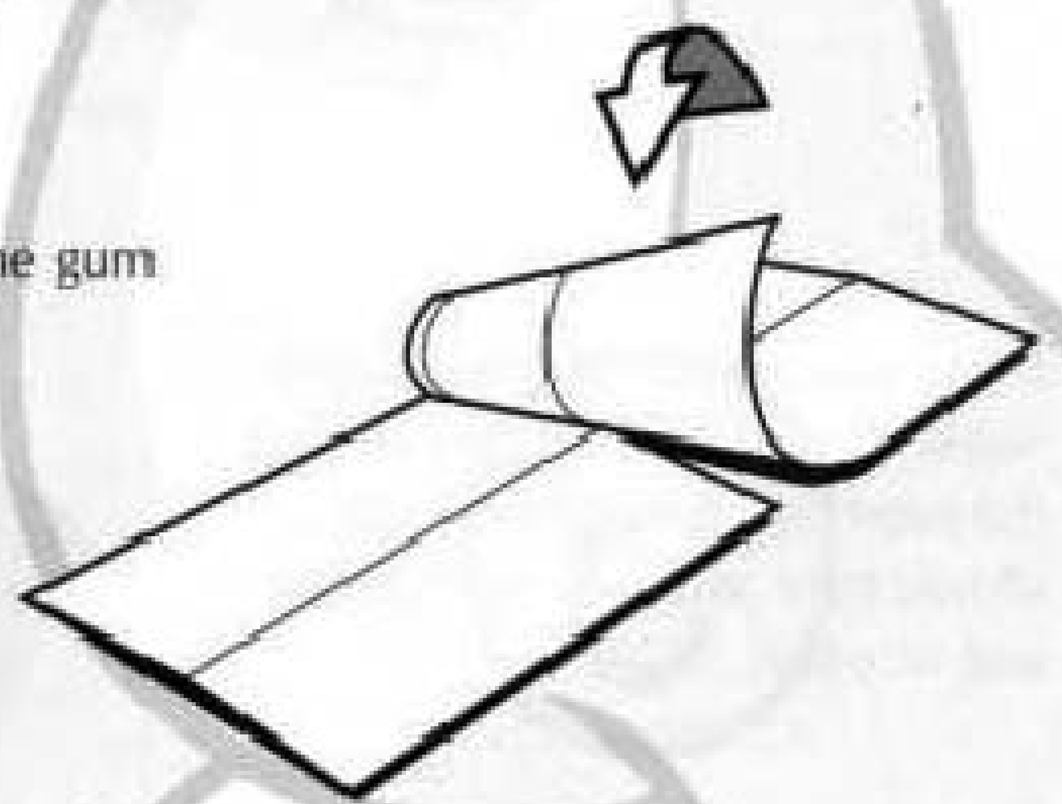
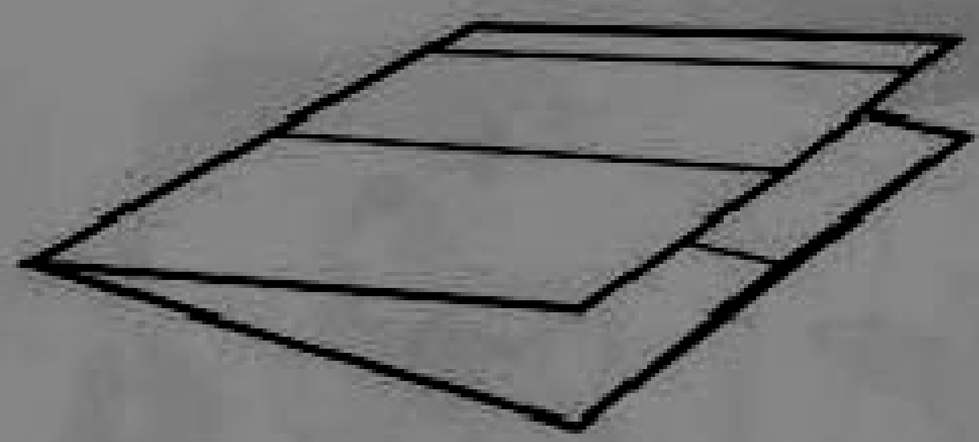
Paper produces tar when burnt, and it doesn't get you high. Basically, the less you use the better. The very lightweight varieties are ideal. Always tear off

Flaming Backflip

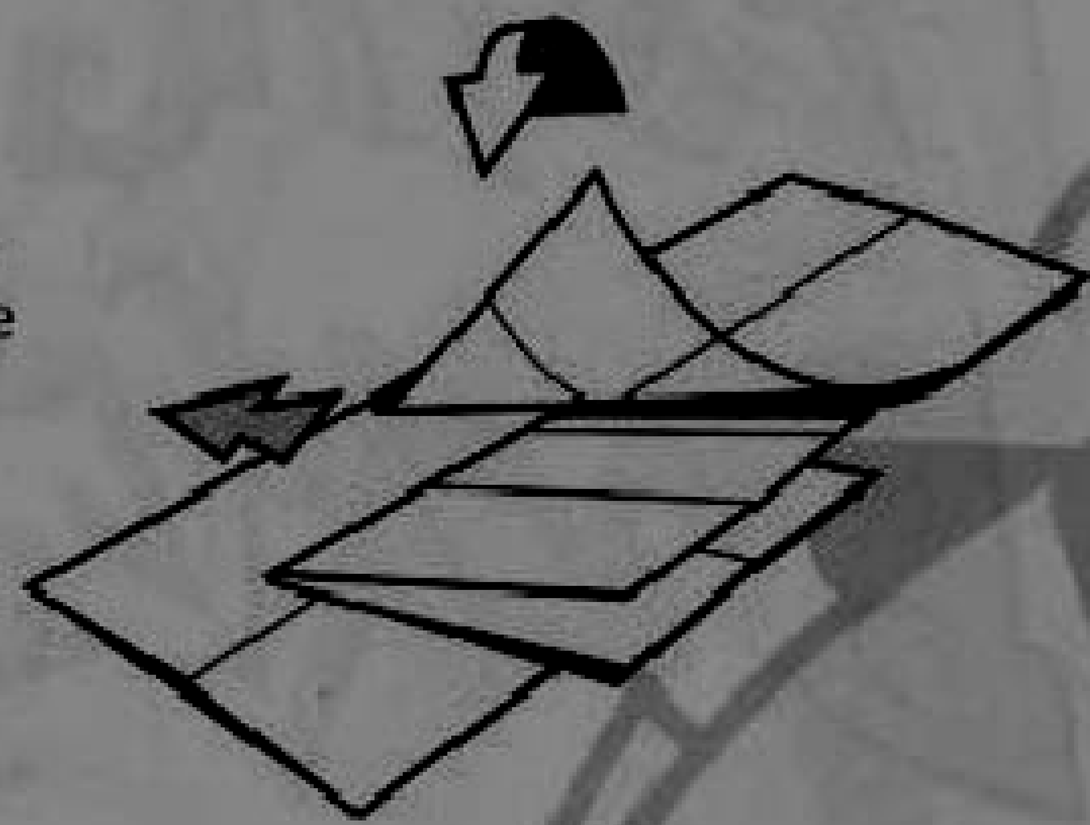
GUARANTEED TO IMPRESS WITH IT'S PYROTECHNICS, THE BACKFLIP MAKES USE OF THE MINIMUM OF PAPER AND IS EASY-GOING ON THE LUNGS. PREPARE FOR INSTANT KUDOS OR TOTAL EMBARASSMENT. THIS IS A TRICKY ONE.

1 Stick two papers together with the gum strips forming a straight line.

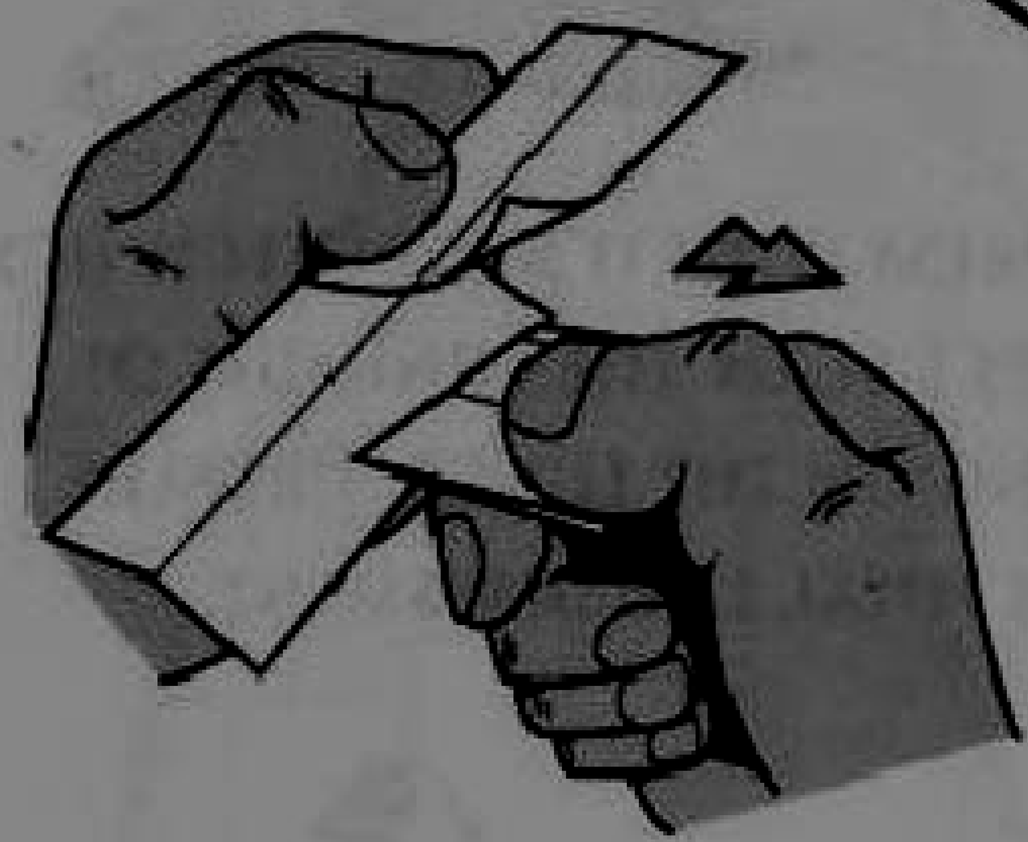




Take a third paper and fold it in half, leaving the gummed strip on the outside.



Wet the gum and sandwich the folded paper firmly between the other two skins, as shown.



Before the gum dries, carefully pull out the third paper. It should leave enough gum behind to stick the other two papers together.

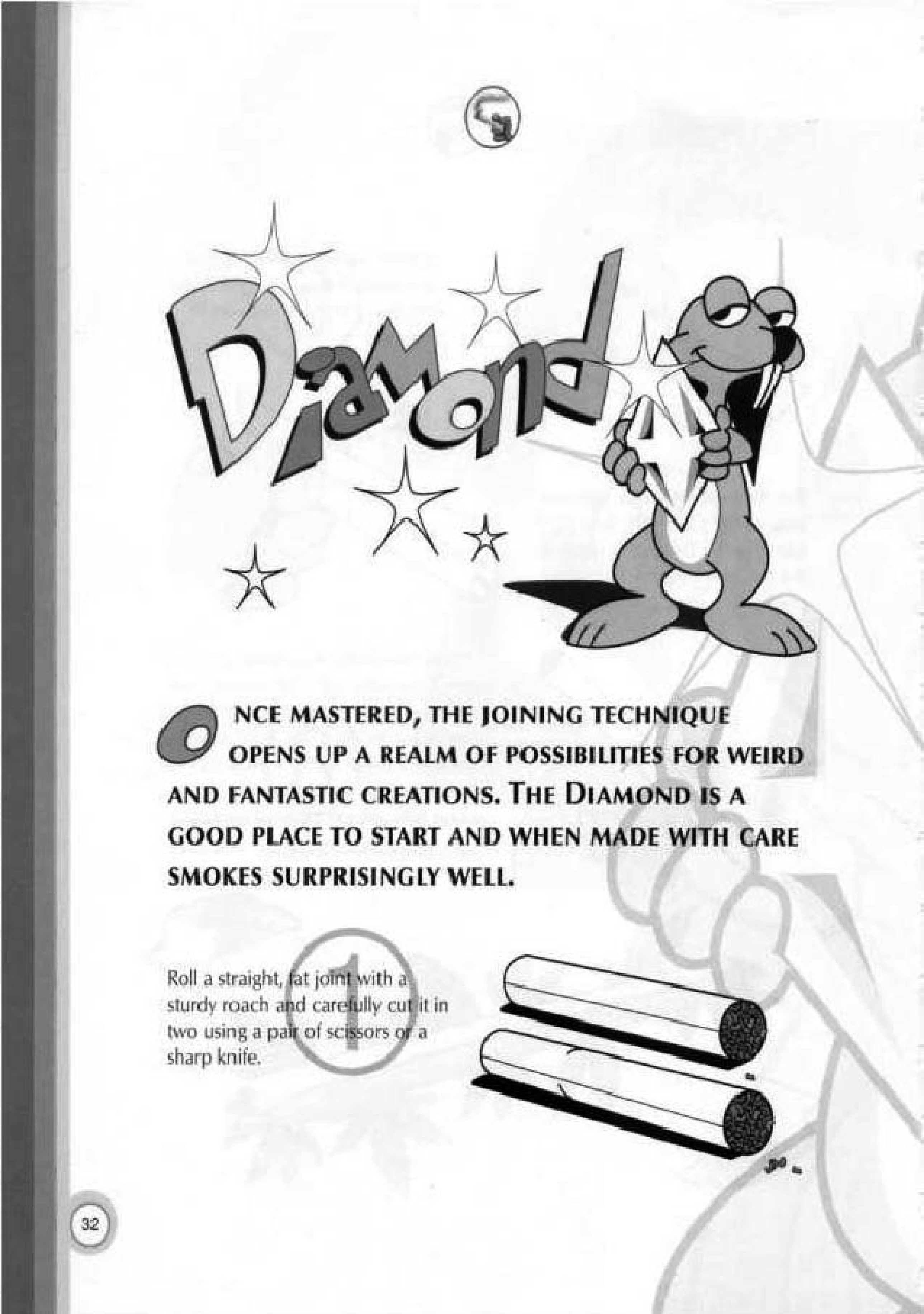
If you are using a cigarette, lightly 'roast' it over a moving flame until the paper starts to brown. This should burn away some of the tar and nicotine.

