



CANNABIS SAFER THAN OPIUM

I have used hemp many hundred times to relieve local pains of an inflammatory as well as neuralgic nature, and judging from these experiments, I have to assign to the Indian hemp a place among the so-called hypnotic medicines next to opium; its effects are less intense, and the secretions are not so much suppressed by it. Digestion is not disturbed; the appetite rather increased; sickness of the stomach seldom induced; congestion never. Hemp may consequently be employed in inflammatory conditions. It disturbs the expectoration far less than opium; the nervous system is also not so much affected. The whole effect of hemp being less violent, and producing a more natural sleep, without interfering with the actions of the internal organs, it is certainly often preferable to opium, although it is not equal to that drug in strength and reliability. An alternating course of opium and Indian hemp seems particularly adapted to those cases where opium alone fails in producing the desired effect.

AFGHANISTAN OPIUM

According to a UN Office on Drugs and Crime 2007 opium survey in Afghanistan, the region produced 8,200 metric tons of opium - twice the annual estimate of global opium consumption.



SACRED HERB, SACRED RIGHTS

The use of cannabis in medicine and religion predates recorded history. 'Kaneh bosesem' from ancient Hebrew, the basis of Biblical holy anointing oil and used by Jesus Christ, became the Greek 'Kanabis' which was adopted into Latin as 'Cannabis' and has a local language name in every country on Earth.



Western cultures often only relate the Rastafarian religion to Sacramental use of cannabis, but as it was used by 'the anointed one', or 'Christ', it also used by Jews, Taoists, Hindus, Shintoists, Buddhists, Muslims, and the healers and shaman of isolated groups worldwide.

Cannabis is an active part of modern religious life and yet, in direct contravention to its own discrimination laws, governments continue to persecute its users.

The advocates of cannabis prohibition continue to claim reasons of 'no medicinal use' and 'harmful to public health' to defend this unjust mistake. People are daily using cannabis to treat Multiple Sclerosis, AIDS, Cancer, Brain Tumours, Glaucoma, Stroke, Nausea, Asthma, Epilepsy, Insomnia, Depression, Chronic Pain, and Migraine. Medical studies confirm the claims of those who rely upon cannabis as a medical necessity.

The many harmful side effects of prescription drugs governments and health authorities deem acceptable, yet the pleasant euphoria experienced when using cannabis is not.

HJ Anslinger, Director of the US Federal Bureau of Narcotics, openly misled the Congress of the United States to achieve a personal agenda that historians have labelled misguided at best and is popularly believed to be a corrupt collaboration between Anslinger, Randolph Hearst, and Du Pont.

The newspaper, and timber, magnate, Hearst, published a campaign of anti-'marijuana' propaganda, often penned by himself and Anslinger, based on unacceptable racial intolerance and outlandish medical claims.

These articles claimed that one joint of cannabis could cause "insanity, criminality, and death" and made people of "degenerate races" "believe they are equal to white men".

In evidence given to a hearing of the US Senate in 1937 Harry Anslinger stated, "There are 100,000 total marijuana smokers in the US, and most are Negroes, Hispanics, Filipinos and entertainers. Their Satanic music, jazz and swing, result from marijuana usage. This marijuana causes white women to seek sexual relations with Negroes, entertainers and any others."

"...the primary reason to outlaw Marijuana is its effect on the degenerate races." "Marijuana is an addictive drug which produces in its user's insanity, criminality, and death." "You smoke a joint and you're likely to kill your brother." "Marijuana is the most violence-causing drug in the history of mankind."

Recently we have seen modern examples of the 'reefer madness' stories once again being used to promote personal political agendas. Politicians and the media take anecdotal studies that suggest cannabis may be one of many thousands of things that may trigger mental illness in someone already predisposed to that illness, and broadcast it to the public as 'cannabis drives you mad'.

The fact that such discriminatory and unfounded laws as the prohibition of cannabis can remain on our statute books in the twenty-first century is a barrier to the future harmony of us all.

Our representatives can no longer ignore the wishes of the growing number of cannabis users while allowing far more dangerous drugs, such as tobacco and alcohol to be sold openly.

HERB WARS

Natural Medicines - Prohibited Plants

HERB WARS: Narcotics police are an enormous, corrupt international bureaucracy ... and now find a coterie of researchers who provide them with 'scientific support' ... fanatics who distort the legitimate research of others. The anti-marijuana campaign is a cancerous tissue of lies, undermining law enforcement, aggravating the drug problem, depriving the sick of needed help, and suckering well intention conservatives and countless frightened parents.

Ephedra

Plants of the *Ephedra* genus, including *E. sinica* and others, have traditionally been used by indigenous people for a variety of medicinal purposes, including treatment of asthma, hay fever, and the common cold. They have also been proposed as a candidate for the Soma plant of Indo-Iranian religion. The alkaloids ephedrine and pseudoephedrine are active constituents of *E. sinica* and other members of the genus. These compounds are sympathomimetics with stimulant and decongestant qualities and are related chemically to the amphetamines. *Ephedra nevadensis* contains ephedrine in its roots, stems and branches. *Ephedra distachya* contains up to 3% ephedrine in the entire plant. *Ephedra sinica* contains approximately 2.2% ephedrine.



COCAINE production has surged across Latin America and unleashed a wave of violence, population displacements and corruption, prompting urgent calls to rethink the drug war.



More than 750 tonnes of cocaine are shipped annually from the Andes in a multi-billion pound industry which has forced peasants off land, triggered gang wars and perverted state institutions. Almost 6,000 people died in drug-related violence in Mexico last year alone, an unprecedented level of mayhem that is showing signs of spilling northwards into the United States. A new trafficking route between South America and west Africa has grown so quickly that the 10th latitude corridor connecting the continents has been dubbed Interstate 10. "Prohibitionist policies based on eradication, interdiction and criminalisation have not yielded the expected results. We are today farther than ever from the goal of eradicating drugs."

Australia is the last western country in the world to legislate hemp food for human consumption and it is only sold as pet food in Australia.

