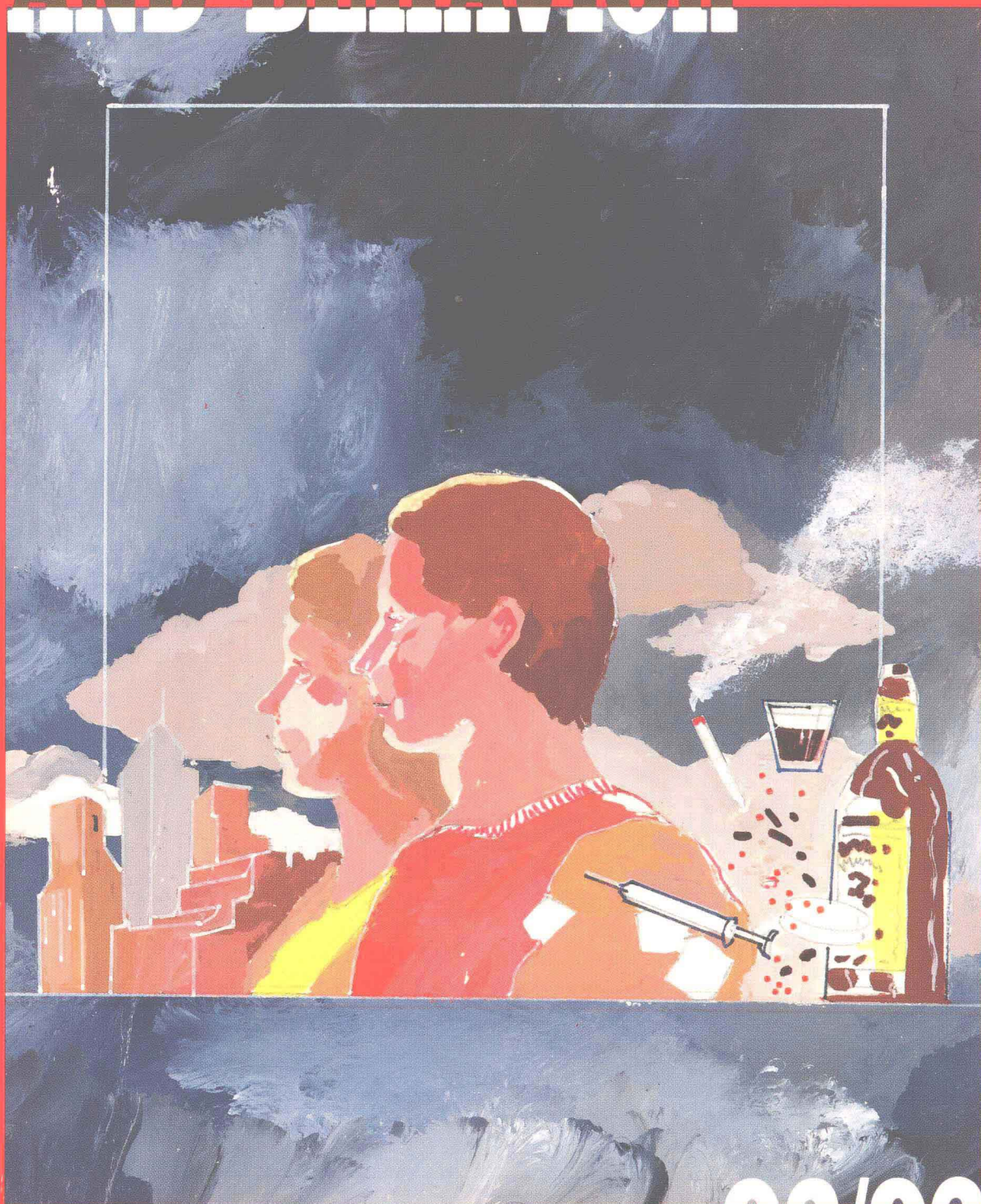


*Annual Editions*

# DRUGS, SOCIETY, AND BEHAVIOR



**92/93**

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# DRUGS, SOCIETY, AND BEHAVIOR 92/93

Editor

Erich Goode

State University of New York at Stony Brook

Erich Goode received his undergraduate degree from Oberlin College and his Ph.D. in sociology from Columbia University. He is currently professor of sociology at the State University of New York at Stony Brook; he has also taught courses at Columbia, New York University, Florida Atlantic University, and the University of North Carolina, Chapel Hill. He is the author of a number of books, articles, and chapters on drug use and abuse, including *The Marijuana Smokers* (Basic Books, 1970), *The Drug Phenomenon* (Bobbs-Merrill, 1973), and *Drugs in American Society* (3rd edition, McGraw-Hill, 1989). Professor Goode has taught several courses on alcoholism and drug abuse.

Cover illustration by Mike Eagle

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Library of Congress Cataloging in Publication Data

Main entry under title: Annual Editions: Drugs, Society, and Behavior. 1992/93.

1. Drugs—Periodicals. 2. Drug abuse—United States—Periodicals. 3. Alcohol—Periodicals. 4. Drunk driving—Periodicals. I. Goode, Erich, comp. II. Title: Drugs, Society, and Behavior. ISBN 1-56134-083-9 362.2'92'0973'05

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# To the Reader

In publishing ANNUAL EDITIONS we recognize the enormous role played by the magazines, newspapers, and journals of the *public press* in providing current, first-rate educational information in a broad spectrum of interest areas. Within the articles, the best scientists, practitioners, researchers, and commentators draw issues into new perspective as accepted theories and viewpoints are called into account by new events, recent discoveries change old facts, and fresh debate breaks out over important controversies.

Many of the articles resulting from this enormous editorial effort are appropriate for students, researchers, and professionals seeking accurate, current material to help bridge the gap between principles and theories and the real world. These articles, however, become more useful for study when those of lasting value are carefully collected, organized, indexed, and reproduced in a low-cost format, which provides easy and permanent access when the material is needed. That is the role played by *Annual Editions*. Under the direction of each volume's Editor, who is an expert in the subject area, and with the guidance of an Advisory Board, we seek each year to provide in each ANNUAL EDITION a current, well-balanced, carefully selected collection of the best of the public press for your study and enjoyment. We think you'll find this volume useful, and we hope you'll take a moment to let us know what you think.