Add the mix to the REVERSE of the papers, keeping the gummed strip facing DOWN and AWAY from you.

Roll the joint in reverse with the glue on the OUTSIDE. Seal the joint, leaving the excess paper on the outside. This may take some practise.

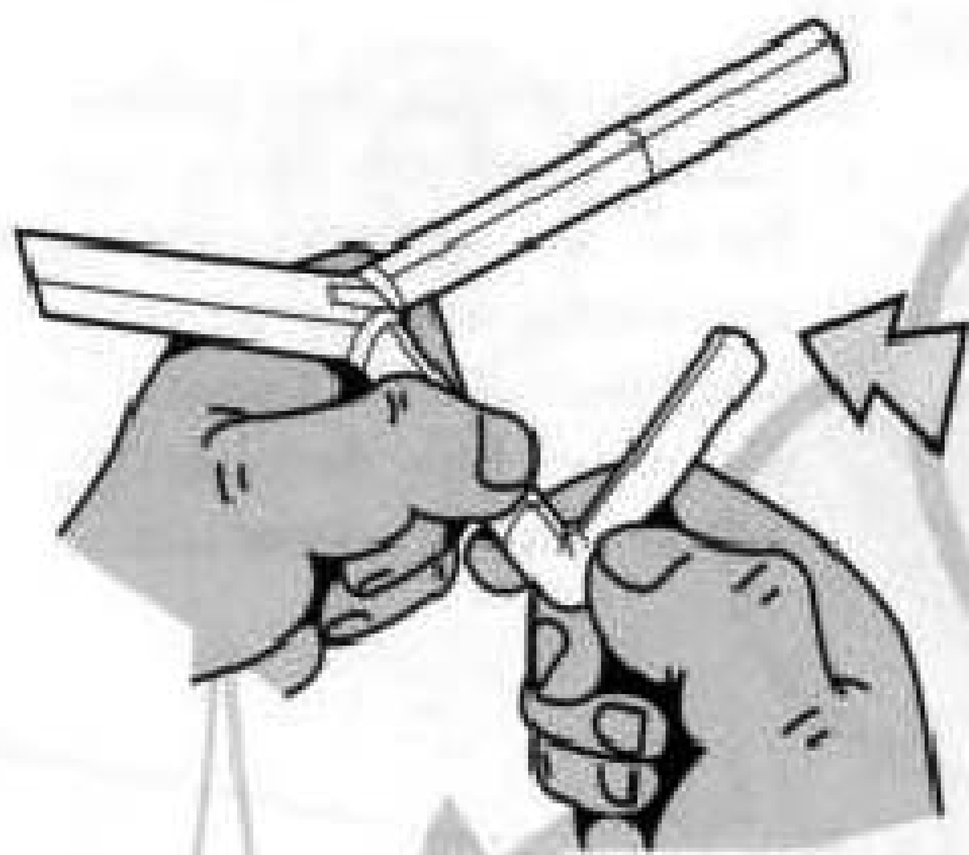
Now for the finale. As soon as you have sealed the joint, light the excess paper from the roach end. Hold the joint upright and let the flame burn away the unwanted paper as it travels up the joint. If you are now yoda-like in your rolling skills the joint should self-ignite.

Bud-a-bing! Kudos is yours!

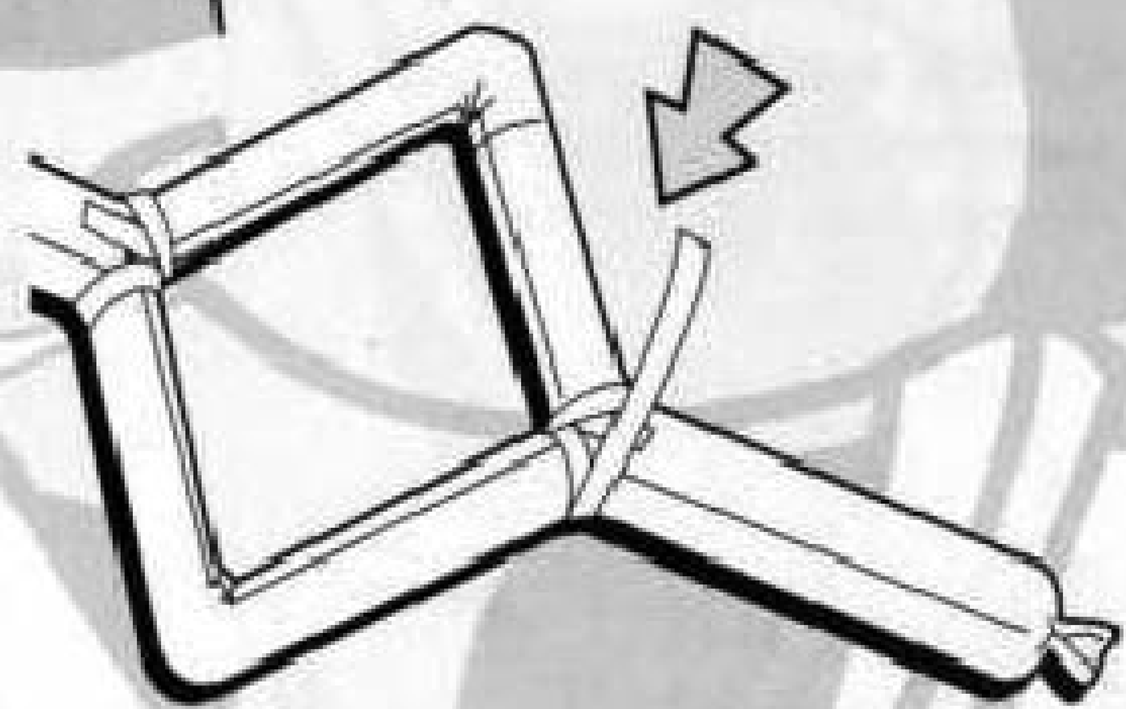


ONCE MASTERED, THE JOINING TECHNIQUE OPENS UP A REALM OF POSSIBILITIES FOR WEIRD AND FANTASTIC CREATIONS. THE DIAMOND IS A GOOD PLACE TO START AND WHEN MADE WITH CARE SMOKES SURPRISINGLY WELL.

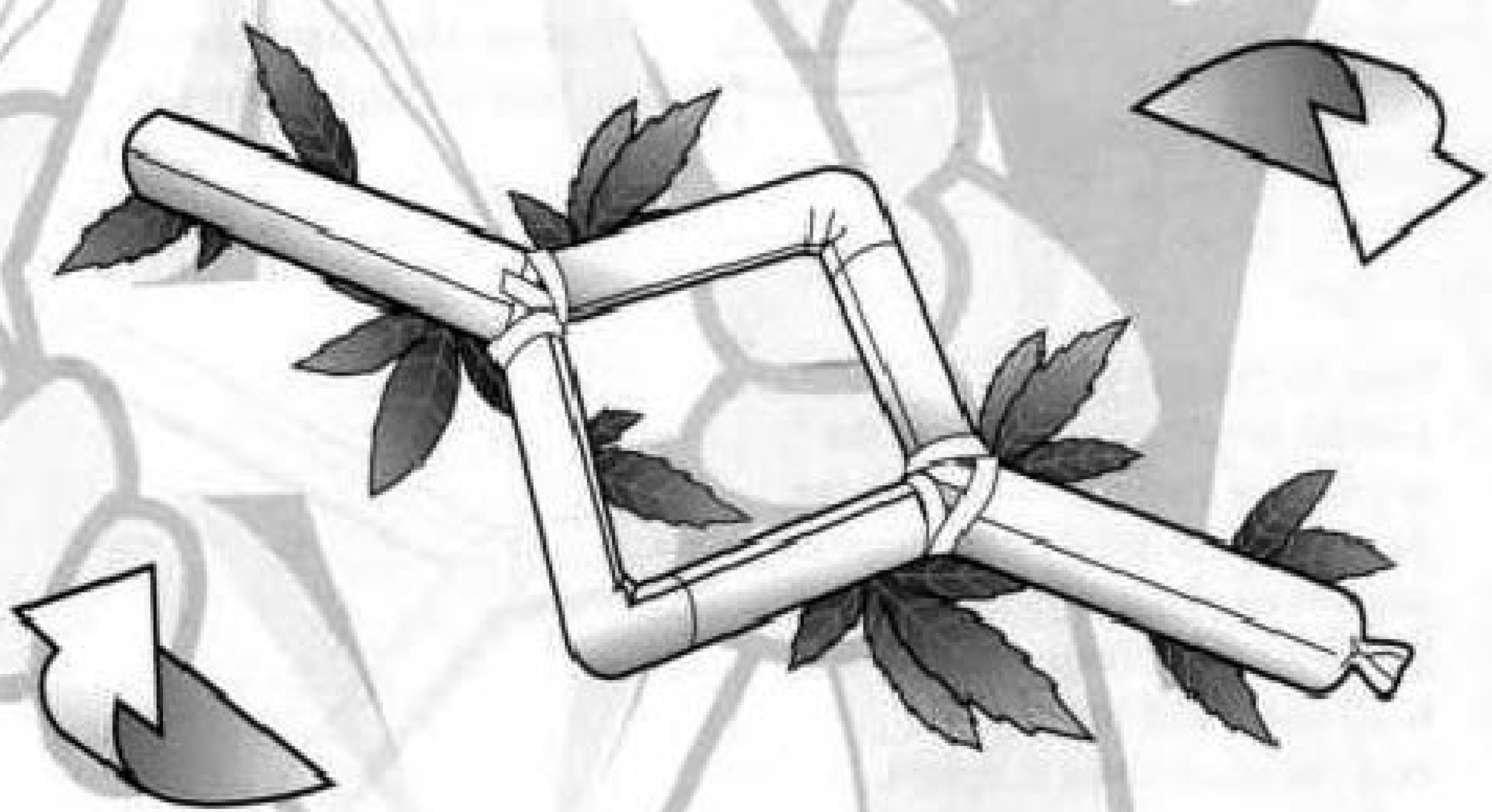
1 Roll a straight, fat joint with a sturdy roach and carefully cut it in two using a pair of scissors or a sharp knife.



Very gently, bend the two joints at their centres until they meet to form a diamond shape.



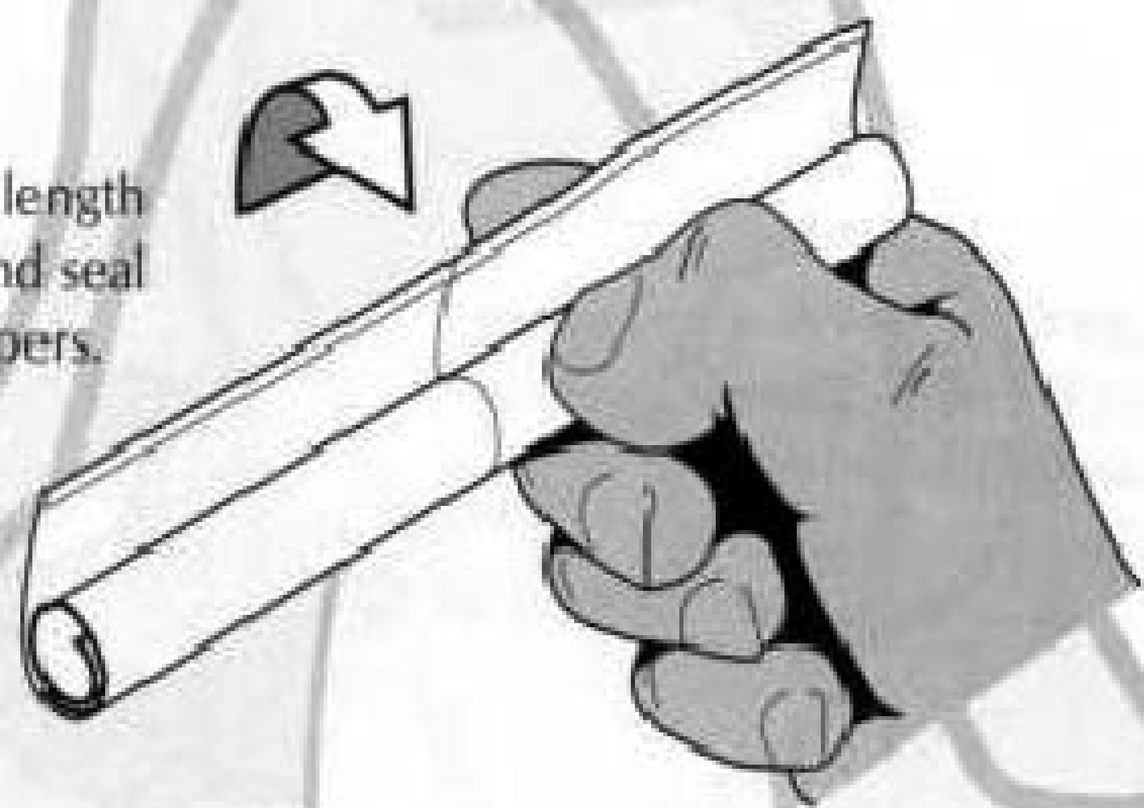
Finally, bandage the remaining joint to the end of the diamond, using the gummed strips as before. Pat yourself on the back, you are the diamond geezer!