Yet 30 other countries around the world passed legislation allowing hemp food for human consumption including America in 2004.



Overseas I can buy and consume industrial hemp food in many forms.

Hemp food is very nutritious and useful in alleviating many ailments and it is non-allergenic and gluten free. It is highly recommended by many health and sports professionals.

There is no THC in hemp food, it is not a drug. There is no THC in hemp seed or marijuana seed.

Why does the government refuse to change the legislation when hemp food is so beneficial for humans and animals?

Support the Australian Industrial Hemp Industry in lobbying the Federal and State Governments to alter the Food Standards Australia to allow the production, consumption and marketing of Industrial Hemp Food products in Australia.

The general public access is denied to a nutritious, safe food.

Insist that the Government act to support and assist in the establishment of a sustainable Industrial Hemp Food Industry in Australia

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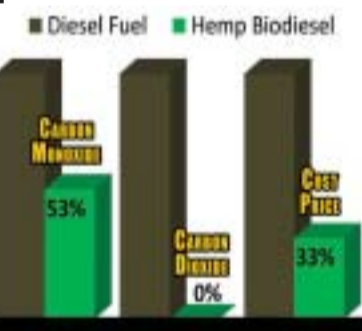
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EST. 1973

HEMP SAVES ENERGY AND LOCKS CARBON



THE ANCIENT USE OF SACRED PLANTS

By the Later Old Stone Age, the Upper Palaeolithic period, beginning about 45,000 to 38,000 years ago and ending around 10,000 years ago in Europe, our species Homo sapiens had firmly established itself with an economy based on hunting, fishing and the gathering of plants". Whilst animal proteins are highly prized, the bulk of the staple foodstuffs are usually the result of female labour. This division of labour may suggest that in prehistoric time's women's knowledge of plants was not limited to the culinary or even the medical spheres, but extended into the discovery of psychoactive plants. Gatherers have an extremely detailed knowledge of their land and its natural resources, and having considered the technical and intellectual achievements of hunter-gatherer communities were able to identify, collect and process a variety of psychoactive plant species.



President Bush is right about one thing: "Policies that ignore the economic factor, the human factor, are destined to fail." [Science News, April 28, 1990] President Bush is proud of the public image his career in the oil industry presents. He is, to say the least, an energy industry celebrity. And he has gone to great lengths to represent himself as the environmental president. If the US administration believes, "in the eyes of the public," they will lose the debate questioning the scientific validity of the greenhouse effect; is it reasonable to conclude they don't believe the excessive accumulation of greenhouse gasses generated by burning fossil fuels is unbalancing the global carbon dioxide cycle? Or is it possible the corporate industrial energy complex that controls the trillion dollar per year energy industry fears profit loss, and unlike the American people, is in no way willing to make a sacrifice in corporate "lifestyle" to help heal the Earth?

The only way to reduce the ever-thickening blanket of CO₂ warming the earth is to grow more plants to absorb it.

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Will corporate America even entertain abstaining from the short term profit fix and consider what the consequences of quick return capitalism has done and will do to future generations of life on earth? President George Bush's speech, given just days after Earth Week 1990 at the 17 nation conference dealing with global pollution problems held in Washington D.C., drew criticism from European participants. He emphasized scientific and economic uncertainties in what was seen as a White House foot dragging effort on the environmental issue.

Scientists throughout the world agree: the single most effective way to halt the greenhouse effect is to stop burning fossil fuels.

A memo prepared by administration staffers for members of the U.S. delegation read, under the heading Debates to avoid: It is "not beneficial to discuss whether there is or is not warming, or how much or how little warming. In the eyes of the public we will lose this debate. A better approach is to raise the many uncertainties that need to be better understood on this issue." Bush repeatedly stressed the need to find policies that do not limit economic growth:

It was proven in the 1970's that biomass, specifically plant mass, can be converted to fuels that will replace every type of fossil fuel currently produced by industry — and these biomass fuels are essentially non-polluting. Fossil fuel materials: coal, oil and natural gas were made by nature from earth biomass that lived over 160 million years ago. Crude fossil fuels contain hydrocarbon compounds that were made by plant life during the process of photosynthesis. Carbon dioxide and water were converted into hydrocarbon rich cellulose. Plants manufacture many other biochemicals in the complex and mysterious act of living, but cellulose and lignin are the

compounds that give plants structure, body and strength. They are the main components of plant mass. Nature took millions of years to concentrate the ancient plant mass into what we call fossil fuels. The eons long process that converted the once living biomass into hydro-carbon rich fossils also compressed sulphur into the fossil biomass. It is this sulphur that causes acid rain when belched out of power plant smoke stacks. According to Brookhaven National Laboratory 50,000 Americans and 10,000 Canadians die each year from exposure to acid rain. Mankind through the science of chemical engineering can transform modern biomass into hydrocarbon fuels that contain no sulphur because the fresh plant mass contains no sulphur. And the scientific method of biomass conversion into hydrocarbon fuels requires mere hours instead of eons to accomplish.

The inherent problem with burning fossil fuels to power industrial energy systems and economies is the mega-ton release of CO₂ into the air. However biomass derived fuels are parts of the present day global CO₂ cycle. The quantity of CO₂ released into the air from burning biomass fuels is equal to the amount of CO₂ the biomass energy crop absorbed while it grew. If the energy crop is an annual plant then one years biomass fuel when burned will supply the CO₂ needed for the next year's fuel biomass growth. There will be no net increase in atmospheric CO₂. For over 100 years industrialized nations have burned hydrocarbon fuels that are not part of the current ecosystem. The delicate balance between life and climatic cycles is being undone by injecting ancestral CO₂ into the atmosphere. The only way to reduce the ever-thickening blanket of CO₂ warming the earth is to grow more plants to absorb it.

AMERICA: Liberty and Justice for all.
These ideals and guarantees sacrificed to the golden calf of the 'drug war.'
Meanwhile, prohibitionists fight a war against reason over the hemp plant. As self-appointed guardians of public morality, their attack on cannabis has dragged on for more than half a century. It is a very real war — with enemies, offensives, front lines and huge military budgets. Truth was its' first casualty and justice soon after.

