

# WeedWorld



## **THIS ISSUE:**

**Tantric Massage**

**Thailand Travel**

**Tips**

**How to Build a  
Grow Room**

Plus

**MUCH MORE  
BESIDES**

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**ISSUE THREE**

# Weed World

Issue 3

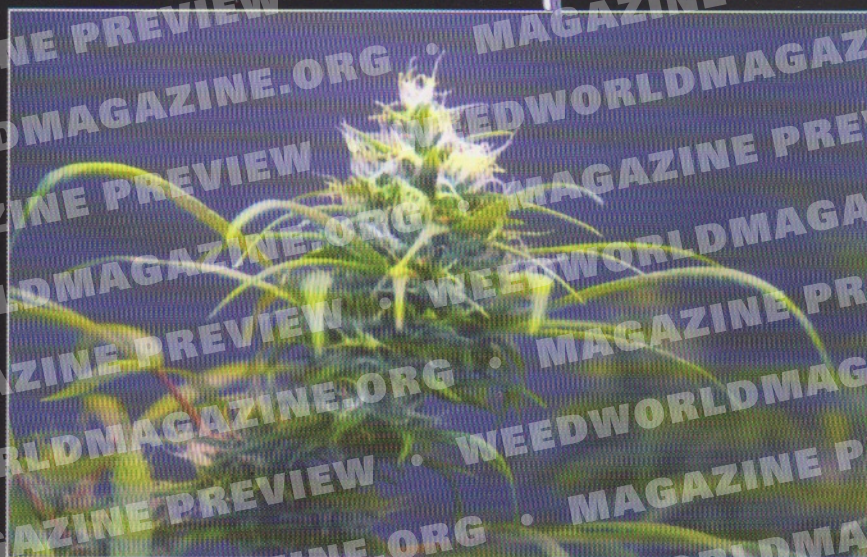
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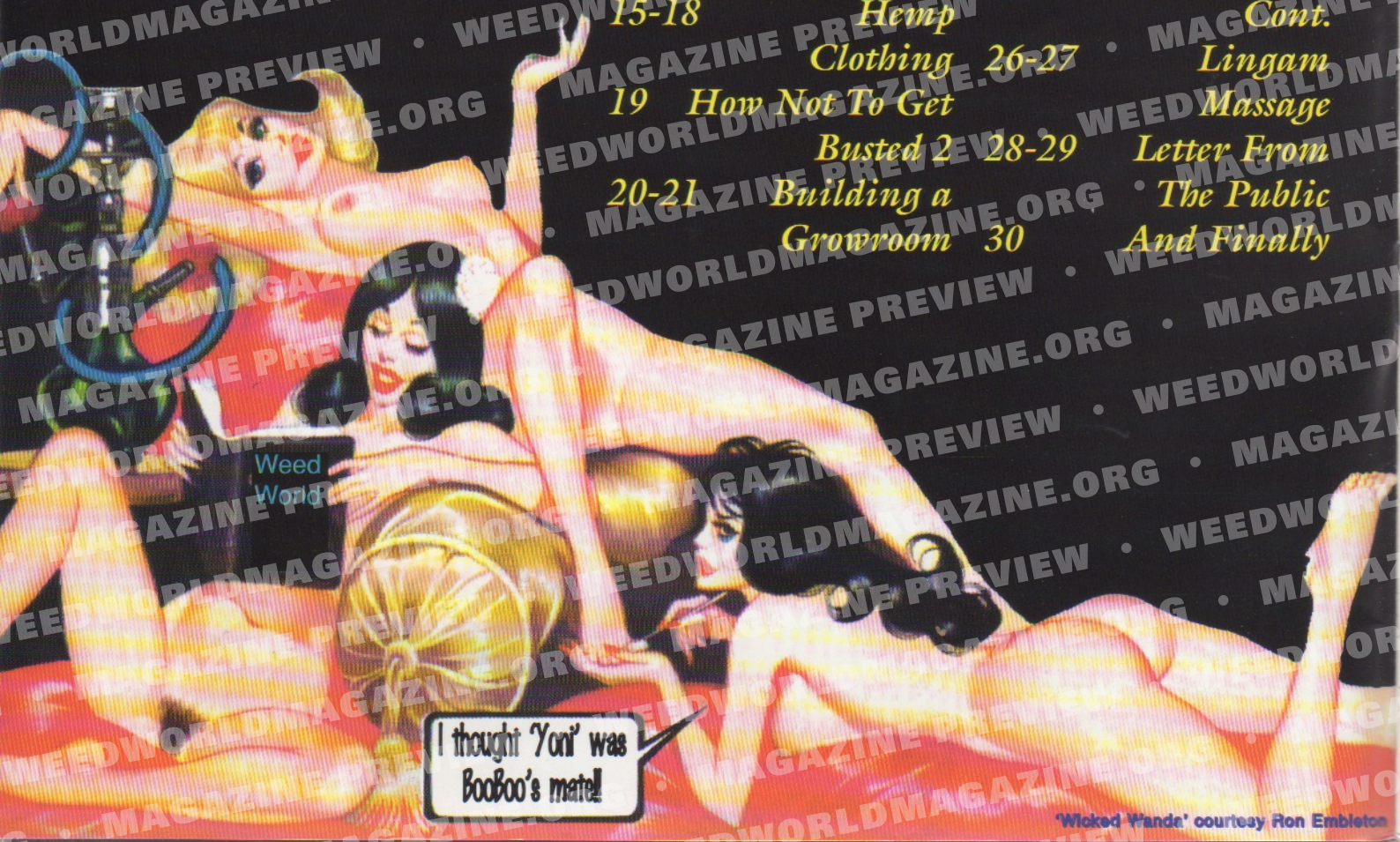
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Photographs courtesy The Red Hand Gang