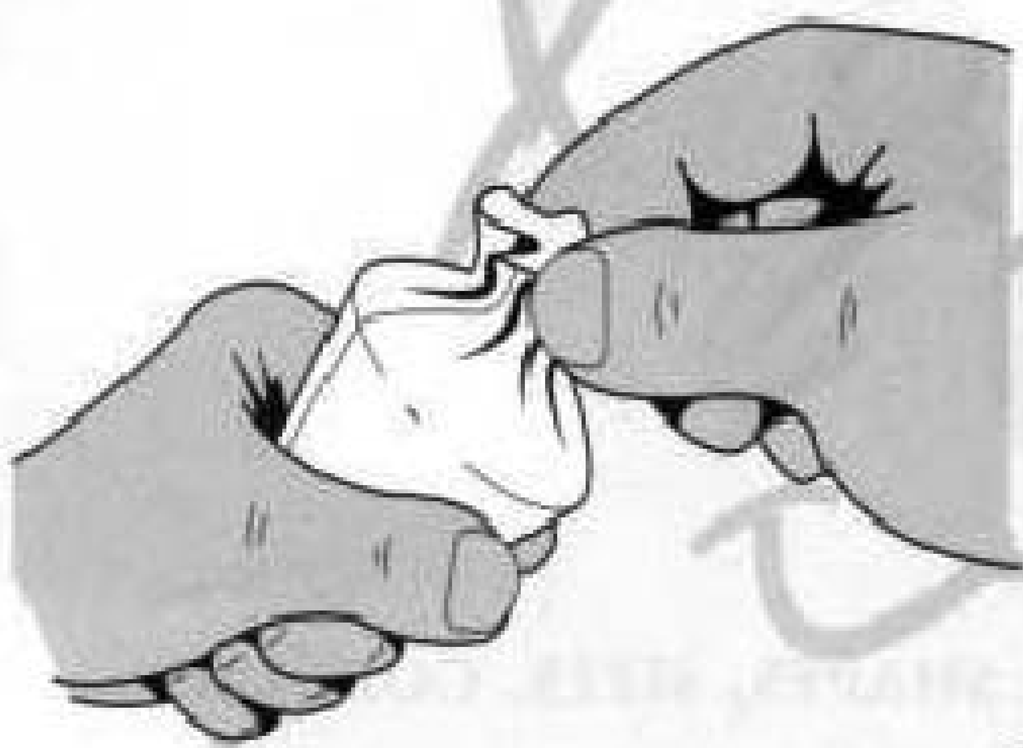


Tulip

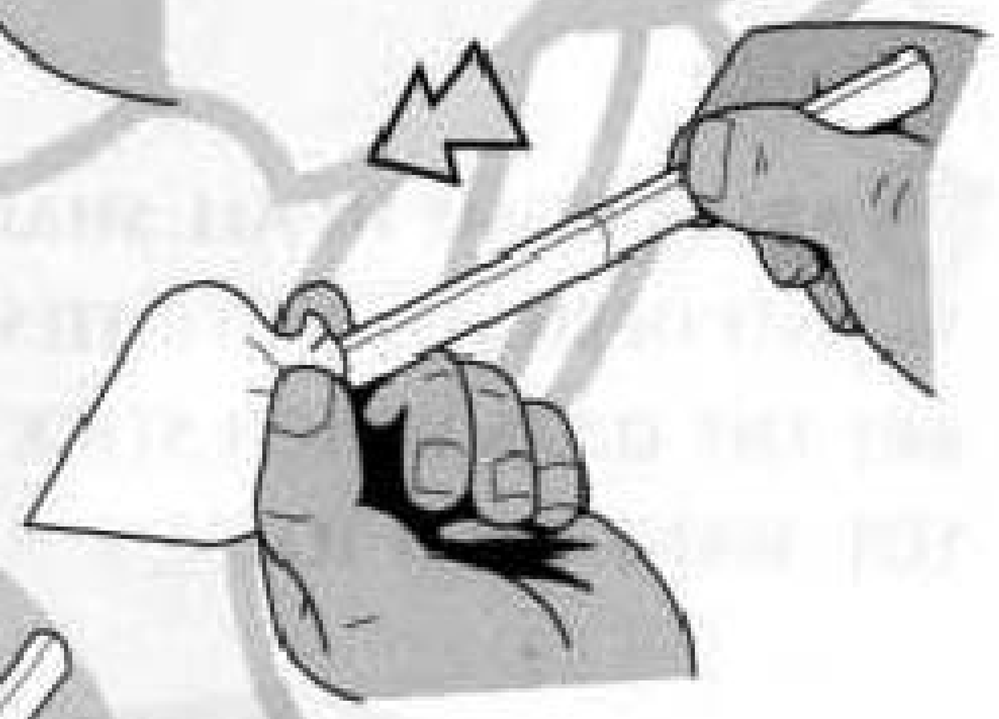
An Amsterdam speciality, the Tulip is often found (usually half-smoked) in the hands of unconscious tourists. A good Tulip is deceptively smooth to smoke and easier to roll than it looks.

Make a roach (about the length and diameter of a pencil) and seal it with a couple of large papers.





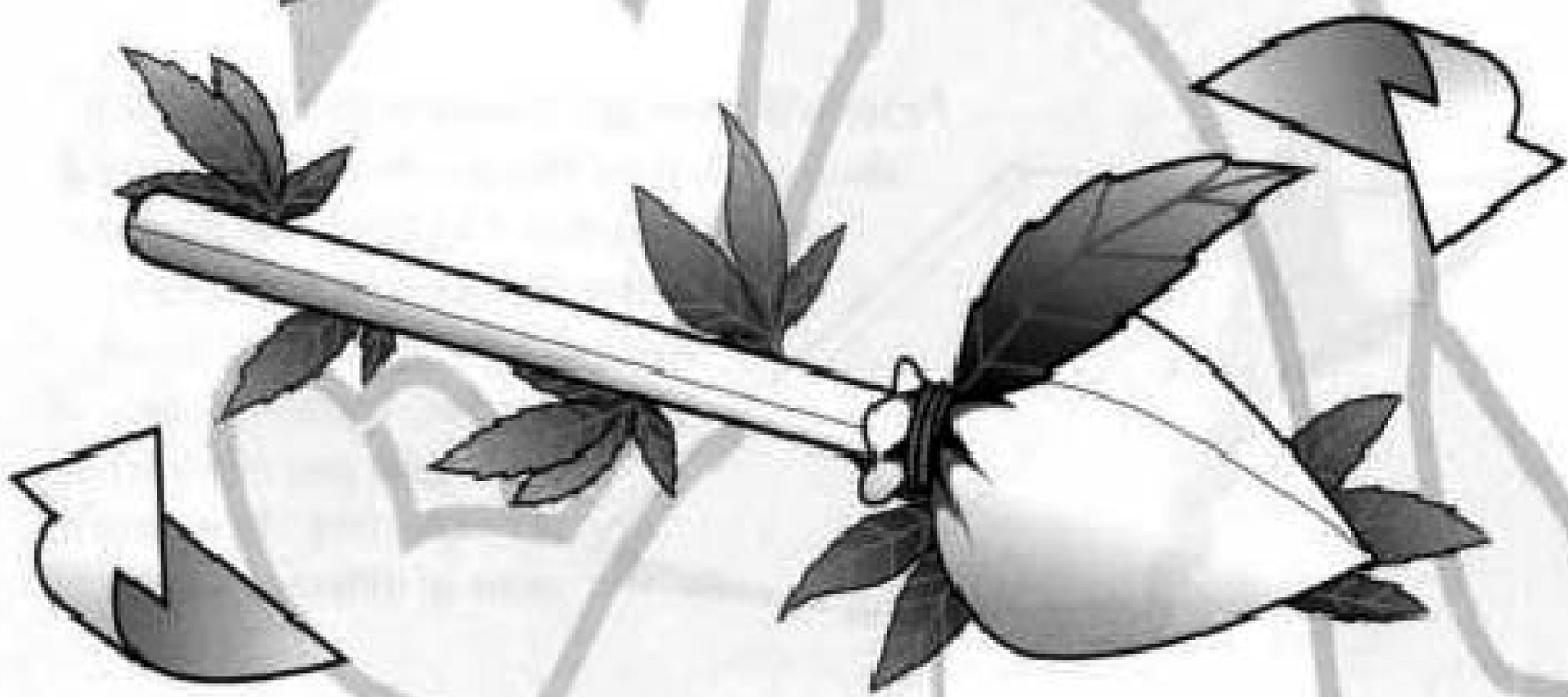
Gently crimp together the excess paper at the open end of the cone.



Place the roach in the centre of the cone, using the crimped paper to hold it in position.

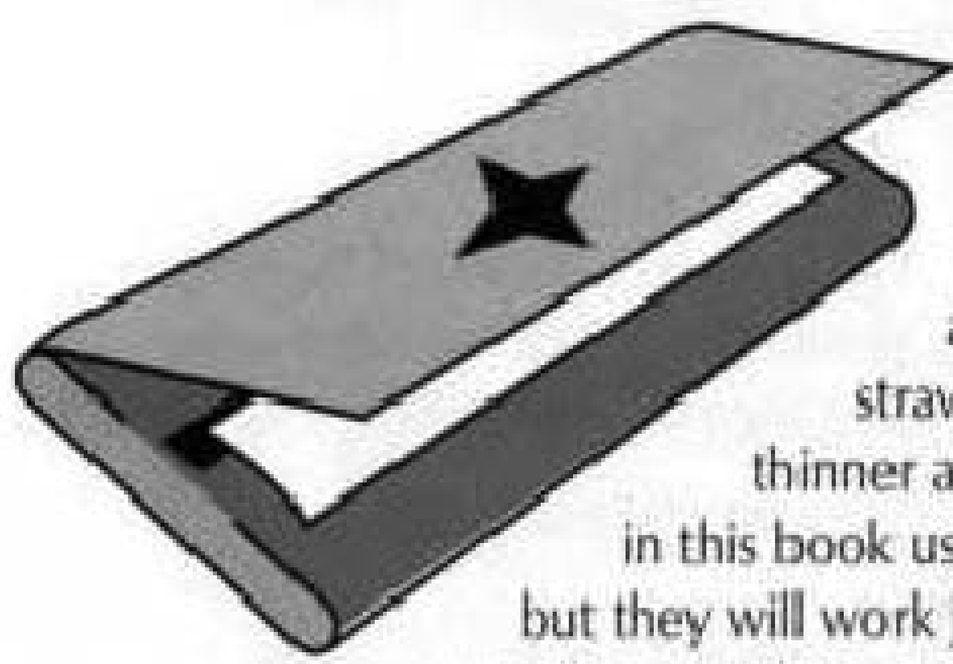
Finally, secure the roach by tying thread around the crimped paper, keeping everything as tight as possible.

Blooming tulip-tastic!

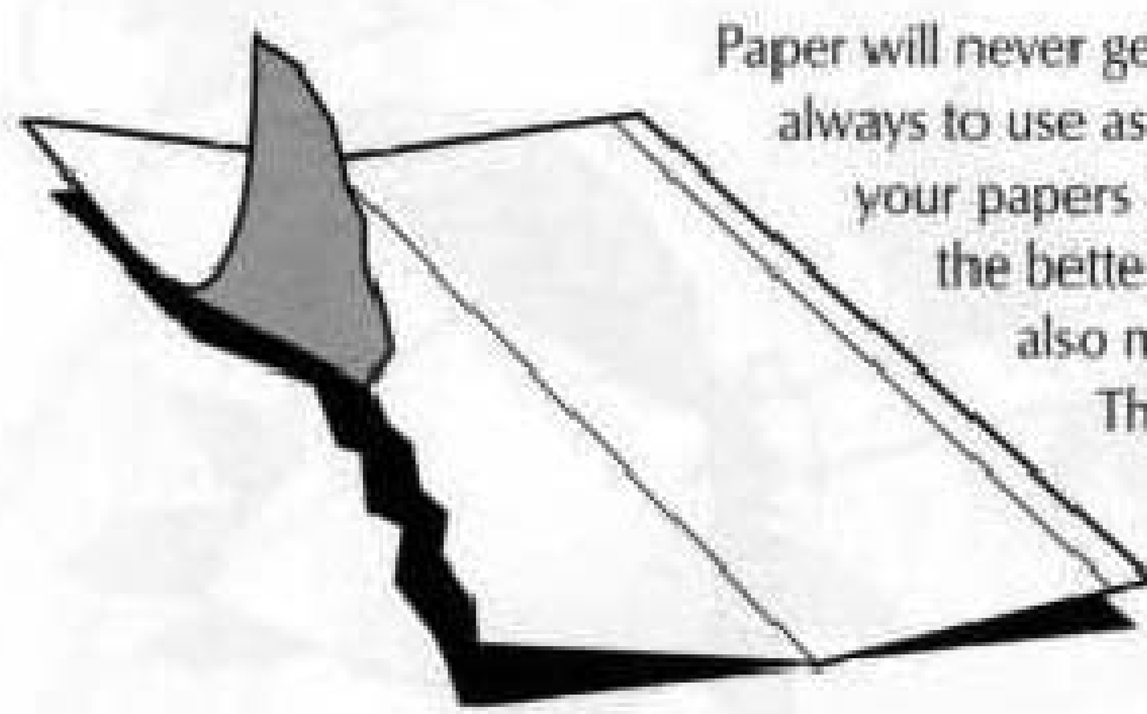


Papers

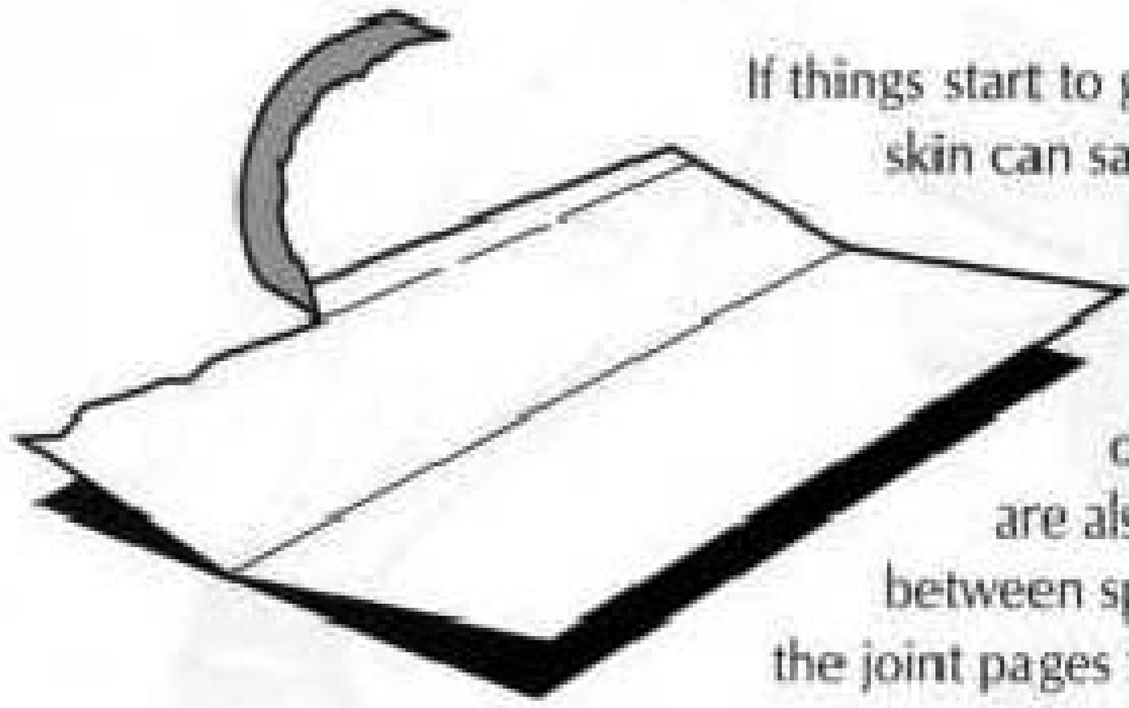
PAPERS COME IN ALL SHAPES, SIZES, COLOURS AND DESIGNS. NOVELTIES ASIDE, THE BEST SKINS ARE THE ONES WHICH STICK WHERE AND WHEN YOU WANT THEM TO.



