

I would like to make a case as to the hypocrisy I see regarding the justifications as to why alcohol and nicotine is legal, where cannabis is not.

(Also, if this bears any weight, I am 24 and have been using cannabis, with varying degrees of frequency of use, since the age of 16. I am trying to take into account biases I may have.)

I see that the AIHW has stated that alcohol and nicotine use are amongst the leading causes of preventable burden when it comes to aspects of wellbeing, both for the individual and communities alike. I do believe that alcohol can be used in moderation with little to no negative impacts. I believe that nicotine, in all its forms, may provide some benefit to the user, though the way you consume nicotine, and of course in what frequency and quantity does contribute to the damaging effects it has on health. Cannabis I believe also, when used in moderation (subject to quality, strain of cannabis and growing method) can provide benefits to the individual. Cannabis can, like many things, be abused, and of course the method of consumption (like smoking or eating) contributes to the type of health issues cannabis causes or contributes to. I believe It is often the consumer, not the product that is the problem when you look at these 3 substances, in fact, many things in life I believe are like this.

It is interesting to point out that you can clearly fatally overdose with alcohol, but it is not as clear as to how you can overdose on cannabis. consuming cannabis in edible form is supposedly the most likely way you can overdose.

We have statistics that show the harmful effects of these 3 substances on the AIHW. We also have a lot of anecdotal evidence in the form of personal stories that speak about the good things these substances have done. I guess, I fail to see how the government can justify having alcohol and tobacco legal and not cannabis. One need only to glance at the AIHW reports on alcohol, smoking and other drugs to find the hypocrisy in how some are justified to be legal and others not.

Let's face it. Things can be abused and addictive. Not just substances, but things like gambling, sex, gaming, the internet and even relationships. I believe what is most important is an informed consumer and a critically thinking mind. Be transparent about the effects of Cannabis, bad and good.

I believe it is a lack of transparency that leads to distrust of government policies. For example: Government tells me that cannabis is illegal and bad for my health (the latter point, many would agree is true in some cases). I then smoke some weed with friends. Nothing bad happens. I just have some laughs and wake up feeling relatively normal the next day, maybe I am tired or a bit groggy as some of the THC/cannabinoids are likely still in my system. I am now entertaining the thought that the government has lied to me, as I thought it was this life destroying thing. What other things could you be disingenuous about?

Now, I will say that I had unfortunately become dependent at one point in my life when I was a heavy user. I wonder if mixing it with tobacco contributed to me becoming dependant on cannabis. My dad was and still is an alcoholic and I wonder how much his addiction (and somewhat lack of involvement in my life) contributed to my dependency. There are likely many factors that contributed to my dependency, which is why earlier I mentioned that I believe that it isn't necessarily the substance that is the issue, rather the person (and their environment). I am happy to say I am no longer dependent, and it has been this way for a little over a year. I gave up smoking cigarettes during lock down too which I am proud of.

I do try to take as much accountability for my drug use as possible as I do not see myself moving towards the light, so to speak, if I blame my problems on other people.

Why are alcohol, nicotine, sugar and caffeine the legal substances of choice for our country when they have obvious negative effects on people and society? Why don't you impose a limitation on these substances so that you may only buy a set amount each week in order to protect public health?, since that is clearly why you choose to keep cannabis illegal.

I do not think you can say "alcohol kills people" or "nicotine kills people" or "cannabis kills people". That would be disingenuous. Not everyone who drinks alcohol, consumes nicotine or cannabis is or becomes dependant, or dies as a result.

As I mentioned earlier again, it is the individual and their environment that heavily influences their substance use/abuse.

There will likely be some negative impacts on our collective wellbeing if cannabis is legalised, conversely there will likely also be positive impacts that come from the legalisation of cannabis.

I believe you must be transparent about the good and bad side of cannabis (and other drugs for that matter) to build and maintain trust in government.

Thank you for reading. Good health and happiness to you all 😊

Regards,  
Henri Hohaus