

Drug Seminar Successful

by David Sibley

Escape to No Where, the seminar on drug abuse sponsored by A Ph A — G Ph A Student Chapter Southern School of Pharmacy Mercer University, and Smith, Kline, French Pharmaceutical Co. was attended by several hundred students, faculty, and local residents on the afternoon of April 16.



Dr. Ermutlu discusses Hallucinogens.

Despite the length of the program (three and one half hours) most of the audience remained throughout the afternoon. Moderated by Oliver M. Littlejohn, Ph.D., Dean of the Southern School of Pharmacy of Mercer University, the seminar included three separate addresses, and was concluded by a panel discussion with questions from the audience.

Norman Doorenbos, Ph.D., opened the program with a discussion entitled Smoking and Health. Though the question of health hazards from smoking has become worn, Dr. Doorenbos' technical and realistic presentation seemed to have an appreciable effect on the audience. According to Dr. Doorenbos, smoking tobacco is a form of drug abuse. He added that the correlation between smoking and disease is not necessarily a new concept. Over a century ago a paper was published by a French physician suggesting that smoking tobacco might be harmful. The Frenchman found a remarkable correspondence between patients with cancer of the oral cavity, and patients who smoked. It was in 1949 that the American Cancer Society first spoke out against cigarettes as a direct cause of lung cancer.



Trimble questions imprisoning alcoholics.

In order to simplify his discussion, Dr. Doorenbos divided it into three sections according to specific diseases. Speaking first of cancer, he said that the lungs, oral cavity, and bladder were the areas most susceptible to cancer. Among several of the frightening facts he included were: 1. approximately twenty chemicals in cigarette smoke cause cancer; 2. twenty other chemicals in the smoke also cause cancer when connected with the first twenty; 3. every person who has smoked a pack of cigarettes a day for twenty years has pre-cancer cells; 4. smoking a pack of cigarettes a day shortens the person's life span four hours for every day. The other two ailments on which he spoke were emphysema and cardio-vascular diseases. In closing, Dr. Doorenbos morbidly described several cases of diseased smokers whom he knew personally.

Several interesting questions arose during the question and answer period after Dr. Doorenbos' talk. When asked what would take place should a person stop smoking, he answered that within five to seven years the lungs would become completely clear of tar, and the pre-cancer cells would die off. Another question concerned drugs which are intended to aid a person to stop smoking. The doctor commented that there definitely were drugs which are intended to aid a person to stop smoking, by fulfilling the smoker's desire for nicotine.

Following Dr. Doorenbos, Ilhan Ermutlu, M.D., addressed the audience on hallucinogenic drugs. According to Dr. Ermutlu, a hallucinogenic drug is one which causes a change in the state of consciousness or perception. Hallucinogenic drugs have a long history, probably dating back as far as early civilized man. Contrary to the impression given by press sensationalism, Dr. Ermutlu said that statistics show only about 1% of the student bodies which have been questioned have taken LSD, and about 6% have smoked marijuana.

Since there are forty known substances which are considered psychedelic (mind expanding), Dr. Ermutlu chose to concentrate on three. DMT, which is made from the ingredients in the seeds of a tropical plant, is usually smoked, turns on the partaker immediately, and lasts twenty to thirty minutes. LSD was introduced into the United States in 1949, and during the following years it was kept in the hands of scientific researchers. In the early sixties two Harvard professors were responsible for initiating non-scientific experimentation with the drug LSD, which is taken in extremely small quantity, begins to affect the user twenty to thirty minutes after ingestion, and lasts approximately twelve hours.

Although LSD, taken in proper quantity, is neither poisonous nor physically habit-forming, it is psychologically habit forming. During the question and answer period following Dr. Ermutlu's lecture, it was learned that evidence points to genetic defects resulting from the use of LSD, but he emphasized that insufficient research has been conducted thus far to confirm this theory. Marijuana is a relatively mild hallucinogen which was first introduced in Europe about 1500 B.C., and in the U.S. about sixty years ago. It is usually smoked, and the effects last from three to five hours. The greatest controversy of the seminar centered on the relative danger of marijuana as opposed to alcohol. Dr. Ermutlu conceded that as far as is known today, marijuana is not physically habit forming (which alcohol is), and it is less harmful to the body than either cigarettes or alcohol. Naturally, the students questioned its illegality.

