

Pills-a-go-go

Journal of Pills
DAWN! 1993



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- Japanese Pills
- Hollywood's favorite pill

#18

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MICHAEL JACKSON'S PILLS!

• Pop & Roll mega-star Michael Jackson has all but admitted he owes his extraordinary performances to the use of drugs. Jackson and his lawyers steadfastly refuse to say just which drugs Jackson was/is addicted to, but enterprising reporters from the National Enquirer have confirmed that old Jacko is a Percodan-head.

Percodan, more than any other pill, seems to be a favorite among the Hollywood and jet set (Chevy Chase had a real fondness for the stuff). Like his pal, Liz Taylor, Jackson has now subsequently used his pill addiction as a way of protecting himself from public scrutiny and getting a little rest and relaxation while getting his shit together. Too bad he's going off the pills — it's times like these (when you're accused of "eating the sperm" of young boys) that a few hits of hydromorphone might go down well.

After he quit his world-wide tour to recuperate from pill-madness he led reporters on a wild chase thru the poshest areas of Europe and Mexico, all the while dropping tantalizing hints about his pill preferences. Reporters never found the man-child, who was indulging in a two-week pill spree in Mexico, where he also took a pill called "Dolocet"

~~The pressure resulting from it~~ is a classic sign of an almost desperate dependency on opiates and indicate that Jackson may have even begun to strain his drug-gathering capacity, forcing him into such an ugly combination.

NEW PILLS

• The oh-so "controversial" French abortion pill, RU-486, has lead scientists to what may turn out to be the first decent contraceptive pill for men!

French researcher Etienne-Emile Beaulieu said RU-486 and its derivatives block calcium from entering the sperm cells — rendering the little guys motionless. Best of all, the sperm-immobilizing effects can be very short-lived and are reversible. That means a male birth control pill that can be taken just a few minutes before sex, or a pill taken on a more infrequent basis.

"I can envisage a pill that can be effective for vary-

Dear Pills-a-go-go...

My Pills-a-go-go arrived yesterday and I ripped open the envelope with glee. Always glad to get the latest. I was thinking back to my first pill experiences, going on 25 years now. So much easier to find things, friends with treats.

I was playing a lot of guitar then. Had one student, an MD. He didn't care so much about learning to play, it was more a social thing, getting together to talk about whatever. He seemed whacked out most of the time anyway.

Our agreement was based on the barter system. I gave him guitar lessons, he gave me pills. He'd drop by in the evening, I'd show him a few scales, some exercises, then it was out to his Caddy, whee he'd pop open the trunk and start rooting around in paper sacks for various samples — dexdriene spansules, bipheta-mine-T (no longer made, a lovely concoction of speed buffered with tuinal), and on one occasion a Darvon sample. Ah, pharmaceutical promotion at its finest. The pills were in a huge plastic capsule the size of a package of english muffins, colored and marked just like a Darvon capsule. Pull it apart and Presto! Out fell a bunch of little baby Darvons. My "pay" for a "lesson" was a few minutes at the doc's pill buffet, a few of these a few of those. Paper bag in hand, I'd return to my apartment as he drove off in the night. Wonder what happened to that giant Darvon? Oh well
--- "T-3 fanatic", AZ

Dear Pills-a-go-go

I've just returned from my 12th business trip to the UK in the past 18 months and have finally come up with a pretty good Jet Lag protocol (for me atleast). Your readers might be interested:

(1) contrary to popular mythology, nap all you want after arrival on the first day. I usually get about two hours of fitful sleep on the first afternoon, local time. If it's still light when you wake up, open the curtains, the light will wake you up quickly and help your body clock adjust.

I find a walkman with a "sleep inducing" tape, such as WAVEFORM from ABR or the Hemisync tapes of Robert Monroe (see Tools for Exploration Catalog, 800-456-9887), is

NEWS

ing amounts of time — for one hour to one week to one month,” said the good doctor. “I’m extremely optimistic that a good contraceptive pill for men, without the negative side effects usually associated with hormone treatments, is just down the road.”

Previous attempts at a male birth control pill have been horrible at best, making use of large amounts of hormones with intolerable side effects.