TOWARDS A GREEN ECONOMY:
by Lynn Osburn
The nationwide popularity of Earth Week 1990 festivities seems to indicate the American People are concerned with the continuing degradation of the global environment. The twentieth anniversary celebration of the original Earth Day focused on ways the individual citizen can reduce waste and retard pollution. The necessity of recycling used materials and lowering power consumption was demonstrated in a plethora of multi-media displays from coast to coast. It was indicated a change in lifestyle is needed to halt the poisoning of earth. An environmentally conscious populace would prove to be a frugal one if those Earth Week programs were adopted.

Assuming Americans are willing to cut back on energy consumption and muster the effort to recycle their trash, are industrial corporations and energy producers willing to do the same? Will corporate America drop the aggressive sales pitches wherein billions are spent encouraging people to buy impulsively? Will people be able to kick the mass consumption habit generations in the making?

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NASTY MUD FLINGER

In evidence given to a hearing of the US Senate in 1937 Harry Anslinger stated,

"There are 100,000 total marijuana smokers in the US, and most are Negroes, Hispanics, Filipinos and entertainers. Their Satanic music, jazz and swing, result from marijuana usage. This marijuana causes white women to seek sexual relations with Negroes, entertainers and any others."

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SEXPOT

Want to Have Great Sex? Smoke a Joint

Marijuana has been used as an aphrodisiac for thousands of years.

The ancient Indian Ayurvedic medicine systems used cannabis to increase libido, produce long-lasting erections, delay ejaculation, facilitate lubrication and loosen inhibitions.

Some Tantric sex practitioners drink a substance called bhang, a sort of spiced marijuana milkshake to enhance the sexual experience. According to one source, Indian prostitutes eat bhang sherbet to help them feel sexually aroused.

In 19th century Serbia, female virgins were given mixtures of lamb's fat and cannabis on their wedding night to make sex less painful. Morocco, Egypt, Lebanon and other Middle Eastern and Northern African cultures used cannabis for sexual purposes in a potent form known at kif as recently as the early 20th century.

So what exactly is it about weed that turns people on?

Besides the obvious: it heightens your senses, relaxes you and makes you feel hyper connected, there are also physiological effects.

Along with an increased heart rate, changes in blood flow and respiration, according to William Novak, author of the 1980 tome, High Culture: Marijuana in the Lives of Americans, "Neurochemistry, hormonal systems and brain regions such as the temporal lobe are affected by both marijuana and sexual arousal."

That's because THC (delta-9-tetrahydrocannabinol), the active ingredient in pot, not only releases dopamine in the brain -- causing the "high" -- it actually replicates the effects of a sexy little naturally occurring neurochemical called anandamide.

But pot doesn't always make sex better. For some people, it has the exact opposite effect. Which is helpful if you're a monk.

Ascetics, monks and others have used marijuana to free themselves of sexual desire. Instead of connecting them to their bodies, sexual desires, or other people, it helps them meditate.

In the context of a sexual encounter, it can be tough to focus on making your partner come when your mind is busy contemplating the meaning of life. Or if being high makes you suddenly hyper-aware of everything that is wrong with your relationship.

The effects of smoking also depend on the person's tolerance to the drug -- a couple of tokes may get one person in the mood, while another user may need to get really high in order to feel a heightened sexual awareness.

Of course, when it comes to pot, you can have too much of a good thing. Heavy, long-term marijuana use can result in low motivation -- including the motivation to have sex.

And whereas some folks report an increased libido -- in one study, men said they achieved bigger, harder erections and women said they became wetter and were more able to achieve orgasm when stoned - others may report an inability to sustain an erection.

It is commonly believed that smoking marijuana causes reproductive system damage, having an effect on testosterone production and other hormones -- which, in turn, can affect fertility, menstruation and erectile function, among other things. Pot prohibitionists like to haul out the "pot will lower your sperm count" argument, although studies on this produce conflicting results.

It is true that the cells of the reproductive system are very high in fat, and thus absorb and hold more THC than do most other cells in the body, a factor that leads some researchers to believe pot can lower testosterone levels. Apparently, in some cases, male pot smokers have developed "man boobs" because of localized fatty deposits.

Still, according to Novak, "There have been no epidemiological studies which have shown increased infertility in marijuana-using humans, and studies of overall reproductive rates have found no reduction in reproductive rates in countries where a higher rate of marijuana use is found."

And the National Organization for the Reform of Marijuana Laws cites study upon study indicating that reported lower sperm levels return to normal once marijuana consumption had ceased.

So put that in your pipe and smoke it.



SPOT THE DIFFERENCE

HEMP Embassy April Fools Day Raids



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FAERIE FOOD

BELIEVE IT OR NOT?

In the United States, the debate about the relationship between hemp and marijuana has been diminished by the dissemination of many statements that have little scientific support.

This list examines in detail ten of the most pervasive and pernicious of these myths.

1. Myth: United States law has always treated hemp and marijuana the same.
Reality: The history of federal drug laws clearly shows that at one time the U.S. government understood and accepted the distinction between hemp and marijuana.

2. Myth: Smoking industrial hemp gets a person high.
Reality: The THC levels in industrial hemp are so low that no one could get high from smoking it. Moreover, hemp contains a relatively high percentage of another cannabinoid, CBD, that actually blocks the marijuana high. Hemp, it turns out, is not only not marijuana; it could be called "anti-marijuana."

3. Myth: Even though THC levels are low in hemp, the THC can be extracted and concentrated to produce a powerful drug.
Reality: Extracting THC from industrial hemp and further refining it to eliminate the preponderance of CBD would require such an expensive, hazardous, and time-consuming process that it is extremely unlikely anyone would ever attempt it, rather than simply obtaining high-THC marijuana instead.