Interest in and concern about drug use comes in cycles. In some decades, there is relatively little concern about the issue; people rarely talk about drugs, few articles are written about their use in newspapers and magazines, little drug activity is reported in the broadcast media, and hardly anyone considers drug abuse the most important social problem facing the country. In other decades, drug use emerges as a central social issue; it provides a major topic of conversation, the newspapers, magazines, and broadcast media are filled with news and commentary on the subject, and a substantial proportion of the population regards drug abuse the number-one problem that the country faces.

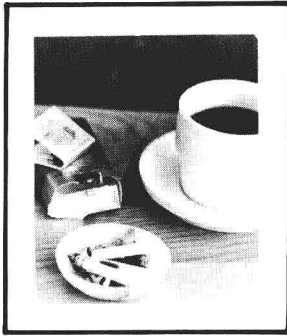
In the mid-1980s, public concern over drug abuse fairly exploded. While this concern declined as a result of the Gulf crisis and war, and later the economic recession, it remains, relative to many pressing issues, fairly high. In many quarters, our society is intensely concerned about the problem of drug use and abuse, and among some, this concern borders on being a kind of hysteria or panic. Is this panic justified? Are drugs as central a problem as much of the public believes? What are drugs in the first place? What short-term effects do they have? How do they affect the individual and the society over the long run? How should we deal with drugs and drug abuse? The articles included in *Annual Editions: Drugs, Society, and Behavior 92/93* represent a sampling of current thinking on the subject of drug use. The selections are intended to be thought-provoking and informative. I hope that reading them will help the student meet the challenge that drug use poses and permit him or her to reach reasonable, well-informed conclusions on this troubling issue.

Unit 1 is designed to provide the student with a general framework toward drugs; it makes four basic points. First, our society tolerates certain (legal) drugs, and is concerned about other (that is, illegal) drugs. Second, drug use has a long history, both around the world generally and in this society specifically. Third, illegal drug use generates a worldwide structure or network of sellers that makes use extremely difficult to eradicate, but it is the consumer, ultimately, on which this enterprise is based. And fourth, all drug use is a sociological or anthropological phenomenon that has to be understood before the problem can be attacked. Unit 2 emphasizes the fact that drug use and abuse—or physical dependence—form a continuum or spectrum. Too often, many of us assume that if someone is a user of a given (usually illegal) drug, he or she is chemically dependent, indeed, high nearly all the time. Unit 2 shows that users come in all degrees of involvement, from experimenters to heavy, chronic, dependent abusers. Unit 3 explores a variety of explanations for drug use: Why do people use and abuse drugs? Why do *some* people use certain drugs—while the rest of us do not? In short, *why drugs*? Unit 4 demonstrates that drug use is highly patterned and variable over time and according to social characteristics. Who uses? Who does not? What are some basic recent *trends* in drug use?

Unit 5 emphasizes the fact that drugs are not unitary phenomena, but can be classified according to type. Too often we refer to drugs—illegal drugs, that is—in a generic fashion, as if they all had identical or extremely similar effects. This is false; in fact, certain drugs do certain things to us, others do very different things. Unit 6 looks at the impact of drugs on the society over the long run. Unit 7 focuses on an extremely crucial aspect of drug use: buying and selling. Drug consumption is an economic enterprise, and that fact influences many features of the drug scene. Why? How? In what specific ways? Unit 8 looks at how our society is attacking the problem of drug abuse, what is wrong with what we are doing, and what should be done about it. Is legalization a viable option? Several observers support this option, while others do not. And finally, Unit 9 deals with how drug abusers and the people they hurt can be treated, and what educational programs are effective in convincing young people to avoid becoming involved in the first place.



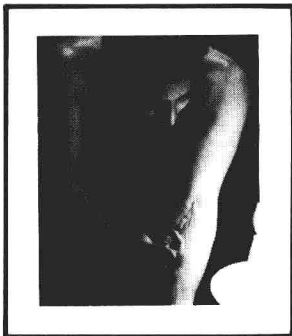
Erich Goode  
Editor



## Unit 1

### Thinking About Drugs

Six articles in this section examine how drugs are defined today. The history of drugs in our culture is also discussed.



## Unit 2

### Use, Addiction, and Dependence

Six selections in this section discuss what is meant by drug addiction. Topics examined include physical dependency and drugs such as crack, alcohol, and nicotine.

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1. **Drugs 'R' Us**, Daniel Lazare, *In These Times*, October 18–24, 1989. 6

*What are drugs?* Most of us focus on illegal drugs in answering this question. In fact, legal drugs—alcohol and tobacco, for instance—have effects not unlike those of illegal drugs, and cause a great deal more damage to society.

2. **Getting Real About Getting High: An Interview With Andrew Weil**, Richard Goldstein, *The Village Voice*, September 30, 1986. 9

*Most of the public is misinformed about what drugs are and do.* Andrew Weil believes that this misinformation, and the way that drugs are dealt with and used, all contribute to their harmful effects. Drugs should be used responsibly, he argues.

3. **Opium, Cocaine, and Marijuana in American History**, David F. Musto, *Scientific American*, July 1991. 12

Many people think that *drug use and abuse* arose quite recently; in fact, they have a long history in the United States. In the nineteenth and early twentieth centuries, the use of some of the same drugs that are abused today had very different effects. Though heavily abused in the nineteenth and early twentieth century, drugs did not have the devastating impact that they have today.

4. **Coke Inc.: Inside the Big Business of Drugs**, Michael Stone, *New York*, July 16, 1990. 19

*Of all illegal drugs, cocaine is the most lucrative;* high-level dealers can earn enough on a few deals to retire for life—although few ever do; however, most user-level sellers barely earn enough to pay for their own habits. It is risky business, yet there is no shortage of recruits.

5. **Interview With James Schaefer**, A. J. S. Rayl, *Omni*, December 1989. 26

*Drug use*—the consumption of alcohol included—should not be thought of as a solitary activity. People engage in it in the company of others, and its social quality determines nearly everything else about it, including how it should, and should not, be treated.

