

Ecstasy

Ecstasy (also known as MDMA, X, XTC, Adam, euphoria and love doves) is widely used among high school and college students and by young adults who frequent night-clubs or raves. But it is an illegal drug in most countries.

Ecstasy is manufactured in labs and is usually sold in the form of a white or off-white powder taken orally. Effects occur in 30 to 60 minutes and last about eight hours. Ecstasy produces a sense of well-being and heightened tactile sensations and emotions. The pupils dilate, blood pressure increases, and the nose and throat become dry. Users may become overheated and dehydrated if they don't drink enough fluids. An overdose can cause death. (The effects of other narcotics are listed on pages 12 and 13.)

When you buy illegal drugs, you never really know what you're getting. A recent survey by the Addiction Research Foundation in Ontario revealed that almost two thirds of all drug samples obtained on the black market were different from what the seller had claimed.

A Bad Trip

Peter, 22, was having a great time celebrating the end of term in a Miami bar when he began to feel strange. The hash he had used didn't seem to be having its usual effect. Drenched in sweat, Peter now felt like throwing up, and was barely able to make it to the washroom. Suddenly the room began to spin and everything went black.

Peter awoke in hospital hooked up to an IV. He had missed his plane, and his insurance was refusing to pay his hospital bill. His little holiday misadventure cost him thousands of dollars. A trip to remember!

Travellers who use narcotics are putting themselves in a very vulnerable position. They may not remember how to get back to where they are staying and they could become a prime target for criminals. Someone who is high can easily be attacked, robbed or sexually assaulted.

It's a good idea to keep the name and address of your hotel with you at all times. Avoid going out alone at night. If you go out with a group, you should keep tabs on one