

Unraveling Insomnia: No More Sleepless Nights

PSYCHOLOGY TODAY

JUNE 1986 \$1.95

CLASS REUNIONS

WHY DO WE GO BACK?

How to Negotiate Anything

Aging Well

- Love in the Afternoon
- Use It or Lose It

The

Kinsey Institute

A New



GROUNDS

fiths and colleagues studied baboons to see whether they would inject themselves with MDMA. When allowed to administer the drug intravenously at will, the animals did so at regular intervals. Since lab animals do not usually take to psychoactive drugs purely for their hallucinogenic effects, the baboons' behavior suggests that MDMA has some other naturally reinforcing properties, Griffiths says. Other researchers have found similar behavior in monkeys allowed access to the drug, findings they say should alert those who use MDMA recreationally or therapeutically to its abuse potential.

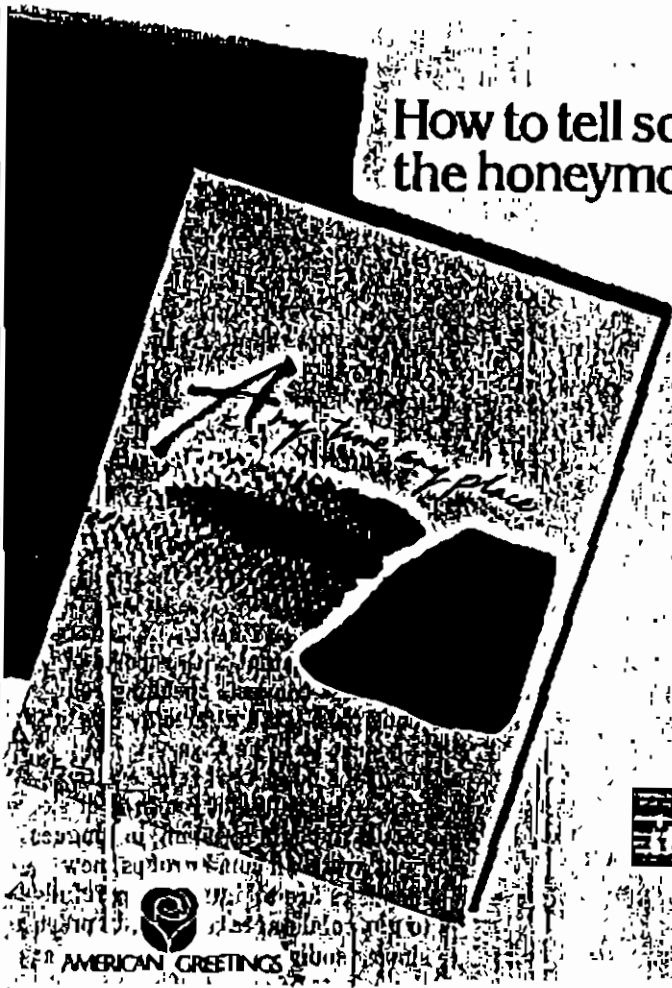
Although the DEA has until July 1 to decide on a permanent scheduling for MDMA, theoretically that decision has already been made. In February, the United Nations Commission on Narcotic Drugs placed the drug on Schedule I of an international treaty that theoretically binds 78 nations, including the United States, to its regulations. This decision limits the use of MDMA in those nations to medical and scientific settings under government control.

Strict regulation of MDMA, however, will not prevent the creation and abuse of chemical successors. Researchers at the National Institute on Drug Abuse have already begun to study the effects of MDE ("Eve"). And Congress is considering several bills that would prohibit the manufacture and distribution of drugs similar to those previously placed on Schedule I or II.

Without this sort of preventive approach, the MDMA story will be told and retold, with only a slight variation in format. "There's no end to the possibilities of drugs that can be engineered," Siegel says. "Designer drugs present a real law-enforcement nightmare." —*Marjory Roberts*

Seiden and Schuster are at the University of Chicago. Siegel is at the University of California, Los Angeles. Griffiths is at the Johns Hopkins Medical Institutions.

How to tell someone the honeymoon isn't over.



The following are trademarks of American Greetings Corporation. American Greetings and Rose Logo are in U.S. & 1988 American Greetings Corporation.

**SEXUAL ETHICS:
Who Knows What's
Right Or Wrong?**

Love and Ethics is a new kind of novel, a meaningful story of romantic love that addresses the dilemmas of today's inquiring, intellectually and emotionally mature men and women. By Ivan Will, one of America's leading authorities in applied, everyday ethics.

If your bookstore doesn't have *Love and Ethics* in stock yet, they can quickly get it from their nearby wholesaler. Or you may order your copy direct. Send check (\$18.95 per copy, postpaid) to:

BARLINA BOOKS, INC.
7305 Colshire Drive
McLean, Virginia 22102
(703) 442-8870



Dear Editor,

May 29, 1986

Your article on MDMA in the Crosstalk section of the June issue was remarkably ironic. Between the opening words "Drug Abuse" and the closing word "nightmare", not one psychotherapist who has used MDMA was quoted. And within days after Psychology Today painted a frightening picture of MDMA, the Administrative Law Judge of the DEA declared that MDMA does have a currently accepted medical use, is safe for use under medical supervision, and does not belong in Schedule 1, but rather in Schedule 3.

Judge Young found that the studies the DEA cited as proving the addictive potential of MDMA "lack significant indica of reliability to be given any weight. They certainly fail to buttress the Agency's position that MDMA has a "high potential for abuse" in humans. They are immaterial."

The studies suggesting that MDMA causes permanent brain damage were also discounted by the Judge. He wrote "the study on which this conclusion was based indicates only that the MDMA was injected into rats...Humans are known to take MDMA orally, not by injection. This difference is of great importance, and renders the test meaningless for our purposes." Judge Young continued "the drug fenfluramine has been determined to produce the biochemical effects in rats of which MDMA is suspected, but at much lower dosage levels than in the case of MDMA... Nonetheless, FDA has approved the daily use of fenfluramine in humans on a chronic basis."

Research groups at Harvard Medical School, University of New Mexico Medical School, and the University of California San Francisco are in the process of seeking FDA approval for MDMA research in humans. I hope that Psychology Today will see fit to report on their findings, for only when MDMA is submitted to scientific scrutiny unclouded by politically-motivated interpretations will the true potential of MDMA be elucidated.

Sincerely,

Rick Doblin

President, Multidisciplinary Association for Psychedelic Studies, Inc. (MAPS)

(MAPS submitted MDMA animal toxicity studies to the FDA, and holds Drug Master File 6293. Researchers interested in studying MDMA can write to MAPS and request permission to cross reference the toxicity data in our DMF. At oral doses of 100 mg/kg per day for 28 days, there was no evidence of MDMA related brain damage in rats.)

2105 Robinson Avenue
Sarasota, Florida 33582

Editor- if you need to shorten my letter, I suggest that you eliminate the two paragraphs quoting Judge Young's findings. I am enclosing a complete copy of his recommendation for your review.