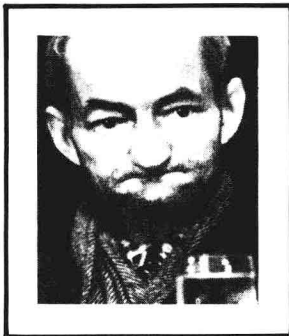
6. **The War on (Some) Drugs**, Stephen Jay Gould, *Harper's*, April 1990. 32

Humans divide the world into arbitrary mental categories and then act as if that categorization were naturally real rather than humanly fabricated. The substances we call drugs are not essentially different from many we do not refer to as drugs—and yet in our actions we pretend as if the division were a real and natural one. Such erroneous thinking and acting is part of *the drug problem*.

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7. **Addiction and Dependence**, Erich Goode, from *Drugs in American Society*, McGraw-Hill, Third Edition, 1989. 36

*What is drug addiction?* What is dependence? How do users become dependent on drugs? What causes physical dependence? Is there a difference between physical and psychological dependence? Which drugs are especially likely to generate a dependency in the user? This selection answers these questions.



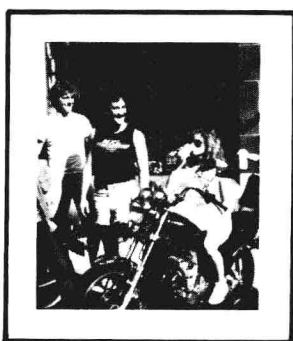
# Unit 3

## Why Drugs?

Six articles in this section discuss how and why individuals get "hooked" on drugs.

8. **Hooked/Not Hooked: Why Isn't Everyone an Addict?** 40  
Deborah Franklin, *In Health*, November/December 1990.  
Many people have an extremely simplistic idea of **drug dependence**: A drug is addicting or it is not. This is inaccurate. In fact, researchers have found that dependence is a far more complex phenomenon.
  9. **Drugs of Choice**, Bruce Bower, *Science News*, December 16, 1989. 52  
A substantial number of users, even regular users, of drugs that can produce a **physical dependency**, never become "hooked," addicted, or physically dependent. Why? Who are they? How are they different from the others who do become dependent?
  10. **A Dirty Drug Secret**, Larry Martz, *Newsweek*, February 19, 1990. 55  
A "dirty secret" about **crack** is that the media have exaggerated its addictive potential; most of us assume that regular use automatically turns into addiction. In fact, there are many occasional users out there. Exaggerated warnings are likely to backfire.
  11. **Nicotine Becomes Addictive**, Robert Kanigel, *Science Illustrated*, October/November 1988. 57  
Nicotine is addictive, although it does not produce "classic," heroin-like withdrawal symptoms. Still, it is as difficult to give up as heroin. Cigarette smoking is, in fact, the most widespread instance of drug dependence in the country.
  12. **The 'Monkey Model' of Addiction: A Dangerous Myth**, 63  
William Wilbanks, *International Conference on Drug Policy Reform*, October 22, 1988.  
Most of our understanding of **drug dependence** comes from the study of animals under artificial, experimental conditions; from there, inferences are made about drug dependence in humans under real-life, naturalistic conditions. This "monkey model" may give us an extremely misleading picture of the drug problem. Specifically, it gives us the idea that drugs control behavior when, in fact, it is people who make the decision to use—or not to use—dependency-producing drugs.
- 
- Overview 66
  13. **High Times in the Wild Kingdom**, *Newsweek*, January 1, 1990. 68  
*Is the desire to use drugs an instinct*, similar to our need for food, water, and sex? Judging from drug use among animals, it is possible that this could be true. If so, some argue, scientists should be searching for an intoxicating drug without serious side effects.
  14. **Drugs and Free Will**, Jeffrey A. Schaler, *Society*, September/October 1991. 69  
The dominant image of **drug addiction and dependence** is that it is an enslavement to a disease over which the addict has no control. Such a view—a myth, in the opinion of many experts—actually perpetuates the dependence of addicts on drugs by allowing them to abdicate responsibility for their actions. By giving up the idea of drug addiction as a disease, we can enable addicts to take responsibility for their actions and guide them to a less drug-dependent existence.
  15. **Intoxicating Habits**, Bruce Bower, *Science News*, August 6, 1988. 76  
What causes alcoholism? Some observers believe that it is an outgrowth of learned behavior, and not a disease. Teach alcoholics to drink properly, these experts believe, and they will not drink destructively.





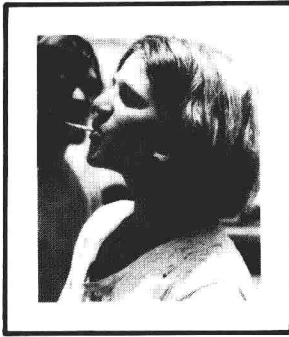
# Unit 4

## Patterns and Trends in Drug Use

Four articles in this section discuss the divergent patterns in the use of drugs as they lose and gain popularity.

