

The highly authoritative Medical Letter of October 3, 1969, in discussing two well-known tranquilizers stated that:

... there are no reliable figures on the number that do take them, but it is known that few drugs of any class are prescribed more often. Many drugs are vastly over-prescribed and that a great number of persons are being led into unhealthy and costly drug dependence by physicians' too ready acceptance of the therapeutic advice given by a not-disinterested manufacturer.

Dr. Richard Pillard of Boston University stated that he sees advertising of these drugs as:

... part of a trend to suggest the use, both of antidepressants and tranquilizers not only for specific mental illness, but to soothe life's ordinary woes.

He also asks the question whether it is healthy "for people to be reacting to or chemically protected from those emotions which are an inevitable part of a full and normal life."

Dr. Daniel Freedman of the University of Chicago told the subcommittee:

One thing, I think, we do know in psychiatry is that grief is very important to normal experience, and that stunted emotional working through of these problems, can lead to a serious psychiatric problem. In general we think in psychiatry that trying to meet the challenges, the ups and downs of life, are important to development.

These are opinions of the possible effect of widespread use of psychotropic drugs on individuals. But how about the effect on our society and on our culture? Is there anything we can learn from the past or is this a new phenomenon?

I am sure that Dr. Mead, the world renowned anthropologist and student of comparative cultures, will make an important contribution to our thinking in this field.

Dr. Mead, we are very pleased that you have been willing to take the time from your very busy schedule to come down here and discuss your ideas about the area of interest in which this committee is now conducting hearings. Your statement, which is entitled "Excerpts From Testimony," will be printed in the record. You may proceed to make your observations by reading it or speaking extemporaneously, however you desire.

STATEMENT OF MARGARET MEAD, CURATOR EMERITUS OF ETHNOLOGY, THE AMERICAN MUSEUM OF NATURAL HISTORY AND ADJUNCT PROFESSOR OF ANTHROPOLOGY, COLUMBIA UNIVERSITY

Dr. MEAD. Well, Mr. Senator, I will state very briefly some of my specific competencies to talk about this problem. I have been for several years visiting professor of anthropology in the school of psychiatry at the Menninger Foundation, and I have been for the last 10 years, visiting professor of anthropology in the department of psychiatry of the University of Cincinnati College of Medicine, so I have been working quite closely with medical departments that were concerned with drugs, and specifically with the use of psychotropic drugs. I was president of the World Federation for Mental Health in 1956, and I was a member for 7 years of the group who evaluated research for the