There is nothing worse than spending twenty minutes on your masterpiece only to have it fall apart at the crucial moment. Rice or wheat straw papers are recommended – the thinner and finer the better. Most of the designs in this book use the standard 'cigarette-sized' paper but they will work just as well with the king-size varieties - you'll just get bigger joints.



Paper will never get anyone high so the aim is always to use as little as possible. Try tearing your papers down to size – the smaller the better. Judicious trimming can also make the joint easier to roll. The wider, squarer types of paper give you more scope for creating tailor-made skins of different shapes.



If things start to go pear-shaped the humble skin can save the day. Gummed strips torn from spare papers make excellent bandages for tears, leaks, gaps and other emergencies. The strips are also ideal for creating joins between spliffs or roaches – check out the joint pages for some ideas.

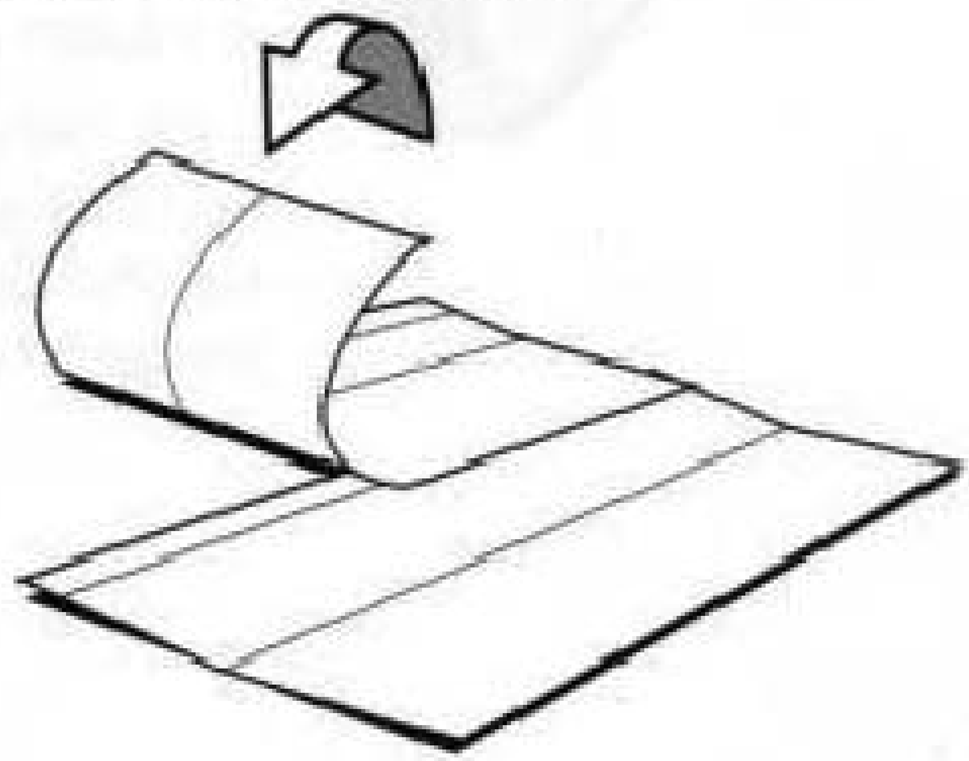
Sometimes you may find yourself stranded without a 24hr in sight. In parts of India you have about as much chance of finding a packet of Rizlas as you have of getting *freshwipes* in the local latrine. Salvation comes in the form of the 'Bidi'. These suspicously cheap, hand-made cigarettes consist of questionable herbs and a few crumbs of tobacco rolled inside some kind of leaf and then tied-up with thread. Simply unravel your bidi, empty its dodgy contents, refill with the good stuff and wrap it back up. With a bit of practise the whole procedure can be done in a matter of seconds.

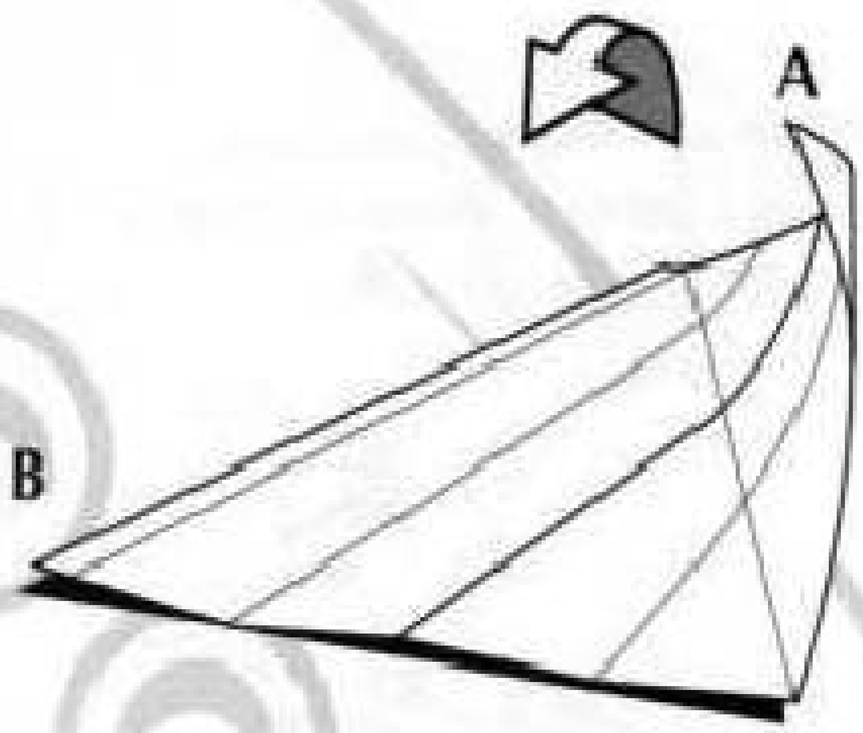
If you find yourself even further removed from civilisation then seek out a bannana tree. Bannana leaves (not skins) stay pliable enough to roll with when dried.

Nose Cone

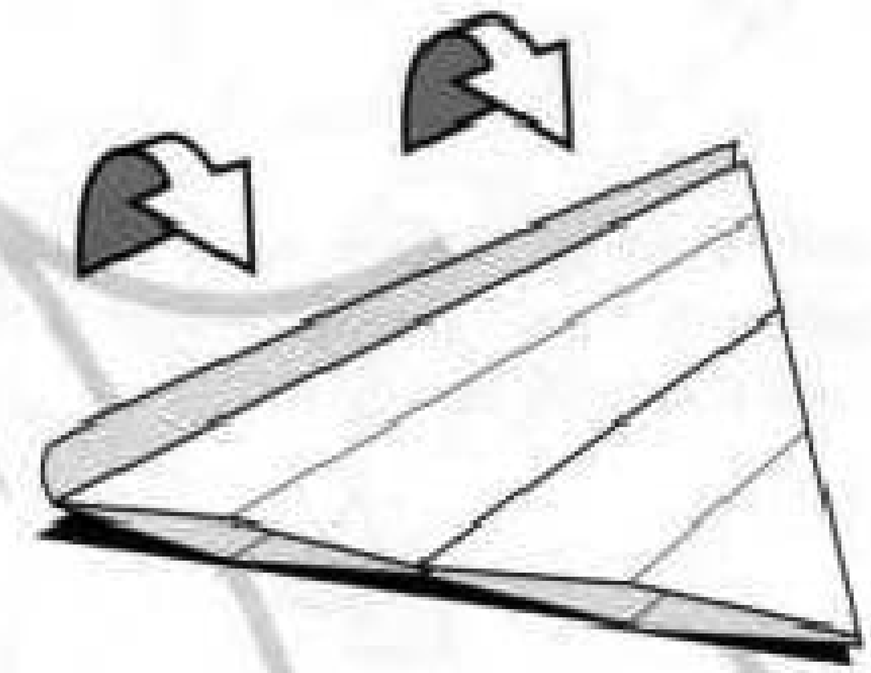
THE BIGGER, BADDER, BASTARD BROTHER OF THE TULIP (TRY SAYING THAT AFTER YOU'VE SMOKED ONE). IT TAKES SOME EFFORT TO ROLL, BUT A GOOD NOSE CONE IS A KING-SIZE CHUNK OF TRULY COSMIC PROPORTIONS. EARTH-BOUND LIGHTWEIGHTS NEED NOT APPLY.

1 Stick two kingsize papers together to form a square with a gum strip running along one side.

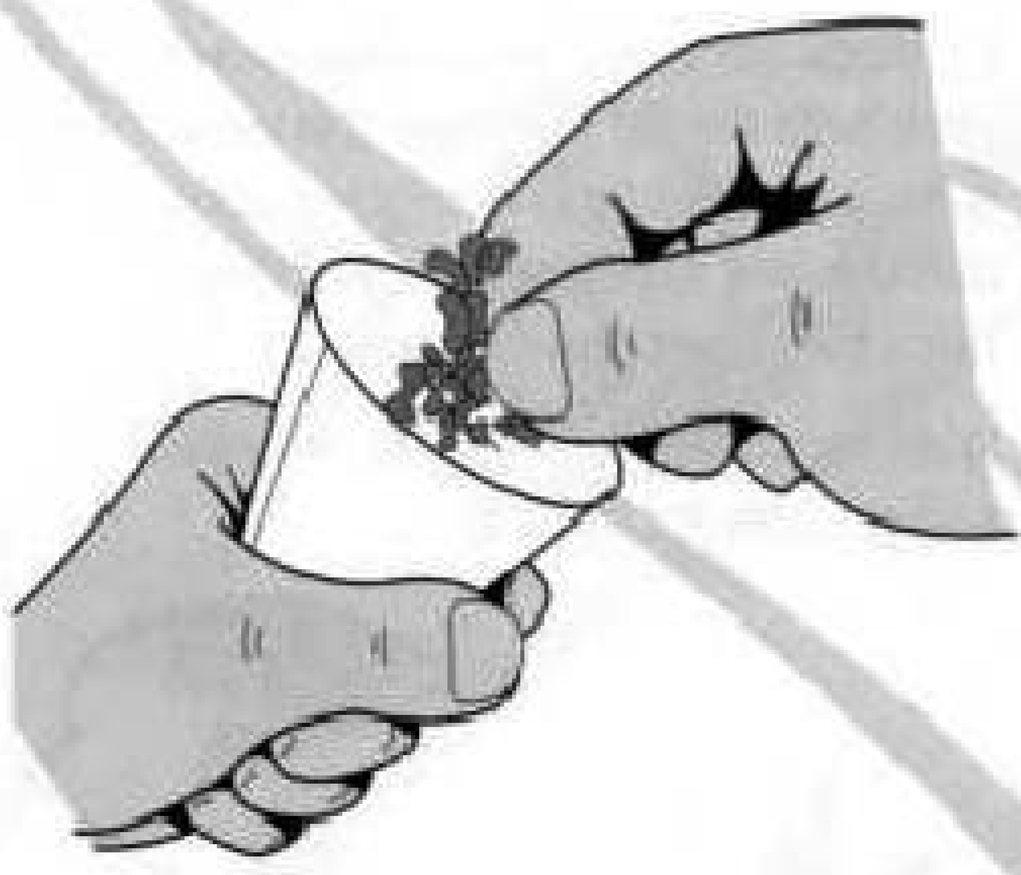




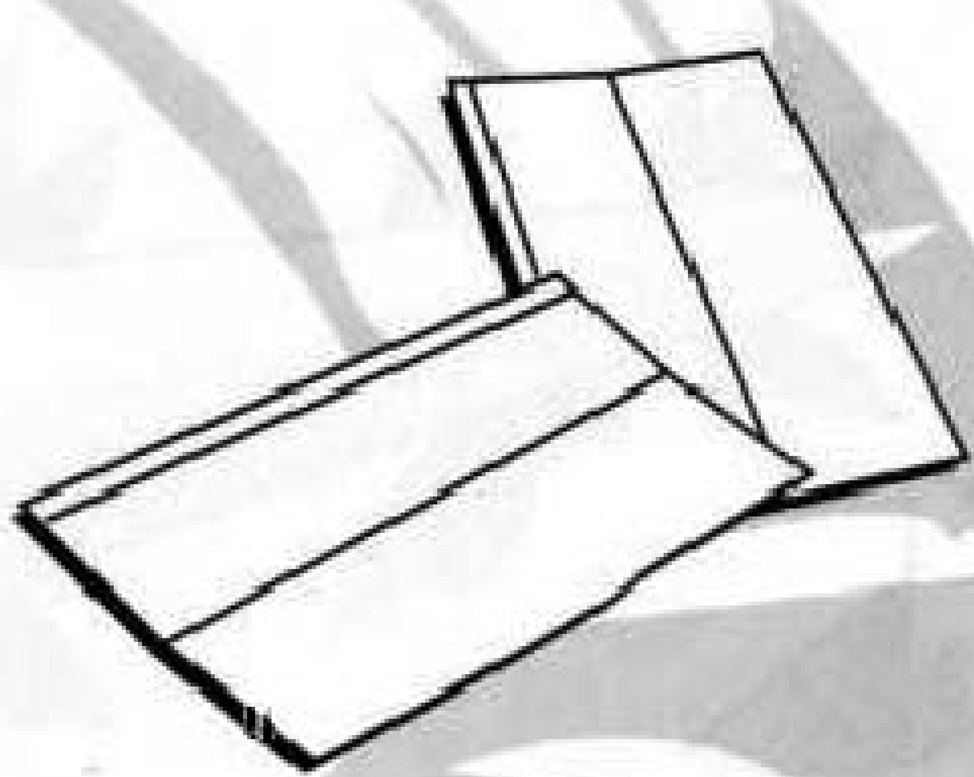
Fold corner **A** over to corner **B** to form a triangle with the gum strip exposed.