16. **A Pleasurable Chemistry**, Janet L. Hopson, *Psychology Today*, July/August 1988. 78  
In looking at the roots of use, abuse, and addiction, it is important to stress the fact that the brain itself produces a set of chemicals, called endorphins—endogenous morphine-like substances—that produce a “*natural high*” in the body.
17. **The Lure of Drugs: They ‘Organize’ an Addict’s Life**, Benjamin Stein, *Newsday*, December 4, 1988. 82  
*Alcoholics and other drug addicts* are attracted to their substances of choice because of who they are and what their personalities find attractive and comforting. Drugs offer the troubled abuser a temporary sanctuary, a way of organizing his or her life.
18. **Probing the Complex Genetics of Alcoholism**, Constance Holden, *Science*, January 11, 1991. 84  
In 1990, a team of scientists created a flurry of excitement in the world of drug research by announcing the discovery of a specific gene for alcoholism. But less than a year later, another study failed to confirm the original finding, casting doubt on the theory of the *genetic transmission of alcoholism*. Can alcoholism—and, by extension, drug addiction—be inherited? The question revives the centuries-old “nature-nurture” controversy.
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19. **Temperance: An Old Cycle Repeats Itself**, Gina Kolata, *The New York Times*, January 1, 1991. 88  
From a peak in the late 1970s and early 1980s, the use of alcohol, cigarettes, prescription drugs, and illegal drugs has been declining steadily. The United States is “in the midst of a major new *temperance movement*.” Such up-and-down cycles in the consumption of psychoactive substances are not new—this is the third period of temperance in U.S. history—and are likely to be repeated in the future.
20. **Costly and Scarce, Marijuana Is a High More Are Rejecting**, Joseph B. Treaster, *The New York Times*, October 29, 1991. 90  
During the past decade, *marijuana use has declined* sharply. Still the nation’s most popular drug, it is not nearly as mainstream as it was in the late 1970s. Former users say the use of marijuana is no longer “cool,” “hip,” or a sign of sophistication. Far more young people believe even occasional use is harmful; the drug has become extremely expensive to purchase; and law enforcement has targeted growers and sellers.
21. **Old, Weak, and a Loser: Crack User’s Image Falls**, Gina Kolata, *The New York Times*, July 23, 1990. 93  
During the 1980s, while the recreational use of all drugs was declining, the heavy, chronic use of at least one drug—crack, a crystalline form of cocaine—remained high, in fact, seemed to be growing. For a small group of daring, risk-taking inner-city youngsters, crack use seemed to be the cool thing to do. Sometime late in 1989 or early in 1990, this changed. *New recruitment to crack has slowed down*; users are growing older and they have come to be seen as “losers.”
22. **“Overview of the 1990 National Household Survey on Drug Abuse,”** *National Institute on Drug Abuse (NIDA)*, December 1990. 95  
Every two or three years, the National Institute on Drug Abuse (NIDA) has sponsored a national household survey on the *non-medical use of drugs*. In 1990, over 9,000 respondents were interviewed and asked to fill out “self-administered answer sheets.” The survey shows that the downward trend in nonmedical drug use that prevailed throughout the 1980s is continuing into the 1990s.





# Unit 5

## The Major Drugs of Use and Abuse

Eight articles in this section examine some of the major drugs in use today. The drugs discussed include cocaine, crack, methamphetamine (speed, crank, or "ice"), marijuana, prescription drugs, alcohol, and heroin.

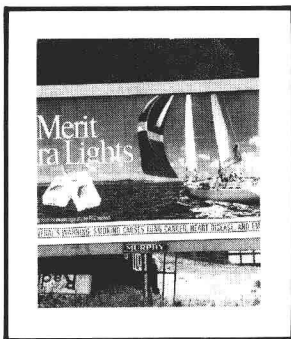
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| 23. <b>The How and Why of a Cocaine High</b> , William Booth, <i>The Washington Post National Weekly Edition</i> , March 26–April 1, 1990.   | 104 |
| <i>What makes cocaine so dependency-producing?</i> And what methods of using it are most likely to produce a dependency? Cocaine's stimulation of pleasure centers in the brain provides a clue to its reinforcing and, therefore, its dependency-producing, potential.  |     |
| 24. <b>A Prozac Backlash</b> , <i>Newsweek</i> , April 1, 1991.  | 106 |
| Introduced in 1987 as a <b>mood elevator and antidepressant</b> , <b>Prozac</b> quickly established itself as one of the most widely used—and most profitable—prescription drug on the market. From its first to its second full year of sales, prescriptions quadrupled, and within three years, Prozac became the 15th most prescribed drug in America. But along with its growth in popularity came stories of depression, suicide, and murder among users. Was the drug responsible? Its critics think so. |     |
| 25. <b>Marijuana</b> , Winifred Gallagher, <i>American Health</i> , March 1988.  | 109 |
| <b>Marijuana</b> , once a target of intense research scrutiny, is not in the news much nowadays. Still, it is the nation's number one illegal drug, and there are some things we do not know about it yet.   |     |
| 26. <b>Zing! Speed: The Choice of a New Generation</b> , Stanley Young, <i>SPIN</i> , July 1989.   | 114 |
| In the summer of 1967, a major epidemic of intravenous amphetamine and methedrine use erupted suddenly in the United States. Though it subsided in fairly short order, the more moderate recreational use of amphetamine in tablet, capsule, and powdered form never disappeared. The heavy use of amphetamine, especially <b>methedrine</b> , or " <b>crystal meth</b> ," is making a strong comeback, some observers believe.  |     |
| 27. <b>Steroids and Sports Are a Losing Proposition</b> , Raja Mishra, <i>FDA Consumer</i> , September 1991.   | 119 |
| Increasingly, athletes are taking <b>steroids</b> to build muscle mass. Virtually endemic among many competitors—and probably most especially so for bodybuilders—the steroids, which substitute for the body's own testosterone production, have a number of serious and potentially damaging side effects.   |     |
| 28. <b>Good Drugs, Bad Effects</b> , <i>U.S. News &amp; World Report</i> , October 28, 1991.   | 122 |
| A number of <b>prescription drugs</b> that are not even supposed to be psychoactive have serious, even frightening, mental side effects—including hallucinations and severe depression—for a minority of users. Some of these drugs are extremely popular and widely prescribed. However, their side effects may not be detailed in standard medical reference guides, many physicians are not aware of them, and most physicians do not report them when they occur.  |     |
| 29. <b>Facts About Opiates</b> , <i>Addiction Research Foundation</i> , January 1991.  | 125 |
| <b>Opioids are the painkilling narcotics</b> . They include the "opiates," or the natural products from the opium poppy, and the synthetic narcotics, such as methadone. Opiates and opiate-related synthetic drugs not only make the mind unconcerned with pain, they also produce euphoria—an extremely pleasurable "high" or intoxication. In addition, they all, without exception, produce a physical dependency in users upon long-term administration of moderate to high doses.                        |     |
| 30. <b>Facts About Alcohol</b> , <i>Addiction Research Foundation</i> , January 1991.  | 128 |
| Alcohol, ethyl alcohol, or ethanol, is a drug—a legal drug—whose use is widespread throughout the world. The <b>effects that alcohol have on the consumer</b> depend on the quantity consumed, the user, and the setting in which consumption takes place. Alcohol consumption becomes a criminal offense when users drive under the influence or when alcoholic beverages are bought and sold outside the law.  |     |



## Unit 6

### The Impact of Drug Use on Society

Five selections in this section discuss how drugs have devastated some portions of our society.



## Unit 7

### The Economy of Drug Use

Six selections in this section discuss the enormous driving economic force behind the marketing of both legal and illegal drugs.

