

Happiness Through Health

by **Otto McClarrin**

PCP/Angel Dust

A few months ago this writer wrote an article warning young people about the serious and unpredictable effects of using PCP (phencyclidine). Recent reports indicating increased use of this drug by teen-agers justifies additional warnings directed at the youth of this nation.

A 14-page analysis of the PCP drug, known on the street as Angel dust, crystal, embalming fluid, elephant tranquilizer, killer weed, or monkey dust, prepared by the National Institute of Drug Abuse (NIDA) reveals that nationally the use of the drug by teens is increasing; that it has led to a number of deaths, and that it very often prompts violent behavior.

PCP is a tranquilizer. It was developed experimentally as an anesthetic, but was discarded by the medical profession because of its unpredictable side effects.

Dr. C. Brian Burke, secretary of the New Hampshire Medical Society, says that after its use in humans was discarded, it became popular among veterinarians as a tranquilizer for large animals, but even its use there is declining.

"Young people under the influence of the drug can do crazy things to themselves. They can scratch their eyes out and not know they're doing it. It's different than any other drug and causes a strange delirium," Dr. Burke, an anesthesiologist said.

Barry Rhodes, a drug consultant, says, "There have been some national studies that indicate that at least several homicides were not only committed while under the influence of PCP, but that PCP was the causal factor."

Rhodes said he was told a story by a nurse in an emergency room about a youth brought in and it was later learned that he was high on PCP. "Before they got a chance to find that out," he said, "the youth started destroying the emergency room, throwing furniture about."

Another drug counselor told of a case involving a 14-year-old where it took four counselors to subdue the youth under the influence of the drug.

Jim McDonough, a director of a Group Home for teen-agers, said that his experience over the past year of more indicates that youths he comes into contact with are resorting to greater use of the drug.

"PCP" is about as bad a drug as there is available," he said. "It's scary and the situation is getting worse. These kids will buy anything if for two dollars it will take them on a trip. They don't even know what they're buying," he said, explaining that when he has asked juveniles why they take the drug, the responses were vague.

"The say they want to get out of their heads," he said, "I just don't know how to reach them."

Bern Anderson, another Drug counselor, says, "From seeing and talking with young kids who are involved in drugs like PCP, you get king of a strange feeling that its creating permanent wards of society. Others in the field have echoed these comments. Rhodes explained that the drug is easily manufactured at a makeshift lab costing less than \$100 by a "high school chemist who flunked the course."

The unfortunate thing about the illicit production of PCP is that what is produced is not PCP, but an "analogue" that is similar but not the same as the actual drug. Unlike most drugs, the analogues of PCP are invariably stronger than the actual drug.

The NIDA analysis paints a morbid picture of PCP use. It explains that extended use of the drug can be misleading to medical authorities who often diagnose the chronic user as being schizophrenic, when the problem is drug-induced. During the treatment of overdose, it states, "Patients are often so unmanageable that restraints are necessary, and the help of four or five burly aides will often be needed to prevent injuries to staff or patients."

What makes matters worse is that overdose is a distinct possibility because the user can never tell the strength of the drug being consumed, according to drug counselors.

The NIDA analysis points out that "although it is believed that PCP ultimately results in

'burnouts', duller intellectual functioning after repeated use, this has yet to be verified objectively. Besides possible adverse effects on intellectual functioning, PCP may have adverse effects on psycho-social functioning that remain delineated. Because it is widely used during adolescence, it is important to know its possible effects on the ability to learn and to acquire other necessary skills.

These questions remain unanswered, but as the analysis points out when describing the manifestations of use, PCP is so disorienting that a user can drown in the shower.



Some people used to believe that carrying chestnuts in their pockets would prevent rheumatism.



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2 Black College Student Awarded Rhodes Scholarship



James E. Hildreth, a 22-year-old senior at Harvard, and Karen Leslie Stevenson, a 22-year-old senior at the University of North Carolina, are among the 32, chosen from a field of 1,250, to receive highly coveted Rhodes Scholarships.

All 32 who will receive \$8,000 each, will depart for England by ship next October to attend Oxford University. It is estimated that only 40 blacks have received such scholarships since their establishment in 1903 as a trust from the enormous assets of Cecil J. Rhodes, an explorer and diamond mine king of South Africa.

Dr. Alain Locke, late professor of philosophy at Howard University, was the first black to be awarded a Rhodes Scholarship. He received his in 1906.

Hildreth, a biochemistry major on a full scholarship at Harvard, will continue his research in tumor immunology at Oxford. Upon his return to the U.S., he plans to pursue a five-year program in medicine at one of the eight universities that have accepted him. Under this program, he will receive both an M.D. and a Ph.D. upon graduation. Four years on the dean's list, he is a tutor in chemistry and calculus.

This Camden, Ark., native, who was the first black valedictorian of the integrated Camden High School, has six older brothers and sisters and a mother who has seen all of them through school on the salary of a hospital waitress who herself went no farther than the 8th grade. He has helped out during the summers as a laborer in the local papermill. His father died 11 years ago.



Miss Stevenson, a language major, comes from a long line of educated ancestry. Her mother, Dr. Clara Stevenson, a psychological consultant, holds a Ph.D. from the University of Maryland. Her grandmother, a registered nurse, is a graduate of Tuskegee, and her great-grandmother was an elementary school principal. Also her father was a principal. Karen was elected to Phi Beta Kappa in 1977.

The Rhodes Scholarship received by Miss Stevenson is one of many scholarships she has received since 9th grade at the exclusive Taft in Watertown, Conn. At the University of North Carolina, she is on a Morehead Scholarship.

Before going to Oxford next fall to continue her study of French and Russian Literature, Miss Stevenson will further her knowledge of languages next summer by visiting Italy, Yugoslavia, Turkey, and Russia on scholarship funds. After Oxford, she plans to study law.

Both Stevenson and Hildreth participate in athletics. While his has been mostly intramural she is the first woman to win the Jim Tatum Memorial Award as the outstanding athlete of the University of North Carolina. She is captain of the women's varsity track and field team, and holds the university record in the women's 400-meter dash, and the 60 and 100-meter hurdles.

Her 21-year-old sister, Keely, a junior at the University of Florida on a scholarship, is following in her footsteps both in intellectual and athletic ability.

Rhodes Scholarships are awarded each year to men and women of "intellectual distinction and athletic vigor," says William J. Barber, director of the program in this country.

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