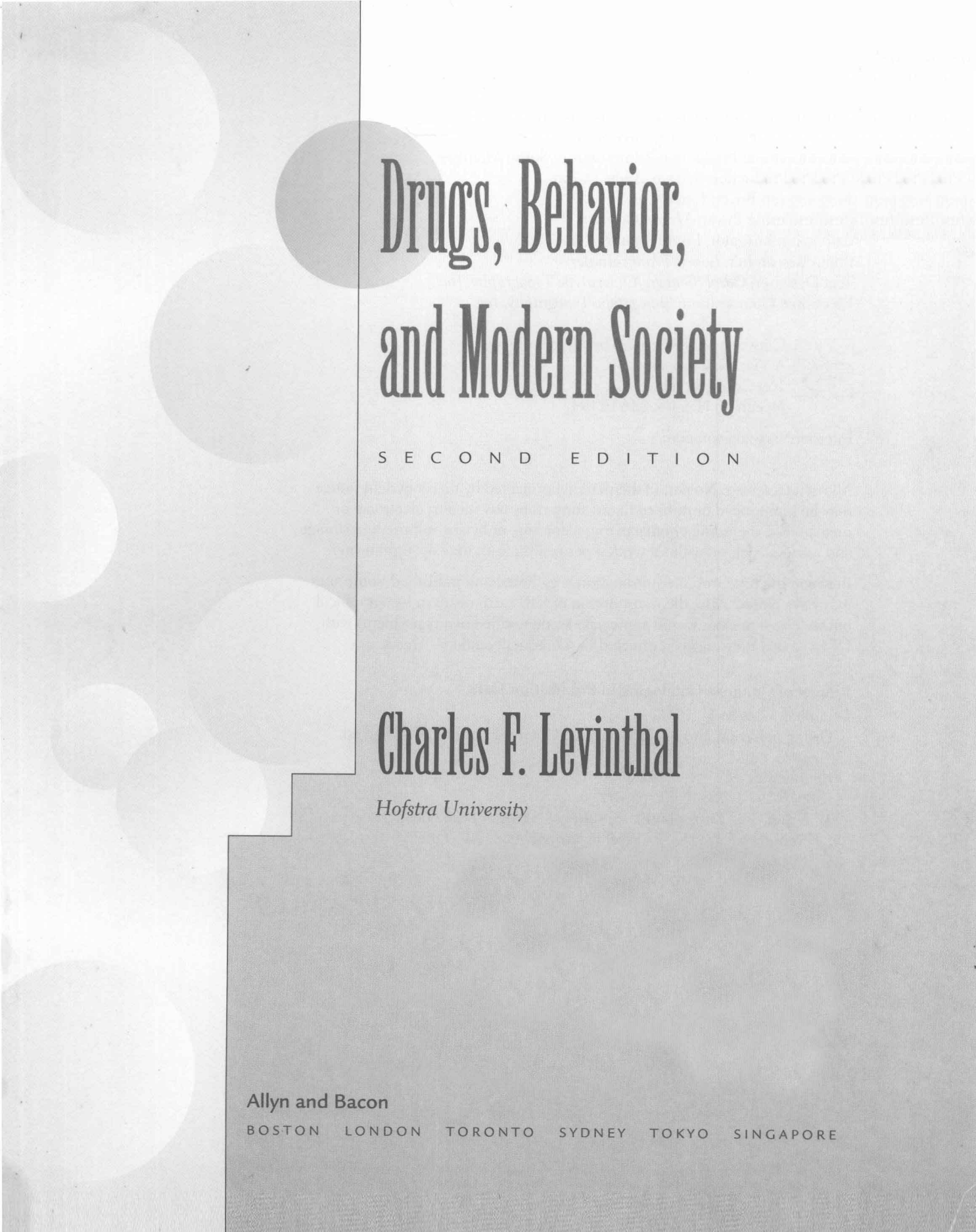




CHARLES F. LEVINTHAL

DRUGS, BEHAVIOR, AND MODERN SOCIETY

SECOND EDITION



Drugs, Behavior, and Modern Society

S E C O N D E D I T I O N

Charles F. Levinthal

Hofstra University

Allyn and Bacon

BOSTON LONDON TORONTO SYDNEY TOKYO SINGAPORE

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A Viacom Company
160 Gould Street
Needham Heights, MA 02194

Internet: www.abacon.com

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Library of Congress Cataloging-in-Publication Data

Levinthal, Charles F., 1945–

Drugs, behavior, and modern society / Charles F. Levinthal. — 2nd ed.

p. cm.

