UNIT 4  DRUGS OF ABUSE

Structure
4.0  Objectives
4.1  Pre-reading
4.2  Reading Comprehension: Drugs of Abuse
4.3  Grammar: Linkers and Gerunds
4.4  Writing: Note-Making
4.5  Listening Comprehension: Discussion between a Doctor and a Person Suffering from Arthritis
4.6  Speaking: Dialogue between a Counsellor and a Patient
4.7  Let Us Sum Up
4.8  Further Reading
4.9  Answers

4.0  OBJECTIVES

To develop in the learner the ability to:
- read a report and understand its main points;
- comprehend and interpret data or information given in a graphic form;
- comprehend new lexical items using cues from within the text;
- make inferences from the text and the charts;
- evaluate a situation and provide personal opinion;
- look for patterns and generalize;
- practice linkers and gerunds; and
- develop posters for public awareness.

4.1  PRE-READING

Activity 1

We take many things in our day-to-day life in order to remain healthy. Match the medicine or drug with the effect it has on us.

1. Tonics
   a) Helps in controlling severe pain as in cancer
2. Cough Syrup
   b) Help in making up nutritional deficiencies from food
3. Tranquilizers
   c) Help one to fall asleep when one is not able to do so in a natural manner
4. Anti-biotics
   d) Helps during operations by making the body numb
5. Morphine
   e) Help in destroying or controlling the growth of bacteria and controlling thereby infections
6. Anaesthesia
   f) Helps in controlling cough
4.2 READING COMPREHENSION: DRUGS OF ABUSE

Many of these are drugs, which have been extracted from plants or made from chemicals and used for medicinal purposes. But, sometimes they are abused when people start taking them when they are not necessary or take them regularly in high doses to obtain a feeling of pleasure. Read on…

Since time immemorial humans have been trying to escape the stress and tensions of both the mind and the body. In addition, they have experimented with plants and their products in their search for pleasure of a different kind. Amongst the intoxicating substances used were wines and alcohol obtained by fermenting grapes, potatoes and rice. Some were substances obtained from the poppy plant and some from cannabis. As a result they felt intoxicated, happy or drowsy enough to forget the world and its worries. Generally, people took these intoxicants only on ceremonies or occasions. But a few amongst them became habitual users and got addicted to the substances.

In today’s world many new chemical compounds have made their appearance and there is a host of intoxicants at the service of the pleasure seeker. Intoxicants produce a feeling of happiness and comfort while hallucinogens (bhang and ganja) create hallucinations, enabling the user to see colours to be brighter and more vivid, heightened perception such as greater and enjoyment of music or get heightened sensations. Some of the opiates, on the other hand, make one feel drowsy and comfortably numb.

Just as the range of substances have grown, so too has the range of consumers of these drugs or substances. The users vary between the young and the old, educated and the illiterate, the urban and the rural and the male and the female. All, of course, have different reasons for having taking recourse to drugs and alcohol at the initial stages, before addiction set in.

For some, it is a way of relaxing after a day’s hard labour. For others it is a way of forgetting the stress of the job or domestic life; for some it is a way of drawing attention to oneself and being accepted by one’s peers, and for some it is sheer adventurism and making a bold statement in a conservative society.

Given below are some of the drugs that are commonly abused. These are based on a survey conducted to study the kinds of drugs abused and the extent of abuse.

<table>
<thead>
<tr>
<th>Substance</th>
<th>Common Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alcohol</td>
<td>Sharab, Daru</td>
</tr>
<tr>
<td>Cannabis</td>
<td>Ganja, Charas, Marijuana, Hashish</td>
</tr>
<tr>
<td>Opiates</td>
<td>Opium Afeem, Heroin, Smack, Brown sugar</td>
</tr>
<tr>
<td>Cocaine</td>
<td>Crack</td>
</tr>
<tr>
<td>Hallucinogen</td>
<td>LSD</td>
</tr>
<tr>
<td>Amphetamines</td>
<td>Speed</td>
</tr>
<tr>
<td>Tranquilizers</td>
<td>Sleeping pills</td>
</tr>
<tr>
<td>Inhalants</td>
<td>Glue, Paint thinner, Aerosol</td>
</tr>
</tbody>
</table>

Amongst these, alcohol and bhang are drunk while cannabis is smoked. The fumes of cocaine are inhaled after burning it. Cocaine is also injected into the blood stream for quick effects. LSD, speed and sleeping pills are swallowed while glue, paint, thinner and aerosol, are inhaled.
According to a recent study conducted in various hospitals and treatment centres the following trend of drug abuse was seen.

