

CANNABIS CULTURE

Marijuana and Hemp Around the World

CANNABIS CUPS
Amsterdam
& Canada

WITCHES
& the war
on weed

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Hemp Diseases and Pests doesn't focus explicitly on indoor growing or cultivation of high potency marijuana, but it provides information that no other grow book can or will, and is a priceless, fact-laden volume that should be on the bookshelves of any serious cannabis grower.

Another marijuana cultivation book, titled *I Love It*, is an eccentric European version of an indoor-outdoor cannabis growing guide. The book is published in several languages, including English, and contains a lot of useful information and photographs showing how author Michael Meredith produces marijuana in grow rooms and outside.

The book's photos and photo reproductions sometimes lack quality and clarity, and some of Meredith's advice is inaccurate and amateurish. He advises, for

...“wet, sticky, glistening, ripe, perfumed, luscious, edible, glowing, juicy, and sensual”...

example, that soil be mixed on a garage floor; this process is a vector for disease and fungus. He recommends the use of white paint and aluminum foil as light reflectors in indoor grow rooms, even though Mylar is by far a better reflector than either of those. Still, Meredith has his heart in the right place, and the book's photos prove that he is able to produce phat buds. What he lacks in scientific approach he makes up for in enthusiasm, comprehensiveness and personality.

I Love It is more than a generic grow book. It contains information on technological gardening tools, producing seeds, making hash and hash oil, marijuana food

and beer, and how to conceal marijuana gardens.

If you're serious about using a wide range of herbs to enhance health and pleasure, Dr Ethan Russo's *Handbook of Psychotropic Herbs* is a useful guide.

Russo, a neurologist and plant researcher who is profiled in this issue (*Pot Pioneer*, page 45), provides an herbal pharmacopoeia of plants and plant preparations (such as infusions and essential oils) that can be used to treat anxiety, depression, confusion, memory loss, head injuries and other neurological and psychological disorders.

This easy to read volume contains fascinating history, medical information, and case studies proving that nature has given us plants that can be used to safely

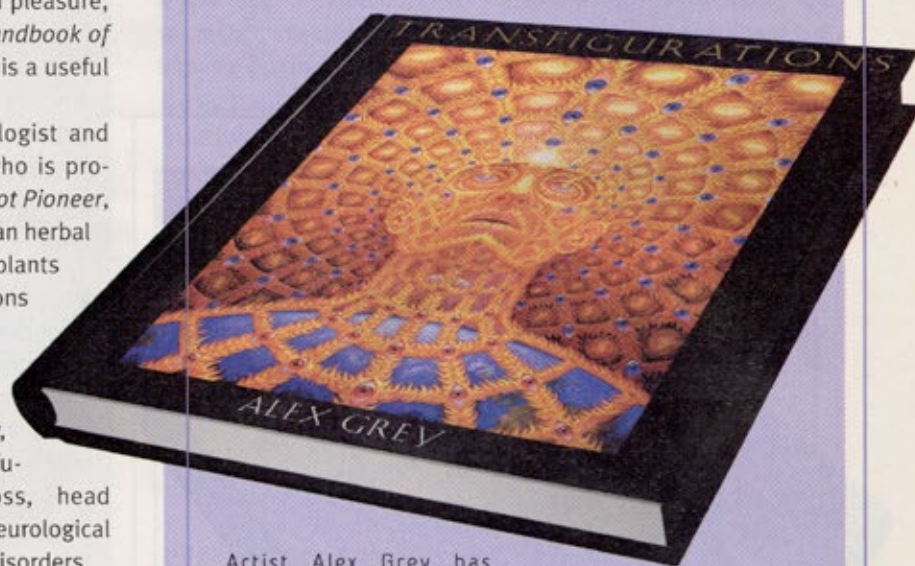
treat many disorders that are less efficiently treated with chemical prescription drugs.

