A principal hazard of general use of these drugs by self-administration lies in the fact that the user is rarely capable of making satisfactory evaluation of his performance and is most likely to overmedicate, thus frequently leading to chronic abuse in neurotic and poorly balanced individuals.

It should be inferred from the statements that the writer condones the widespread use of amphetamines for these purposes. Amphetamines offer no magic source of mental or physical energy; but serve only to drive the individual to a greater expenditure of his own native resources, often to the point of fatigue of the structures from which greater output is expected. Automobile drivers who continue beyond their mental and physical capabilities risk their lives and those of others, with or without amphetamines.

The use of amphetamines in athletics is more widespread than is generally admitted. In contrast to the situation with mental performance, carefully controlled studies have demonstrated that amphetamines are capable of driving trained athletes to increased performance in individual athletic events involving strength and endurance. In the past, they have been used extensively for "doping" race horses but there is no substantial proof of efficacy in this "doped" situation.

Since the use of amphetamines — and other drugs for that matter — to increase performance involves ethical and moral as well as pharmacological and medical considerations, and is not likely to lead to individual harm or antisocial behavior, a very thin line exists between whether it should be termed use, misuse, or abuse. Regardless of how it is designated, such use could not logically be considered to be in the same category as chronic abuse or spree abuse of illicit drugs.

Amphetamines as a generic class of drugs all have certain pharmacological properties in common with other sympathomimetric or adrenergic drugs like epinephrine and other catecholomines on the autonomic nervous and cardiovascular systems and smooth muscle. They differ in possessing, in addition, a much greater capacity to stimulate the CNS. In small doses, this is limited to elevation of mood and the induction of a state of "well-being." As the dosage is increased, apprehension, volubility, tremor and excitement occur, and with larger doses hallucinations, and