**Use of Different Drugs as Reported in Treatment Centres**

![Pie chart showing the percentage distribution of different drugs.](chart)

**Effects of the drugs**

The effects of these drugs vary on different users. They start appearing sometimes within minutes of intake but are the quickest to make their appearance in the case of injecting drug users. The most common effect is to feel euphoria, meaning a feeling of pleasure and happiness, which is also termed as ‘high’. During these spells the person feels happy, confident and ‘on top of the world’.

Subsequently, the body gets used to the drug and then the person feels no more excitement with the amount he/she took earlier. This leads to a steady increase in the dosage with the passing of time. Soon a situation arrives when the person becomes totally dependent on the drug and is unable to do anything without its support. On its part, the drug deprives the person of good health, sound thinking, skills of work as well as a normal respectable life. As a result such persons become a burden on themselves, their families and the society.

**Drugs and the youth**

Amongst the young, adolescents fall a victim to drugs and once made a captive to their ill effects do not know whom to turn to for help. We need to be aware and be on the lookout for symptoms, to gauge if a youngster has fallen a prey to drugs.

During interviews with doctors and treatment personnel at treatment centres certain distinct signs of drug use were identified. They are provided in the table below.

<table>
<thead>
<tr>
<th>Identification of warning signs suggesting drug use: Adolescents</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Unexplained poor school performance</td>
</tr>
<tr>
<td>• Sudden rebellion</td>
</tr>
<tr>
<td>• Behaviour changes</td>
</tr>
<tr>
<td>• Drowsiness</td>
</tr>
<tr>
<td>• Mood swings</td>
</tr>
<tr>
<td>• Increase demand for pocket money</td>
</tr>
<tr>
<td>• Presence of drug use paraphernalia e.g. empty foils and vials etc.</td>
</tr>
</tbody>
</table>
If one notices these signs one must take adequate action, like trying to find out if the youngster has any problem in life, taking him/her to the doctor or to the drug treatment centre. It is also important for the family to spend quality time with each other to prevent drug abuse.

Preventive Measures

The youth can be counselled about the ill effects of taking drugs so that they consciously stay away from drugs.

Here are a few things a person can do in order to prevent herself/himself from falling into the clutches of drugs. These are:

- Staying away from people who take drugs
- Staying away from places which are associated with drug use/abuse
- Working harder
- Not carrying much money
- Eating a healthy and hearty meal
- Handling the emotions of anger or frustration directly and not hiding behind drugs
- Talking to a close family member or a friend
- Telling one self the consequences of drug use and weighing them against the benefits of not taking drugs
- Seeking the company of those who do not take any drugs
- Going for walks or developing hobbies that give satisfaction
- Joining a course

This will increase the feeling of self-worth and confidence. Once this happens the attraction of the drugs will automatically reduce and one can lead a happy and healthy life. However, if one feels a sense of addiction then one must take IMMEDIATE HELP of a family member, friend and then subsequently of a trained doctor in this area.

(Adapted from Information obtained from National Drug Dependence Treatment Centre, All India Institute of Medical Sciences by Shefali Ray)

Check Your Progress 1

1. Read the passage given above and complete the following sentences. Select the most appropriate phrase from those given.

   i) Drugs can be classified as substances
      a) that always cause harm if taken.
      b) that have medicinal value but harmful if abused.
      c) that are harmless in any form of intake.
      d) that are used in laboratories only.

   ii) Abuse of drugs means
       a) taking them once in a while without the doctor’s prescription.
       b) pricing them very high in the market.
       c) excessively taking them for purposes other than medical.
       d) criticising and decrying the life-saving drugs.