- British doctors at a cancer institute associated with London’s Royal Marsden Hospital say they’re developing a birth control pill that would also prevent breast cancer!

But before you jump too high for joy, the docs say it’s going to be a few years before they can be certain such a pill doesn’t have toxic effects they don’t know about. Earlier studies with the hormone-type drug, tamoxifen showed it to stimulate the production of growth inhibitors that destroyed malignant cells nearby.

Coolest of all, the drug is off patent in most countries.

- The folks at American Home Products Corp. have entered the booming \$8 billion anti-depressant market with their new pill, Effexor, which the FDA just approved during the last week of December.

The company’s drug promises to horn in successfully on the market originally created by Prozac and other drugs that inhibit the uptake of serotonin in the brain. Like these pills, Effexor targets serotonin but also works on another neurotransmitter, norepinephrine, and does it all without any more side effects than Prozac or its clones have.

- The FDA has permitted Upjohn to start selling its new and cheaper drug for diabetics, Glynase PresTab. The pill is aimed at diabetics who do not need daily shots of insulin.

- The Australian arm of the British megacorp, Glaxo, has whipped up a compound to treat the flu they compared in importance to the invention of penicillin.

If that’s true, it may be the first medicine to seriously treat viral infections as effectively as antibiotics handle bacterial infections.

Such a drug would be quite the money-maker for Glaxo, generating way more than a billion dollars in revenue over the next ten years — if the drug works.

Human trials are scheduled to begin this year.

- Glaxo is also getting ready to lift the curtain on two other new drugs within the next few months. One is a new inhaler to treat asthma. Called Serevent, the stuff lasts for 12 hours straight instead of just four. The other product is a pill form of the fantastico migraine medicine Imitrex. Right now patients have to use an expensive self-injection gadget.

Pills are always so much better, aren’t they?

- Dr. Arthur Klatsky, head of a team at the Kaiser Permanente Medical Care Program in California

has released a report that suggests coffee acts as an anti-depressant. His report refers to a 10-year study of 128,000 people whose suicide rates dropped the more coffee they drank!

- And Kudzo — normally considered a pain-in-the-ass weed found all over the South — has the ability to erase cravings for alcohol. Researchers at Harvard Medical School have confirmed what the Chinese and Japanese seem to have known for a few centuries: that the weed can cure alcoholism.

The Harvard team produced the same results in a strain of alcoholic hamsters, who voluntarily stopped drinking when given an extract of the plant.

Kudzo and extracts of Kudzo are available in pill form in Japan and from one company in America — Imagetech of Roswell, Georgia.

- Large doses of niacin reduce cholesterol levels just as well and far cheaper than three of four prescription pills say researchers at Ohio State University. A two-year study of 234 patients at a Veterans Administration clinic in Columbus, OH showed that niacin (nicotinic acid, or B-3) was very effective at lowering total cholesterol levels and LDL or “bad” cholesterol

The only pill to beat niacin was lovastatin (Mevacor), which costs more than niacin.

- Shark cartilage, already showing promise in skin transplants for burn patients, is now being manufactured into pills to prevent cancer.

Marine conservationists say they’re horrified at the growing popularity of sharks by fishermen eager to make a buck. Although no one knows how many sharks are being caught each day for use as medicine, researchers in at the Costa Rican Marine Conservation Association say the truckloads of dead sharks being



New Pills forged in the fires of honest commerce

MORE FDA OGRES

David Kessler's got competition for biggest jerk

As PaGG readers know, there are some pretty sneaky things behind the scenes in the pill world. We got the FDA outlawing OTC drugs by the bushel, Dan Quayle & George Bush acting as virtual trade reps to the US government, Hillary Clinton's naked attempt to take over pill manufacturing and dispensing ... not to mention the government's ever-tightening grip over the use of prescription and non-prescription drugs by everybody in the country.

They've even taken to sending in SWAT teams to terrorize people who dare to supplement their diets with "forbidden" nutrients.

In fact, the FDA's blatant use of a tainted batch of tryptophan to outlaw that amino acid has become emblematic of this trend. It's sickening we must even argue about it. Tryptophan is not only safe — it's essential for human survival.

