

	1	2	3	4	5	6	7	8	9	10	11	12	13	
	Official name of drug or chemical	Slang name(s)	Duration of action (hours)	Method of taking	Legitimate medical uses (present and projected)	Potential for psychological dependence	Potential for tolerance leading to increased dosage	Potential for physical dependence	Overall potential for abuse	Reasons drug is sought by users (drug effects and social factors)	Usual short-term effects (psychological, pharmacological, social)	Usual long-term effects (psychological, pharmacological, social)	Form of legal regulation and control	
<p>There are so many variables to consider in discussing drugs and drug usage, that it is very difficult to make any definite statement about the effects of the different drugs. One must consider the individual, his reasons, frequency of use, environment, dosage strength, drug purity and the drug itself.</p> <p>As research into drugs and their effects is a relatively new field of experiment and investigation, there is a lack of verifiable information on the acute and chronic effects of drugs.</p> <p>The adjoining chart was compiled by Dr. Nowlis, Director of Drug Education Project (U.S.A.), University of Rochester. This chart consists of the relevant and verified information on drugs.</p> <p>Many of the hypotheses put forth by so-called authorities have been invalidated by unbiased research. Certain issues, such as the existence of a link between chromosomal damage and LSD 25 are still unsettled. There are, however, some suspected physiological effects of some drugs that should be mentioned. With use of 25 dimethoxy 4 methyl amphetamine (STP) and methadone (speed), the possibility of decreased neural coordination, kidney damage, cardiac arrest and severe neural overstimulation is high. With chronic use of these two drugs a paranoid schizophrenic psychosis can develop. The slogan "Speed Kills" could be a wise warning to heed, if living is important to you.</p> <p>To take any drug from aspirin to heroin is to introduce foreign material to the system and functions of the body. The risk involved in drug usage is partly in the physiological and psychological reaction to the foreign material which is, of course, dependent primarily upon the individual.</p>	A	Alcohol Whisky, gin, beer wine	Booze Hooch	2-4	Swallowing liquid	Rare. Sometimes used as a sedative (for tension)	High	Yes	Yes	High	To relax. To escape from tensions, problems and inhibitions. To get "high" (euphoria), seeking manhood or rebelling (particularly those under 21). Social custom and conformity. Massive advertising and promotion. Ready availability.	CNS depressant. Relaxation (sedation). Sometimes euphoria. Drowsiness. Impaired judgement, reaction time, coordination and emotional control. Frequent aggressive behaviour and driving accidents.	Diversion of energy and money from more creative and productive pursuits. Habituation. Possible obesity with chronic excessive use. Irreversible damage to brain and liver, addiction with severe withdrawal illness (D.T.s)	Available and advertised without limitation in many forms with only minimal regulation by age (21, or 18), hours of sale, location, taxation, ban on bootlegging and driving laws. Some "black market" for those under age and those evading taxes. Minimal penalties.
	B	Caffeine Coffee, tea, Coca-Cola No-Doz, APC	Java	2-4	Swallowing liquid	Mild stimulant. Treatment of some forms of coma.	Moderate	Yes	No	None	For a "pick-up" or stimulation. "Taking a Break". Social custom and low cost. Advertising. Ready availability.	CNS stimulant. Increased alertness. Reduction of fatigue.	Sometimes insomnia or restlessness. Habituation.	Available and advertised without limit with no regulation for children or adults.
	C	Nicotine (and coal tar) Cigarettes, cigars	Fag	1-2	Smoking (inhalation)	None (used as an insecticide).	High	Yes	No	Moderate	For a "pick-up" or stimulation. "Taking a Break". Social custom. Advertising. Ready availability.	CNS stimulant. Relaxation (or distraction) from the process of smoking.	Lung (and other) cancer, heart and blood vessel disease, cough, etc. Habituation. Diversion of energy and money. Air pollution. Fire.	Available and advertised without limit with only minimal regulation by age, taxation, and labeling of packages.
	D	Sedatives Alcohol—see above Barbiturates Nembutal Seconal Phenobarbital Doriden (Glutethimide) Chloral hydrate Miltown, Equanil (Meprobamate)	Yellow jackets Red devils Pennies Goofers	4	Swallowing pills or capsules	Treatment of insomnia and tension Induction of anesthesia.	High	Yes	Yes	High	To relax or sleep. To get "high" (euphoria). Widely prescribed by physicians, both for specific and nonspecific complaints. General climate encouraging taking pills for everything.	CNS depressants. Sleep induction. Relaxation (sedation). Sometimes euphoria. Drowsiness, impaired judgement, reaction time, coordination and emotional control. Relief of anxiety-tension. Muscle relaxation.	Irritability, weight loss, addiction with severe withdrawal illness (like D.T.s). Diversion of energy and money. Habituation, addiction.	Available in large amounts by ordinary medical prescription which can be repeatedly refilled or can be obtained from more than one physician. Widely advertised and "detailed" to M.D.s and pharmacists. Other manufacture, sale or possession prohibited under federal drug abuse and similar state (dangerous) drug laws. Moderate penalties. Widespread illicit traffic.