4. Myth: Hemp fields would be used to hide marijuana plants.
Reality: Hemp is grown quite differently from marijuana. Moreover, it is harvested at a different time than marijuana. Finally, cross-pollination between hemp plants and marijuana plants would significantly reduce the potency of the marijuana plant.



5. Myth: Legalizing hemp while continuing the prohibition on marijuana would burden local police forces.

Reality: In countries where hemp is grown as an agricultural crop, the police have experienced no such burdens.

6. Myth: Feral hemp must be eradicated because it can be sold as marijuana.

Reality: Feral hemp, or ditchweed, is a remnant of the hemp once grown on more than 400,000 acres by U.S. farmers. It contains extremely low levels of THC, as low as .05 percent. It has no drug value, but does offer important environmental benefits as a nesting habitat for birds. About 99 percent of the "marijuana" being eradicated by the federal government—at great public expense—is this harmless ditchweed. Might it be that the drug enforcement agencies want to convince us that ditchweed is hemp in order to protect their large eradication budgets?

7. Myth: Those who want to legalize hemp are actually seeking a backdoor way to legalize marijuana.

Reality: It is true that many of the first hemp stores were started by industrial-hemp advocates who were also in favor of legalizing marijuana. However, as the hemp industry has matured, it has come to be dominated by those who see hemp as the agricultural and industrial crop that it is, and see hemp legalization as a different issue than marijuana legalization. In any case, should we oppose a very good idea simply because some of those who support it also support other ideas with which we disagree?

8. Myth: Hemp oil is a source of THC.

Reality: Hemp oil is an increasingly popular product, used for an expanding variety of purposes. The washed hemp seed contains no THC at all. The tiny amounts of THC contained in industrial hemp are in the glands of the plant itself. Sometimes, in the manufacturing process, some THC- and CBD-containing resin sticks to the seed, resulting in traces of THC in the oil that is produced. The concentration of these cannabinoids in the oil is infinitesimal. No one can get high from using hemp oil.

9. Myth: Legalizing hemp would send the wrong message to children.

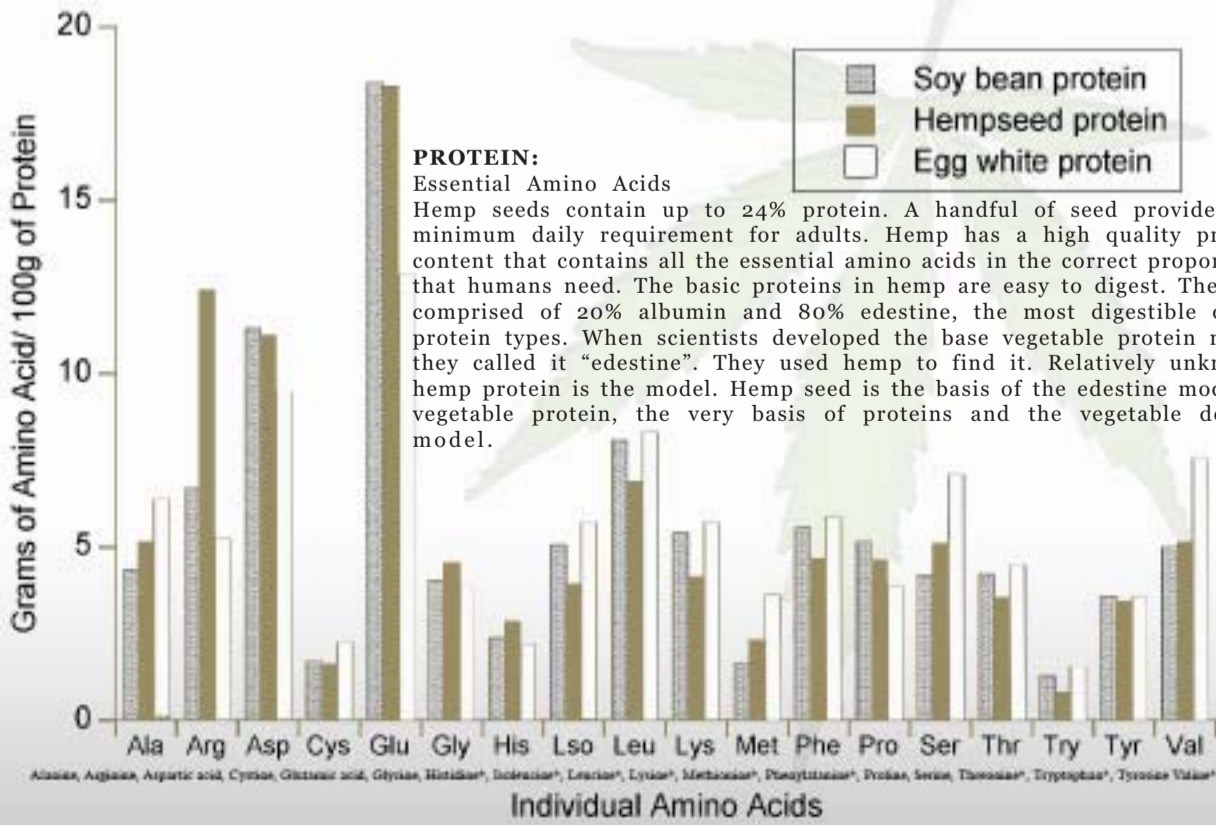
Reality: It is the current refusal of the drug enforcement agencies to distinguish between an agricultural crop and a drug crop that is sending the wrong message to children.

10. Myth: Hemp is not economically viable, and should therefore be outlawed.

Reality: The market for hemp products is growing rapidly. But even if it were not, when has a crop ever been outlawed simply because government agencies thought it would be unprofitable to grow?

HEMP SEED WAS ONE OF THE FIRST PARTS OF THE PLANT USED BY HUMANS.

Even before the domestication of plants, humans have harvested grains. Hemp seed being one of the easiest to gather and containing a high proportion (34%) of oil made it an attractive commodity to the Neolithic humans.