Still the government gets certified experts to testify under oath that common substances should be regulated away from the hands of plain old citizens (whose only true function is to man the assembly lines, grow corn and shut up.)

And of course it is money that makes such people lie and conspire to make their fellow Americans miserable. No better example of the raw greed and deceitful intentions exist than one Dr. Richard Wurtman.

It's one thing to believe Bristol-Myers has a stake in the outcome of this or that tax bill and it's quite another to find a single person who so clearly personifies the lying and malignant nature of today's government.

In an article by M. Greene and A. Byrd, which appeared in issue #13 of the excellent zine *Alter or Abolish*, the authors explain how business has a direct interest in the banning of non-patentable, naturally occurring substances. By obtaining "use-patents" on common items, these jackasses hope to make money off something God gave us.

For now, "use-patents" fully explain the rationale behind the crazy crusade against natural dietary supplements. Yep, there's a method to this madness. Read on about one of the slimiest, lyingest elitist bastards ever to elbow his way into your life:

"The king of "use patents" has to be Dr. Richard Wurtman, a professor at the Massachusetts Institute of Technology. A recent search of U.S. patents revealed that Wurtman owns over twenty "use patents" on various medical applications of supplementary amino acids. Interestingly enough, he owns two "use patents" on — you guessed it — L-Tryptophan: U.S. Patent #4,687,763 for increasing brain serotonin levels — to make you feel relaxed and good — and U.S. Patent #4,377,595 for reducing depression — to keep you from feeling tense and bad.

"The ultimate hypocrisy is that Wurtman testified before

the House Subcommittee last year on the side of the FDA. He stated that all amino acids are toxic and should be taken off the OTC market. He implored Congress to ban the sale of amino acids. He stated that 'L-Tryptophan has nothing to do with nutrition.' All the while he is secretly accumulating use patents.



Dr. Wurtman greets his fellow man

"Unfortunately Wurtman is not the only greedy profiteer working on getting "use patents" on nutritional supplements to benefit themselves at the expense of our health and well-being.

"L-Tryptophan causes the body to produce serotonin, an important brain neurotransmitter. Serotonin is a natural pain killer, stress reducer and anti-depressant. L-Tryptophan is competitive with serotonin-producing drugs like Prozac and Anafranil, two profitable, often dangerous drugs.

"According to medical marketing media, neurological drugs that cause the production of serotonin are "hot." They are being used to treat migraine headaches, psychological problems, depression, insomnia and eating disorders. With natural L-Tryptophan out of the way, the drug companies have a free hand in the competition for serotonin-enhancing drugs and synthetic Tryptophan compounds. The winners could make billions of dollars in profits. But you and I would be the losers in this race for profit and we would pay for it with our health."

The real tragedy of this is that the motivation is so petty. Unlike many, PaGG doesn't feel the drug companies have much to gain by this kind of government market suppression — drug companies would love to sell you Prozac *and* tryptophan. Jerks like Wurtman would have the consumer suffer for his benefit alone. Drug companies wouldn't gain by Wurtman's exclusive rights to an amino acid — they'd have to pay him his cut after all. Most businesses like to keep costs low and profits high. Wurtman has managed to get in everybody's way here!

On the other hand, if Wurtman's scheme is successful, PaGG wants it noted and logged that we hereby claim exclusive ownership over the use of gravity and plan on charging Wurtman a special user's fee.

Copies of *Alter or Abolish* can be obtained by writing Imagetech, PO Box 2149, Roswell, GA 30077. Imagetech also sells fine vitamin pills including shark cartilage and Kudzo preparations. Write for more info.

hauled away from the docks have already made a dent in the shark population.

Costa Rica is turning out to be the world center for shark cartilage ever since Luis Mena opened up his processing plant called Shark Technologies there. Business is booming with a second plant being built near the first one in Puntarenas and a third one planned for the Nicaraguan Atlantic coast. Already Mena's single plant chops up and dries two tons of shark cartilage a day, packing the prized material into capsules sold around the world.

The use of shark cartilage to combat cancer was pioneered by American biochemist William Lane, who obtained very promising results on tests conducted last year in Cuba. One of Dr. Lane's "walking miracles" was featured jogging with Mike Wallace on an episode of 60 Minutes, which documented the tests.

