



Thomas Jefferson Research Center

"But neither the wisest constitution nor the wisest laws will secure the liberty and happiness of a people whose manners are universally corrupt. He, therefore, is the true friend to the liberty of his country who tries most to promote its virtue . . ."

Samuel Adams

THE PRICE OF FREEDOM IS RESPONSIBILITY

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THE ALL AMERICAN COCAINE STORY

A presidential commission probing organized crime was told that cocaine is the new drug of choice for the grown-up "baby boom" generation.

Experts told the commission that cocaine use had increased explosively to become an estimated \$50 billion a year criminal market. They said that the drug had created a violence-prone criminal network across the United States and into South America.

A second Federal study reported 617 cocaine deaths nationwide in 1984; up 77% in one year.

And a University of Michigan survey of recent high school graduates published on November 6th, found overall drug use was up after five years of decline.

This study found cocaine had reached the highest level in the last decade and more than one in eight high school students admitted cocaine use during the previous year.

What is disturbing about this new drug epidemic is that, unlike heroin addicts, users are not usually skid row bums, prostitutes or the chronic unemployed. Cocaine is the "in thing" for lawyers, doctors, business executives, politicians, professors, actors, athletes, writers, and perhaps worst of all, airline

pilots.

David Britt is the pen name for one of these successful young Americans who almost destroyed himself with cocaine. He described himself in 1978, when he first tried heroin, as "26 years old, handsome, confident, articulate, and founder of a multi-million dollar national marketing firm that grew by leaps and bounds . . . I could get things done; I was going places."

By the winter of 1980, hooked on cocaine, he says, "My hands are shaking, I am wringing with sweat, my heart is pounding, my nose is burning, my guts ache and I am exhausted . . . I just crave more cocaine."

"Somehow," writes Britt, "I had been slowly, secretly and completely seduced by cocaine. It was a self-inflicted agony that no one understood — not even myself. In the process, my wife left me, my family grew distant, and my new friends were all drug users." He felt suicidal and wanted to die.

Britt says that his story is not unique. It is basically the tale of a nice, middle class American boy who got himself in deep trouble.

In his effort to escape from his problem, Britt talked to doctors and psychiatrists and other "professional experts" and found that most of them knew very little about cocaine. Finally, his luck changed. He discovered Dr. Richard L. Miller and his drug rehabilitation clinic called Cokenders. With their help, he

made a full recovery.

The *All American Cocaine Story* is the fascinating true experiences of the author and his personal fall into and painful recovery from cocaine addiction.

The book is also a fact-filled warning to "recreational" drug users and potential users, as well as their friends and relatives. It is also for doctors, lawyers, judges, psychiatrists, educators, and other professionals who need to know more about this growing national craze.

In addition to his own experiences, David Britt based his book on interviews with other users and their families, as well as doctors, psychiatrists, professional counselors and other experts in the field of drug rehabilitation.

He drew on his experience as a successful business executive to get information from people who otherwise "might not have given him the time of day."

On his 26th birthday David was introduced to cocaine by two of his closest friends. Reluctant at first, he agreed to try it when they assured him it was harmless and "everyone" was doing it and it would help him relax and get away from the pressures of running a business.

"They were right," he says, "in minutes I had completely forgotten about the business and had joined them in this new fun game . . . I was on top of the world."

Even today, when he is completely

The All American Cocaine Story is the title of a book by David R. Britt. Published by CompCare Publications, Minneapolis, Minnesota, copyright 1984 by David R. Britt. Call toll free (800) 328-3330 for information about this excellent book.

free from drug use, he admits that he still has an occasional craving for cocaine. "I remember how good cocaine actually made me feel, that instant euphoria and sense of power; that sexual excitement and immediate emotional escape."

Unfortunately, for users, however, the temporary pleasures from cocaine may be followed by such problems as restlessness, anxiety, hyperactivity, irritability, nasal problems, weight loss, sleep loss, paranoia, stomach problems, convulsions and sexual impotence. Long term use will result in permanent damage to the liver and other internal organs.