OIL PRODUCTION AND QUALITY

Many plant oils naturally contain unsaturated fatty acids. Unfortunately, a high content in polyunsaturated fatty acids, such as in hemp and flax oil, increases the tendency of an oil to become rancid, especially when exposed to oxygen, light, and elevated temperatures. Rancidity results from the breakdown of fatty acids causing formation of rancid tasting and unhealthy compounds.

Most edible oils on supermarket shelves have been treated by mechanical and chemical refining processes to increase their shelf-life, enhance clarity and remove other undesirable compounds from poor seed quality or from the extraction process. Commercial oil making may include any or all of the following steps: solvent extraction of oil from the ground seeds, degumming, alkali refining, bleaching, deodorizing, hydrogenation, and others.

Margarines, shortenings, and shortening oils for example are hydrogenated – or hardened – which removes unsaturated fatty acids, including the essential fatty acids. During the refining processes aroma and flavour as well as valuable compounds, for example vitamin E, lecithin, and minerals are removed.

Trace amounts of solvents may be present, preservatives added, and some of these processes may even result in the formation of unhealthy by-products, for example trans-fatty acids from hydrogenation, or hardening, of oils. Manufacturers are not required to declare these processes on the label, so they don't.

Until recently, almost all oils on supermarket shelves used to be solvent extracted and fully refined. Such commodity oils aren't "poisonous". In fact, they also reflect the trend towards oils with a higher content of

unsaturated fatty acids. Sunflower and canola are bland and are missing valuable ingredients and character.

Mechanically cold-pressed (not solvent extracted), unrefined oils have the characteristic aroma and flavour of the seeds from which they were pressed. Hemp oil for example has a delicate, nutty flavour. Unrefined oils still contain most of the vitamins, other antioxidants and minerals present in the seeds.

These oils generally also have a high content of unsaturated fatty acids which increases their tendency to become rancid and thus reduces their shelf-life. To make the most of the natural and healthy ingredients of these oils, they should be consumed fresh.

Unrefined, cold-pressed oils – such as hemp oil – are routinely pressed and bottled in a nitrogen atmosphere and sold in tinted or dark bottles to protect them from light. After opening they should be stored in the refrigerator and consumed within six months.

Hemp seed typically contains over 30% oil and about 25% protein, with considerable amounts of carbohydrates, dietary fibre, vitamins and minerals. Hemp seed oil is over 80% in polyunsaturated fatty acids (PUFAs), and is an exceptionally rich source of the two essential fatty acids (EFAs) linoleic acid (18:2 omega-6) and alpha-linolenic acid (18:3 omega-3).

The omega-6 to omega-3 ratio (n6/n3) in hemp seed oil is normally between 2:1 and 3:1, which is considered to be optimal for human health. Also gamma-linolenic acid (18:3 omega-6; 'GLA') and stearidonic acid (18:4 omega-3; 'SDA'), are present in hempseed oil.

Subjective concerns over delta-9 tetrahydrocannabinol (THC) in hemp seed foods are not supported by scientific evidence.

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CANNA BUTTER

Ingredients:

- 100 Grams of Pot
- 500 Grams of Butter
- 5 Cups of Water

Instructions: Mix all ingredients together and bring to boil. Reduce heat to minimum, simmer for 4 hours. Allow mixture to cool slightly and then strain through muslin thereby extracting all the vegetable matter. Allow the butter and water to cool, skim off the butter and use as normal in recipes.

BE WARNED: Cannabis can be potent when eaten. **Take Care**

Only eat a small amount at a time. Leave at least an hour for effects to become obvious before eating any more.

CANNA MILK

Simmer cannabis in milk for 20 minutes and serve with honey.

CANNABIS STIMULUS PACKAGE

Plans for the Hippie Theme Park - NIMBIN WORLD, have been given a shot in the arm this year by the crumbling of the capitalist system.

Years of training have enabled many locals with the skills needed to stay alive through the current depression.

Enduring ridicule, denigration and persecution for their beliefs, the Hippies are now considered to be wise, insightful and very resourceful.

Clean water, fertile earth, organic food, solar power and the respect of the natural environment is standard practice for the average Hippie.

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INDIAN CANNABIS CONSUMPTION

Charas and ganja are mostly smoked, while bhang in India is always taken by mouth either in the form of a beverage or a confection. A number of preparations of ganja for oral consumption are, however, also used in various parts of the country.



BHANG BEVERAGES. - Beverages made from bhang are known under different names in different parts of India. They are called thandai, siddhi, sawi and sukhe in the Punjab and Uttar Pradesh. In Bombay and central India they are generally known as bhang, ghota, or pang; in Bengal, sidhi; in Rajasthan and Madhya Pradesh, dudhii; in south India ramras or ram rasain.

THE SIMPLEST BHANG beverage consists of a drink made by pounding bhang leaves with a little black pepper and sugar, and diluting with water to the desired strength. Various kinds of special beverages are prepared by the middle and well-to-do classes by the addition of almonds, sugar, iced milk, curds, etc. A number of other ingredients are often added to improve the taste and also possibly with the idea of enhancing the euphoric effect of the beverage. Among these ingredients, aniseed, ajawan, cucumber, melon and poppy seeds, rose petals, saffron, cloves, cardamom and musk are the most common. Pistachio nuts, asafoetida, liquorice, senna leaves and extracts derived from various other herbs are not infrequently added. Fruit juices such as those derived from pomegranate, date-palm and bael-fruit and also coco-nut milk form ingredients of such drinks. Besides improving the taste, these spices and flavourings are popularly believed to counteract the harmful effects of the regular use of cannabis drugs.

Ganja is sometimes employed in place of bhang in the preparation of these beverages. This practice is uncommon in northern India, but is often resorted to in Madras and Orissa, where the usual distinction between bhang and ganja is lost and the name "bhanga" stands for any preparation of cannabis taken by mouth.

Bhang leaves are sometimes chewed for their sedative effects. This is done particularly at times when it is inconvenient for the habitué to prepare the beverage, as, for example, when travelling. During cold weather, when the system does not require large quantities of fluid or in the case of mendicants (sadhus and fakirs) who cannot afford the expense of preparing the beverage, the chewing of leaves may be substituted for the beverage. On festive occasions bhang may be incorporated in a variety of sweetmeats. Ice-cream containing bhang is also sometimes available in large towns during the hot weather.