Pills-a-go-go is impressed with the whole operation. More pills, we say, less sharks!

MASS ADVIL OVERDOSE

• New York City doctors treating some of the 5,000 injured and sick runners from a marathon held there wonder if part of the problem was caused by an overdose of Advil. As a corporate sponsor of the race, Advil handed out free 8-packs of their tasty little ibuprofen concoctions to participants in the Sunday marathon.

Apparently, some of the runners swallowed all eight pills, thereby exceeding the recommended daily intake of the medicine — six pills a day and no more than two pills an hour.

HE'S DEAD, JIM

• And Dr. E. Gifford Upjohn, who was chairman of the pharmaceutical firm of the same name, died just after Christmas last year at the age of 89. He was the grandson of founding partner Henry Uriah Upjohn. During his tenure at the family company he was responsible for creating the firm's medical division and later served as CEO from 1962 until 1969. He also testified at U.S. Senate hearings in 1959 and 1960 when some of the stupidest laws governing drug control were created.

MICHAEL'S NOT GONNA LIKE THIS...

• A rash promise to appease Hillary Clinton has begun to blow up in the face of Dupont Merck Pharmaceutical Co. — makers of Percodan

Along with more than a dozen other companies, Dupont Merck had promised to hold drug prices to roughly the general rate of inflation — an ill-

considered idea designed to squelch presidential and congressional grandstanding accusing the drug companies of "price gouging".

This policy is now going to result in higher prices for four pills, including a couple of the country's most popular drugs — Percodan and Percocet.

The problem lies in the packaging.

Dupont Merck says it is no longer making a profit from its single-dose packaged versions of Percodan and Percocet. Even though the packaging is clearly preferred by hospitals, it is more expensive to package the pills this way and so from now on they will only be sold in bulk. Bulk form is not only cheaper to make, it has a higher price than the single-dosed pills, which they had sold more cheaply precisely because hospitals, HMO's and other large customers were in a better bargaining position for them.

But because Dupont Merck swore not to raise prices, they just decided to eliminate the product altogether and offer only the more expensive bulk pills for sale. That way the company can truthfully say they did not raise the price on a product since they eliminated it. Likewise, any extra profit realized from the sale of the bulk pills will not come as a result of "price-gouging".

On the other hand, the lack of single-dose packaging of these pills should come as good news to pill junkies who know it's much easier to divert pills in bulk form, than those in individual packs.

NEXT STOP, BAGHDAD

• Ex-First Lady (and bug-eyed hag), Barbara Bush scared the pants off already terrified war victims in Bosnia and Croatia when she arrived with an American Cares cargo plane delivering pills to hospitals there. The organization that took her along as a sort of mascot, plans to bring another \$35 million in pharmaceuticals and other supplies to Sarajevo before the end of winter. It has already sent \$45 million worth of aid.

GUINEA PIG NEWS

• It seems Eli Lilly had evidence their hepatitis drug fialuridine (FIAU) was potentially deadly long before it killed ten human guinea pigs this past summer.

Sidney M Wolfe of Public Citizen (one of those "watchdog groups") found out that monkeys dosed with FIAU had shown toxic reactions. More disturbing was the discovery that at least one human experienced serious liver trouble as a result of the drug during a phase I trial in Indianapolis, which began in March 1993. Instead of reporting this development to the FDA within 10 days (as Wolfe says was required) Lilly withheld this tidbit from the authorities until July 27 — well after the hapless guinea pigs began dying that summer.

PILL SCANDAL ROCKS JAPAN

by John Ulmer (Dr. Braindead)

While Americans remembered the December 7th sneak attack on Oahu 52 years ago, it was pills, not pearls, that grabbed the attention of the Japanese.

Yet another stampede of scandals rocking corruption-rife Japan hit the front pages on Pearl Harbor Day as Meiwa Industries, a distributor for Yamanouchi Pharmaceuticals, one of Japan's largest manufacturers of prescription medicines, was accused of rerouting some 6 million pills, capsules, and ampules specially priced for low-cost consumption in the People's Republic of China to the far more pricey Japanese domestic market. The Yomiuri newspaper reported that Meiwa and its Chinese partners reaped a windfall 650 million yen (\$6.1 million) from the illegal diversion of the ulcer-related medications. Both Yamanouchi and Meiwa have denied complicity and termed the incident "regrettable".