Cocaine deaths from overdose are more common than most people realize and suicide sometimes seems "the only solution to deteriorating health, personal, domestic, financial and work situations from cocaine which the user believes he cannot stop. (Or even if he could, he has ruined all aspects of his life)."

One problem for users is the fact that most cocaine, by the time it hits the streets, has been diluted until it is only 10 or 20% cocaine.

David got the following information from a young chemist who started using and selling cocaine while still in high school. When he got to college he made a nice living in his spare time testing the quality of coke shipments for other drug dealers.

"One day," the chemist said, "I got a sample from two kilos that a friend had bought from an importer back east . . . I found in testing that he had bought a kilo of a substance with no cocaine in it. It was 30% methamphetamine expertly blended with a few anesthetics and other cuts into a cosmetically acceptable product. The stuff would get you real high, real fast, but it would also screw up your body equally fast."

Told that his buy was bogus, the dealer responded that it didn't matter because he would have no trouble selling it.

The chemist said that he had tested millions of dollars worth of cocaine and nearly all of it was junk. "You would be 'crazy' if you put it up your nose or into your lungs or injected it."

Not every user becomes addicted, David says, but those "experts" who say cocaine is not addictive are either badly

misinformed or self-deluded. "Without fail," he writes, "every drug counselor I spoke with told me that cocaine is the most insidiously addicting substance they have to deal with."

An article in *Time* magazine told of experiments at UCLA and elsewhere with apes. When apes were allowed large portions of cocaine, "they were found to prefer the drug to food or sexual partners, and would willingly suffer severe shocks in exchange for large doses."

"Freud," says Britt, "wrote his 'Song of Praise' to cocaine in 1884 when he considered cocaine to be a wonder drug because drug euphoria encouraged his patients to express their feelings and emotions. He also thought it to be useful as an aphrodisiac, as a local anesthetic, and also as a treatment for various illnesses including digestive problems, depression, and yes, alcohol and morphine addiction..."

"Later, in 1887 he published his last paper on cocaine rescinding some of his earlier claims. His earlier advocacy of cocaine caused him to be accused by his colleagues at the time of promoting the 'third scourge of mankind' (number one was alcohol and number two, morphine)."

The statistics that David cites are not encouraging. He says that in spite of government efforts to control drug abuse, the market for cocaine is still growing rapidly and he believes will continue rapid growth through the 1980s.

Authorities estimate that in 1983 cocaine sales were more than \$30 billion. The total spent in the U.S. for all illegal drugs is an estimated \$95 billion a year and most experts on the subject refer to drug abuse as an epidemic.

A recent article in *U.S. News and World Report* says that "It may soon be very difficult to get a job without passing a drug-usage test." The article says that already about 18% of the largest U.S. companies use substance screening for job holders and applicants. It says that it is estimated that "illegal drugs are costing corporations as much as \$100 billion a year in lost productivity, absenteeism, illness, accidents and theft."

A commentator on a prime time television show about drugs, summed the situation up when he said that until

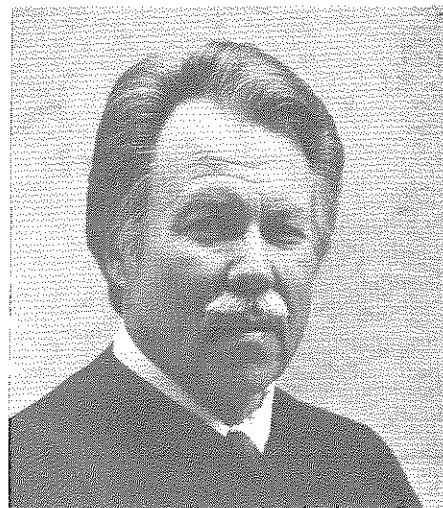
now, "there never has been such widespread drug use in any modern civilized nation."