Some of the special preparations of bhang and ganja commonly used in various parts of India for oral consumption are briefly described.

MAJUN. - This is a special type of confection on the preparation of which bhang or, very occasionally, ganja, is either heated in a little ghee (clarified butter) or boiled in water. The active resin, which is lighter, floats to the surface in the form of a green, jelly-like substance. This greenish scum is separated, then mixed with sugar and heated over a fire to form a paste which on settling is cut into small pieces. This majun is eaten either on the same day or within a few days of its preparation. In some parts of the country, notably in

Madras and Mysore, the mode of preparation of this confection differs slightly. Powdered ganja is boiled in syrup of jaggery, and strained through a cloth. The residue is fried in ghee and various other ingredients such as black pepper, almonds and saffron are added to it, partly for flavouring purposes and partly to enhance its intoxicating properties.

HALWA. - Bhang or ganja is boiled in a jaggery syrup and filtered. The residue is discarded and the filtrate, which contains the active principles of cannabis, is used for preparing halwa in the usual manner with flour and ghee. This preparation is commonly used in southern India.

CURRY. - Bhang curries are still used in some parts of India. The bhang leaves are powdered on a curry pounding stone in the same way as ordinary curry ingredients and used in preparing curries of various kinds, though it is difficult to say whether in the prolonged cooking involved, much of the activity of the drug is retained.

CHURUM. - Though formerly widely used in Madras and Mysore, this preparation is now rarely met with. Ganja is boiled in water till it forms a thick paste, which is strained

through cloth. The whole mass is ground to a fine powder to which sugar and ghee are added. This preparation keeps for several months without spoiling or going rancid.

Besides these, there are special preparations which are prepared in Madras from Ganja:

1.PILLAI LEGIYAM - Ganja fried in ghee, strained, and mixed with sugar.

2.PURNADHI LEGIYAM - Ganja washed several times in hot water, dried, powdered and mixed with ghee and sugar, dry ginger, pepper and spices.

3.MAJIYAM - A kind of fire-dried and powdered majun prepared from ganja and with palmyra jaggery, spices, and even added plantains.

4.PURNADHI - Ganja, dried ginger, sittarattai (lesser galingale), black pepper, nutmeg, cloves, mace, kurva, pattai, cinnamon, aniseed, liquorice, cumin, rose-buds, surat avari, gallnut, ghee and sugar, pounded together and heated over a fire till they take the consistency of a thick jelly. One-eighth of this is said to be ganja (excluding ghee and sugar).



WANTED:
For the production and distribution of illegal plants! GOD No photo available

Claims to have created everything, including all illegal plants. We have evidence in writing, "I have given you every herb bearing seed, which is upon the face of earth", Genesis, the Bible.

Also wanted, as a person of interest and co-conspirator, Jesus Christ. Claims to be son of God and a religious cult leader, sought for interview in regard to knowledge of Fathers activities. Already nailed to the cross once, reports suggest he may have risen again.

Report sightings to 1800 POLICESTATE



Books & Gifts

47 Cullen St

Ph: 03 66897166

Perceptios



Ganja Faeries

are the spirit of the MardiGrass Cannabis Law Reform March and Rally.

They dance behind the Bundjalung people who traditionally welcome the protesters to their country each year. The ganja faerie dance has itself become a tradition simply because the laws remain unacceptable to all self respecting ganja users, be they Bundjalung, faeries or otherwise.

Each year the dance community in Nimbin come together to choreograph a routine for the march and the result is a riot of colour and rhythm on the day. You are welcome to join us.



One week before MardiGrass (last weekend in April) there will be a dance workshop held at the Nimbin Dance studio especially for the march, on the Saturday. No experience needed, just enthusiasm. Ask around town when you get here. Start dreaming up your costume now – the

common thread is green, in all its shades, in all styles, in all your glory! Ganja Faeries are all different but all the same. Check out the past years photos and the video footage. If you can't get here in time for the workshops you are urged to simply join the march and stand up and be counted in all your greenery.

420 Reasons

The H*E*M*P Bar (Help End Marijuana Prohibition) came about as a direct consequence of the 1999 N.S.W Drug Summit, when a group of activists traveled to Sydney with the www.BigJoint.org to get cannabis law reform onto the agenda.

Part coffee shop, part meeting place, the H*E*M*P Bar was a non stop demonstration of responsible cannabis use in rebuttal to the "Reefer Madness" Propaganda of the Government of not just Australia, but the all countries influenced by the U.S.A. stance on 'Cannabis and Hemp'.

The H*E*M*P Bar was run totally by volunteers, all of whom put their liberty on the line to do so. Funds raised from the H*E*M*P Bar donations and sale of coffee, were used to sponsor activisms like trips to Canberra, Hemp party election campaigns, and many local community activities.

All who entered were risking prosecution and all the main characters were arrested and charged at various times over the years for their participation.

With an audience comprised of hard-core internet stoners and international back packers, the H*E*M*P Bar's web cameras started broadcasting April 20th in 2000 and evolved into one of "the" places to be seen and to see on the Internet. The H*E*M*P*Bar was at the cutting edge of indy media and the dot com revolution and to this day remains a popular cyber destination.

There were web-cameras running continuously whilst the H*E*M*P Bar was open, sending an image every 20 seconds, not all of these pictures are archived on line at www.NimbinHempBar.com but thousands are, pictures from every MardiGRASS, from 420 birthday celebrations as well as the April fools day raid in 2008



when the police busted the H*E*M*P Bar while the cameras were running, another worlds first.

The H*E*M*P Bar was open 7 days a week and it is estimated that over 420,000 people visited the H*E*M*P Bar in person to protest these laws and to network with other Hemp law reformists or just to have a coffee and a joint with friends.