Pills have long been a substantial Japanese export item to China and southeast Asia. Until now less affected than other industries by the devastating recession that hit Japan along with falling land prices and restricted lending since 1991, the pharmaceutical giants have maintained a steady flow of pills to the Asian mainland, backed by fat subsidies in the form of national health insurance and guaranteed Japanese government loans for research and development.

But peddling pills in Beijing is apparently not the way to turn a fast buck. The six million wayward pills from Yamanouchi that should have hit the shops at 23 yen (21 cents) in the People's Republic sold for a hefty 112 yen each (\$1.05) in Japan, the normal domestic price.

Pills manufactured for export cannot be legally sold in Japan, but the enormous gap between domestic and export prices makes this commercial sleight of hand an attractive proposition. Export medicines reach their destinations unencumbered by

JAPAN'S SPEED CULTURE

"Fight" in a bottle

The Japanese drive to business success has created a culture for a curious kind of "tonic" drink, called *eiyo*. Considered more than a soft drink and not quite a pharmaceutical, *eiyo* drinks occupy a special niche in the Japanese marketplace. More than a fourth of all pharmaceuticals sold in Japan are *eiyo* drinks.

Just as important is their place in society.

Typically, tonic drinks are slugged down by slave/businessmen who have to work more than a 100 hours a week and still manage to avoid a peculiar kind of Japanese fate: "karoshi", or "being worked to death". But the energy elixirs are also consumed by cramming students, hangover sufferers, and presumably, partiers who need just one more ounce of strength to bop till they drop.

Named things like "Real Gold" (made and marketed by Coca-Cola) and "I am King", the drinks come in small brown bottles, each containing 50 to 100 ml of a special mixture of essential ingredients. While nearly all the tonic drinks have healthy doses of caffeine, ephedrine and nicotine (gets the old heart moving), each includes its own characteristic power ingredients. Various amino acids, ginseng, royal jelly, powdered deer antler, and viper extract are just some of the crucial ingredients found in *eiyo* drinks.

The first tonic drink was introduced in Japan in 1962 when a daring company abandoned pill-form nutritional supplements to market "Lipovitan D". It remains the leading *eiyo* drink in Japan, where the market is saturated and has begun to expand to other parts of Asia. Thais, for instance, drink more than 100,000 bottles of Lipovitan D a year and the company is aiming to take over Indonesia and Taiwan.

Eiyo drinks are tightly bound to ideas of endurance, success, and courage. They promise bursts of "fight" and the ability to "fight" for 24 hours straight. Some drinks are associated with blue collar workers while others are targeted at white collar "salarymen".

In fact, the drinking of the mostly lemon-flavored shots of adrenaline boosters has taken on subtle, ritualistic meaning to the Japanese. The cartoon at right depicts the abject shame of a balding salaryman as two co-workers remark that their colleague has never received a gift of Arinamin V from the big boss. One of the pencil-pushers brags that he's gotten a bottle from the boss two times already, putting him far above the "C-class salaryman" who has been ignored.

For the boss to give a bottle of crude speed to an underling is a sign of approval, that the boss considers him a valuable employee.



"It is clear that this tragedy could have been prevented but for a coverup of data on liver toxicity by Eli Lilly," wrote Wolfe to FDA head David Kessler.

Career spokesman for Lilly, Ed West, says Wolfe is sensationalizing the whole thing.

Congressmen and victims' relatives are gearing up to take a chunk out of Lilly.

• Meanwhile, the Department of Health and Human Services got a complaint filed by the Citizens Commission on Human Rights (another "watchdog" group) alleging that sloppy Prozac testing by Lilly killed another 27 people. In addition to the deaths, 15 of which were by suicide, the group also says Lilly failed to accurately report adverse reactions to the drug during testing.

• And the folks at Fernald State School in MA admitted that it gave retarded children experimental doses of reserpine and birth control pills. That's in addition to the radioactive cereal they fed others.

PILLS AND CRIME

• DEA bureaucrat Gene Haislip banged the podium at a recent international conference held in Prague to alert the audience to the dangerous growth of the illegal steroid trade.

