

# Instructor's Guide

## Drugs: Uses and Abuses

### NARCOTICS

#### The History of Narcotics

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The word "narcotic" is derived from a Greek term meaning "stupor," which refers to a state of reduced sensibility. All narcotic drugs are made from opium, which is derived from the opium poppy, a flowering plant native to southern Europe and western Asia, and now cultivated the world over.

Opium is one of the world's oldest drugs. Its use dates back to Neolithic times, and was later employed by the ancient Greeks, Egyptians, and others as a pain reliever during surgery and as a sleeping aid. Opium also has been an important historical commodity, causing several trading wars between Britain and China, and at times was the most widely used medicinal drug.

The first drug derived from opium was morphine, named for Morpheus, the Greek god of dreams. Morphine was isolated from opium in 1803 by German pharmacist Friedrich Wilhelm Adam Serturmer. This was the first time an active agent was extracted from a drug plant, marking the beginning of a new era of drug treatment, and leading the way for dozens of other compounds to be extracted from plants, things such as atropine, caffeine, cocaine, and quinine.

During the late 1800s, warnings against morphine addiction started to appear, and chemists began experimenting to produce new drugs with less addictive qualities. Heroin was one of the drugs they invented; it was thought to be more effective and less addictive than morphine. Because it worked well as a cough suppressant, it was advertised in medical journals and soon became popular. However, in 1924, the U.S. government banned heroin due to several reported cases of addiction and its increasing use among urban male youth.

Today, many drugs are derived from morphine and opium and used in medical treatment. Called opiates, they can be semi-synthetic, like heroin, or purely synthetic, like Demerol. They are primarily used to relieve pain, and are all classified as controlled substances by the U.S. federal government.

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- Rosen, Winifred and Andrew Weil. *From Chocolate to Morphine: Everything You Need to Know About Mind-Altering Drugs*. New York: Houghton Mifflin Co., 1993.
  - Austin, Gregory A. "Perspectives on the History of Psychoactive Substance Use." 1979. *Drug Dependence Research Center*. Online. University of California, San Francisco. 20 April 2000.

## Questions

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1. Name four types of narcotics. From what plant are all narcotics derived? What are they primarily prescribed for?
2. How do narcotics affect the body? What side effects do they produce?
3. Why are narcotics popular drugs of abuse?
4. Discuss opium's role in world history.
5. Name some slang terms used for opium. How is it ingested?
6. What pain reliever replaced opium in the 1800s? Name some slang terms used for it.
7. How is morphine ingested?
8. How did the invention of the hypodermic syringe and needle contribute to morphine's use and abuse?
9. What effects/side effects does morphine produce?
10. What narcotic is frequently prescribed for minor pain and as a cough suppressant? Name some slang terms for it.
11. What forms does codeine come in? Is it addictive?
12. How was heroin first introduced in the United States? Discuss its history.
13. Name some slang terms for heroin. How is it ingested?
14. What effects does chronic heroin use have on the body?
15. Why is heroin the drug of choice among drug abusers?
16. Why do heroin addicts need a "maintenance dose"?
17. Why was heroin so prevalent in the fashion industry during the 1990s?
18. Describe some adverse effects associated with high doses of all narcotics.

## Answer Key

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- 1. Name four types of narcotics. From what plant are all narcotics derived? What are they primarily prescribed for?**

Opium, morphine, codeine, and heroin are the four types of narcotics. They are derived from the opium poppy and are primarily prescribed for diarrhea control, cough suppression, and to treat severe pain.

- 2. How do narcotics affect the body? What side effects do they produce?**

Narcotics affect the neurotransmitters in the brain by plugging into the brain's opiate receptors, thereby depressing the body's central nervous system and reducing the user's ability to feel pain. Side effects include nausea, drowsiness, constricted pupils, dizziness, and profuse sweating.

- 3. Why are narcotics popular drugs of abuse?**

They create feelings of pleasure and well-being.

- 4. Discuss opium's role in world history.**

One of humankind's oldest known drugs, opium was first grown in the Mediterranean and used as a pain reliever by the ancient Greeks. It was exported to the Near East, where for thousands of years it has been a vital medicine used as a pain reliever, a tranquilizer, and a constipator all over the Eastern Hemisphere. By the 19th century, opium had become a common ingredient in medicinal preparations, and emerged as a popular drug of abuse. In 1914, the U.S. government passed a law regulating its use.

- 5. Name some slang terms used for opium. How is it ingested?**

Auntie Emma, midnight oil, hops, chocolate, and hocus are all slang terms used to describe opium. Prepared opium comes as dark brown chunks or powder that can be smoked, eaten, or injected.

- 6. What pain reliever replaced opium in the 1800s? Name some slang terms used for it.**

Morphine replaced opium as a pain reliever in the 1800s, and was used during the Civil War on wounded and dying soldiers. Slang terms include sister, junk, cobies, and Miss Emma.