   iii) Initially the drug causes
        a) anxiety and heightened awareness of dangers and problems.
        b) a feeling of comfort, pleasure and increased enjoyment of music and colour.
        c) excruciating pain and a feeling of nausea.
        d) no effect at all.
iv) Crack is the street name for
   a) opium.
   b) alcohol.
   c) cocaine.
   d) tranquilizers.

v) The major drugs of abuse are
   a) alcohol followed by opium and proxephene.
   b) alcohol, cannabis and opium.
   c) alcohol followed by heroin and opium.
   d) alcohol followed by heroin and cannabis.

vi) The population at greater risk are
   a) teenage girls and boys.
   b) adult men of any age.
   c) adult women of any age.
   d) all of the above.

vii) We can guess if a youngster has fallen a prey to drugs if we notice
     a) an increased desire to achieve and excel in academic areas.
     b) mood swings and change in behaviour.
     c) mood swings, behavioural changes and drop in academic performance.
     d) sudden friendliness and feeling of happiness all the time.

viii) In order to prevent a youngster from falling a prey to drugs the family should
     a) get the boy or girl’s blood tested for traces of drugs.
     b) spend more time with the boy or girl in the family.
     c) threaten the boy or girl with dire consequences.
     d) just ignore the changes in behaviour if any.

ix) An increased feeling of self-worth and pursuing a meaningful occupation will never allow a young boy or girl
    a) to seek pleasure and happiness in drugs.
    b) to seek a friend’s help in difficult times.
    c) to be considerate towards others.
    d) to seek medical help if addicted.

2. Read the statements given below and say whether they are true or false. Write T or F against them.
   i) In olden times it was a custom to take intoxicants only on ceremonies and social occasions.
   ii) Bhang and ganja are intoxicants.
   iii) Opiates make a person drowsy and comfortably numb.
   iv) All of us have the same reason for taking recourse to drugs.
   v) Youngsters often begin taking drugs to seek adventure.
   vi) Heroin is the drug, which is abused to the maximum.
   vii) A person gets addicted to a drug at the first instance itself.
   viii) Drugs if abused, deprives a person of a happy and healthy life.
ix) Presence of pieces of foil or empty vials near a young person can be a warning sign.

x) If a person knows how to handle his/her emotions, he/she can resist the temptation of drugs.

3. What should one do if one notices the warning signs of addiction in the case of a person?

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4. Suggest some measures that one can take to avoid falling into the trap of drug taking and addiction.

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Vocabulary

Check Your Progress 2

1. Find from the passage the following words.

i) A word in paragraph 1 which mean the same as making the sugar in something change to alcohol by using yeast or bacteria.

ii) A word in paragraph 1 that means the same as substances such as alcohol that create false feelings of pleasure and causes a lack of control.

iii) A word in paragraph 2 which is opposite in meaning to the words dull and lacking sharpness.

iv) A word in paragraph 2 which can be used for substances containing opium.

v) A phrase in paragraph 3 that means the same as the fact of having to use something that can provide help in a difficult situation.

vi) A word one would use for a situation in which a person is willing to take risks in order to gain something for himself or herself. (Paragraph 4)

vii) A word in paragraph 4 opposite in meaning to radical.

viii) A word in paragraph 8 that means the same as make a judgement about something, especially people’s feelings or attitudes.
2. Normally there are certain words that are used in certain context and go with certain words. Match the words in column A with those in column B. Select the appropriate words from column B. One is done for you.

<table>
<thead>
<tr>
<th>A</th>
<th>B</th>
</tr>
</thead>
<tbody>
<tr>
<td>i) fumes</td>
<td>spices/petrol/chemical/perfume/exhaust/flowers</td>
</tr>
<tr>
<td>Answer</td>
<td>petrol, chemical</td>
</tr>
<tr>
<td>ii) euphoria</td>
<td>books/physical condition/mental state/natural conditions</td>
</tr>
<tr>
<td>iii) dosage</td>
<td>food/learning material/medicines/advice</td>
</tr>
<tr>
<td>iv) symptoms</td>
<td>feeling/physical condition/disease/weather</td>
</tr>
<tr>
<td>v) prey</td>
<td>disease/good habits/food/bad habits/negative feelings</td>
</tr>
<tr>
<td>v) abuse</td>
<td>books/power/body/room/drugs</td>
</tr>
</tbody>
</table>

4.3 GRAMMAR: LINKERS AND GERUNDS

Read the following sentences from the passage and note the use of the italicised words.

