

The same things are true in the case of alcohol. That is, in some States the age at which people may purchase alcohol is 18 and others 21. We would obviously have to have controls on whether people might drive, since drowsiness is a common side effect of some of these psychotropic agents. Things of that sort are what I have in mind. Unfortunately, the question of controls is often posed as a choice between extremes, no controls or excessive controls.

Mr. GORDON. How about TV advertisements for over-the-counter psychotropic drugs?

Mr. BARBER. Again, of course, we presumably already have some controls over those. As you know, the FDA has recently set up a series of guidelines for drug advertisers, ethicals, in his prescriptions. Over-the-counters do not come under FDA. They come under the Federal Trade Commission. There might very well be some investigation of desirable controls for both those classes.

But with respect to all of these things, I would like to see them done within a social-medical policy and I would like to see them based on the kinds of specific information about use, prescribing, and consequences that Dr. Levine and his colleague are trying now to accumulate. I think we very badly need a great deal more of just that kind of research.

Mr. GORDON. I notice on the chart on page 7 of your statement that tranquilizers are used at least 30.35 percent for placebo purposes.

Mr. BARBER. Excuse me. No. On that chart, placebo does not necessarily indicate tranquilizers. He might have used almost anything. He might have used some other kinds of things. That chart is intended—he does not specify what he used for placebos. There he might have used sugar pills.

Mr. GORDON. I see.

Mr. BARBER. It is intended to indicate that a considerable part of all prescribing is in a situation of lack of certainty and lack of control and the best the doctor can do is to avoid doing any harm.

Senator NELSON. Do you have any questions?

Mr. DUFFY. I have one or two.

I notice with some interest your comments here that we have a performance-oriented, striving, achievement-minded society. I was just wondering whether you might be suggesting that ultimately we are creating a society where it may be necessary, in order to function in that society, to rely on some of these psychotropic agents you are talking about; somewhat along the lines of perhaps "1984" or "Brave New World."

Mr. BARBER. No; I am not. I assume that the National Institute of Mental Health could also tell you about large research programs which they carry out which might be defined as prophylactic rather than in some way dealing with symptoms or hopefully curative. That is, I know they do a large part of their research on how to have a healthy childhood so that people can stand the kinds of tensions that come in a society of this kind. So that I think that is a kind of "dystopia," a kind of a excessively negative image that people have of 1984.