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31. **The Cost of Drug Abuse: \$60 Billion a Year**, Stephen Labaton, *The New York Times*, December 5, 1989. 134

Can we put a **price tag on drug abuse**? Many economists believe we can, and the total bill is staggering. The consumption of illegal drugs alone cost society \$60 billion a year in the late 1980s; adjusting for inflation, the total may be higher today.

32. **Innocent Victims**, Anastasia Toufexis, *Time*, May 13, 1991. 136

It is clear now that **children born to crack-dependent mothers** are far more likely to experience medical and behavioral problems than their nonaddicted peers. Moreover, these problems do not disappear soon after these babies leave the hospital; many of them persist for years, even carrying over into the early school years.

33. **Alcohol and the Family**, *Newsweek*, January 18, 1988. 139

Drug users harm not only themselves, but also the people they are closest to, their families especially. Often, alcoholics are unaware of the devastation they cause to others. Children are particularly vulnerable.

34. **How Smoking Kills You**, Maureen Callahan, *Parents*, December 1987. 145

**Tobacco kills** more Americans—and probably more people worldwide—than all other drugs combined. Its causal involvement in a number of diseases is incontrovertible, even though the tobacco industry denies the link.

35. **Is Coffee Harmful?** Corby Kummer, *The Atlantic*, July 1990. 148

We generally do not think of everyday household substances such as the **caffeine** in our coffee as harmful, or even as having much of a long-term impact on users or on society generally. But experts are taking a closer look at this supposedly innocuous substance.

#### Overview 152

36. **Advertising Addiction: The Alcohol Industry's Hard Sell**, Jean Kilbourne, *Multinational Monitor*, June 1989. 154

Advertising is big business, and one of the industry's biggest clients is the manufacturers of alcoholic beverages. Advertising alcohol is advertising a **drug**, thereby encouraging its use—and abuse. Perhaps we should take a closer look at the practice.

37. **The Teflon Coating of Cigarette Companies**, Larry C. White, *Priorities*, Spring 1990. 157

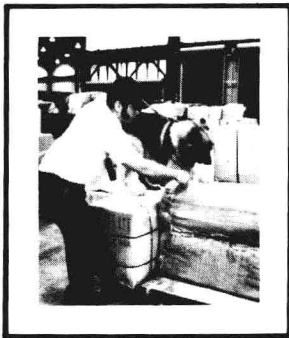
Cigarette manufacturers sell a drug that kills more Americans than all other drugs combined. Why does the medical devastation that cigarettes cause not get the media attention that the illegal drugs do? **The tobacco industry** exerts its influence to downplay the dangers of this extremely dangerous drug.

38. **The Men Who Created Crack**, *U.S. News & World Report*, August 19, 1991. 159

**How did crack emerge as a major illegal drug** of abuse in the United States in the 1980s? Some of its appeals were intrinsic to the drug—it is cheap on a per-dose basis, and smoking it produces an instant high, a pure “rush” of pleasure. But what turned crack “into a craze was mass marketing that would have made McDonald’s proud.”

39. **Crack Dealers' Rotten Lives**, *U.S. News & World Report*, November 12, 1990. 167

Though **high-level crack dealers** earn huge profits, sellers at the street- or user-level work long hours, expose themselves to a high risk of arrest, rip-offs, and even murder, and actually earn very little money. Moreover, since many are drug-dependent themselves, they earn little more than enough to support their own habits. Since **street dealers** are relatively undeterred by the risk of arrest, arresting middle-class drug buyers makes more sense as an enforcement strategy.



## Unit 8

### Fighting the Drug War

Six articles in this section examine the current state of the war on drug usage. Topics include today's drug scene, new programs to combat drugs, and drug legalization.

40. **The Perilous Swim in Heroin's Stream**, Stephen Brookes, *Insight*, February 5, 1990. 169

While some drugs are home-grown, others are imported from vast distance through a long and complex international network. Much of the heroin consumed in the United States began as opium in ***Southeast Asia—the "golden triangle."***

41. **Why Drugs Cost More in U.S.**, Gina Kolata, *The New York Times*, May 24, 1991. 175

Americans pay very nearly the highest prices in the world for prescription drugs. Why? Prices in most other countries are regulated by the government; in the United States, the ***drug company decides what price to charge***. The elderly, who are the heaviest users of prescription drugs, pick up the lion's share of the high drug costs. In addition, medical costs in the United States generally are spiralling upward. What is to be done?

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42. **How to Win the War on Drugs**, Louis Kraar, *Fortune*, March 12, 1990. 180

Louis Kraar, like most contemporary well-informed observers, argues that ***demand, not supply, should be the focus of reform***. He offers a multi-pronged program to fight the drug war.

43. **The Drug War Is Killing Us**, Daniel Lazare, *The Village Voice*, January 23, 1990. 184

Many observers believe that criminalizing drugs and arresting and imprisoning dealers and users is not a solution to the drug problem, but has actually made the problem worse. What is the solution? Some feel ***legalization*** is the answer. It would decrease the profit motive in drug selling, make poor neighborhoods safer, decrease the crime rate, and save on law enforcement. It is a rational policy, many experts believe.

44. **Just Say Whoa!** David Beers, *Mother Jones*, July/August 1991. 190

Many observers seek to steer a compromise between escalating law enforcement and outright legalization. They suggest examining policies that work elsewhere, such as those in operation in Amsterdam and Liverpool. While drugs are not legal in these cities, they are handled by a ***complex policy of "flexible enforcement,"*** which permits the legal sale of small quantities of marijuana in government-supported shops.

45. **Legally Bombed**, George Jonas, *Saturday Night*, September 1990. 198

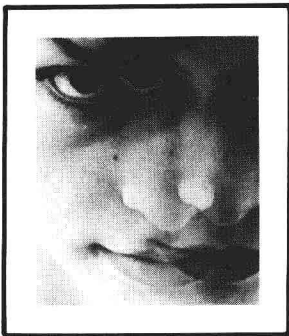
Too often, when ***the question of legalization is debated***, supporters of one side or the other adopt an "all or nothing" approach and refuse to acknowledge that the results of such a policy would be complex and contradictory—a mixture of good and bad. In all likelihood, drug use and abuse would increase under legalization, but perhaps the crime and murder rate would decline. More information and debate is called for—not a rush to a premature conclusion.