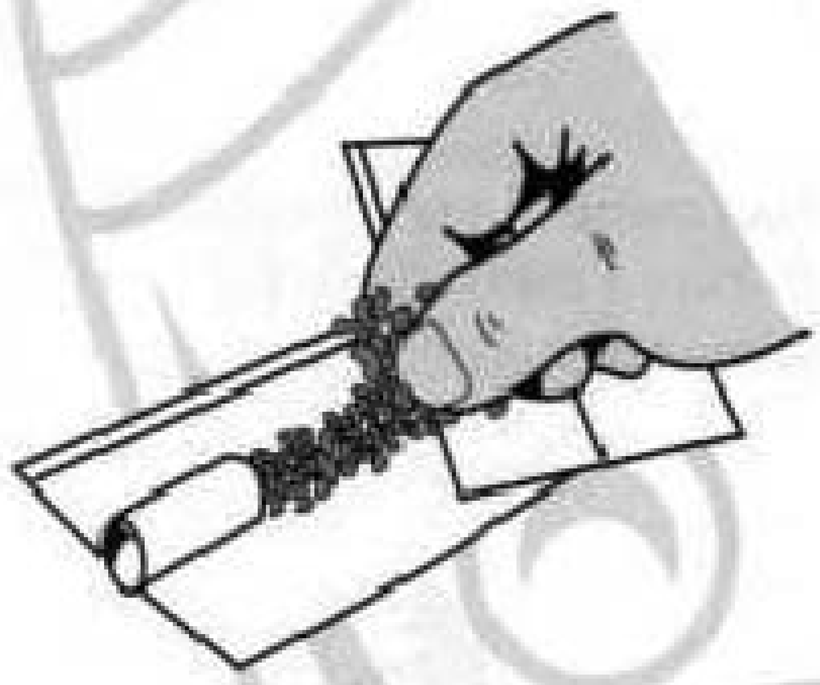
Wet the strip then fold it over to seal the triangle. You should now have something resembling a flat, paper cone.



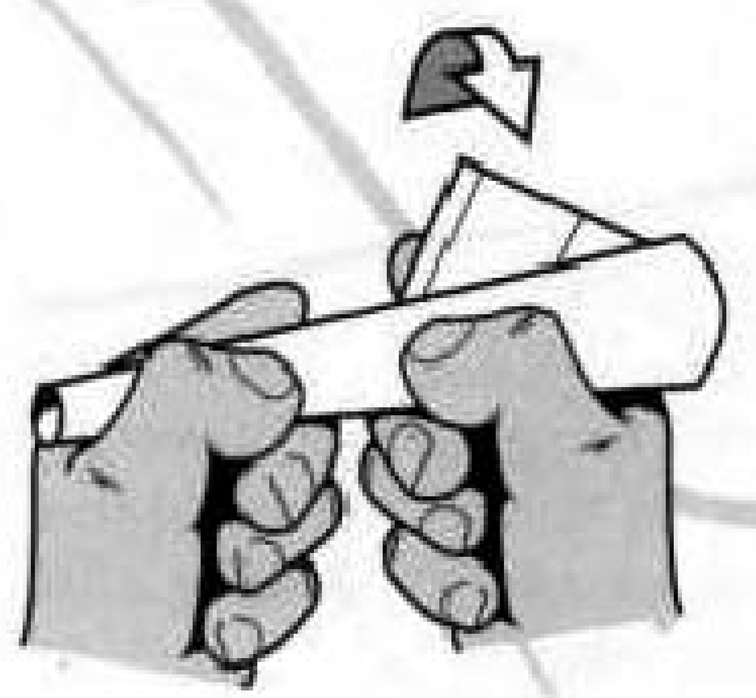
Open up the cone and tightly pack it with mix. Try using layers of different blends.



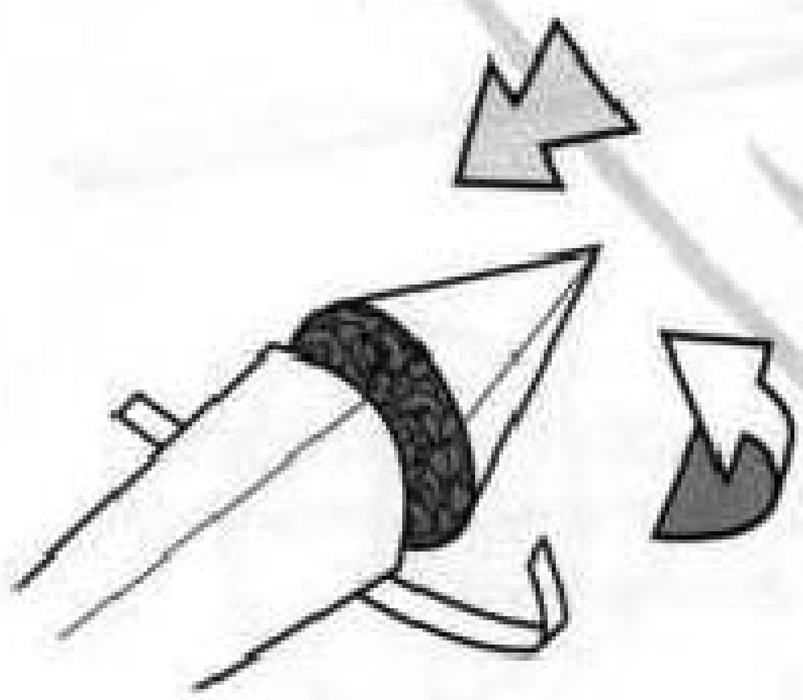
Take two more king-size papers and stick them together at a 45° angle as shown.



Add loads of mix to the papers, forming it into the shape of a cone. Use a large, sturdy roach.

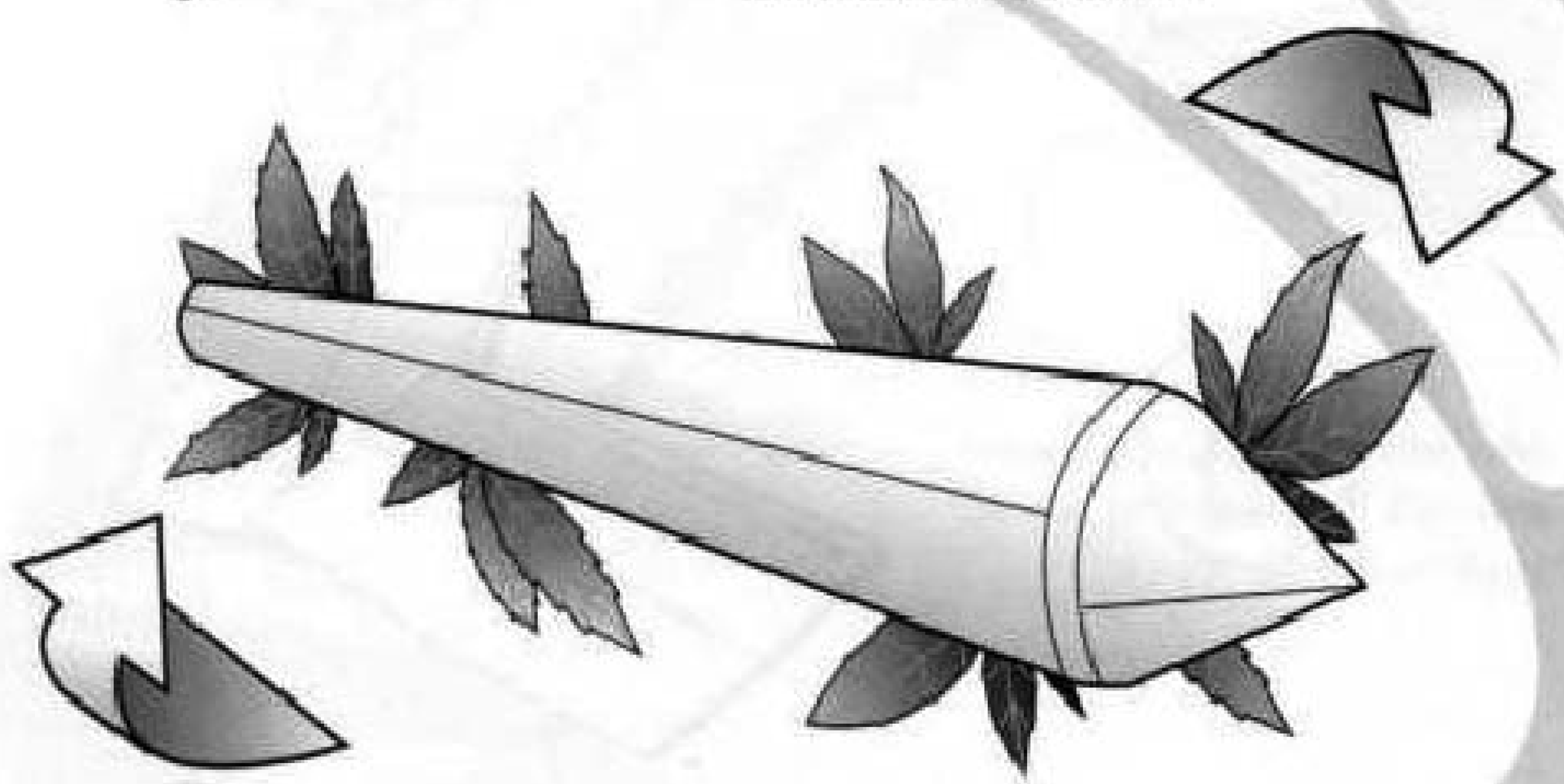


Roll the papers and mix into a big, fat joint with the same end diameter as the cone you made earlier.



Carefully cut away any excess paper from both the fat joint and the cone leaving the mix flush with the paper. Join the two together with gummed strips torn from spare papers.

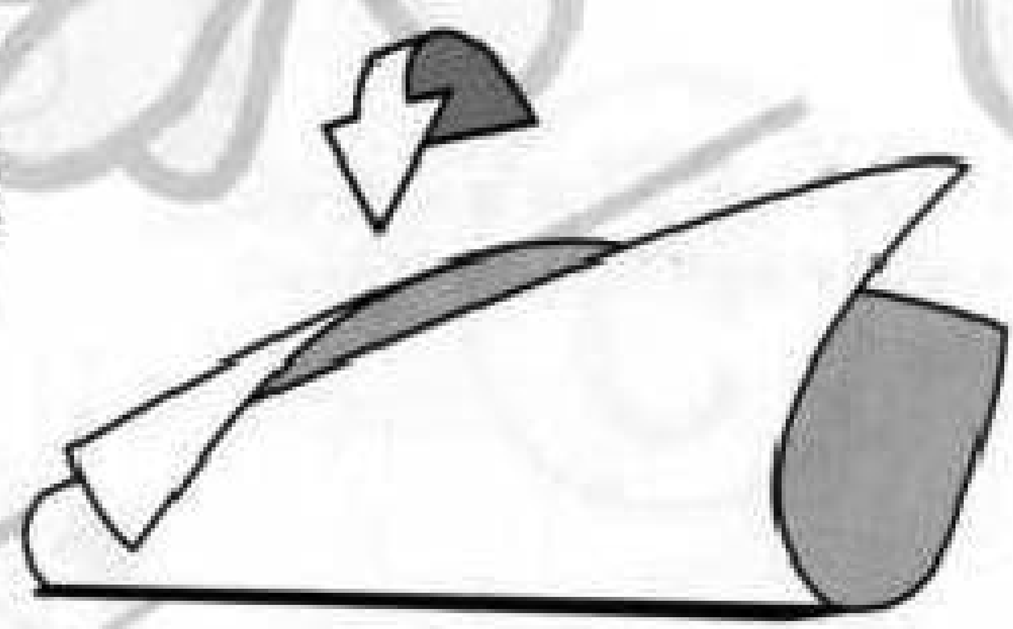
Hold hands with the Russian monkey and prepare for launch!

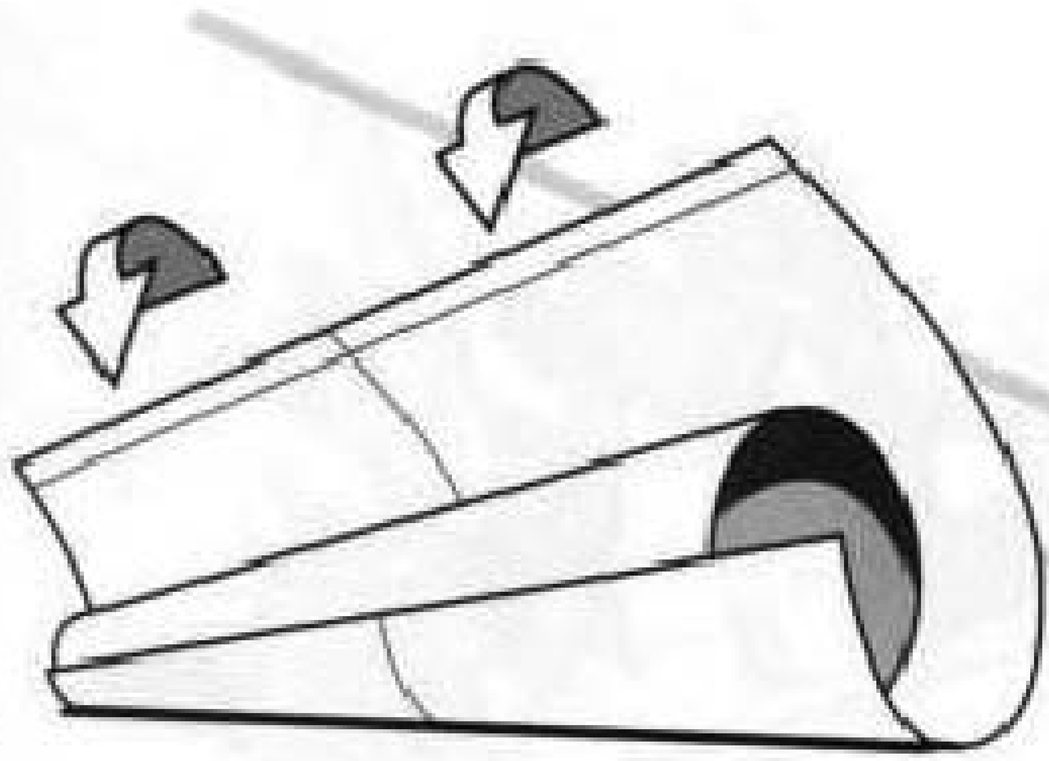


WINDMILL

A SMOKE-COOLING CHAMBER AND MULTIPLE JOINT HOLDER, THE WINDMILL IS DESIGNED TO GET YOU SPINNING IN THE BREEZE. ALTHOUGH DASTARDLY DIFFICULT TO MAKE, THE HOLDER LOOKS GOOD AND CAN BE USED AGAIN AND AGAIN.