If you add the virtual visitors, over 1000 unique visitors per month generating millions of hits per month, the H*E*M*P Bar pioneering web camera campaign must surely be counted as one of the most remarkable online demonstrations yet held on earth, I doubt that we will see the like of it again, thanks to everyone who took part of this action, great work Sam and Dave www.NimbinHempBar.com

FOR THOSE WHO CAME IN LATE...

"In March 1993, after a decade of raids and arrests, and a particularly intensive recent period of random street searches, arrests and rough treatment, a spontaneous demonstration erupted, and marched to the police station, pelting it with eggs and toilet paper.

Negative newspaper reports followed. Nimbin Hemp Embassy (formerly "Nimbin Hemp") members decided to hold a peaceful protest in a

non-confrontational atmosphere, that ordinary people could comfortably attend, on May 1, 1993.

That was the first MardiGrass. (The spelling is that officially used by the MardiGrass Organising Body) The MardiGrass Organising Body (MOB) was formed to manage the event and consists entirely of volunteers. The intention is to hold a MardiGrass every year until prohibition ends."

RANDOM DRUG TESTING (RDT) INFORMATION

THE TEST
The police ask drivers to wipe their tongue using a small blue plastic device called a Drug Wipe. The first test takes 5-10 minutes.

If the Drug Wipe is positive, the police do a second Cozart test in the Winnebago van-another saliva test. Drivers are asked to drop their head forward (saliva collects around the front of mouth and tongue). This test takes another twenty minutes. If the Cozart test is positive, the police will order the driver not to drive for 24hrs.

Saliva from second test is sent to the government analytical laboratory to confirm the presence of an illicit drug. If positive, the driver receives a letter to attend court.

CANNABIS CAN BE DETECTED IN SALIVA BETWEEN 0-6hrs Methamphetamines and Ecstasy can be detected up to 48hrs

THE FINE
The maximum fine for the first offence is \$1100 and loss of license for a minimum six months. The driver receives the conviction "Driving with the presence of an illicit drug".

THIS TEST IS FOR THE PRESENCE OF DRUGS, NOT IMPAIRMENT.

DO NOT DRIVE WHEN IMPAIRED BY ANY DRUG USE A DESIGNATED DRIVER YOU DO NOT HAVE TO MAKE ANY ADMISSIONS TO THE POLICE

WANTED
500 FEARLESS
H*E*M*P* PARTY FAITHFUL

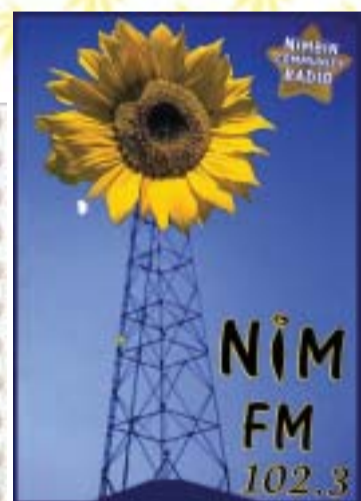
PLANTEM SAYS;
YOU MUST BE ENROLLED TO VOTE & YOU MUST BE PREPARED TO CONFIRM YOUR MEMBERSHIP WITH THE GOVERNMENT IF ASKED!



HELP END MARIJUANA PROHIBITION

JOIN TODAY!!
hempembassy.net
PHONE 02 66891842
FORMS AT THE EMBASSY

VOTE I HEMP



While at MardiGrass, Tune your FM radio to Nimbin Community Radio 2NIM FM 102.3, broadcasting and interviewing live from venues around the village.

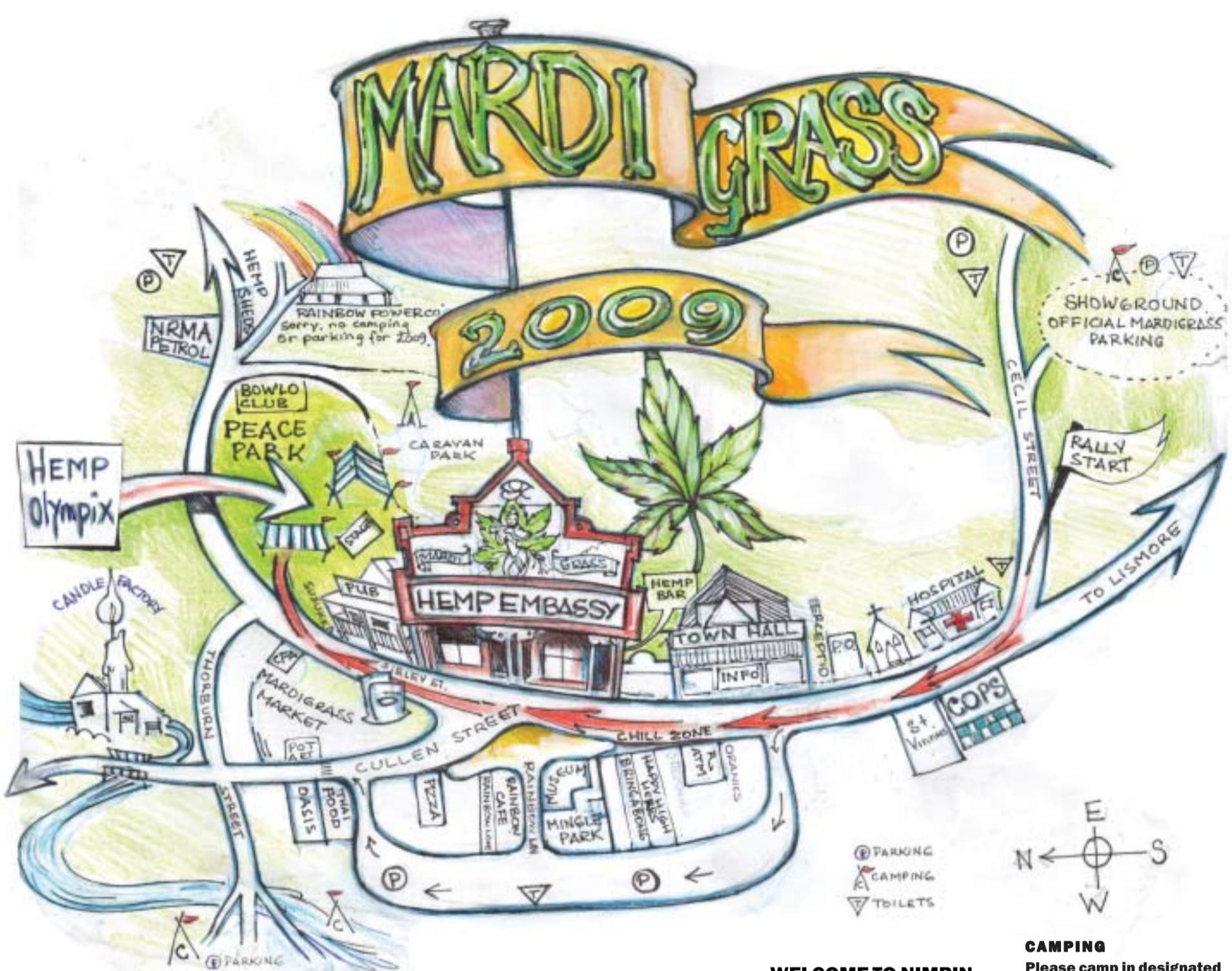
NimFM is LIVE streaming on the internet. Check out the 2NimFM radio podcast site at <http://nimbinradiomedia.libsyn.com/>