Includes index.

ISBN 0-205-27703-9 (alk. paper)

1. Drugs. 2. Drug abuse. 3. Drugs—Physiological effect.

4. Psychotropic drugs. 5. Psychopharmacology. I. Title.

HV5801.L49 1999

362.29' 0973—dc21

99-15221

CIP

Printed in the United States of America

10 9 8 7 6 5 4 3 RRD 04 03 02 01 00 99

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*For
Beth, David and Brian,
Milt and Selma*

Preface

In today's world, drugs and their use present a social paradox, combining the potential for good and for bad. As a society and as individuals, Americans can be the beneficiaries of drugs or their victims. This is the essential message of *Drugs, Behavior, and Modern Society*. You will be introduced to the basic facts and the major issues concerning drug-taking behavior in U.S. society in a straightforward, comprehensive, and reader-friendly manner. A background in biology, sociology, psychology, or chemistry is not required. What you do need are a curiosity about the range of chemical substances that affect our minds and our bodies and a concern about the challenges these substances bring to our daily lives.

As you begin this book, you will embark on a journey that began thousands of years ago and has continued ever since. Drugs and drug-taking behavior have been around for a long time, and you will find that the problems we tend to view as belonging to the present are really problems that society has had to confront for quite a while. In an important way, drugs can be seen as reflecting something about ourselves. As humans, we are an intensely curious species. That sense of curiosity has led us to discover substances that can make us feel stronger, more alert, calmer, more distant and dissociated from our surroundings, or simply good. Unfortunately, the misuse and abuse of these substances have resulted in massive problems in the United States and around the world.

As a first step toward understanding the complex issues surrounding drugs in U.S. society, we need to recognize the enormous diversity of drugs that affect the mind and the body. We must educate ourselves not only about illicit street drugs such as cocaine, amphetamines, heroin, and marijuana but also about legally available drugs such as alcohol, nicotine, and caffeine. *Drugs, Behavior, and Modern Society* has been designed to be the most comprehensive review of psychoactive drugs of any

undergraduate college textbook on the market today. The book is particularly notable for its coverage of two aspects of drug-taking behavior that have been underreported in other texts: steroid abuse and inhalant abuse. These topics are covered in chapters of their own, Chapters 8 and 13 respectively.

We also need to recognize that the problems surrounding drug misuse and abuse are not someone else's concern, but are in fact everyone's concern. Like it or not, the decision to use drugs today is one of the choices we make in life, regardless of our racial, ethnic, or religious backgrounds; how much money we have; where we live; how much education we have acquired; or whether we are male or female, young or old. The potential for misuse and abuse is a problem we all must face.

Features of the Second Edition

The changes introduced in the second edition of *Drugs, Behavior, and Modern Society* build on the strengths of the earlier edition. The chapters themselves have been reorganized and are now presented in five sections:

- Part 1 (Chapters 1–3): Drugs in Society/Drugs in Our Lives
- Part 2 (Chapters 4–8): Legally Restricted Drugs in Our Society
- Part 3 (Chapters 9–13): Legal Drugs in Our Society
- Part 4 (Chapters 14–16): Medicinal Drugs
- Part 5 (Chapters 17–18): Treatment, Prevention, and Education

Discussions of particular drugs have been grouped not in terms of their pharmacological or chemical characteristics, but rather in terms of their access to the general public and social attitudes toward their use. Part 5 represents a major expansion from the first edition regarding the topics of treatment, prevention, and education.

Several special features throughout the book enhance your experience as a reader and serve as learning aids.