46. **Drug Policy: Striking the Right Balance**, Avram Goldstein and Harold Kalant, *Science*, September 28, 1990. 204

Drug enforcement imposes serious costs on the society; at the same time, repealing the drug laws would also impose serious, but somewhat different, costs as well. Weighing all the pros and cons, many observers believe that, on balance, more harm than good will result from legalization. Ultimately, the only drug policy that makes sense is attempting to ***reduce user demand***.

47. **The Dutch Model**, Eddy Engelsman, *New Perspectives Quarterly*, Summer 1989. 214

In order to understand what drug policies will work here, it is sometimes valuable to look at those in place in other countries. The Dutch have a very different model of dealing with drug use; would theirs work here?



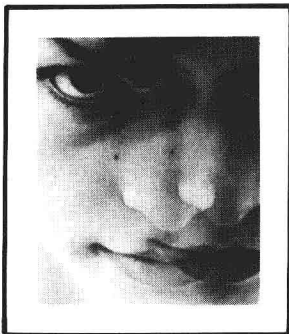
# Unit 9

## Drug Prevention and Treatment

Four selections in this section discuss drug dependence and treatment. Topics covered include educational programs, live-in therapeutic communities, and integrating former drug abusers back into the community.

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48. In Making Drug Strategy, No Accord on Treatment, Andrew H. Malcolm, <i>The New York Times</i> , November 19, 1989.	218
It might be supposed that when experts get together and discuss an issue about which they are knowledgeable, there would be widespread agreement. With <b>drug treatment</b> , this is not the case. It is an area in which there is vast disagreement, which is likely to continue for the foreseeable future.	
49. Out in the Open, <i>Time</i> , November 30, 1987.	221
<b>Treating the alcoholic</b> has an extremely high rate of failure. Is there any hope? What does science know about treating the alcoholic? What programs work?	
50. The Changing World of Alcoholics Anonymous, Nan Robertson, <i>The New York Times Magazine</i> , February 21, 1988.	225
<b>Alcoholics Anonymous</b> is by far the most widely used alcoholism treatment program in the country—in all likelihood, in the world. Founded in 1935, the program now has more than a million and a half members worldwide. Unlike most other programs, A.A. costs nothing and actually discourages gifts and donations; its organizational structure is made up of thousands of local, autonomous units. The guiding principles of A.A. are self-help and volunteerism.	
51. Rx for Addiction, Marguerite Holloway, <i>Scientific American</i> , March 1991.	229
The cause of <b>drug addiction</b> has always been a mystery to science. Recent studies of the brain have revealed that there may be ways to chemically control addictive craving.	
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# Topic Guide

This topic guide suggests how the selections in this book relate to topics of traditional concern to students and professionals involved with the study of drugs, society, and behavior. It is useful for locating articles that relate to each other for reading and research. The guide is arranged alphabetically according to topic. Articles may, of course, treat topics that do not appear in the topic guide. In turn, entries in the topic guide do not necessarily constitute a comprehensive listing of all the contents of each selection.

TOPIC AREA	TREATED IN:	TOPIC AREA	TREATED IN:
<b>Addiction</b>	2. Getting Real About Getting High 3. Opium, Cocaine, and Marijuana 7. Addiction and Dependence 8. Hooked/Not Hooked 9. Drugs of Choice 10. Dirty Drug Secret 11. Nicotine Becomes Addictive 12. 'Monkey Model' of Addiction 14. Drugs and Free Will 15. Intoxicating Habits 16. Pleasurable Chemistry 17. Lure of Drugs 18. Complex Genetics of Alcoholism 21. Old, Weak, and a Loser 23. How and Why of a Cocaine High 29. Opiates 32. Innocent Victims 33. Alcohol and the Family 36. Advertising Addiction 49. Out in the Open 50. Changing World of Alcoholics Anonymous 51. R <sub>x</sub> for Addiction	<b>Children/Teenagers</b>	19. Temperance 20. Costly and Scarce, Marijuana Is a High More Are Rejecting 21. Old, Weak, and a Loser 22. "1990 National Household Survey on Drug Abuse" 27. Steroids and Sports 32. Innocent Victims 33. Alcohol and the Family 39. Crack Dealers' Rotten Lives
		<b>Cigarettes</b>	See Nicotine
		<b>Cocaine</b>	2. Getting Real About Getting High 3. Opium, Cocaine, and Marijuana 4. Coke Inc. 7. Addiction and Dependence 8. Hooked/Not Hooked 9. Drugs of Choice 10. Dirty Drug Secret 12. 'Monkey Model' of Addiction 22. "1990 National Household Survey on Drug Abuse" 23. How and Why of a Cocaine High 38. Men Who Created Crack 39. Crack Dealers' Rotten Lives
<b>Advertising</b>	36. Advertising Addiction 37. Teflon Coating of Cigarette Smoking 38. Men Who Created Crack	<b>Crack</b>	4. Coke Inc. 7. Addiction and Dependence 9. Drugs of Choice 10. Dirty Drug Secret 21. Old, Weak, and a Loser 23. How and Why of a Cocaine High 38. Men Who Created Crack 39. Crack Dealers' Rotten Lives
<b>Alcohol</b>	1. Drugs 'R' Us 5. Interview With James Schaefer 6. War on (Some) Drugs 15. Intoxicating Habits 18. Complex Genetics of Alcoholism 19. Temperance 22. "1990 National Household Survey on Drug Abuse" 30. Alcohol 33. Alcohol and the Family 36. Advertising Addiction 49. Out in the Open 50. Changing World of Alcoholics Anonymous	<b>Decriminalization</b>	See Legalization
		<b>Epidemiology</b>	3. Opium, Cocaine, and Marijuana 10. Dirty Drug Secret 19. Temperance 20. Costly and Scarce, Marijuana Is a High More Are Rejecting 21. Old, Weak, and a Loser 22. "1990 National Household Survey on Drug Abuse"
<b>Amphetamine</b>	22. "1990 National Household Survey on Drug Abuse" 26. Zing! Speed	<b>Etiology</b>	8. Hooked/Not Hooked 9. Drugs of Choice 11. Nicotine Becomes Addictive 12. 'Monkey Model' of Addiction 13. High Times in the Wild Kingdom 14. Drugs and Free Will 15. Intoxicating Habits 16. Pleasurable Chemistry 17. Lure of Drugs 18. Complex Genetics of Alcoholism 23. How and Why of a Cocaine High
<b>Biological Factors</b>	7. Addiction and Dependence 8. Hooked/Not Hooked 9. Drugs of Choice 11. Nicotine Becomes Addictive 12. 'Monkey Model' of Addiction 13. High Times in the Wild Kingdom 14. Drugs and Free Will 15. Intoxicating Habits 16. Pleasurable Chemistry 18. Complex Genetics of Alcoholism 23. How and Why of a Cocaine High 29. Opiates 30. Alcohol 32. Innocent Victims	<b>Family</b>	32. Innocent Victims 33. Alcohol and the Family
<b>Caffeine</b>	35. Is Coffee Harmful?		