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I thought Yoni was Booboo's mate!

'Wicked Wanda' courtesy Ron Embleton

# THAILAND

**M**any tales have been told of the Jewel of South east Asia, the kingdom of Siam, better known to you and me as Thailand.

Situated to the East of India across the Indian Ocean, Thailand is bordered by four other countries each one famous in it's own right. To the north east is Burma home of rubies and ancient Buddhist temples, to the south, Malaysia, ex British colony and somewhere you don't want to get caught with drugs unless you want your neck stretched! To the east, Cambodia, somewhere you can now go for a holiday! But the atrocities of the Khymer Rouge are still very much in evidence. Finally the north eastern part of Thailand is bordered by Laos, somewhere not many people know much about unless you are American and were in the Vietnam war, but then again you weren't really there were you!

Thailand really opened her borders up in 1987 and had a tourism year pushing herself to tourists throughout the world. This plan obviously worked as in 1987 Rice was the biggest earner for Thailand, in 1988 this had changed places with tourism at the top.

It is now possible to fly into Bangkok the capital for as little as £350 return, Bangkok - never has a city been more aptly named! The Thai translation actually means city of Angels (I don't think so).

Upon arriving in Bangkok you can choose as to what level of accommodation you want, there are some of the best 5 star hotels in the world in this city, along the river side with excellent views, my advice is to get off the plane and jump into a taxi and head for Khao San Road in an area called Banglumpoo, the cab ride should be no more than a tenner but prepare yourself for some serious traffic jams and some serious carbon monoxide fumes.

The area around Khao San Road is a backpacker's Mecca with nationalities from all over the globe descending

upon this small area of Bangkok. You can get a room from as little as £4.00 per night, but you pay for what you get! This would be a very small room with a bed and a fan. You can splash out and for a tenner a night get an air conditioned room with it's own bathroom, the choice is yours.

Bangkok is one of those places you can get anything, and I mean anything. The shopping is phenomenal. Ganja is relatively easy to acquire in the Khao San area but you must bear in mind drugs are illegal in this country and the law in the Capital is stricter than the rest of the country so look before you leap, try and find some tourists who are already settled in and have scored themselves - but still be careful!



*...Bangkok is one of those places you can get anything, and I mean anything...*

Three days is enough time to spend in Bangkok as after all it is a big polluted city and the rest of Thailand kicks it into touch. However whilst in the Capital you have to see why it has it's reputation, so go and visit the bars in Pat-Pong, you will never look at a ping-pong ball in the same light again - make sure before you enter a bar you know what the entrance fee is, it is usually on a very small sign by the door.

So where next? North, East, South? North is generally cooler and much more laid back, you can get an air conditioned bus from Bangkok to Chaing Mai for a tenner - ask at any of the

travel agents in Khao San Road. Weed is more readily available in this area, as is opium due to the hill tribesmen who use both regularly, three Thai sticks should set you back about a fiver, just don't ask a police man where to score. Out from Chaing Mai is the smaller city of Chaing Rai which is now the real gateway to the North, from here you can hire a bike or Jeep and visit Mai Sae and Chaing Saen which really is Golden Triangle country, where Thailand, Burma and Laos touch each other, a smugglers dream come true. This area is very hilly and offers some excellent scenery with plenty of waterfalls and the like, if you like trial bike riding or car rallying then you will be in your element.