Cannabis Culture readers will find the book's section on cannabis extremely interesting. He devotes more pages to cannabis than to most other herbs, while admitting that the plant's illegal status makes it somewhat difficult to medically research and utilize.

Russo's recitation of cannabis history is probably the most complete and concise I have ever seen, while his sections on other herbs including lavender, rose oil, kava, ginkgo, chamomile, valerian, and hypericum indicate that reliance on prescription pharmaceuticals is short-sighted and potentially unhealthy.

>> TRANSEFIGURATORY ART

Visionary artist releases a new volume of mind-blowing images. BY DANA LARSEN



Artist Alex Grey has released a new collection of art and paintings called *Transfigurations*, a coffee-table volume which contains stunning and mind-expanding images accompanied by essays and interviews into the meaning of art and the visionary experience. Among other topics, Grey discusses the use of LSD and DMT in his spiritual journey, and how the visions he has experienced have found their way into his art.

Transfigurations serves as both sequel and prequel to Grey's 1990 artbook *Sacred Mirrors*, as it contains Grey's newer works, but also details his artistic journey and earliest creative experiments.

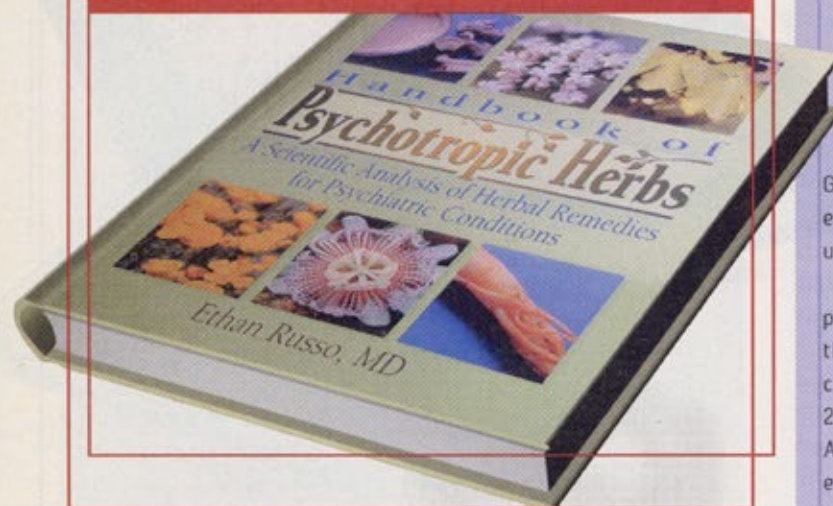


DMT: The Spirit Molecule, Alex Grey, 2000

The book contains analysis of the therapeutic potential and ingestion regimens of popular medicinal herbs. It shows that marijuana is not the only healing plant that has been

The publications reviewed above are top quality but they are specialty books that fill different needs. If you are a casual marijuana user or grower who wants a general

>> HANDBOOK OF PSYCHOTROPIC HERBS



demonized by those who favor corporate chemicals over nature's medicines.

Russo notes, for example, that some researchers falsely alleged that valerian caused dangerous overdoses and a withdrawal syndrome. Valerian is a sleep aid that competes with prescription chemical sedatives like Dalmane and Halcion. It has lower toxicity than the chemicals it competes with, and also costs less per dose!

Russo is a busy guy. He created and edits the *Journal of Cannabis Therapeutics*, a periodical dedicated to cannabinoid research that comes out four times a year. Although the journal is intended primarily for scientists and medical workers, it is understandable and interesting for marijuana consumers and growers. Each issue contains an eclectic mix of information about marijuana research, history, medicines, and law, written by the field's top experts.

overview of marijuana, Rosenthal's book is best for you. If you are a serious grower who wants to produce the best buds, order the books by McPartland and Meredith. Russo's journal is very technical and will appeal mostly to people willing to work through the scientific lingo found therein, but his handbook on herbal medicines will be useful to anybody interested in alternative medicines.