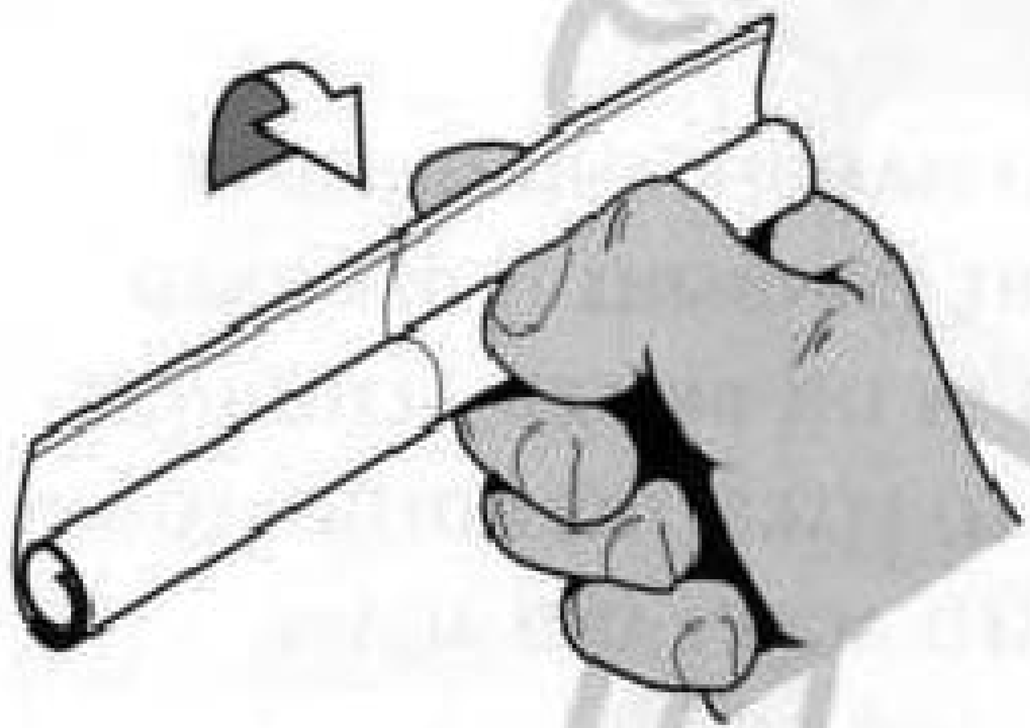
1 Roll a wide cone from a 10cm by 10cm piece of cardboard. Secure it with tape then trim the end to form a perfect cone.





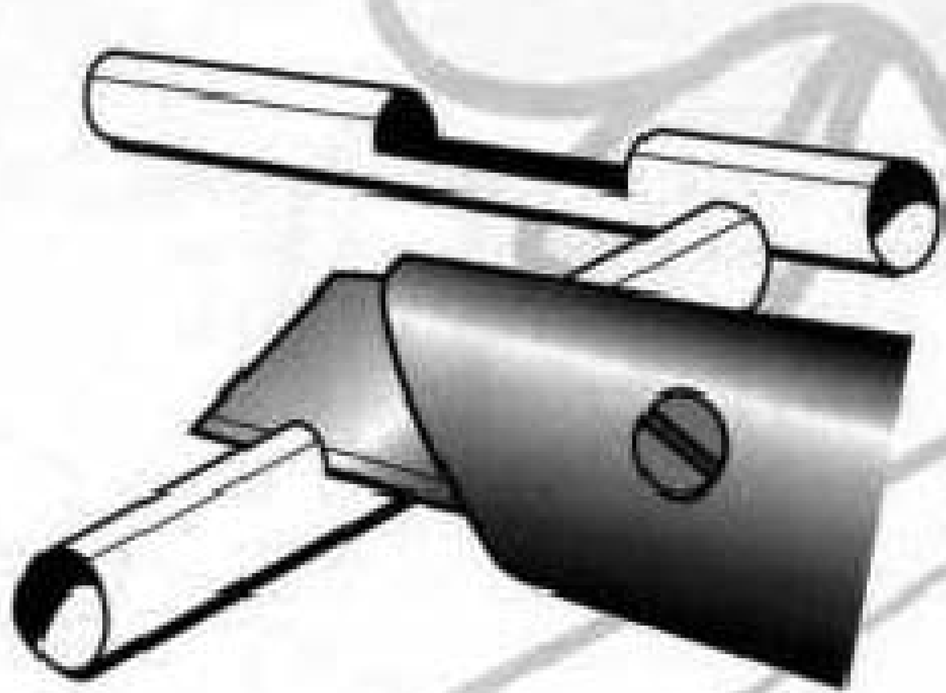
Seal the cone with large papers, leaving 3cm of excess paper at the end, as shown.

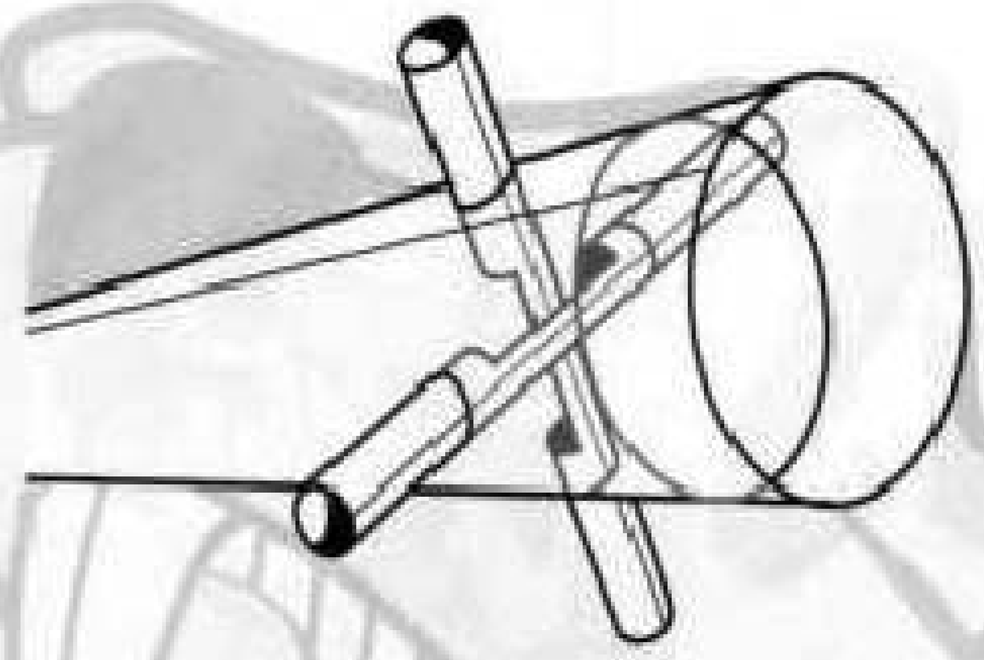
Carefully make four crosscuts at regular intervals around the end of the cone.



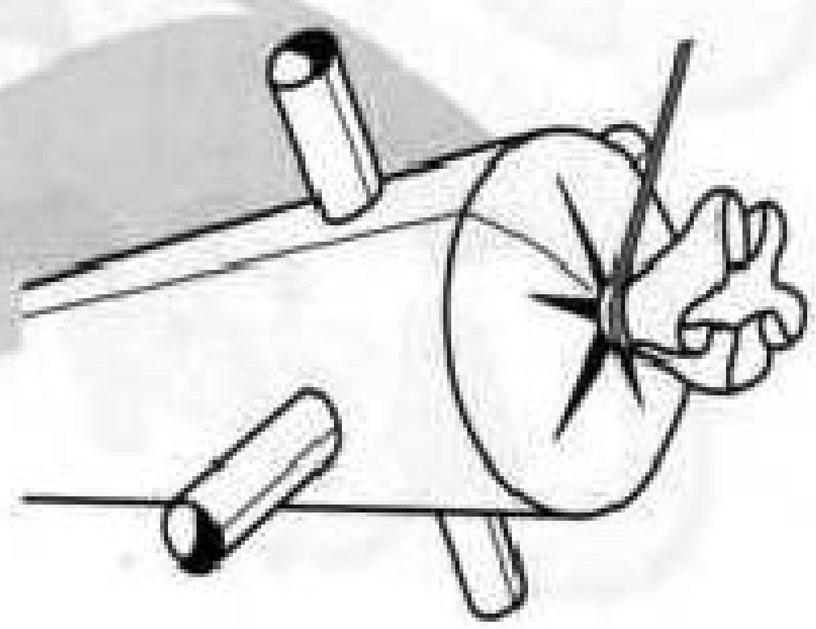
Make a long, narrow roach, about the length of a pencil, and seal it with papers or tape.

Cut the roach in half, then remove a section from the centre of each segment.

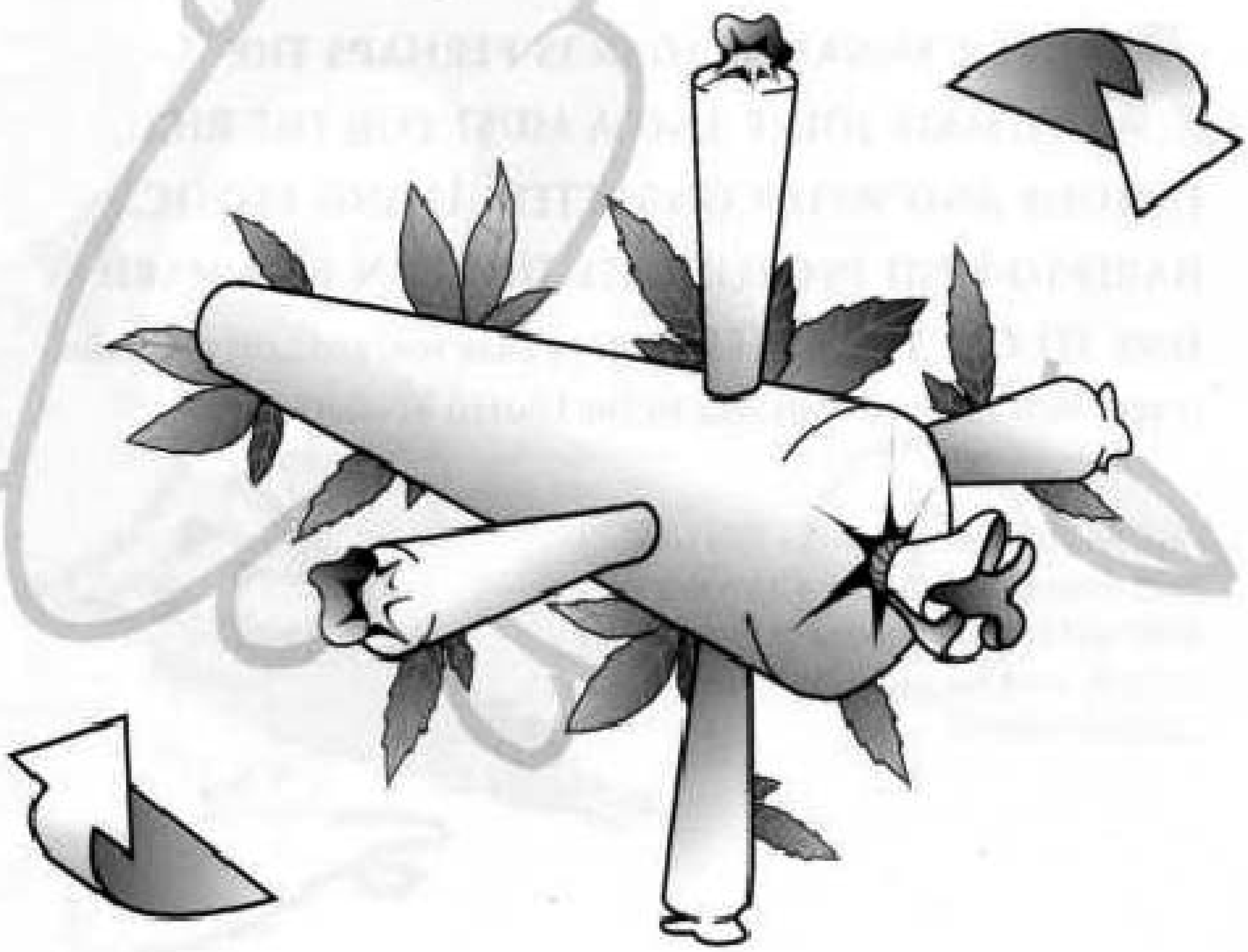




Insert the two segments so that the cut-outs are completely inside the cone and facing its narrow end. Seal any gaps with tape or gummed strips.



Seal the end of the Windmill with the excess paper, using thread or tape. To use the windmill, roll the numbers of your choice around the protruding roaches and enjoy a four-way smoke of quixotic proportions.