"Anabolic steroids are spreading to the general population at an alarming rate," he said, "and what is particularly worrying is that the traffic in anabolic steroids often involves the same people who traffic in cocaine and heroin."

For anyone interested in getting into the business, Haislip and other cops repeatedly pointed out that profit margins on steroids were every bit as lucrative as those for heroin, coke, or other get-high drugs.

• It looks like Valium may have cost yet another judge his job (see PaGG # 11). This time it's Rolf Larsen of the Pennsylvania Supreme Court — accused by a grand jury of illegally obtaining "prescription tranquilizers and anti-anxiety medication". Both these terms are newspaper code words for Valium or some other benzodiazepine.

The judge is accused of getting state employees to get the drugs for him and of using state funds to buy the pills. Fellow judge Thomas Gates then ruled that the grand jury's secret records could be made available to a state House panel in charge of deciding whether to impeach Larsen.

Larsen, who says all of this is politically motivated, was not allowed to look at the records and has complained that whatever he did was not enough reason to cut him loose from the bench.

The court's Chief Justice Robert Nix announced a review of the court's unvouchered expense accounts.

• Meanwhile, a federal judge in New York sentenced six doctors and the owner of four medical clinics to go to jail for their Medicaid fraud scheme. The gang had been recruiting homeless people to undergo tests and then get free welfare pills, which were then resold on the streets.

• Back in Pennsylvania, the FBI, the IRS, the Pittsburgh police and cops from the town of Shaler arrested six people for selling stolen pills and other drugstore items.

The investigation, dubbed "Operation Fence Fry" (tee hee) cracked open a viper-pit of criminals who conspired to steal, repackage and then resell cosmetics and over-the-counter pills they shoplifted.

• Iranian cops nailed a doctor who kept writing morphine prescriptions for a patient who had been dead for three years. He might get the death penalty. In an unrelated item, another Iranian may have set a world record when he was arrested for smuggling after swallowing more than 3.5 pounds of opium.

• A couple of prisoners who escaped from prison in New Plymouth New Zealand made a beeline for a pharmacy and robbed it of drugs and money. Both the escape and robbery went well, but the two were apprehended as they tried to break back into the prison in time to make the next head count.

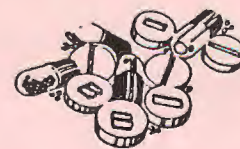
• A Detroit-area pharmacist lost his license when the state's Attorney General asked the Board of Pharmacy to do so because the pharmacist is suspected of diverting diet and pain pills to himself, family and friends.

But no charges have been filed against the pill-counter.

• The California Supreme Court has ruled that over-the-counter drugs need warning labels printed in the English language only — Spanish isn't necessary. The ruling came after a Spanish-speaking mother attempted to collect some money when her son got Reye's syndrome after a dose of aspirin.

• Upjohn Co. is being sued for a total of a billion dollars by plaintiffs on behalf of three patients who committed suicide, one who failed to commit suicide and one who is said to have clubbed his dad into a coma. They say it was because they took Halcion.

• Upjohn continues its libel suit against British TV for its anti-Halcion program, "Halcion Nightmare".



SCANDAL

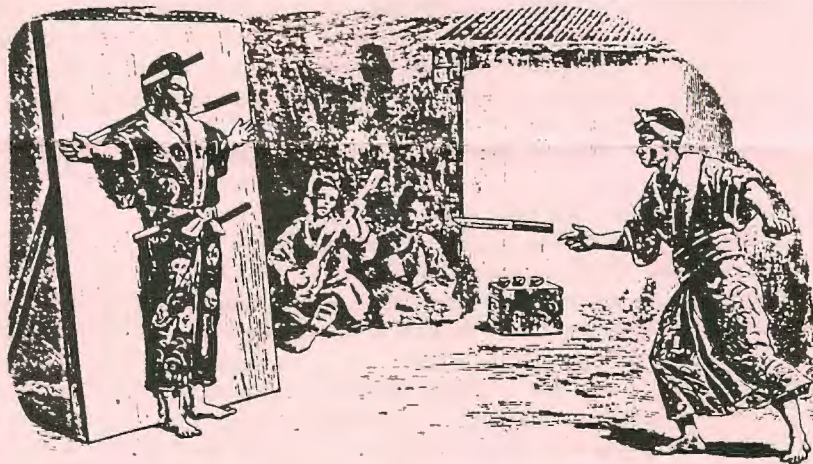
local Japanese taxes or by cuts taken by middlemen in the byzantine Japanese domestic distribution racket. Long-range business planning also plays its part. Backed by the political muscle of the Health and Welfare Ministry and supported by loans from stockholding banks, the Osaka-based drug industry has long seen market share — not profit — as the grail of its southern and westward expansion. Pills bound for Asia are sold there at (or sometimes below) cost, partly in order to drive out admittedly inferior local products. Since development costs are not tacked on to government-produced pills in China, Japanese corporations have to cut their margins to near zero in order to muscle on to the shelves of thousands of Chinese hospitals and corner drug stores.