TOPIC AREA	TREATED IN:	TOPIC AREA	TREATED IN:
<b>Fighting the Drug War</b>	<ol style="list-style-type: none"> <li>1. Drugs 'R' Us</li> <li>2. Getting Real About Getting High</li> <li>3. Opium, Cocaine, and Marijuana</li> <li>4. Coke Inc.</li> <li>6. War on (Some) Drugs</li> <li>39. Crack Dealers' Rotten Lives</li> <li>42. How to Win the War Against Drugs</li> <li>43. Drug War Is Killing Us</li> <li>44. Just Say Whoa!</li> <li>45. Legally Bombed</li> <li>46. Drug Policy</li> <li>47. Dutch Model</li> </ol>	<b>Marijuana (cont'd)</b>	<ol style="list-style-type: none"> <li>20. Costly and Scarce, Marijuana Is a High More Are Rejecting</li> <li>22. "1990 National Household Survey on Drug Abuse"</li> <li>25. Marijuana</li> </ol>
<b>Heroin</b>	<ol style="list-style-type: none"> <li>2. Getting Real About Getting High</li> <li>3. Opium, Cocaine, and Marijuana</li> <li>4. Coke Inc.</li> <li>6. War on (Some) Drugs</li> <li>7. Addiction and Dependence</li> <li>8. Hooked/Not Hooked</li> <li>9. Drugs of Choice</li> <li>12. 'Monkey Model' of Addiction</li> <li>14. Drugs and Free Will</li> <li>16. Pleasurable Chemistry</li> <li>22. "1990 National Household Survey on Drug Abuse"</li> <li>40. Perilous Swim in Heroin's Stream</li> </ol>	<b>Nicotine</b>	<ol style="list-style-type: none"> <li>1. Drugs 'R' Us</li> <li>2. Getting Real About Getting High</li> <li>9. Drugs of Choice</li> <li>11. Nicotine Becomes Addictive</li> <li>22. "1990 National Household Survey on Drug Abuse"</li> <li>34. How Smoking Kills You</li> <li>37. Teflon Coating of Cigarette Smoking</li> </ol>
<b>History of Drug Use</b>	<ol style="list-style-type: none"> <li>1. Drugs 'R' Us</li> <li>2. Getting Real About Getting High</li> <li>3. Opium, Cocaine, and Marijuana</li> <li>6. War on (Some) Drugs</li> <li>11. Nicotine Becomes Addictive</li> <li>19. Temperance</li> <li>20. Costly and Scarce, Marijuana Is a High More Are Rejecting</li> <li>21. Old, Weak, and a Loser</li> <li>22. "1990 National Household Survey on Drug Abuse"</li> <li>38. Men Who Created Crack</li> </ol>	<b>Race, Drug Use and</b>	<ol style="list-style-type: none"> <li>3. Opium, Cocaine, and Marijuana</li> <li>5. Interview With James Schaefer</li> <li>21. Old, Weak, and a Loser</li> <li>22. "1990 National Household Survey on Drug Abuse"</li> <li>38. Men Who Created Crack</li> <li>39. Crack Dealer's Rotten Lives</li> </ol>
<b>Law Enforcement</b>	<ol style="list-style-type: none"> <li>1. Drugs 'R' Us</li> <li>2. Getting Real About Getting High</li> <li>3. Opium, Cocaine, and Marijuana</li> <li>4. Coke Inc.</li> <li>5. Interview With James Schaefer</li> <li>6. War on (Some) Drugs</li> <li>20. Costly and Scarce, Marijuana Is a High More Are Rejecting</li> <li>21. Old, Weak, and a Loser</li> <li>38. Men Who Created Crack</li> <li>39. Crack Dealers' Rotten Lives</li> <li>40. Perilous Swim in Heroin's Stream</li> <li>42. How to Win the War Against Drugs</li> <li>43. Drug War Is Killing Us</li> <li>44. Just Say Whoa!</li> <li>45. Legally Bombed</li> <li>46. Drug Policy</li> <li>47. Dutch Model</li> </ol>	<b>Research, Drug</b>	<ol style="list-style-type: none"> <li>5. Interview With James Schaefer</li> <li>7. Addiction and Dependence</li> <li>8. Hooked/Not Hooked</li> <li>9. Drugs of Choice</li> <li>11. Nicotine Becomes Addictive</li> <li>12. 'Monkey Model' of Addiction</li> <li>13. High in the Wild Kingdom</li> <li>14. Drugs and Free Will</li> <li>15. Intoxicating Habits</li> <li>18. Complex Genetics of Alcoholism</li> <li>22. "1990 National Household Survey on Drug Abuse"</li> <li>23. How and Why of a Cocaine High</li> <li>25. Marijuana</li> <li>28. Good Drugs, Bad Effects</li> <li>33. Alcohol and the Family</li> </ol>
<b>Legalization</b>	<ol style="list-style-type: none"> <li>43. Drug War Is Killing Us</li> <li>44. Just Say Whoa!</li> <li>45. Legally Bombed</li> <li>47. Dutch Model</li> </ol>	<b>Socioeconomic Issues</b>	<ol style="list-style-type: none"> <li>1. Drugs 'R' Us</li> <li>2. Getting Real About Getting High</li> <li>3. Opium, Cocaine, and Marijuana</li> <li>21. Old, Weak and a Loser</li> <li>22. "1990 National Household Survey on Drug Abuse"</li> <li>32. Innocent Victims</li> <li>36. Advertising Addiction</li> <li>37. Teflon Coating of Cigarette Smoking</li> <li>38. Men Who Created Crack</li> <li>39. Crack Dealers' Rotten Lives</li> <li>41. Why Drugs Cost More in U.S.</li> </ol>
<b>Marijuana</b>	<ol style="list-style-type: none"> <li>1. Drugs 'R' Us</li> <li>3. Opium, Cocaine, and Marijuana</li> <li>7. Addiction and Dependence</li> <li>19. Temperance</li> </ol>	<b>Treatment, Drug</b>	<ol style="list-style-type: none"> <li>5. Interview With James Schaefer</li> <li>8. Hooked/Not Hooked</li> <li>12. 'Monkey Model' of Addiction</li> <li>14. Drugs and Free Will</li> <li>15. Intoxicating Habits</li> <li>17. Lure of Drugs</li> <li>24. Prozac Backlash</li> <li>28. Good Drugs, Bad Effects</li> <li>32. Innocent Victims</li> <li>33. Alcohol and the Family</li> <li>41. Why Drugs Cost More in U.S.</li> <li>48. In Making Drug Strategy, No Accord on Treatment</li> <li>49. Out in the Open</li> <li>50. Changing World of Alcoholics Anonymous</li> <li>51. R<sub>x</sub> for Addiction</li> </ol>