**Linkers**

*Subsequently*, the body gets used to the drug and then the person feels no more excitement with the amount he/she took earlier. This leads to a steady increase in the dosage with the passing of time. *Soon* a situation arrives when the person becomes totally dependent on the drug and is unable to do anything without its support. *On its part*, the drug deprives the person of good health, sound thinking, skills of work as well as a normal life. *As a result* such persons become a burden on themselves, their families and the society.

You will notice that these words serve a specific purpose. They help to provide a smooth flow of ideas connecting one with the other logically so that the passage is readable and comprehensible. These words also help you to predict what is to come in the sentence in which they occur. This also helps us to make predictions as we read.

Let us see what each one is doing here.

*Subsequently*, the body gets used to the drug … - showing the result of something said earlier.

*Soon* a situation arrives … - indicating the time lapse between the action and the consequences

*On its part* the drug deprives the person of good health…- indicates that we are going to read about the role played by drugs

*As a result* such persons become a burden on themselves…- we can anticipate the result of the previous action.

These words are called ‘linkers’ as they do the work of signposting and lead the reader along. They may occur in the middle of a sentence as well.

**Check Your Progress 3**

Given below are some linkers. Complete the sentences using appropriate linkers.

just as  as soon as  alternately  according to  in contrast
in addition  to sum up  however
Health and Fitness

i) .....................................the proceedings of the meeting, I would like to say that the proposal to revamp the airports has been tabled and has received positive response from the house.

ii) You can take a Shatabdi to Amritsar and then a taxi to Dalhousie. ..................................you can take a bus from New Delhi to Pathankot and take a taxi from Pathankot.

iii) .....................................the spaceship was to take off there was a telephone call from the ground control. This delayed the take-off by a few minutes.

iv) Most of the hotels do provide you with a complementary breakfast. This, ..................................is not the case with Hotel Shantilla. You would have to pay for your breakfast.

v) Fruits help to provide the body with essential minerals and vitamins. ........................., they supply the fibre that our body needs.

vi) .....................................I opened the gate of my house, I realised that something was wrong.

vii) .....................................to the list of holidays given out by the government, August 27 is a restricted holiday.

viii) Tumpa is full of beans and brimming with confidence, over confidence at times. ........................., her sister Putul is quiet and reserved.

Gerunds

Read the following lines from the passage.

- Staying away from people who take drugs.
- Staying away from places which are associated with drug use/abuse
- Working harder
- Not carrying much money on person.

You will notice that the words ‘staying’, ‘working’ and ‘carrying’ are verbs doing the work of a noun. These are also in the position of the subject of the phrase, which would lead into a sentence like this ‘Staying away from people who take drugs will help you to prevent falling a prey to drugs.’ (Something that is understood in the passage).

These verb-nouns are called Gerunds. Gerunds function very much like nouns and can be the subject, object or the complement of a subject. They are formed by adding the letters ‘ing’ to the root verb or the base verb.

Check Your Progress 4

Complete the sentences below with appropriate gerunds.

1) .....................................(join) the Management Course was half as difficult as.....................(stay on) in it.

2) I suggest in this flood situation, .........................(route)the buses from Girijanagar to MG Road via Talukabad might help. This will help in .........................(decongest) the traffic jam on Viratnagar Crossing.

3) .........................(do) a distance learning course from an Open University is much easier as there is greater flexibility.

4) .........................(cross) a rope bridge over a river can be quite tricky. There is always the danger of ...................(miss) a foothold and ...................(slip) through the gaps.

