

# The Truth About LSD

There are three or four people sitting-lying around in a messy room, the curtains are pulled tightly closed and the only light is a candle burning. One young man is rubbing his upper lip with his index finger while he stares blankly into the dark ceiling. The only sound coming from him is an occasional, "wow". His lip is raw where he has been rubbing it. Two other people are pushing marbles back and forth across the floor to one another while they giggle stupidly. They've been doing that for more than an hour. These people are using LSD, or "tripping on acid".

## WHAT EXACTLY IS LSD?

LSD (lysergic acid diethylamide) is a "schedule I" drug under the Comprehensive Drug Abuse Prevention and Control Act of 1970, meaning it has a high possibility for abuse and has no accepted medical use whatever.

LSD was first synthesized in 1938 by Albert Hofmann working in the Swiss pharmaceutical company called Sandoz. It comes from a fungus called ergot that grows on rye and other grains. Hofmann was hoping to develop a new drug which could be used to stimulate circulation and respiration. However, the tests he conducted were not fruitful and he forgot about LSD for five years.

Historically, the first mentions of ergot were in the Middle Ages in Europe where outbreaks of massive poisonings affected thousands of persons at a time. At that time the cause was a mystery and was assigned to superstitious sources. One such supposed source of the affliction was witchcraft. It is now widely believed that the hysteria that can accompany ergot poisoning is to blame for many of the witch trials in the New World and to a much greater extent in Europe. Witch-hunts hardly occurred where people didn't eat rye.

In 1943, five years after the development and initial tests of LSD, Hofmann accidentally ingested (or somehow absorbed) a bit of the chemical and experienced "restlessness and some dizziness". He was understandably intrigued and tried an experiment in which he purposely took what he considered to be, "the smallest quantity that could be expected to produce some effect". This was less than 250 millionths of a gram. Even that was enough to produce an overdose.

What followed was the world's first "acid trip". In his book, *LSD, MY PROBLEM CHILD*, Dr. Hofmann wrote:

"Every exertion of my will, every attempt to put an end to the disintegration of the outer world and the dissolution of my ego, seemed

to be wasted effort. A demon had invaded me, had taken possession of my body, mind and soul."

#### LSD IS AMAZINGLY TOXIC

Even those who believe there may be some benefit to this drug admit that LSD is an incredibly toxic substance. The usual dose that a human would take is around 65 micrograms, which is less than three millionths of an ounce. But even that small amount is some 5,000 to 10,000 times more powerful than mescaline, another powerful hallucinogen that comes from a cactus.

"The toxic or even fatal dose range overlaps the range of recreational dosage." Dr. H. Kalant University of Toronto.

In one report from 1962, two psychiatrists, Louis Jolyon West and Chester M. Pierce, injected a 7000-pound bull elephant with LSD. The animal collapsed in five minutes with convulsions and died in agony 95 minutes later. The dose was less than one third of one gram. The purpose of this irresponsible test was to study madness in male elephants.

Despite the known serious health effects of LSD, this compound and similar variants were secretly tested as "mind-control" drugs by certain psychiatrists on behalf of various governments during the 1950s. Secrecy leads to curiosity and lay press kept "discovering" and promoting this drug, in effect advertising it. Perhaps the most famous proponent of LSD is Timothy Leary, then a young psychology instructor at Harvard, who was dismissed from faculty and then made himself into a highly publicized and self-proclaimed martyr for his cause: to organize one's life around an LSD subculture.

#### CREATING MADNESS IS WHAT LSD DOES BEST

In the early seventies a friend of mine, while on LSD got lost in the restroom of a restaurant for more than 40 minutes. She had become mesmerized by her own appearance in the mirror and eventually became so disoriented and frightened that she literally couldn't find her way out of the place. That incident sent this person into a morbid depression. Ultimately, she attempted suicide and ended up in some psychiatrist's "care". The last I heard, she was on antidepressants and trying to "pull herself together". I knew this girl; she had no history of psychosis or neurosis prior to this bad trip.

I have been in the position to see many people enter drug rehab. I have seen the condition they are in and the look in their eyes as they walk through the door. Those who have been taking LSD are recognizable in that they are unable to focus their attention; they are nervous, "not quite there" and very introverted.

Finally, in my years at the Narconon Program, I have seen no evidence for the claims that hallucinogens inspire creativity or enlightenment. More likely, they tend to do away with it.

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Mr. Tony Bylsma, a Certified Chemical Dependency Counselor and Executive Director of Narconon Drug Prevention & Education, has since 1980 educated many thousands of students on the dangers of drugs. In addition he has years of experience in rehabilitating drug addicts. He can be reached at 1-888-966-3784.