Quick Concept Checks

Sometimes, when the material gets complicated, you want to have a quick way of finding out if you understand the basic concepts being explained. I have included from time to time a Quick Concept Check, where you can see in a minute or two where you stand. Some of the Checks will be in a matching format; others will be an interpretation of a graph or a diagram. In some cases you will be asked to apply the principles you have learned to a real-world situation. I hope you will enjoy them and the reinforcement they can give you.

Portraits

The Portrait feature in each chapter takes you into the lives of individuals who have either influenced how we view drugs in our society or have experienced the deleterious effects of drug misuse or abuse. Some of the individuals are known to the public; others are not. In any case, the Portraits add a human touch to the discussion of drugs and behavior. They remind us that the issues raised in this book affect real people in all walks of life, now and in the past.

Drugs . . . in Focus

There are many fascinating stories to tell about the role of drugs in our history and our present-day culture, along with the important facts and serious issues surrounding drug use. Although some of the Drugs . . . in Focus features summarize information that you can refer to later when the need arises, several of them represent interesting “sidebar” views on questions you might have wondered about. For example,

- What Happened to the Coca in Coca-Cola? (Chapter 4)
- Crack Babies Revisited: Has There Been an Adverse Effect? (Chapter 4)
- Strange Days in Salem: Witchcraft or Hallucinogens? (Chapter 6)
- Can You Turn Off a Marijuana High? (Chapter 7)

- Is Controlled Drinking Possible for Alcoholics? (Chapter 10)
- Is There Any Truth Regarding “Truth Serum”? (Chapter 15)
- Penalties for Crack versus Penalties for Cocaine: A Racial Disparity? (Chapter 17)

Health Line

Helpful information regarding the health and safety aspects of particular drugs and drug-taking behavior is conveyed in the Health Line features throughout the book. For example,

- Effects of Psychoactive Drugs on Pregnant Women and Newborns (Chapter 2)
- Gender, Race, and Medication: Factors in Alcohol Metabolism (Chapter 9)
- A Self-Administered Short Michigan Alcoholism Screening Test (SMAST) (Chapter 10)
- Ten Tips on How to Succeed When Trying to Quit Smoking (Chapter 11)
- Chocolate and Heart Disease: Some Good News (Chapter 12)
- Rohypnol Abuse and Date-Rape Drugs (Chapter 15)
- The Antidepressant Potential of Saint-John’s-Wort (Chapter 16)

Health Alert

The Health Alert features provide information about medically urgent situations. Here you will find important facts that you can use to recognize the signs of drug misuse or abuse and ways you can respond to emergency drug-taking situations. For example,

- Cocaine after Alcohol: The Increased Risks of Cocaine Toxicity (Chapter 4)
- Emergency Guidelines for a Bad Trip on LSD (Chapter 6)
- The Signs of Steroid Abuse (Chapter 8)
- Emergency Signs and Procedures for Acute Alcohol Intoxication (Chapter 9)
- Signs of Trouble from Smokeless Tobacco (Chapter 11)
- Side Effects of Common Medications (Chapter 14)
- In Case of a Barbiturate Overdose Emergency . . . (Chapter 15)

Point/Counterpoint Debates

Drug issues are seldom black or white, right or wrong. Some of the most controversial questions of our day in-

volve the use, misuse, and abuse of drugs, all of which require some critical thought. This is the reason I have written a Point/Counterpoint debate at the end of each of the five sections of the book. I have taken five controversies concerning drugs, collected the primary viewpoints pro and con, and simulated a debate that two hypothetical people might have on that question. I invite you to read these debates carefully and try to come to your own position, as an exercise in critical thinking. You may even wish to continue the debate in class.

Web Site Resources

A new feature to the second edition is a section at the end of each chapter devoted to drug-related Web sites on the Internet. They have been carefully selected to provide a great deal of up-to-date information about topics referred to in the chapters. In fact, it is fair to say that the data at these Web sites, collectively speaking, would take up more space than this entire book!

Other Features

Additional aids to your reading enjoyment and learning experience are a glossary and pronunciation guide for often difficult-to-pronounce drug names and terms, positioned on the page where they are first introduced. At the end of the chapter, a summary presented as a bulleted list allows an easy review of the chapter's main points. An alphabetized list of key terms, along with page numbers where they first appeared, helps you review the principal terminology.