5) The whole day was spent in .....................(pack) and I completely forgot about .....................(confirm) the time of the departure of the train.
6) Silk is obtained through the cruel method of …………………..(boil) the live cocoon in water to kill it and then……………………..(unwind) the thread from the cocoon.

7) ………………..(plant) trees and ………………(protect) the existing ones are the only ways by which we can hope to restore the forest cover.

8) …………………(trample) over the tiny huts and bamboo groves, the angry elephant rushed into the village.

4.4 WRITING: NOTE-MAKING

Read the passage *Drugs of Abuse* once again and make notes. Remember you would need to identify the main points first. Then locate the sub-points under each.

You can number your main points as I, II & III while your sub-points would have i, ii and iii.

You would need to exclude text, which contains repetition or too many illustrations. Your notes might also have abbreviations for brevity. You may also substitute numbers from words to figures, use symbols wherever applicable.

It would be good idea to take a pencil and number the paragraphs while outlining the main or the key point it carries.

**Some Dos and Don’ts of Note-making**

- Notes are normally not in full sentences
- The topic of each passage is the main point or heading and the ideas that are in it are the sub-points or sub-headings
- Indent the main points and sub-points properly. The usual pattern for indenting is:
  
  I  Headings: Roman numerals (1,11,111,etc.)
  II  Subheadings: Capital Letters (A,B,C,D)
  III  Further divisions: Arabic numerals (1,2,3,etc)
  IV  Use short forms and abbreviations whenever possible
- Notes should cover all the points of the passage
- From the notes you can prepare a summary which must cover all the points of the passage.

Your notes might look like this.

<table>
<thead>
<tr>
<th>Drug Use /Abuse</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>I</strong> History of Drug Use /Abuse</td>
</tr>
<tr>
<td>i) Reasons and occasions</td>
</tr>
<tr>
<td>ii) Kinds of drugs taken</td>
</tr>
<tr>
<td>iii) Made out of….</td>
</tr>
<tr>
<td><strong>II</strong> Drugs in modern times</td>
</tr>
<tr>
<td>i) Intoxicants</td>
</tr>
<tr>
<td>• Alcohol</td>
</tr>
<tr>
<td>• Effect-drowsiness, pleasure and happiness</td>
</tr>
<tr>
<td>ii) Hallucinogens and opiates</td>
</tr>
<tr>
<td>• Bhang and ganja</td>
</tr>
<tr>
<td>• Hallucinations- see brighter colours, heightened perception, greater enjoyment of music</td>
</tr>
</tbody>
</table>

(Now continue…)
4.5 LISTENING COMPREHENSION: DISCUSSION BETWEEN A DOCTOR AND A PERSON SUFFERING FROM ARTHRITIS

Listen to a discussion on Arthritis. The person has many queries, which the doctor is answering.

**Check Your Progress 5**
Listen to the discussion carefully and complete the information in the table. You may have to listen to audio several times.

<table>
<thead>
<tr>
<th>Details of the disease</th>
<th>Osteoarthritis Common/not so common</th>
<th>Rheumatoid Arthritis Common/not so common</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Occurrence:</td>
<td>...................................</td>
<td>.....................................</td>
</tr>
<tr>
<td>2. Age of people affected:</td>
<td>................................</td>
<td>................................</td>
</tr>
<tr>
<td>3. Parts of the body affected:</td>
<td>................................</td>
<td>................................</td>
</tr>
<tr>
<td>4. Nature of illness:</td>
<td>................................</td>
<td>................................</td>
</tr>
<tr>
<td>5. Other risks involved:</td>
<td>................................</td>
<td>................................</td>
</tr>
<tr>
<td>6. Causes of the disease:</td>
<td>................................</td>
<td>................................</td>
</tr>
</tbody>
</table>

4.6 SPEAKING: DIALOGUE BETWEEN A COUNSELLOR AND A PATIENT

Work in pairs. Imagine a situation in which a person is in the process of giving up drugs. But he/she is facing certain difficult situations. These situations are called ‘high-risk-situations’ because the person may revert to the drug taking habit any time due to stress or boredom. Play the roles of the patient and the counsellor at the treatment centre and have a conversation in which the counsellor advises the patient what to do in these situations.

