

society—that Americans are still, both in their values and in their actual activities, an activistic, performance-oriented, striving, achievement-minded society. It is my inference that, apart from those who are so psychologically ill that they need the major tranquilizers to permit them to function at even a minimum level, most Americans are using the minor tranquilizers to ease some of the stresses of their achievement-oriented activities and to permit them to engage more successfully in those activities.

Health—both psychological and physiological—is an indispensable asset for successful performance in our high-standard society. In considerable measure, though obviously not entirely, the tranquilizers are probably being used in the pursuit of better health in an activistic society. I cannot agree that there is anything but a tiny minority in this country that is seeking the passivity, the escapism, and the pursuit of unusual personal experiences that would constitute a drugged society.

Mr. GORDON. Professor Barber, Dr. Yolles stated on page 10 of his statement as follows:

“It is to be expected that the use of these drugs in the next 10 years will increase a hundredfold.” What do you think would be the effect of this?

Mr. BARBER. I raised my eyebrows at that statement. I do not know whether Dr. Yolles meant, as I hope he does, that new drugs will be discovered, much more specific ones than we now have. I am very much impressed with the statements of our knowledgeable colleagues here that most of our presently available psychotropic drugs are just for the relief of symptoms, that they are not specific as to any causative agents. I hope he means that.

I think another thing he may mean is what is implied in Dr. Levine's figures, that there are somewhat different, not radically different but somewhat different, attitudes between the age groups. I think the younger people have somewhat less uptight, somewhat more rational attitudes toward a variety of matters of this kind, and it seems to me that in this respect, although fundamentally oriented to achievement, they may be less ambivalent about taking the drugs and, therefore, you would get an increase just by the change in the age structure of our population.

Mr. GORDON. But if he means what he actually says, would you start worrying?

Mr. BARBER. Well, I am not sure—if you are implying that he intended to imply that there was going to be a great deal more harmful use, I do not think I would agree with that but I am not sure that he means that either.

A second point I wanted to talk to is a desirable social policy for control of abuse of the psychotropic drugs.

Though it is probably only a minority, then, that abuse the psychotropic drugs, these drugs are, at least to that extent, a danger. Indeed, all drugs are in some measure dangerous. Aspirin is dangerous under certain conditions. Among other things, for example, it is the largest single cause of infant mortality.

Abuse of the psychotropic drugs is dangerous both to the abuser and possibly to others, as when the abuser is not in adequate control of himself when driving an automobile. We need to do something to pro-