An Invitation to Readers

I want to invite all of you to let me know about your reactions to *Drugs, Behavior, and Modern Society*, Second Edition. Please send your comments or questions to me at the following address: Dr. Charles F. Levinthal, Department of Psychology, Hofstra University, Hempstead, NY 11549. You can also FAX them to me at (516) 463-6052 or E-mail them to me at PSYCFL@hofstra.edu. I hope to be hearing from you.



Acknowledgments

In the course of writing this edition of the book, as well as the first edition, I have received much encouragement, assistance, and expert advice from a number of people. I have benefited from their generous sharing of

materials, knowledge, and insights. Three of my colleagues at Hofstra in particular, Paul J. Meller, Mitchell L. Schare, and Mark R. Serper, were valuable resources for information during my research. Meredith Poulten, director of the Walk-in Center in Medway, Massachusetts, provided me with a unique and personal insight into the real-world challenges that face professionals who are working with young people on a daily basis. The following individuals also deserve my thanks and gratitude: LeAdelle Phelps, State University of New York at Buffalo (Chapter 4), David J. Hanson, State University of New York at Potsdam (Chapter 9), and Lawrence M. Scheier, Cornell University Medical College (Chapter 18). In addition, I am indebted to two Hofstra undergraduate students, Deena Kahn and Shaun Dischley, for their help in the process of researching information for the second edition.

I am very fortunate to have worked with a superb team at Allyn and Bacon. I am especially indebted to my editor, Carolyn Merrill, her assistant Amy Goldmacher, and my production editor Susan McIntyre. Their professionalism and friendship are greatly appreciated. I also want to acknowledge the efforts of those individuals whose talents and expertise contributed so much to the production of this book: Andrea Cava, Kathryn Daniel, Laurie Frankenthaler, Seventeenth Street Studios, Kathy Field, and Carol Somberg.

A number of manuscript reviewers were invaluable for their suggestions as I worked on both editions. I thank each of them for their help: for the First Edition, David M. White, East Carolina University; Gerald Garrett, University of Massachusetts, Boston; Molly Laflin, Bowling Green State University; Jack Benson, Eastern Washington University; Frank Wong, Boston University; Fred Beauvais, Colorado State University; Jeffrey Nevid, St. John's University; Charles W. Sharp, National Institute on Drug Abuse; Elizabeth M. Whalen, American Council on Science and Health; Roland Griffiths, Behavioral Biology Research Center; Pedro Garrido, Cambridge Hospital; Jim MacDonall, Fordham University; Nolan Ashman, Dixie College; Kent Pierce, Purdue University, Calumet; George Taylor, University of Missouri; Donna Procopio, Springfield College; Linda Olasov, Northern Kentucky University; Richard Hurley, Brigham Young University; Dale Evans, California State University, Long Beach; Lloyd Goodwin, East Carolina University; Marc Gellman, University of Miami; Russell Smiley, Normandale Community College; and for the Second Edition, Dan R. Denson, McNeese State University; Harvey Wallace, Northern Michigan University; Julie David, Normandale Community College; Chrystyna Kosarchyn, Longwood College; Rhea E. Steinpreis, University of Wis-

consin, Milwaukee; David E. Creasey, Boston University; David M. White, Eastern Carolina University; James S. MacDonall, Fordham University; George T. Taylor, University of Missouri, St. Louis; Joshua S. Rodefer, University of North Carolina, Chapel Hill; Phillip J. Levine, Drake University.

On a more personal note, there are others who have given me their support over the years and to whom my appreciation goes beyond words. As always, I thank my mother, Mildred Levinthal, and my parents-in-law, Milton and Selma Kuby, for their encouragement and love.

Above all, my family has been a continuing source of strength. I will always be grateful for my wonderful sons, David and Brian, who are loving, helpful, and understanding. I am especially grateful to my wife, Beth, for her love and complete faith in my abilities. I could not have done it without them.

Charles F. Levinthal

Drugs, Behavior, and Modern Society

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