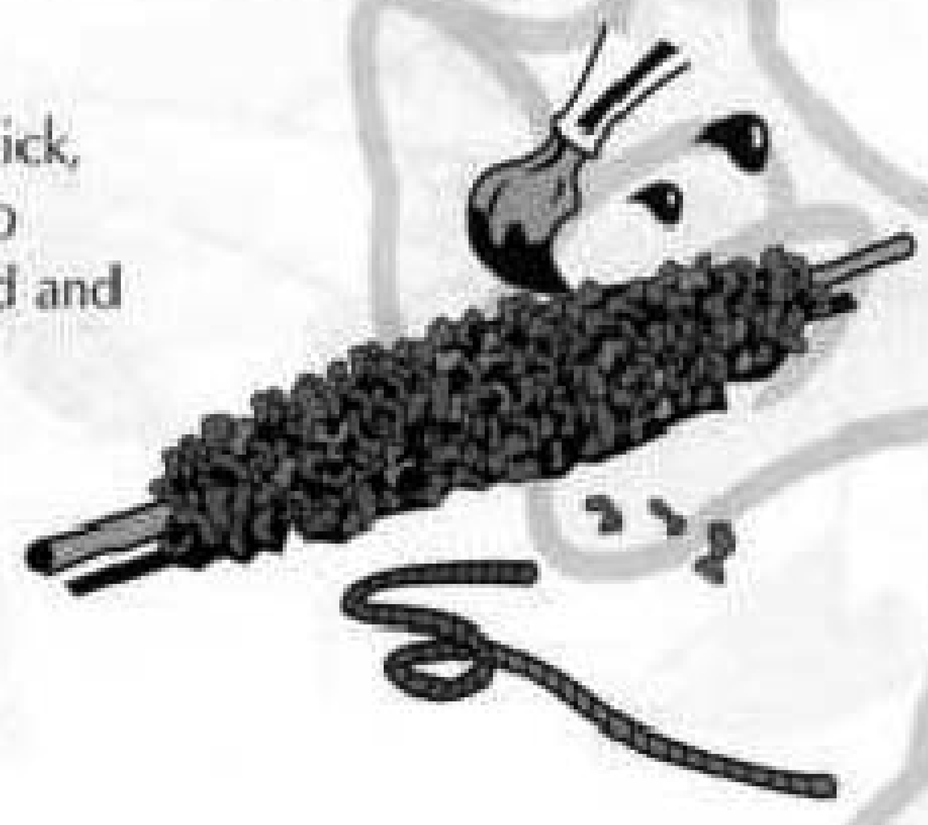


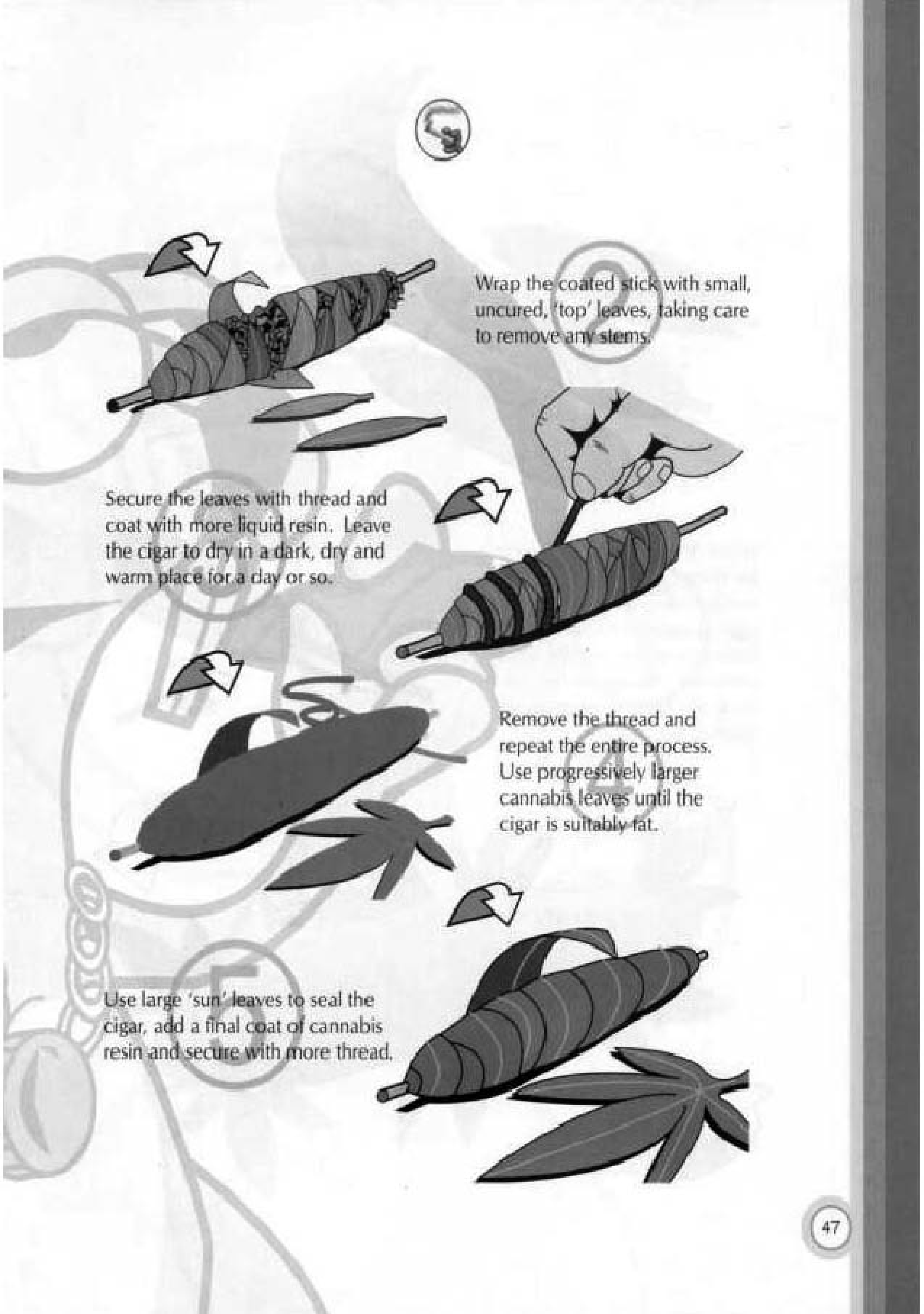
Cannabis Cigar

A PURE CANNABIS CIGAR IS PERHAPS THE ULTIMATE JOINT AND A MUST FOR THE RICH, FAMOUS AND WELL-CONNECTED. USING EXOTIC, HARD-TO-FIND INGREDIENTS THIS CAN BE A HARD ONE TO GET TOGETHER. JUST IN CASE YOU FORGOT: CANNABIS IS STILL NOT LEGALLY AVAILABLE IN THE UNITED KINGDOM.

1

First, find or make yourself a Thai stick, (bud densely tied around a bamboo sliver and cured) remove any thread and carefully coat the stick with liquid cannabis resin oil.



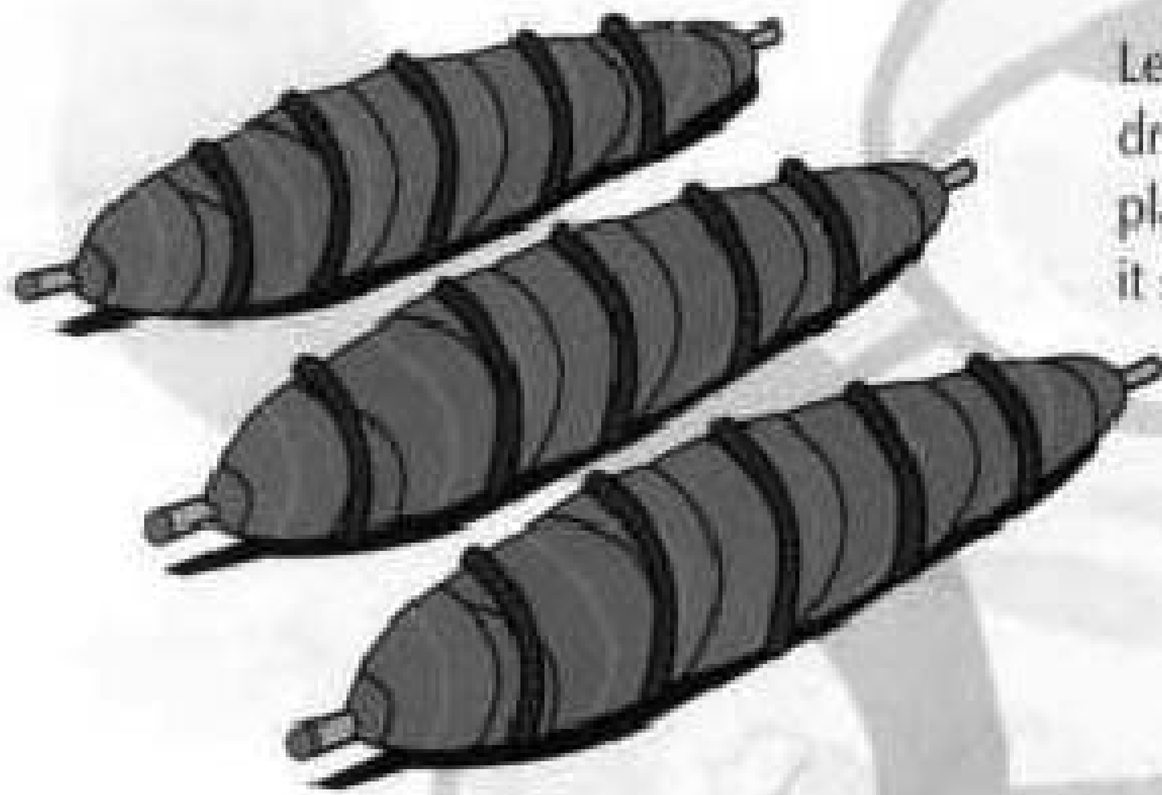


Wrap the coated stick with small, uncured, 'top' leaves, taking care to remove any stems.

Secure the leaves with thread and coat with more liquid resin. Leave the cigar to dry in a dark, dry and warm place for a day or so.

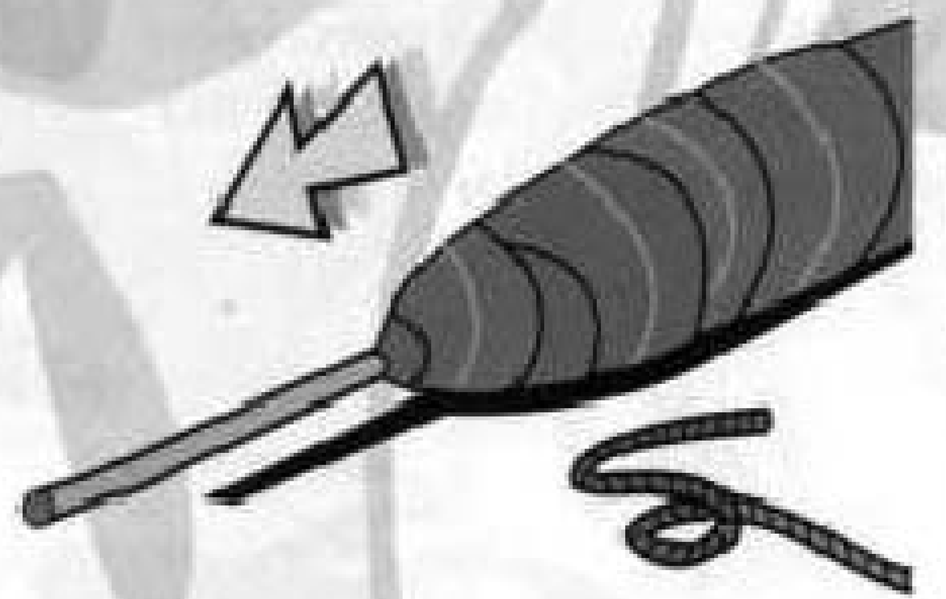
Remove the thread and repeat the entire process. Use progressively larger cannabis leaves until the cigar is suitably fat.

Use large 'sun' leaves to seal the cigar, add a final coat of cannabis resin and secure with more thread.



Leave the finished cigar to dry. In a dark, dry, temperate place. In two to three weeks it should be ready to smoke.

When drying is complete, remove the thread and carefully pull the bamboo sliver from inside the cigar to create a smoking tube. Store your cigars in a dry, air-tight container – the longer you leave them, the better (and stronger) they will get.



iff.

Cannabis (or *hemp)* has enjoyed a symbiotic relationship with humankind for over 8,000 years. The plant has been cultivated all over the globe and for many years was the world's most common crop. Cannabis has been called "the most useful plant in the world" – here are some of the reasons why.

Getting High

There are records dating back to 2737BC of cannabis being used for its psychoactive effects in medicine, recreation and religious ceremonies.

When ingested, THC travels into the bloodstream and then directly on to the brain, where it targets brain cell receptors concerned with memory, emotion and coordination of movement. In 1992 a naturally produced neurotransmitter – *anandamide* (a name derived from *ananda*, the Sanskrit word for bliss) was discovered which targeted the same receptors and mirrored the effects of THC.

A socially exceptable drug in the nineteenth century, it is only comparatively recently that cannabis users have suffered the hard hand of the law. Sparked by the (now laughable) rantings of a few 'moral' speakers

and fuelled by lobbyists fearful of the burgeoning threat by hemp to their oil, cotton and timber industries, cannabis prohibition caught fire in 1930's America. Incorporated (under US pressure) into the international drug laws, cannabis soon became illegal throughout most of the world.

Manufacturing and Industry

Cannabis (or hemp) is a highly versatile resource.The Business Alliance For Commerce In Hemp has so far recorded over 50,000 commercial uses for the plant. Environmentalists and forward-thinking industrialists alike point to cannabis as a feasible and entirely sustainable substitute for fossil fuels and lumber. It can be used in the production of paper, textiles, construction materials, plastics and even petroleum. This is no recent revelation. Up until the nineteenth century, hemp was the world's number one crop. It provided the lifeblood for global commerce, war and industry—much as oil does now. Even as late as WWII, the American government ran a campaign to encourage farmers to grow cannabis for the war effort.

One reason cannabis is such a uniquely valuable plant is because of the fibres contained in its stems. These can be woven into strong, durable fabrics, made into rope or processed into a pulp which is similar (and in many ways superior) to wood pulp. Incredibly, one acre of cannabis will produce as much paper pulp as four acres of woodland.

Hemp is also an excellent source of cellulose - the starting point for the production of organic plastics. Unlike plastic made from petrochemicals, plant-based plastics are bio-degradable and have far less environmental costs.

Although it is hard for the oil-fuelled psyche of the twentieth century to grasp, it is perfectly possible to produce fuel from plant material. Hemp is one of the best sources of biomass fuel. Had history turned a different path we could well be filling our cars with hemp-sourced fuel.

Cannabis hemp is, in many ways, the ideal environmentally friendly resource. It grows easily, even in poor soil, virtually anywhere in the world and requires few damaging and expensive pesticides. Unlike fossil fuels, it actually consumes carbon dioxide and produces oxygen, thereby fighting the greenhouse effect. A global economy based on plant matter

rather than fossil fuels would spread wealth, phenomenally reduce pollution and provide more economic independance for 'third world' countries blessed with perfect growing conditions. Cannabis has deep, far-reaching roots and these are invaluable in preventing soil erosion – an enormous problem in many parts of the developing world. Much of the flooding and erosion in Bangladesh (responsible for endless famine, disease and poverty) is blamed on the fact that the country, whose name literally translates as 'land of cannabis', can no longer grow its traditional crop.