Happy reading! 🌿

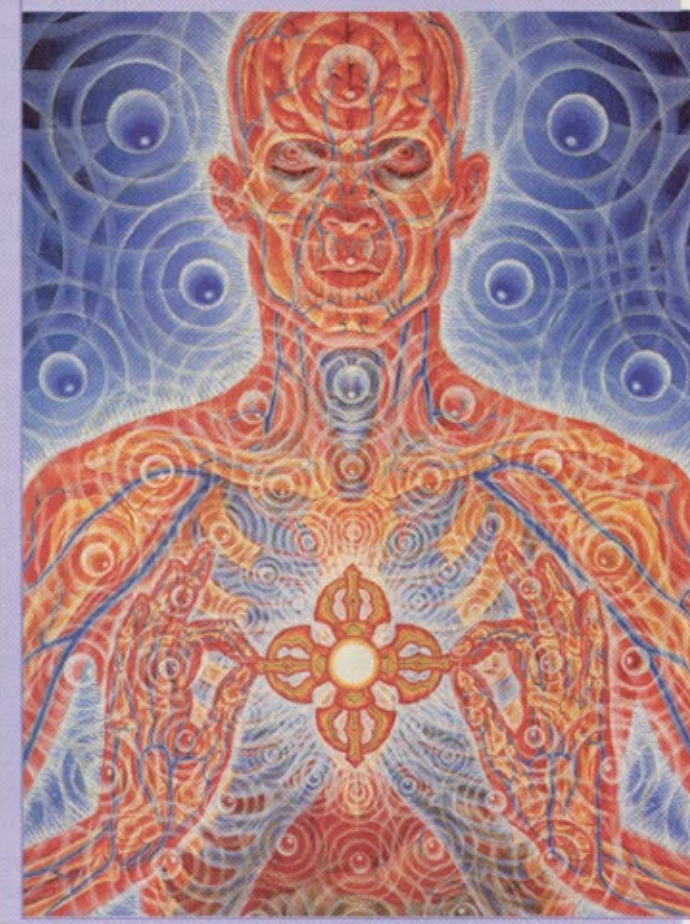
- *Big Book Of Buds*: www.quicktrading.com; www.bigbookofbuds.com.
- *I Love It*: Daisy Bots in Holland, tel 31-6-222-40-894.
- Ethan Russo: Haworth Press, tel 1-800-429-6784; getinfo@haworthpressinc.com; www.haworthpress.com.
- *Hemp Diseases and Pests*: CABI Publishing, www.cabi.org
- *Cannabis Culture* Bookstore: www.cannabisculture.com/store

Grey's early work, made during the 1970's, focussed heavily on the tension between life and death. He shows photos and describes various performance artworks where, for example, he hung himself by one ankle against a wall, with a cadaver hanging from the other end of the rope. Other early work included public bloodletting, public lovemaking with his wife in a plexiglass box, shaving half of his head, decapitating a rat, photographing strangely malformed fetuses and having himself hogtied and covered with hundreds of dollar bills in front of the Federal Reserve Bank of Boston.

But it is his current body of paintings for which Grey is best known – depictions of humans which show the inner bones, muscles and nervous system as well as the external energy, psychic and spiritual systems, combining to portray people as both flesh and spirit, human and divine. Grey's work often seems to capture the psychedelic experience, with trippy patterns of eyes, force-lines and supernatural beings overlaid upon everyday reality.

Grey's work is popular among contemporary rave and psychedelic culture. His paintings have been used on everything from sheets of blotter acid to rave posters, and he was commissioned to create the multi-layered cover art for Tool's 2001 CD, *Lateralus*. With an introduction by LSD discoverer Albert Hoffman, Grey's book is a must-have for anyone interested in arousing their senses and their spirit with a unique and spiritually provocative vision.

• Alex Grey: info@alexgrey.com; www.alexgrey.com



Nature of Mind, panel 6 Alex Grey (1996)