**Check Your Progress 6**
Given below in the box 1 are the situations. Box 2 carries the suggestions to remedy the situation. Use the ideas given there and carry on with your conversation.

**BOX 1**
*High-risk-situations*
- Feeling sad or anxious
- Feeling bored
- Feeling angry or frustrated
- Difficulty in sleeping
- Pressurized by people who take drugs
- Craving (strong desire to take the drug)
- Bodily discomfort
- Having plenty of money on oneself
- Passing through the places associated with drug use
- Suspected of having taken the drug by family

**BOX 2**
*Alternate Activities*
- Spend more time with family
- Build their trust
- Work harder
- Spend more time at work
- Go for an outing or a walk
- Help family with household chores
- Watch television
- Spend time at religious places
- Avoid areas known for drug use
- Read
- Join a course
- Take up knitting, gardening or exercising
LET US SUM UP

In this Unit, we discussed another important health related issue – the abuse of drugs. Drug abuse must be prevented. The reading passage and the questions that follow give you information of various drugs, their abuse and prevention of abuse.

All passages are organized using linking devices. We give you practice in the use of linking devices and revise gerunds. In the writing section, we revise note-making and give you tips on the Do’s and Don’t’s of note-making. The listening comprehension part is a dialogue between a doctor and a lay person seeking information on arthritis. The speaking section gives you ideas and language for a dialogue between a counsellor and a patient. We hope you have read the Unit carefully and attempted all the exercises.

FURTHER READING

1. Science Digest
2. Websites on the Internet on various health issues
3. Literature for public awareness distributed by different treatment centres

ANSWERS

Activity 1
1. b)
2. f)
3. c)
4. e)
5. a)
6. d)

Check Your Progress 1
1. i) Drugs can be classified as substances (b) that have medicinal value but harmful if abused.
   ii) Abuse of drugs means (c) excessively taking them for purposes other than medical.
   iii) Initially the drug causes (b) a feeling of comfort, pleasure and increased enjoyment of music and colour.
Health and Fitness

iv) Crack is the street name for (c) cocaine.

v) The major drugs of abuse are (d) alcohol followed by heroin and cannabis.

vi) The population at greatest risk are (a) teenage girls and boys.

vii) We can guess if a youngster has fallen a prey to drugs if we notice (c) mood swings, behavioural changes and drop in academic performance.

viii) In order to prevent a youngster from falling a prey to drugs the family should (b) spend more time with the boy or girl in the family.

ix) An increased feeling of self-worth and pursuing a meaningful occupation will never allow a young boy or girl (a) to seek pleasure and happiness in drugs.

2. True and false.

i) In olden times it was a custom to take intoxicants only on ceremonies and social occasions. (T)

ii) Bhang and ganja are intoxicants. (F)

iii) Opiates make a person drowsy and comfortably numb. (T)

iv) All of us have the same reason for taking recourse to drugs. (F)

v) Youngsters often begin taking drugs to seek adventure. (T)

vi) Heroin is the drug, which is abused to the maximum. (F)

vii) A person gets addicted to a drug at the first instance itself. (F)

viii) Drugs if abused, deprives a person of a happy and healthy life. (T)

ix) Presence of pieces of foil or empty vials near a young person can be a warning sign. (T)

x) If a person knows how to handle his/her emotions, he/she can resist the temptation of drugs. (T)

3. If one notices these signs one must take adequate action, like:

- trying to find out if the youngster has any problem in life,
- taking him/her to the doctor or to the drug treatment centre.
- spend quality time with the member of the family suspected of using drugs.