In summation Dr. Ermutlu listed the physical and psychological effects of hallucinogens in general. Physically they may cause dizziness, dry mouth, and hot and cold flashes. Psychologically they may cause perceptual distortions, time distortions, mood changes, rapid succession of thoughts, delusions, abnormal body sensations, impaired concentration, and varying patterns of motor movement. The undesirable effects stated were the possibility of convulsions; psychological dependence; later reappearance



Dr. Lopez speaking on Alcohol.

of hallucination without drugs (called acid flashes); panic; extended period of psychosis; and unpredictability of behavior. Although there is some therapeutic value in hallucinogens for psychological disorders, Dr. Ermutlu added that they are usually taken out of curiosity or a desire for socialization.

The final speaker was Vicent Lopez, Ph.D., who spoke on amphetamines, and alcohol. Amphetamines, he said, were closely related to natural substances found in the human body which enable a person to function under stress. In addition to medicinal effects, Dr. Lopez cited overcoming confusion, increased motor and speech activity, feeling of euphoria, and overcoming sleepiness as other desirable effects. He emphasized the fact that these drugs did not increase a person's ability to perform work. Dr. Lopez also added that caffeine, which has no side effects and is not an amphetamine, would increase ability to perform work. Harmful side-effects incurred by the use of amphetamines



Interested student asks question.

are that they are toxic, that they can cause many physical side-effects, and that they can increase homicidal and suicidal tendencies. Dr. Lopez lashed out at another use for these drugs, which is curbing obesity. Why he asked, should a person who must have a crutch to reduce overeating choose drugs with all their side-effects?

Concerning alcohol, Dr. Lopez re-emphasized its well-known hazards, such as over-indulgence, diseases of the kidneys and liver, and attack on the central nervous system. He also pointed out several less publicized facts. For instance, alcohol is a depressant, not a stimulant, and it can cause respiration to cease. An interesting debate occurred between him and Dr. Doorenbos when Dr. Lopez advocated the use of alcohol in moderation. Dr. Doorenbos was adamantly opposed to any use of alcohol, no doubt brightening the day of many Mercer administrators.

When Dr. Lopez had concluded, a panel discussion took place in which the audience had the opportunity to question the authorities. As a result of this discussion, the

(Continued on Page 6)

The Washington Riots; An Eye Witness Report

(Four Mercer students and a professor attended the annual National Forensic Conference of Delta Sigma Rho-Tau Kappa Alpha, an honorary forensic fraternity, on April 7-10 in Washington, D. C. The following article was written by one of these students.)

by Allen Wallace

On the outskirts of Washington smoke could still be seen rising from the section of the city which had been the scene of looting and burning on the previous two nights. By noon on Sunday the Army had restored some semblance of order and the firemen were extinguishing the last of the more than 750 fires that had been ignited by the rioters.

Washington no longer looked like the capital of a democratic nation. Soldiers in jeeps patrolled the streets; there were soldiers on almost every corner, and they were ready for any recurrence of trouble. Their bayonets had been fixed to their rifles. A 4:00 p.m. curfew had been imposed by the mayor, and "anyone found on the streets after this time is subject to arrest" announced the loud speakers in the patrol cars. Freedom of movement had been curtailed in order to prevent further disorder.

The following night from our eighth floor hotel we were watching the four soldiers at the intersection below stopping the few cars that were on the streets despite the curfew. Suddenly four jeeps pulled up on the curb, these were soon joined by two D. C. patrol cars and three motorcycle policemen. Three policemen appeared around the side of the building opposite us just as two truck loads of additional troops arrived. The searchlight was scanning the twelve stories of the building when a group of the soldiers unexpectedly turned and looked up at our window. Nonchalantly my roommate waved to them. Shortly the men below left, apparently having satisfied themselves that no trouble was imminent; and the situation returned to "normal".