**7. How is morphine ingested?**

As an analgesic, anesthetic, or sedative, morphine was swallowed as a tablet or dusted directly onto wounds as a powder. After the invention of the hypodermic syringe and needle, it became possible to inject morphine in a liquid form.

**8. How did the invention of the hypodermic syringe and needle contribute to morphine's use and abuse?**

The hypodermic syringe and needle allowed the drug to be directly injected into the body, enabling the user to feel the drug's effects immediately.

**9. What effects/side effects does morphine produce?**

Morphine produces euphoria while relieving pain. Side effects of the drug include nausea, anxiousness, and constipation.

**10. What narcotic is frequently prescribed for minor pain and as a cough suppressant? Name some slang terms for it.**

Codeine. Slang terms include schoolboy, hits, percs, loads, and kiddie dope.

**11. What forms does codeine come in? Is it addictive?**

Codeine comes in several forms such as tablets, liquids, and injections. Codeine is addictive, although it is less habit-forming than morphine and produces less analgesia, sedation, and respiratory depression. However, it is still a narcotic.

**12. How was heroin first introduced in the United States? Discuss its history.**

Heroin was first introduced as a way to quiet coughs, clear breathing passages, and relieve the pain of respiratory diseases. In 1898, the Bayer Company introduced it as medicine it hoped would help combat pneumonia and tuberculosis, two leading causes of death at that time.

**13. Name some slang terms for heroin. How is it ingested?**

Smack, H, skag, horse, Aunt Hazel, antifreeze, black pearl, white boy, and kabayo are all slang terms for heroin. It is a white or brown powder that can be smoked, snorted, or injected.

**14. What effects does chronic heroin use have on the body?**

Chronic heroin use can cause collapsed veins, heart infections, pulmonary complications, and liver disease.

- 15. Why is heroin the drug of choice among drug abusers?**  
Heroin is the drug of choice because it's cheap, convenient, and readily available.
- 16. Why do heroin addicts need a "maintenance dose"?**  
Because heroin produces a chemical reaction in the user's body, it eventually depletes the body of the naturally occurring chemicals that were there. When users first take heroin, they may reach the euphoric high they were looking for; however, the body is eventually depleted of these naturally occurring chemicals, and users need a "maintenance dose" of heroin just to function and prevent the body from getting sick and going through withdrawal.
- 17. Why was heroin so prevalent in the fashion industry during the 1990s?**  
It was considered chic for models to look like stick figure heroin addicts. It also helped suppress their appetites, keeping them very thin.
- 18. Describe some adverse effects associated with high doses of all narcotics.**  
High doses of all narcotics can cause convulsions, coma, and death. Withdrawal symptoms include cold flashes and goose bumps.

## Discussion Starters

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1. Why do you think narcotics are so addictive?
2. Compare the benefits and the dangers of using narcotics.
3. How do you feel about the fashion industry condoning/encouraging the "junkie" look?
4. Who could you go to if you or a friend had any questions about or problems with narcotics?

## Additional Resources

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### **Heroin Detox**

[www.heroin-detox.org](http://www.heroin-detox.org)

### **Heroin, Opiate, and Drug Addiction Information and Rehabilitation Resources**

[www.heroin-drug-addiction.com](http://www.heroin-drug-addiction.com)

### **Office of National Drug Control Policy**

[www.whitehousedrugpolicy.gov](http://www.whitehousedrugpolicy.gov) (search on "heroin")

### **Freevibe: National Youth Anti-Drug Media Campaign**

[www.freevibe.com](http://www.freevibe.com) (select "heroin")

### **Just Think Twice**

#### **Drug Enforcement Administration: Demand Reduction/Street Smart Prevention**

[www.justthinktwice.com](http://www.justthinktwice.com)

### **Narcotics Anonymous**

[www.na.org](http://www.na.org)

### **SAMHSA's National Clearinghouse for Alcohol and Drug Information**

[www.health.org](http://www.health.org)

### **National Institute on Drug Abuse (NIDA)**

[www.drugabuse.gov](http://www.drugabuse.gov)

### **The Partnership for a Drug-Free America®**

[www.drugfree.org](http://www.drugfree.org)

## **Additional Resources at [www.films.com](http://www.films.com)**

Available from Films Media Group • [www.films.com](http://www.films.com) • 1-800-257-5126

### **Drug Posters**

- Eight 17" x 22" posters (available laminated or unlaminated)
- Order # 10901



This series of brightly illustrated posters explains in detail the harsh realities of substance abuse. With compelling up-to-date factual information, these posters cover the most popular drugs in teenage society. Use them to inform, explore myths, and promote valuable discussions. Posters include Hallucinogens, Inhalants, Narcotics, Phencyclidine (PCP), Sedatives, Steroids, Stimulants, Marijuana. A Cambridge Educational Product. © 2000.

