

Some while ago Barbara asked if I would get back together with her but I said no as I had no money. I made an excuse, but I hoped that one day would make some money with my writing and my artwork. In case I did not I collected second hand L.P.s, C.D.s, and cassettes. If I made no money at my art and writing I would be able to sell my collection, if not I would have music for my retirement. But when Barbara turned against me last Christmas I knew it would not work. I was heartbroken and besides I knew I was getting ill, so I gave most of the records and C.D.s to charity.

I used to buy and sell second hand records in the eighties when I lived near a record factory and was able to get hold of records that were not distributed and test pressings, collector's items. Supplementing these by trawling the charity shops and selling carrier bags full of records to the London collectors shops I learnt the second hand music trade I managed to make some pin money within the social security allowance while the psychiatrist coerced me into taking Depixol and the local G.P. gave me Halcion a drug that causes behaviour disturbance and has since been banned by the British government.

The present situation has not been helped by rumour mongers, and we all know who they are. Rumours started at the Clubhouse crossed the road to the MIND office and from there to the doctors surgery and local shops. When these bullies are down and out those who deplore them may treat them with similar contempt.

I hope people can take the time to read my book and perhaps they will see that it is often unfair to demonise the mentally ill and the addict. In any case it is these people I chose to write about. Addicts are usually introduced to drugs by a friend who has just started using and has not yet experienced the ill effects of drug taking. That is how drugs use spreads. The real criminals are higher up the chain, happy for the lives of those who use to be ruined. But they are able to defend themselves from the authorities.

The book also looks at the problem of psychiatric drugs, and the history of their introduction, in fact there is a short history of psychiatry that runs through the book. Anti-psychotic drugs have been criticised by the N.I.C.E. guidelines and research at the Maudsley both of which claim that these drugs are responsible for the premature deaths of psychiatric patients yet no-one is interesting in ending the misery these drugs cause. Of course identifying the problem is easier than solving it but I believe that Psychiatry before Maudesley had some of the answers when George and William Tuke ran asylums under their 'Moral Treatment' regime. This I also describe in my book. There are some notes that describe the changes in not only trends in addiction itself but also in its treatment, and here to there a few pointers toward reform. The book is written to appeal to both the casual reader and the professional health and social worker.