4. Suggest some measures that one can take to avoid falling into the trap of drug taking and addiction.

- Staying away from people who take drugs
- Staying away from places which are associated with drug use/abuse
- Working harder
- Not carrying much money on person
- Eating a healthy and hearty meal
- Handling the emotions of anger or frustration directly and not hiding behind drugs
- Talking to a close family member or a friend
- Telling one self the consequences of drug use and weighing them against the benefits of not taking drugs
- Seeking the company of those who do not take any drugs
- Going for walks or developing hobbies that give satisfaction
- Joining a course

Check Your Progress 2

1. Find from the passage the following words.

i) fermenting

ii) intoxicants

iii) vivid
iv) opiates  

v) take recourse to  

vi) adventurism  

vii) conservative  

viii) gauge  

2. A B  
i) fumes petrol/chemical  

ii) euphoria mental state  

iii) dosage medicines  

iv) symptoms physical condition/disease  

v) fall prey disease/ bad habits  

vi) abuse power/body /drugs  

Check Your Progress 3  
i) To sum up the proceedings of the meeting, I would like to say that the proposal to revamp the airports has been tabled and has received positive response from the house.  

ii) You can take a Shatabdi to Amritsar and then a taxi to Dalhousie. Alternatively you can take a bus from New Delhi to Pathankot and take a taxi from Pathankot.  

iii) Just as the spaceship was to take off there was a telephone call from the ground control. This delayed the take-off by a few minutes.  

iv) Most of the hotels do provide you with a complementary breakfast. This, however, is not the case with Hotel Shantilla. You would have to pay for your breakfast.  

v) Fruits help to provide the body with essential minerals and vitamins. In addition, they supply the fibre that our body needs.  

vi) As soon as I opened the gate of my house, I realised that something was wrong.  

vii) According to the list of holidays given out by the government, August 27 is a restricted holiday.  

viii) Tumpa is full of beans and brimming with confidence, over confidence at times. In contrast, her sister Putul is quiet and reserved.  

Check Your Progress 4  
1. Joining the Management Course was half as difficult as staying on in it.  

2. I suggest in this flood situation, routing the buses from Girijanagar to MG Road via Talukabad might help. This will help in decongesting the traffic jam on Viratnagar Crossing.  

3. Doing a distance learning course from an Open University is much easier as there is greater flexibility.  

4. Crossing a rope bridge over a river can be quite tricky. There is always the danger of missing a foothold and slipping through the gaps.  

5. The whole day was spent in packing and I completely forgot about confirming the time of the departure of the train.  

6. Silk is obtained through the cruel method of boiling the live cocoon in water to kill it and then unwinding the thread from the cocoon.  

7. Planting trees and protecting the existing ones are the only ways by which we can hope to restore the forest cover.  

8. Trampling over the tiny huts and bamboo groves, the angry elephant rushed into the village.
Drugs of Abuse

I. History of Drug Use/Abuse
   i) Reasons and occasions
   ii) Kinds of drugs taken
   iii) Made out of…

II. Drugs in modern times
   i) Intoxicants
      • Alcohol
      • Effect-drowsiness, pleasure and happiness
   ii) Hallucinogens and opiates
      • Bhang and ganja
      • Hallucinations- see brighter colours, heightened perception, greater enjoyment of music
   iii) LSD, speed and sleeping pills, glue, paint, aerosol (for sniffing)
   iv) Cocaine and heroin

III. Users: all ages and both the sexes

IV. Initial effects
   i) feeling of euphoria or high
   ii) drowsy
   iii) pleasure
   iv) feeling of confidence

V. When body gets addicted
   i) steady increase in dosage
   ii) total dependence on drugs, unable to do anything without its support
   iii) failing health and performance
   iv) mood swings

VI. Drugs largely abused
   i) Alcohol
   ii) Heroin
   iii) Cannabis
   iv) Other drugs

VI. Symptoms of use amongst the young
   i. Unexplained poor school performance
   ii. Sudden rebellion
   iii. Behaviour changes
   iv. Drowsiness
   v. Mood swings
   vi. Increase demand for pocket money
   vii. Presence of drug use paraphernalia e.g. empty foils and vials etc.
VII Preventive Measures

i) Counselling about the ill effects of taking drugs

ii) Things a person can do to prevent from falling into the clutches of drugs.