COURTROOM TO CLASSROOM

Justice F. Douglas McDaniel is the newest member of the Research Center's National Board of Advisors. He is Associate Justice, California Court of Appeal, Fourth Appellate District in San Bernardino, California. He previously served as Chief Civil Deputy District Attorney in Imperial County, California. After more than 30 years of hearing and representing cases, Justice McDaniel is appalled by the "trend towards an ever diminishing demonstration of personal responsibility by some of this country's citizens."

Justice McDaniel is a popular member of the Research Center's Speakers Bureau and is available to service clubs and other community organizations. He is a strong advocate of systematic character education in our schools as the best way to increase responsible behavior in our society.

If you wish to obtain an outstanding speaker for your service club or association, call Justice McDaniel directly. His telephone number in San Bernardino is (714) 383-4448.



F. Douglas McDaniel

GLENDALE SCHOOL WINS AWARD

Glendale, California is one of the many cities using the character-building program
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Bill of Responsibilities

Preamble. Freedom and responsibility are mutual and inseparable; we can ensure enjoyment of the one only by exercising the other. Freedom for all of us depends on responsibility by each of us. To secure and expand our liberties, therefore, we accept these responsibilities as individual members of a free society:

To be fully responsible for our own actions and for the consequences of those actions. Freedom to choose carries with it the responsibility for our choices.

To respect the rights and beliefs of others. In a free society, diversity flourishes. Courtesy and consideration toward others are measures of a civilized society.

To give sympathy, understanding and help to others. As we hope others will help us when we are in need, we should help others when they are in need.

To do our best to meet our own and our families' needs. There is no personal freedom without economic freedom. By helping ourselves and those closest to us to become productive members of society, we contribute to the strength of the nation.

To respect and obey the laws. Laws are mutually accepted rules by which, together, we maintain a free society. Liberty itself is built on a foundation of law. That foundation provides an orderly process for changing laws. It also depends on our obeying laws once they have been freely adopted.

To respect the property of others, both private and public. No one has a right to what is not his or hers. The right to enjoy what is ours depends on our respecting the right of others to enjoy what is theirs.

To share with others our appreciation of the benefits and obligations of freedom. Freedom shared is freedom strengthened.

To participate constructively in the nation's political life. Democracy depends on an active citizenry. It depends equally on an informed citizenry.

To help freedom survive by assuming personal responsibility for its defense. Our nation cannot survive unless we defend it. Its security rests on the individual determination of each of us to help preserve it.

To respect the rights and to meet the responsibilities on which our liberty rests and our democracy depends. This is the essence of freedom. Maintaining it requires our common effort, all together and each individually.

grams distributed by the Thomas Jefferson Research Center. It also happens to be home for two of the Research Center's directors — Don Butler, President of the Los Angeles Merchants and Manufacturers Association, and Ray Edwards, Chairman of Glendale Federal Savings and Loan Association.

Mr. Edwards, in fact, has spearheaded the Glendale Committee that has raised funds to finance the Glendale Character Project.

The first Glendale school involved was Rosemont Junior High School in La Crescenta. The school started using the Research Center's "Achievement Skills" program in 1984. In October, 1985, Rosemont was selected as one of 212 outstanding secondary schools in the United States.

This award is made annually by the

U.S. Office of Education to recognize schools nationwide that demonstrate high levels of achievement. Rosemont was only one of four junior high schools in California selected for recognition as an "exemplary" school.

Dr. Lee Hager, an intermediate school principal from Arizona, visited Rosemont as a U.S. Office of Education representative.

In his site visit report he commented frequently on the "outstanding interac-



tion between teachers and students...This stands out clearly as exemplary..."

He also observed, "...the impression of the school is one of a well-run, orderly institution that maintains an air of creativity and enthusiasm."

On October 1, 1985, Principal Marilyn Zimmer and Assistant Principals Judith White and Dave Nyquist, attended a day-long recognition ceremony in Washington, D.C., culminating with an address by President Reagan at the White House. They also had the opportunity to meet personally with U.S. Secretary of Education, William Bennett.

Marilyn Zimmer feels that the school's use of the Research Center's "Achievement Skills" program was a definite factor in receiving this national recognition.



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