There are airports in the cities of the north so it is possible fly back to Bangkok for you to consider your next destination or if you wish to travel overnight on another air-con bus.

If you want to go East you have to be aware that it is the part of Thailand that is least travelled by foreigners, it is therefore not as easy to communicate as not that many people speak English, avoid Pattaya as this is a town that has the American Navy docking in all the time and they are always out on the piss picking up the girls or boys from the bars, Pattaya is very touristy and loud, not really what you need whilst stoned.

If you decide to go South then you have to decide upon the East coast or West coast, either way you will discover some truly beautiful beaches and surrounding scenery. The West coast is pounded by the Indian Ocean which is a truly magnificent blue and is very clear water, when the tides are right you can even go surfing.

Phuket is a major tourist attraction in this area and unfortunately caters for the richer holiday maker in the grand hotels, whereas it used to be a backpackers holiday retreat. It is worth visiting this area if only to take a boat excursion to Phi Phi Island which really is picture postcard stuff Krabi and Phangan bay are just North of Phuket and still cater for the poorer element of World travellers, you are able to get a better deal here with your weed, and its not crawling with fat balding western businessmen.

# The Great Indoors

Issue by issue, the 'Men Who Grow' will be giving you growing information which has been sourced from a massive pool of international expertise. What you are about to read is fact, to help you choose the right equipment and understand exactly how to use it. No bullshit, just another step closer to perfection.

## No.3 - Building A Growroom - The Facts

### THE LOCATION

A growroom can be built almost anywhere, because of this almost every growroom is different. You must think carefully when choosing the location of your growroom. We will give you some general guide-lines, but each growroom has its own individual problems to overcome.

Try to choose a place which doesn't get too hot in summer and/or too cold in winter. Attics, garden sheds and garages are not the best locations, although much can be done to source the problem of temperature extremes if you have no choice. If you do have a choice then a spareroom is the best

option. It is possible to simply section off a corner of a room with wood or black and white plastic sheet. Even walk-in cupboards and steel tool cabinets make excellent growrooms.

It is always helpful to have electricity and water on location but please remember they don't mix. For this reason always keep electrical equipment above floor level and protect from the possibility of being sprayed with water. A "Power Breaker" or R.C.D. plug will give you total peace of mind. Water alone can be very destructive so always check for leaks.

Your growroom must be *completely* "blacked-out" so, the light cycle is not interrupted. Walls are best painted matt white for cleanliness and light reflection. Black and white plastic can be taped around windows and doors.

Remember hanging reflective sheet against walls will give a warm, still and often humid environment - Perfect for breeding mould and insects!

### THE SIZE

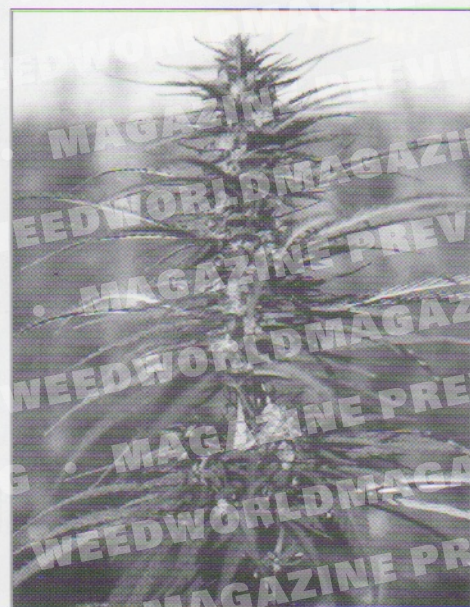
Wherever you decide to locate your growroom don't try to completely pack it full of plants to the point where you can't move - This, from bitter experience, is a real pain! Always try to leave enough room to be able to manoeuvre around your *fully grown* garden. This is crucial if you are hand watering.

Although an obvious comment check the equipment you buy fits into your room, door/lofthatch.

### THE EXTRACTOR FAN

This is an essential piece of equipment, artificial lights get hot so the excess heat must be removed. Plants transpire and enormous amount of water in the form of humidity. This must

also be removed, excess humidity not only stifles the plants but creates a paradise for fungus or mould - Something to be avoided at all costs! The most important role of an



extractor fan is to give the plants a *plentiful supply of fresh air*. Plants must have CO<sub>2</sub> (Carbon Dioxide) for vigorous growth. It is found naturally in fresh air although you can introduce more if you wish.