### **Painkillers: Numbing the Mind**

- VHS/DVD
- Part of the series *Drugs and the Brain*
- Close captioned
- Preview clip online at [www.films.com](http://www.films.com) (Search on 36366)
- Correlates to educational standards
- Order # 36366

The human body manufactures its own painkillers to ensure survival when injured. This program shows how opium and its derivatives, heroin and morphine, hijack that natural pain-numbing ability. Illustrating the brain's ability to alter its own chemistry when attacked by drugs, the program depicts the process by which brain receptors become desensitized and thus addicted. Tranquilizers are also studied. The findings of Brigitte Keiffer, Marc Valleur, Martine Cador, Emiliana Borelli, Alain Ehrenberg, and the Strasbourg Institute of Molecular Biology and Genetics are featured. (51 minutes) © 2005.

### **Rehab**

- VHS/DVD
- Preview clip online at [www.films.com](http://www.films.com) (Search on 34685)
- Close captioned
- Correlates to educational standards
- Order # 34685

"A year from now, two of you will be dead." So begins an orientation session at Camp Recovery, a Santa Cruz drug and alcohol treatment center. This documentary follows five young addicts through the camp's 30-day rehab program and tracks their progress, or lack thereof, in the months that follow. Featuring remarkably candid interviews with the participants, family counseling sessions, and heartbreaking portrayals of post-camp life, the program clearly illustrates the challenges a recovering addict faces. Contains harsh language. An HBO Production. (87 minutes) © 2005.

**One Life: Detox or Die**

- VHS/DVD
- Preview clip online at [www.films.com](http://www.films.com) (Search on 33734)
- Correlates to educational standards
- "The harrowing scenes of heroin use and the painful close-up view of the cold-turkey style experience are not for the squeamish. Otherwise, this video diary of a progress from four years on heroin, via 12 years on the prescribed replacement, to a final and potentially fatal detoxification effort makes compelling viewing. An infallible antidote for any notion that drugs are glamorous."  
—*The Sunday Times* (London)

- Order #33734

David Graham Scott has been addicted to drugs for nearly 20 years, or as he puts it, "four on heroin and the rest on methadone." Filmed by Scott himself over a five-year period, this emotionally charged documentary follows his double life as a heroin abuser and filmmaker, his pattern of deceit with his family, his battle to conquer methadone, and the fight to finally beat his addiction. His desperation to overcome drugs causes him to risk all on an unauthorized, controversial, and potentially lethal method that promises to limit withdrawal symptoms to one day—but sends the patient on a soul-searching, gut-wrenching 36-hour detox. Some content may be objectionable, and some language may be offensive. A BBCW Production. (45 minutes) © 2004.

**Bitter Harvest: The War on Drugs Meets the War on Terror**

- VHS/DVD
- Preview clip online at [www.films.com](http://www.films.com) (Search on 36164)
- Close captioned
- Correlates to educational standards
- Order # 36164

For many governments in the new political landscape of Central Asia, supporting America's war on terror translates into a dangerous internal juggling act. This *Wide Angle* documentary examines the uneasy relationship between forces aligned against the Taliban and the drug lords who control the cultivation of much of the world's heroin. With militias and tribal factions diluting centralized power, the current opium crop in Afghanistan is among the largest ever. How will the international community deal with this fact of central Asian life? Can agricultural reforms be implemented that will equal the profitability of the opium trade? And how will the United States resolve a dilemma that pits the war on terror against the war on drugs? In addition, UNDP Administrator Mark Malloch Brown talks with anchor Daljit Dhaliwal. (57 minutes) © 2002.



**Facts on ... Drugs**

- CD-ROM (Windows/Macintosh)
- Preview clip online at [www.films.com](http://www.films.com) (Search on 31862)
- Correlates to the American School Health Association standards and the Joint Committee for National School Health Education and the American Cancer Society standards.
- "Honest in [its] assessment, offering valuable information on substances that are commonly referred to only as 'illegal' and 'harmful'—vague castigations that sometimes entice youth rather than deter them."

—*Youth Today*

- Order # 31862

Conversational in tone yet authoritative in content, this interactive electronic reference guide gives the scoop on dozens of commonly abused drugs, including marijuana, cocaine and crack, heroin, ecstasy, methamphetamine, PCP, inhalants, and steroids, as well as prescription and over-the-counter medicines. Includes information on the different categories and types of drugs, the abuse of street drugs and medicinal drugs, the effects of specific drugs on the body, warning signs and potential consequences of drug abuse, and treatment for drug addiction. Also contains quizzes, a list of frequently asked questions, a glossary, and more. All material is printable, for handy offline reference.

A Cambridge Educational Production. © 2003.

The series *Drugs: Uses and Abuses* includes

- Sedatives
- Narcotics
- Stimulants
- Psychedelics and Hallucinogens
  - Inhalants
    - THC
  - PCP and Ketamine
  - Steroids