	E	Stimulants Caffeine—see above Nicotine—see above Amphetamines Benzedrine Methedrine Dexedrine Cocaine	Bennies Crystal Dexies or Xmas trees (spanules) Coke, snow	4	Swallowing pills capsules or injecting in vein. Sniffing or injecting.	Treatment of obesity, narcolepsy, fatigue, depression. Anesthesia of the eye and throat.	High	Yes	No	High	For stimulation and relief of fatigue. To get "high" (euphoria). General climate encouraging taking pills for everything.	CNS stimulants. Increased alertness, reduction of fatigue, loss of appetite, insomnia, often euphoria.	Restlessness, irritability, weight loss, toxic psychosis (mainly paranoid). Diversion of energy and money. Habituation. Extreme irritability, toxic psychosis.	Amphetamines, same as Sedatives above. Cocaine, same as Narcotics below.
	F	Tranquilizers Librium (Chlordiazepoxide) Phenothiazines Thorazine Compazine Stelazine Reserpine (Rauwolfia)		4-6	Swallowing pills or capsules	Treatment of anxiety, tension, alcoholism, neurosis, psychosis, psychosomatic disorders and vomiting.	Minimal	No	No	Minimal	Medical (including psychiatric) treatment of anxiety or tension states, alcoholism, psychoses, and other disorders.	Selective CNS depressants. Relaxation, relief of anxiety-tension. Suppression of hallucinations or delusions, improved functioning.	Sometimes drowsiness, dryness of mouth, blurring of vision, skin rash, tremor. Occasionally jaundice, agranulocytosis.	Same as Sedatives above, except not usually included under the special federal or state drug laws. Negligible illicit traffic.
	G	Cannabis (marihuana)	Pot, grass, tea, weed, stuff	4	Smoking (inhalation) Swallowing	Treatment of depression, tension, loss of appetite, sexual maladjustment, and narcotic addiction.	Moderate	No	No	Moderate	To get "high" (euphoria). As an escape. To relax. To socialize. To conform to various subcultures which sanction its use. For rebellion. Attraction of behavior labeled as deviant. Availability.	Relaxation, euphoria, increased appetite, some alteration of time perception, possible impairment of judgement and coordination. (Probable CNS depressant).	Usually none. Possible diversion of energy and money.	Unavailable (although permissible) for ordinary medical prescription. Possession, sale, and cultivation prohibited by state and federal narcotic or marihuana laws. Several penalties. Widespread illicit traffic.
	H	Narcotics (opiates, analgesics) Opium Heroin Morphine Codeine Percodan Demerol Cough syrups (Cheracol, Hycodan, etc.)	Op Horse, H	4	Smoking (inhalation) Injecting in muscle or vein Swallowing	Treatment of severe pain, diarrhea, and cough.	High	Yes	Yes	High	To get "high" (euphoria). As an escape. To avoid withdrawal symptoms. As a substitute for aggressive and sexual drives which cause anxiety. To conform to various sub-cultures which sanction use. For rebellion.	CNS depressants. Sedation, euphoria, relief of pain, impaired intellectual functioning and coordination.	Constipation, loss of appetite and weight, temporary impotency or sterility. Habituation, addiction with unpleasant and painful withdrawal illness.	Available (except heroin) by special (narcotics) medical prescriptions. Some available by ordinary prescription or over-the-counter. Other manufacture, sale, or possession prohibited under state and federal narcotic laws. Severe penalties. Extensive illicit traffic.
	I	LSD Psilocybin Mescaline (Peyote)	Acid, sugar Cactus	12 6 12	Swallowing liquid, capsule, pill (or sugar cube) Chewing plant	Experimental study of mind and brain function. Enhancement of creativity and problem solving. Treatment of alcoholism, mental illness, and the dying person. (Chemical warfare).	Minimal	Yes (rare)	No	Moderate	Curiosity created by recent widespread publicity. Seeking for meaning and consciousness—expansion. Rebellion. Attraction of behaviour recently labeled as deviant. Availability.	Production of visual imagery, increased sensory awareness, anxiety, nausea, impaired coordination; sometimes consciousness-expansion.	Usually none. Sometimes precipitates or intensifies an already existing psychosis; more commonly can produce a panic reaction when person is improperly prepared.	Available only to a few medical researchers (or to members of the Native American Church). Other manufacture, sale or possession prohibited by state dangerous drug or federal drug abuse laws. Moderate penalties. Extensive illicit traffic.
	J	Miscellaneous Glue Gasoline Amyl nitrite Antihistaminics Nutmeg Nonprescription "sedatives"		2	Inhalation Swallowing	None except for antihistaminics used for allergy and amyl nitrite for some episodes of fainting.	Minimal to Moderate	Not known	No	Moderate	Curiosity. To get "high" (euphoria). Thrill seeking. Ready availability.	When used for mind-alteration generally produces a "high" (euphoria) with impaired coordination and judgement.	Variable—some of the substances can seriously damage the liver or kidney.	Generally easily available. Some require prescriptions. In several states glue banned for those under 21.