This site includes podcasts of many of the 2NimFM radio programs broadcast during last MardiGrass. They will be recording events over this MardiGrass and posting new material as it comes in.

(Nim-Fm 102.3)
6689 0277

WINNEBAGO WARNING





(Continued from the front page.)
THE HEMP OLYMPIX HAS A NEW GOLD MEDAL EVENT THIS YEAR, "CORRECT WEIGHT". Contestants get a standard clip-lock bag and aim to fill it with 28.3495 grams of... mugwort, or maybe industrial hemp. The other Olympix events, the Growers Ironperson, Bong Throw and of course the Speed and Artistic Joint Rolling are all on again. The full program is in the centrefold, or on the website www.nimbinmardigrass.com

This years Global Marijuana March has over 250 cities marching on Saturday at 4.20. Ours will leave from outside the HEMP Party Bar after we try to break the world record for the most joints lit at once.

Our own big March for Cannabis Law Reform is on Sunday at 2.30 and we expect Tommy Chong to come and judge the Cheech and Chong look-a-like competition at the Rally in Peace Park that follows.

Music is on at up to half a dozen stages over the weekend, from the Pickers Ball on Friday night with a hemp fashion show, to the big Saturday night in Peace Park with Dachambo, Japanese foremost psychedelic festival band who have flown out here especially to support our cause. We really appreciate it. There are over thirty bands performing.

The HEMP (Help End Marijuana Prohibition) Party, the political arm of Australia's HEMP movement, has lost its appeal against its deregistration by the Electoral Commission, which occurred after the Howard government moved the goalposts and had all minor parties without representation in parliament cancelled. What sunk our boat was eleven of our members changed their minds when contacted by the AEC and denied their previous commitment to cannabis law reform, thrice before the cock had crowed!.

So this year we are compiling a fresh, brave and reliable list of members for a re-application effort.

You can confirm your membership or join the HEMP party at the Nimbin HEMP Party Bar. You must be registered to vote in Oz. Stand up for your freedom.

The way to really enjoy MardiGrass is come for the weekend and camp. No doubt you'll have to mission past the Winnebago drug testing vans and the packs of sniffer dogs, but if you make it through we promise a weekend to remember, and we'll try to have the law changed by Monday, 4:20 at the latest!!

The Nimbin Showground camping is as uncomplicated as possible and we encourage all campers to buy a \$50 deal, the MardiGrass Gold weekend pass which gets the bearer into all events plus 2 nights camping. A weekend MardiGrass pass without camping is \$30, Saturday only \$20, Sunday only \$10.

Keep Nimbin Nearly Normal
Police 66891244 or 000.
Visitor Info Centre 66891388
Nimbin HEMP Embassy
66891842 or 66890326.
www.nimbinmardigrass.com
www.hempembassy.net

WELCOME TO NIMBIN

And have a good time! Please respect the village and its locals.

Entry into PEACE PARK and the TOWN HALL where MardiGrass events are held costs \$30 for a weekend pass, \$20 for Saturday, \$10 Sunday. Armbands are available at entries, Town Hall Info Booth and also at the Nimbin HEMP Embassy.

PARKING
Please park as directed and keep driveways clear. Cullen St is a no-parking Zone.

Visitors parking will be appropriately sign posted on the Northern, Southern and Eastern entrances. RTA approved road traffic control will be in place during MardiGrass.

Cullen Street will operate as a one-way street, if needed, regulated by traffic controllers between 8.00am - 6.00pm Saturday and 10am - 3pm Sunday.

Sibley Street will be closed from 4.20 pm on Friday.

CAMPING

Please camp in designated camping areas. Be super careful with rubbish, recycling is happening, look for the stations.

The Nimbin streets are glass-free zones during MardiGrass. Remember it is a cannabis harvest festival not a beerfest but JUNGLE PATROL will provide breathalyser checks for drivers anyway.

REMEMBER..NIMBIN STREETS ARE ALCOHOL FREE ZONES WARNING

Be careful with your drug consumption. Especially cookies! They can be a bigger trip than you expect. It is wise to eat half then wait an hour or so before you eat any more. Don't mix with alcohol. If you feel woozy or have an injury or need help ask the JUNGLE PATROL at the Town Hall Info Booth. The main Chill-Out Zone is in the Town Hall garden and on the street outside Bringabong. No loud drumming or amplified music after midnight and no dogs please!



THE JUNGLE PATROL IS HERE TO HELP YOU. ASK THEM IF YOU NEED HELP. HELP THEM IF THEY ASK YOU.

MardGrass 2010
MAY 1ST & 2ND