If you'd like to know more about the story of hemp and its many uses, Jack Herer's seminal book *Hemp and the Marijuana Conspiracy: The Emperor Wears No Clothes* (HEMP Publishing, Van Nuys, CA) is packed full of primary evidence and makes an excellent starting point.

Medicine

At the beginning of the century pot was one of the most commonly prescribed medicines. Queen Victoria famously used cannabis tinctures to ease her PMT. Historical trivia aside, the medical profession widely agrees that cannabis has still an invaluable role to play. The anecdotal and scientific evidence that cannabis can be of real help to sufferers of numerous illnesses (including cancer, AIDS/HIV, MS and glaucoma) is both well-documented and overwhelming. That millions of medical cannabis users risk prosecution everyday to ease their symptoms is testament in itself to the benefits of the plant.

Cannabis is an incredibly unproblematic medicine. Judge Francis Young of the American Drug Enforcement Agency wrote that marijuana is "...one of the safest therapeutically active substances known to mankind." Bizarrely (but predictably), it is illegal for doctors in the UK to prescribe cannabis, despite the fact that it can be used in place of many, far more harmful and expensive legal drugs.

In short, yes. Virtually all the valid scientific studies point to cannabis being an incredibly safe substance. That is not to say that cannabis cannot do harm. Any drug can have adverse effects when abused or overused and pot is no exception. Extensive research and thousands of years of anecdotal evidence have given us a good idea as to what cannabis does to the mind and body.

Short-Term Effects

Cannabis is unusual in that it produces effects similar to those of many different psychoactive substances. The drug does not easily slot into any of the normal psychoactive groups (depressants, stimulants, hallucinogens) and displays characteristics distinctive to all three. A group of people using cannabis may swing from introspective states of dreamy detachment to high-energy conversation and collective euphoria.

The short-term effects of cannabis use are largely dependent on the quality of the substance and the individual's mood, personality,

previous experience and mood. Studies show a marked difference in effects between 'first-timers' and 'veteran' smokers. It seems that with repeated use, a user learns to anticipate, recognise and enjoy the effects

The only obvious truth in the cannabis gateway argument exists because cannabis is banned in the first place. Buying or using an illegal substance often brings users closer to other illegal substances.

Whatever the arguments, it is a fact that whilst most heroin or crack users have smoked cannabis only a tiny proportion of cannabis users will ever go on to take heroin or crack.

Mental Illness

Claims that cannabis can cause serious mental illness have been a common feature of the anti-cannabis campaign ever since the 'Reefer Madness' propaganda of the 1930's. In fact there is no evidence to show that lasting mental disorder can be directly caused by cannabis. Whether the drug may trigger a latent illness, or make worse/improve an existing one is open to question, as there are a myriad of everyday elements in a person's life (relationships, health, work etc.) which have that capability. Those who are suffering from, or have a history of mental illness should obviously approach the use of any psychoactive drug with great care.

The short term psychological problems most often connected with cannabis – such as agrophobia, paranoia, anxiety (the FEAR) and confusion – mostly arise from heavy and/or continued use and usually vanish once use is stopped. Any problem symptom should be seen as a sign that you should take a break from use or at least cut down.

Long-term Effects on the Body

Respiratory Disease

The smoke from an *ital* (pure) cannabis joint delivers three times more tar than your standard filter-tip, more than five times more carbon monoxide, and hits the throat and lungs at a higher temperature. This has lead some experts to declare that, blow-for-blow, cannabis smoke is more likely to cause respiratory disease and cancer of the lung, throat and mouth than tobacco smoke. One American study has shown an increased incidence of throat cancer amongst cannabis smokers. Other experts point to evidence that respiratory cancers are largely caused by the radiation present in tobacco tar and suggest that the carcinogenic

nature of cannabis is overstated. Whatever the case, any comparison with tobacco should be tempered by the fact that a twenty-a-day habit of unshared ital joints is relatively rare.

There is no conclusive evidence that moderate cannabis use leads to significant damage to the respiratory system. However, the standard tobacco/cannabis joint must (at least) carry the same risks as an unfiltered cigarette. Avoiding the possible danger of respiratory disease is easy: do it the Stir Crazy way and eat your pot instead.

Central Nervous System

Both reputable and highly disreputable sources have put forward the claim that cannabis causes brain cell death. Such claims are highly controversial and no permanent effects have ever been demonstrated in humans. Whatever the truth of the matter, there is no evidence to suggest that, even if damage does occur, there is any noticeable change in behaviour or mental performance.

Reproduction

Bizarre claims that cannabis reduces libido, causes men to grow breasts, and disrupts menstruation in women have been circulated since the sixties. You won't be surprised to hear that (yet again) there is no scientific basis for these claims.

Male cannabis users do produce a higher proportion of two-tailed spermatozoa which tend to be too confused to make it to the ovum. Coffee drinkers also experience this phenomenon and cannabis users will be relieved to know that there are usually millions of the single-tailed variety ready to step in and do the deed. In any case, the genetic coding of the sperm is not affected.

Imunnology

There is some evidence, both real and anecdotal, to suggest that cannabis use may have a slight, temporary effect on the body's immune system. There is nothing to show that this possible effect is more significant than that suffered with the similar effects of moderate alcohol or caffeine use. Much of the evidence may originate from contagious diseases (especially the common cold) hitching a ride on joints passed between friends.

Estimates put the number of regular cannabis users in Britain at between three and five million, with more than one in three young adults thought to have tried the drug at least once. Cannabis use is now an everyday part of British culture. It is seen as increasingly acceptable throughout much of society. The trend of tolerance seems set to continue but for the time being, cannabis is still very much an illegal substance with users at risk of serious life damage from prosecution, incarceration and a criminal record.

Cannabis and The Law

In the case of ***simple possession*** of small quantities of cannabis the police will normally avoid prosecuting first-offenders. Alternatives to prosecution include an ***informal warning*** (i.e being told-off unofficially or, more seriously, a ***caution*** (i.e being told-off officially). Cautioning results in a criminal record but not a criminal conviction.

Although the current advice for police is to caution, the law is open to

interpretation and different police forces and individual officers have varying policies (formal and informal) for applying these laws. Repeat offences of simple possession and the more serious offences of ***supply*** and ***cultivation*** are much more likely to result in prosecution.

Confused? you soon will be. When it comes to breaking the law with cannabis there is plenty of scope for choice.

Possession

Simple possession is interpreted in law as knowledge and control but not necessarily ownership. In effect this means you can be charged with possession if someone living in your home has cannabis and you know where it is and have been told you can use it. Possession offences also include ***attempted possession*** (yes, you can be busted for buying mixed herbs), ***past possession*** -where there is evidence of possession within a specific time period and ***internal possession*** - where there is evidence to suggest that cannabis has been ingested (or inserted!) into the body.

Supply

Supply can range from passing a joint to importing tonnes of hashish. The guidelines on sentencing for trafficking are based on a sliding scale relating to the offence and amounts involved. Custodial sentences are common at the mid-to-high end of this scale.

As with possession there are a whole group of offences which can be listed as trafficking: ***possession with intent to supply*** - where there is evidence that the amounts found are not purely for personal use; ***offering to supply***; ***conspiracy to supply***; ***incitement to supply*** etc., etc.

Cultivation

Cultivation has become a far more common offence since the beginning of the home growing craze. Needless to say, growing cannabis in the United Kingdom is illegal without a license from the Home Office (sorry, fat chance). Problems arise because the amounts grown tend to be significant in the eyes of the law and may attract an additional charge of intent to supply. As with possession and supply, strong mitigating factors come into effect if the substances found are deemed to be for personal use or for non-profit distribution amongst friends or known users. Purely medicinal use of cannabis for those for the symptoms of serious illness is becoming more acceptable as a mitigating factor.

Other Implications

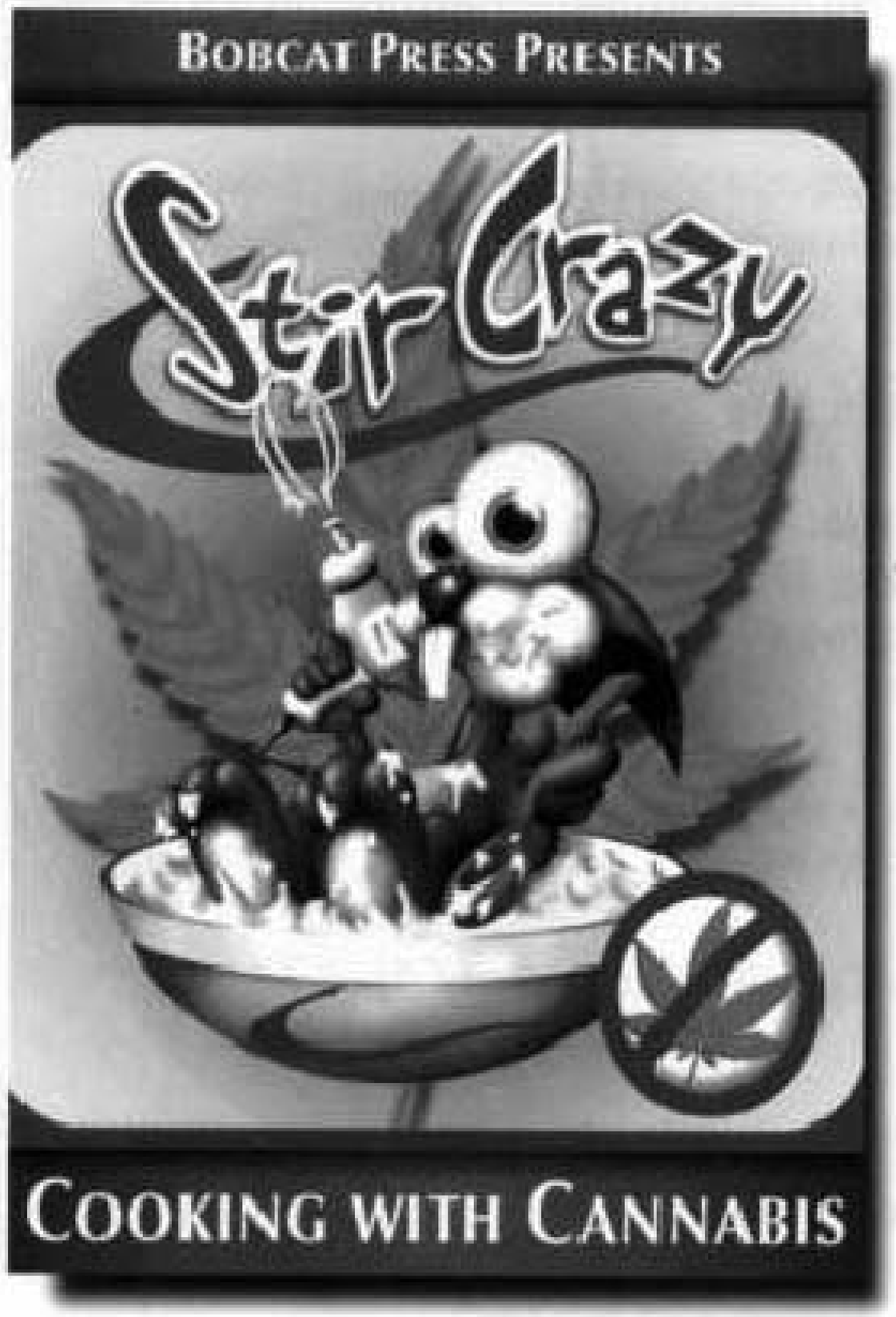
Conviction for a cannabis-related offence can leave you with more than just the sentence of the court. Due to a number of laws, institutional practices and the attitude of society toward drug users in general, the consequences of a cannabis conviction can be far-reaching and may include the following:

- Losing your job or being excluded from particular careers. Employers (especially those of the main professions) don't look kindly on drug convictions.
- Public condemnation - local newspapers (especially those of the small town variety) love a drugs story.
- Being banned from driving if convicted of driving whilst under the influence. Extensive drug testing is currently being considered.
- Refusal of a bank or building society loan if convicted of supplying or intent to supply.
- Refusal of immigration requests and even temporary visas for work or holidays by some countries including the USA.
- Possible difficulties with fostering or adoption proceedings and, in some very extreme cases, the removal of children into care.

Self-Protection

The best advice for avoiding prosecution is, of course, not to commit an offence. The social acceptance of cannabis use in youth culture and a perception of relaxed policing can lead to an over-casual attitude to the drug. It is worth bearing in mind that over 85% of drug convictions are for the possession of cannabis, often with permanent implications for the offender. The second-best advice for avoiding prosecution is to be very, very careful. Being charged with offences more serious than justified is sadly a common occurrence. Weighing instruments, a divided stash or amounts over an ounce or two can mean a charge of intent to supply rather than simple possession. Helping out your mates, especially on a regular basis, can be a risky business.

Also Available...



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(national 24hr. confidential drugs helpline and drop-in centres)
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Manchester
M4 1LW
Telephone: 0161 839 2054

National Drugs Helpline
(free 24hr. confidential helpline)
Telephone: 0800 776600

Release
(national 24hr. drugs and legal helpline)
Telephone: 0171 729 9904

Legalise Cannabis Campaign Scotland (LCCS)
PO Box 12758
Edinburgh
EH8 9YP
Telephone: 0131 6676488

Cannabis Hemp Information Club (CHIC)
PO Box 22230
Glastonbury
BA6 9YU
Telephone: 01458 835769

Campaign for the Legalisation of Cannabis International Association
(CLCIA)
54c Peacock Street
Norwich
NR3 1TB
Telephone: 01603 625780

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WARNING

This book contains information about illegal substances, specifically the plant Cannabis Sativa and its derivative products. Bobcat Press would like to emphasise that cannabis is still very much a controlled drug in the United Kingdom. As such, the use, supply and cultivation of cannabis may result in heavy penalties that can threaten liberty and livelihood.

The aim of the publishers is to educate and entertain. Whatever the publishers view on the validity of current legislation we do not, in any way, condone or encourage the use of prohibited substances. If readers wish to construct the designs detailed within this publication they must, to stay within the law, do so using legal substances.

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