- Staying away from people and places associated with drug use/abuse
- Working harder
- Not carrying much money on person
- Eating a healthy and hearty meal
- Handling the emotions of anger or frustration directly and not hiding behind drugs
- Talking to a close family member or a friend
- Telling oneself the consequences of drug use and weighing them against the benefits of not taking drugs
- Seeking the company of those who do not take any drugs
- Going for walks or developing hobbies that give satisfaction
- Joining a course

Listening Text: Frequently Asked Questions about Arthritis

A: Good morning, Doctor.

Doctor: Good morning. Please have a seat.

A: Doctor my mother has some swelling in her ankles. People say that it is arthritis. So I have come to find out more about arthritis. Can I take about 10-15 minutes of yours or shall I come some other time?

D: I am a bit free at this time. We could have a discussion. What do you wish to know?

A: What is Arthritis?

D: Arthritis in simple language means pain or swelling in a joint. The term is broadly applied to any kind of joint disease.

A: What is Rheumatism?

D: Rheumatism is a term used by lay people for aches, pains or stiffness of any of the three structures, namely joints, bones and soft tissue.

A: Soft tissue?

D: ‘Soft tissue’ means the tissue between the skin and bones. Thus arthritis is one type of rheumatism.

A: Are there different kinds of Arthritis?

D: ‘Arthritis’ is a symptom, which could result from several joint diseases. A similar example is that of fever, which could result from several diseases like viral fever or malaria. Osteoarthritis, OA in brief, is the most common type of arthritis. It is usually seen in the elderly.

A: Oh, I see. So my mother has osteoarthritis.

D: Most likely. Well, the other types include rheumatoid arthritis (RA in brief), gout, ankylosing spondylitis and so on. Children may get juvenile rheumatoid arthritis.
A: What is the difference between Osteoarthritis and Rheumatoid arthritis?

D: OA is the commonest joint disease known to mankind. It usually affects the elderly and is mainly due to ‘wear and tear’. The knees bear the brunt of OA. Other joints affected include hips, spine and hands. OA does not affect structures other than joints. It also does not shorten the life span of an individual.

A: I see.

Rheumatoid Arthritis (RA) on the other hand affects younger individuals, commonly in their thirties to the fifties. No age, however, is immune to RA. It can involve the lungs, eyes, skin and nerves. RA is a serious illness which requires aggressive treatment under the supervision of an expert. If untreated, RA can shorten the life span of an individual.

Fortunately for both OA and RA effective treatments are available.

A: One last question, Doctor. How does one get arthritis? Is it due to dietary indiscretion, some kind of deficiency or infection?

D: Most often the cause of arthritis is not known. Common forms of arthritis do not have any relationship with diet, dietary deficiency or excess, or any infection. Diet may play a role in triggering gout.

A: Thank you, Doctor. Can I come to you if I have any more queries?

D: Oh, you are welcome. But do give me a call before you do so.

A: Goodbye, Doctor.

D: Goodbye.

Adapted from ‘Arthritis, Frequently asked Questions, ©Dr. Rohini Handa, Department of Medicine, All India Institute of Medical Sciences, New Delhi

Check Your Progress 5

<table>
<thead>
<tr>
<th>Details of the disease</th>
<th>Osteoarthritis Common/not so common</th>
<th>Rheumatoid Arthritis Common/not so common</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Occurrence:</td>
<td>common</td>
<td>People in the age of thirties to the age of fifties</td>
</tr>
<tr>
<td>2. Age of people affected</td>
<td>Elderly</td>
<td>Joints, lungs, and hands eyes, skin and nerves</td>
</tr>
<tr>
<td>3. Parts of the body affected:</td>
<td>Knees, hips, spine</td>
<td>Serious</td>
</tr>
<tr>
<td>4. Nature of illness:</td>
<td>Not serious</td>
<td>If untreated it may shorten one’s life</td>
</tr>
<tr>
<td>5. Other risks involved:</td>
<td>None apart from pain and discomfort</td>
<td>Not known</td>
</tr>
<tr>
<td>6. Causes of the disease:</td>
<td>Not known</td>
<td>Not known</td>
</tr>
</tbody>
</table>

Check Your Progress 6

Do it yourself.

Care needs to be taken to take turns while speaking and using connectors and linkers for cohesion and coherence of ideas if more than one suggestion is given at a time.