Pills sold at prices like these in Japan, however, would destroy price structures carefully erected there to sustain big manufacturers. The same drugs are therefore separated into those for sale overseas and those for domestic use, a situation that has existed openly, but quietly for some time. Commenting on the situation, however, a spokesman for Yamanouchi declared that cheaper pills are sent to China "in order to contribute to medicine in the People's Republic."

So what does all this mean? Lots, if you're taking the pulse of Japan. Because it involves pharmaceutical house with impeccable financial credentials, the Meiwa/Yamanouchi case underscores the seriousness of the recession now ravaging Japan, Inc. Though fraud is no stranger to Japan, the distribution affiliates of Yamanouchi and other major drug houses would not have needed windfall profits, or the scams that produce them, three years ago. Friendly banks, seeing no point in devaluing their investments, rarely called in the loans of companies whose stocks they owned. From the banks' viewpoint, debt-heavy companies speculated — with borrowed money — in land. As long as land was going up faster than the interest rate, banks were more than willing to pour in more cash.

Hospitals, too, did well. Subsidized by the government's national health plan and paid lucrative commissions by manufacturers, doctors did (and still do) dispense more pills per patient than any country in the world. With doctors as their virtual sales reps and banks eager to provide the cash, Yamanouchi and other drug makers on Midosuji street in Osaka enjoyed the 80's the way Drexal, Burnam, Lambert enjoyed the Reagan years on Wall street in New York.

Until, that is, the land price "bubble" burst. When that happened in late 1990, the collateral that Japan Inc. put up on all those loans began to shrink in value. More assets had to be hocked to cover previously borrowed money. Less money was there for drug development, new marketing campaigns, or diversification into other industries. Worse, new loans dried up as banks saw the value of collateral go south. With their fuel tanks nearing empty, Japanese companies put the brake on the rush for market share overseas and began what was unthinkable only five years before: Layoffs.



Japanese businessmen deal with a competitor

The Yamanouchi scandal does not signal a government crackdown on pill manufacturers. It was a major newspaper, not the public prosecutor's office, that investigated the scam and aired the charges, an unusual development for Japan.

In a country so awash in pills that books on how to take them reach best-seller status, it is unlikely that efforts to discredit or even reform such big buck-earners will be taken soon. But the episode does illustrate the depth of the economic problems now facing the country. Heavily in debt, even the once unassailable drug houses need cash, and need it quickly. Like the fleet its navy devastated in Hawaii long ago, Japan and its giant corporate pill-makers are slipping, wounded, out to sea, desperately seeking time and cover to regroup.



a helpful adjunct to this program. I've tried a light and sound machine, but it doesn't seem to have much advantage over the tapes, and gets you stopped by more airport x-ray machines.

(2) in the evening of the first day about one hour before you want to go to sleep, take 3-6 mgs of Melatonin (still available in health food stores - I buy the stuff from Vitamin Research Products, 800-VRP-24HR, because theirs is only \$8.00 for sixty 3 mg. capsules), which regulates your body's internal clock. seems to work best if it has been a couple hours since you've eaten or consumed any alcohol. In any case, do NOT drink more than 1-2 drinks this first evening, it will definitely interfere with your sleep cycle and may over-potentiate the Dalmane in #3 below. Once mixed with large amounts of alcohol (4-5 pints of British bitter), I awoke with shortness of breath and a pounding heart - not fun! Also, if you're not used to Melatonin, it may cause very vivid dreams.

