**1997-Passage 3**

①Technically, any substance other than food that alters our bodily or mental functioning is a drug. Many people mistakenly believe the term drug refers only to some sort of medicine or an illegal chemical taken by drug addicts. ②They don’t realize that familiar substances such as alcohol and tobacco are also drugs. This is why the more neutral term substance is now used by many physicians and psychologists. The phrase “substance abuse” is often used instead of “drug abuse” to make clear that substances such as alcohol and tobacco can be just as harmfully misused as heroin and cocaine.

③We live in a society in which the medical and social use of substances (drugs) is pervasive: an aspirin to quiet a headache, some wine to be sociable, coffee to get going in the morning, a cigarette for the nerves. When do these socially acceptable and apparently constructive uses of a substance become misuses? First of all, most substances taken in excess will produce negative effects such as poisoning or intense perceptual distortions. Repeated use of a substance can also lead to physical addiction or substance dependence. Dependence is marked first by an increased tolerance, with more and more of the substance required to produce the desired effect, and then by the appearance of unpleasant withdrawal symptoms when the substance is discontinued.

④Drugs (substances) that affect the central nervous system and alter perception, mood, and behavior are known as psychoactive substances. Psychoactive substances are commonly grouped according to whether they are stimulants, depressants, or hallucinogens. Stimulants initially speed up or activate the central nervous system, whereas depressants slow it down. Hallucinogens have their primary effect on perception, distorting and altering it in a variety of ways including producing hallucinations. ⑤These are the substances often called psychedelic (from the Greek word meaning “mind-manifestation”) because they seemed to radically alter one’s state of consciousness.