Three hours later a shot was fired from our hotel. The few soldiers below dropped to the sidewalk and then sought cover behind the columns of the building. Almost immediately soldiers rushed into the hotel and searched two rooms in the area where the shot appeared to have been fired, but by that time the sniper had disappeared. The excitement soon

dissipated; and many people in the hotel were not even aware that anything had happened, since it had occurred so rapidly.

A city that has been torn by riots is a tense city, and that tension becomes a part of every person there. Fear becomes a primary emotion. Carpenters could be seen on the sidewalks cutting plywood to place over store windows. People innocently looking at the White House were asked to "move along; the Secret Service doesn't want anyone congregating here." I myself felt a moment of panic when a car pulled alongside me when I was walking in a relatively deserted section of the city near the Capitol. Even though the driver only asked directions to a certain building, the experience was not soon forgotten.

The pictures and reports on television of what was happening in Washington had seemed like a modern parallel to Orson Welles' radio enactment of "The War of the Worlds" in the 1930's until we saw the smoking buildings, until we saw the slogan "Cops breed violence" written on sidewalk, until we sensed the tension and fear ourselves, until we saw soldiers outside the White House, the Capitol, the Lincoln Memorial.

The absurdity of the situation became apparent only as people stopped to take pictures of the newly blossoming tulips, or as tourists trying to indelibly carve a "non-riot" impression of Washington into their minds clustered around President Kennedy's grave and snapped their pictures, or as an elderly lady approached a group of soldiers and politely asked directions. How different is the day from the night.

Obscene Scenes

The Moonshine Bar and Grill was very quiet last night. In fact I was about to head back to old Wormwood Hall when suddenly the door flew open and some entertainment alighted in. I looked at the amusing new faces at the bar and concluded that either everyone had just come from a party at Mr. Rosey's apartment or faculty meeting had just adjourned. With no further delay, I shall now relate to you (as closely as is here permissible) the interesting conversation which I was so privileged to overhear.

"Brother Thimble," said Dean Limrix, "Why do you think we've had so many Panty Raids and how in the H-E-C-K can we stop them?"

"Well, Fos, perhaps this new generation of boys is just very childish," spoke Dean Thimble bouncing a little red ball on the dirty concrete floor.

"I think it all stems from their sexual frustrations," said Sallie Blooper as she dropped a quarter in the Juke Box.

At this point Rufus the bartender brought each of the new arrivals a bottle of Bud and said, "It's on the House!"

"Where the Hell have you been," asked Dean Sotto. "I haven't seen you around here lately."

"Well, I've been to South Africa, Israel, and Poland. That was on the House too," replied the fat bartender.

Placing a straw into his bottle, Dean Limrix said, "Now back to the subject of Panty Raids."

At this point Hedy Nullanvold emerged from his obscure cavern of silence. "Dean Thimble," he said, "I disagree with you. Philosophically speaking, we can clearly and logically conclude that the students who participate physically in these Panty Raids are mentally searching for the ultimate reality." He finally lit the cigarette which he had been using to emphasize this important point.

"Yes, yes, quite right, quite right," exclaimed Dr. Twain nodding his little head.

"Well, I know one thing," said Officer Really. "I'm going to start carrying two bullets if they keep up like this."

"Honestly, I just do not know how to handle this kind of situation. Others, yes. But this one, no. What does one say to them?" asked Dean Limrix. Dr. Sotto was quick to reply.

"Well, just as I once said—" then the bartender interrupted.

"Rudo, Rudo," said Rufus. "You must not use language like that in my bar." With this he leaned over the bar and patted Dr. Sotto on the hand.

"I wonder who first started these darn Panty Raids," continued Dean Limrix.

(Continued on Page 7)