

# YOU ARE WHAT YOU EAT

In May of 1969 the Research Foundation conducted an analysis of illicit drugs being circulated in the Toronto area.

"The intent of the survey was to monitor the drugs being sold in the street in order to determine their chemical composition and consequent risks to users." Listed below are some of the drugs analysed and the results.

### Lysergic Acid Diethylamide (LSD)

Of fourteen samples of material purported to be LSD four were thought to contain constituents such as cocaine, strychnine or STP, none did. "Eleven of the fourteen samples were probably produced in clandestine laboratories. Five contained little or no LSD but materials which appeared to be ergot alkaloids. The remainder contained some LSD together with contaminants resulting from incompatible synthesis and/or poor purification."

### Mescaline

Three samples; none were mescaline. One was LSD and what appeared to be ergot alkaloids. At the time, the composition of the other two were not determined.

### MDA (Methylenedioxy-amphetamine)

Seven samples, probably only two contained MDA. One was a powdered sugar, one was dexedrine, one was a mixture of five substances and two were still unidentified at the time.

### Methedrine (Speed)

Ten samples; three contained methedrine plus contaminants resulting from purification; one was in liquid form, the solvent suspected of being wine; two were dexedrine with contaminants; one was probably MDA, three were relatively pure methedrine.

### Cannibus (Marijuana)

Thirty samples; two were innocuous plant materials such as parsley, mint and bay leaf; twenty-eight were cannibus, of these twenty-two were marijuana and six were hashish; eight samples were thought to contain additional constituents such as heroin, cocaine, opium or amphetamine. None of these substances were found.

Three samples did contain some as yet unidentified substances not normally found in cannibus.

### Another survey

In January of 1969 the Addiction Research Foundation made a survey involving 6,447 students from grades 7, 9, 11, and 13

representing all Metropolitan Toronto boroughs and separate schools. The following table was formed from the survey:

### INCIDENCE OF DRUG USE BY GRADE

Percentage of students using at least once in the last six months -

Grade	Tobacco	Alcohol	Marijuana	Glue	Barbituates
7	24.6	2.9	2.6	7.2	1.3
9	44.3	4.6	10.8	9.4	3.9
11	46.6	9.7	8.9	2.6	4.4
13	39.7	9.9	7.5	0.7	3.8

  

Grade	Opium	Stimulants	Tranquilizers	LSD	Other
7	4.3	4.8	1.0	3.9	1.0
9	1.4	1.0	1.0	3.9	3.1
11	1.6	1.6	2.1	1.9	1.9
13	4.6	4.6	3.8	0.9	0.9

### Stimulant Drugs (Amphetamines)

The chronic use of amphetamines to treat mild depression and certain hyperactive children. The amphetamines are used at present in the treatment of obesity as an appetite suppressant. Finally they are used as continuing treatment for narcolepsy, a

disease characterized by involuntary attacks of sleep and to counterattack excessive drowsiness caused by sedative drugs.

Signs and symptoms of acute intoxication with amphetamines:

MILD	MODERATE	SEVERE
Restlessness	Delirium	Coma
Tremours	Hallucinations	Convulsions
Insomnia	Panic States	High body temperature
Talkativeness	Profuse Sweating	Circulatory collapse
Lack of appetite	Muscle and joint pain	Chest pain
Irritability		Death
Rapid Heartbeat		
Fever		
Hyperactive reflexes		

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