(3) approximately 0.5 hours before you want to go to sleep, take 15-30 mg. of Dalmane (Flurazepam HCl), a common Rx sleeping pill. If you explain that you're going abroad, most physicians seem willing to prescribe at least small quantities (e.g. 10) of Dalmane for Jet Lag. I wash it down with a beer, which my MD frowns on, but I weigh 200# and the potentiation of the Dalmane by the alcohol makes me sleepy very fast. I always fall asleep within an hour.

(4) sometimes, you may awaken after a couple hours, especially if you drank too much the previous evening. This is the worst part of jet lag. If this happens, I suggest immediately taking another 15-30 mg of Dalmane washed down with beer, however, this is a tough call. It may take 1-2 hours to fall back to sleep and may leave you quite groggy in the AM, see #5 below. Since I generally have to be up and functioning by 8 AM local time the 2nd day, I have a rule of thumb: if I awaken in the middle of the first nite, after 3-4AM, I just listen to the sleep tape in the hope of falling back to sleep. Earlier than that, more Dalmane and beer (if you must get up at a certain time, be sure you've set the alarm or requested a wake up call) is indicated. I haven't found Melatonin very useful for middle of the nite episodes, but others may want to give it a try, perhaps in much larger quantities (9-12 mg ??) for such emergencies?

(5) upon awakening take some of our "old friend" Ephedrine HCL — I use three Thermoloss Capsules from VRP above. That is the equivalent of 20 mg of Ephedrine plus 100 mg of Tyrosine and some other stuff for burning off fat. Personally, I also take two tablets of the "smart nutrient" BRAIN POWER (500 mg of L-phenylalanine and 1 gram of Choline Bitartrate) made by Country Life first thing in the AM. A cup or two of coffee a half-hour later completes the wake-up.

Usually, this protocol is sufficient to overcome the eight hour time change between San Francisco and London in one day. If you should start feeling fatigued in the mid-afternoon of day two, I suggest three more Thermoloss caps on an empty stomach, washed down with coffee. Due to this stimulation, you will undoubtedly find yourself very awake late on the 2nd evening.

Repeat steps #2 and #3 (and, if necessary #4). I use steps #2 and #5 everyday of my trip. Usually steps #3 and #4 are not required after the second night. Generally, this protocol works equally well on the return leg of the trip.

--- Tim Johnson, CA

BOOK REVIEW

Drug Identification Bible
edited by Tim Marnell (\$24.95)

This 306 page, chock-full of information book is undoubtedly the best reference work of its kind. Like any of the better "pill books" it provides full-color pictures of pills. Unlike the rest of them (including the PDR) this book has got pictures of nearly ALL the pills you'd care about — 602 of the estimated 620 pills and capsules controlled by the DEA.

That means this "bible" has sharp pix of bland generic speed tablets alongside fancy-pants brand-name pills anybody can recognize. This is the book to have along while scavenging the shag carpet after a party, or shaking down grandma's medicine cabinet. Calling the pharmacy is always a drag and often they don't have the information anyway.

As if that weren't enough, the book has a list of another 7,000 non-controlled pills, tablets and capsules organized by serial number, letter code, or whatever other identifying hallmarks a pill has. By decoding these digits you can tell what the drug is, its strength and who makes it.

It's sure to impress you friends!

The book also covers "street" drugs like heroin, PCP, etc. Each section has an accurate chemical description (including an outline of synthesis!), history of the drug, its various forms and, of course, plenty of color photos showing the processing of a drug as it makes its way from field or lab to your open mouth.

No drug is too obscure. For example, there are descriptions and pictures of the manufacture of Royal Nepalese Temple Balls, Thai sticks, and other items seldom seen in the street. This section also surveys a drug's potency and popularity on the street over the years. There is more — such as the Mexican Cannabis Crop Calendar.

Even though the book is packed with info, none of it is filler and none of it is propaganda. *The Drug Identification Bible* is a reference tool only and it does the job superbly.

DRUG
IDENTIFICATION
BIBLE

FIRST EDITION