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# Thinking About Drugs

Everything that exists can be looked at or thought about in a variety of ways, through the lens of different perspectives. Although each perspective tells us something different about what we are looking at, some are more relevant and insightful than others. The phenomena of drug use and abuse follow this rule. Some perspectives toward drugs tell us a great deal about their reality; others tell us little beyond the biases of the observers using them.

How should we think about drug use? What perspectives tell us about the reality of drugs? The first thing we should know about drugs is that they encompass an extremely wide range of substances. Ask the man and woman in the street what “drugs” are and, in all likelihood, most of the answers you get will include illegal substances—crack, cocaine, heroin, perhaps LSD, marijuana, and PCP or “angel dust.” Answers you will be less likely to receive will be the legal drugs—alcohol, tobacco, our morning cup of coffee, prescription drugs, and routinely available over-the-counter (OTC) medications, such as aspirin. But in at least two respects, legal substances such as alcohol, Valium, and aspirin are drugs in the same way as illegal substance such as LSD, heroin, and crack are. First, all but the OTC drugs are *psychoactive*, that is, mind-active; they influence the workings of the human mind—how we think, feel, and even act; and even the over-the-counter drugs are active in some other way—at the very least, they influence the workings of the human body. A second parallel is that both legal and illegal drugs are often overused, misused, and abused, thereby causing a great deal of damage to human life and to society generally. In fact, legal drugs—cigarettes and alcohol specifically—kill 20 to 30 times as many people as illegal drugs. Clearly, the distinction between legal and illegal drugs is an artificial, humanly created one, not extremely crucial in most respects to the student of drug use. “Drugs ’R’ Us” and “The War on (Some) Drugs” emphasize the fuzziness of the line between legal and illegal drugs and the damage that the use and abuse of legal drugs cause to our society.

The second lesson any meaningful approach imparts to us is that there is a great deal of widely disseminated misinformation about drug use; much of what most of the public believes about the subject is wrong. We tend to exaggerate the dangers of illegal drug use and minimize the dangers of legal drug use. In “Getting Real About Getting High,” physician and author Andrew Weil argues that drugs per se are not the problem—it is the way in which they are used. Drugs should be taken responsibly, in their natural forms, in moderation, for the purpose of conscious expansion. Regardless of whether or not you agree with this thesis, it is provocative and controversial.

The third important conclusion we have to draw from a careful look at the phenomenon is that drug use and abuse are not confined to the twentieth century. Drug abuse is an ancient problem; humans have been ingesting psychoactive substances since the Stone Age—and possibly longer—over 10,000 or 12,000 years ago, when alcohol was first discovered. In the United States, alcohol was consumed in vastly greater quantities in the late 1700s and early 1800s than it is today, and in the second half of the nineteenth century, addiction to narcotics, such as morphine and opium, was far more common, on a per-population basis, than heroin addiction is today. Problems associated with drug abuse and abuse have always, and, in all likelihood, will always, be with us. “Opium, Cocaine and Marijuana in American History” provides a detailed discussion of late nineteenth century and early twentieth century drug use—quite a different picture than what most of us think.

The fourth lesson we learn from looking at drugs is that illegal drug use generates an immense network of social relations that exert a powerful influence worldwide. The base on which this network rests is the purchase and use of illegal substances by the consumer. The drug problem will not go away until people stop using drugs; it is futile to denounce drug dealers when the demand—and the profits—are so huge. “Coke Inc.” discusses the size,



appeal, and the impact of the global drug trade for powdered cocaine, crack, and heroin.

The fifth lesson any meaningful approach imparts to us is that drug use is a sociological, psychological, and even anthropological phenomenon; that is, it is generated and sustained by the people interacting in a specific setting and their customs and social networks. While drug use may be universal, or nearly so, the specific qualities it possesses in a particular community or society are dependent on the characteristics of the users themselves, that community, and that society. Too often, drug use and abuse are looked upon as a simple pathology—a sickness—in need of removal. Given this limited perspective, we will never be able to understand what sustains them, what they grow from. When we begin asking who uses drugs and in what social situations and contexts, we begin to understand why they are so difficult to eradicate and what part they play to users and abusers. The interview with James Schaefer stresses this sociological and anthropological side of the use of one drug, alcohol.

### Looking Ahead: Challenge Questions

What is a drug? How are psychoactive drugs different from drugs that only influence the workings of the human body? From the point of view of a drug's effects, is it meaningful to distinguish between legal and illegal drugs? Why are certain legal psychoactive substances not widely regarded as drugs?

Why is a study of drug use and law enforcement in the past important? Does it tell us something important about the current drug scene? Why have the lessons of history been lost on the present generation?

How would you go about studying drug use? What issues and questions are important to you?

Why do drugs, drug use, and drug sales make such a powerful impact on our society?

Is it possible to use drugs reasonably and sensibly, in moderation, as Dr. Andrew Weil suggests?