Extractor fans come in all shapes and sizes. Look for one which can suck all the air from your room in a maximum of 10 minutes. It may be worth while looking at "In-Line" fans because of their flexibility.

These fans are built into a tube. On both ends of this flexible tubes are attached, one directing air into the fan and the other directing the air where you want it to go, it's worth knowing that air is more easily pulled than pushed through a tube so make the flexible outlet tube as short as possible.

If you have a 100mm fan then you must have at least a 150mm hole for fresh air entering the room, if you don't, not only will you not get an exchange of air, but you will probably ruin the fan motor. Always position the fan inlet as high as possible and the fresh air in the opposite corner, just above the root level. This ensures hot and humid air accumulating at the top of the room is dragged out first and the roots do not get chilled with fresh air. Your extractor should exchange the air within the room, at least, once every hour, especially when the lights are running. Try to have the fan on as much as possible, day and night, without dropping the temperature too much. Extractor fans can be controlled by timers or timers and thermostats. However you do it, you are looking to maintain a constant temperature of



# Where Have All The Flowers Gone?

Most of us when visiting health shops or chemists with health products for sale have noticed a display of tiny bottles labelled Bach Flower Remedies and puzzled over what precisely they are or claim to be able to do. Were you to be able to analyse the contents of the bottles you would discover liquid essences created through the immersion of flower petals into water and then exposed to sunlight or heat in order to release their inner healing and spiritual powers. There are 38 Flower Remedies in all and they were isolated by Dr. Edward Bach (1886-1936) during the 1930's to combat emotional and psychological problems found in patients referred to him.

Starting life as a renowned bacteriologist and homeopathic practitioner, Bach was so horrified by the side effects of orthodox medications that he conducted seminal research into the inner power of flowers. Deciding to

retire from his highly profitable Harley Street surgery at the age of 43 and settle in the idyllic setting of the flora-rich Welsh countryside, he resolutely determined to prove that ill health is caused by either mental or emotional instability. The last six years of his life were dedicated to the search for the Holy Grail of a more simple and holistic form of medicine in which no natural ingredient was destroyed or altered. Believing the innate healing properties of plants and herbs could perhaps be found in the water drops of early morning dew, he often walked through the countryside sipping water essences found on plant leaves. His intuitive sensitivity was so heightened that eventually he only had to place a flower petal on his tongue to sense the consequences for body, mind and soul.

Bach was highly influenced by the work of the Greek philosopher Hippocrates, the Swiss medieval doctor Paracelsus and the German home-

opath Samuel Hahnemann. Throughout his life he found himself bound to their spiritual tradition of medicine and agreed with their diagnosis that the fundamental of 'subtle' medicine was to realise that there were only sick people, rather than diseases that made people sick. He believed negative emotional conditions such as

fear, guilt or doubt would have dire effects on the personality and eventually filter through to a physical level so causing dis-ease. Each Flower Essence would be geared towards an archetypal personality type containing severe mental and emotional imbalances leading to the potential for specific diseases to develop.

Bach Flower Remedies heal by channelling vital energies into personality blockages and removing them to restore a greater state of inner harmony and wholeness. The Remedies can be classified as one of the 'subtle' forms of healing related to homeopathic and anthroposophical techniques on a physical level. Bach believed the rapture of the personality from the macrocosm of universal energies created disharmony, distortion of personality, disruption of inner energies and a clogging up of the subtle energy system.

Flower Remedies are unique in diagnosing negative soul states rather than physical symptoms. Physical illness is not interpreted as a state to be battles against, but rather as a condition to be saturated with higher more harmonious energies. Bach believed his Flower essences were a higher order than normal flowers used in traditional herbalism as each contained a specific soul quality or energy vibration. The soul qualities of each 38 essences relates to specific individual soul qualities which synchronise with specific frequencies in the human aura or subtle energy field surrounding the body. Each of the 38 soul qualities of the Flower remedies are already within us and only become distorted when disharmony arises within us. The Flower Remedies are effective because they possess the same energy vibration as the soul quality relating to it.

During the 1970's an American, Richard Katz, decided to repeat Bach's experiments using local flowers restricted to northern California. Katz advanced Bach's work with the novel realisation that flower remedies are not restricted to the orthodox 38 English plants. Testing them on himself, his achievement has been to enlarge the whole scope of flower Remedies. Today the work continues with flower remedies being developed all over the world. Katz continued Bach's tradition of using 'mother tinct-

