

SCORING GUIDE

■ **19-20 right. Nail, eggs-pert!** Congratulations! You're a real drug information egghead. Still, you *did* mess up the grading curve for everyone else.

■ **16-18 right. Over easy!** Eggs-cellent score, dude/dudette! If drug info really *was* money, you'd be rolling in it. Keep up the good work!

■ **13-15 right. Soft-boiled.** Not bad, but your drug info quotient is slightly runny, and could stand improvement. Just don't try to catch up by experimenting on yourself, or you could end up *fried*.

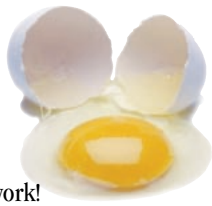
■ **10-12 right. You must be yolking!** Take two drug education pamphlets and call us in the morning. Otherwise, you could eggs-acerbate a bad situation.

■ **Less than 10. Egg-ads!** Consider yourself a potential chemical Humpty-Dumpty. But don't get all egg-ocentric about it. Run — don't walk — to the nearest telephone and dial (480) 736-0599 to request our free DrugSmart information sampler. Or check out our web site at www.doitnow.org.

And no matter how well you did, remember:

What you don't know *can* hurt you, and that's especially true when what you don't know about happens to be drugs and alcohol.

Take care. And be careful of what you take. ■



This is one in a series of publications on drugs, behavior, and health published by Do It Now Foundation. Please call or write for a list of current titles, or visit our web site at www.doitnow.org.



Do It Now Foundation

Box 27568 ■ Tempe, AZ 85285-7568 ■ 480.736.0599

Are YOU Drug Smart?



Test Your Chemical IQ*

*Information Quotient

[pencil not included.]

► a do it now foundation publication by jim parker

EGGS-ISTENTIAL DILEMMA



If drug information were money, we'd all be *trillionaires* by now. Think about it. Sometimes, it almost seems like it's *everywhere* you look today—on TV, at school, in magazines, in ads zooming past on buses and looming down from billboards.

"This is a frying pan. This is an egg. This is an egg in a frying pan. Drugs are like this, only different. Any questions?"

It's usually well-intentioned. And most of it's true (in one way or another), but a lot of it's just dumb. And what *isn't* dumb, can be *eggs-cruciatingly* (*ouch!*) boring the 5,000th time around.

That's why we put together this quiz: to let you sort out what you *really* know from what you only might *think* you know about drugs and alcohol.

So be like the egg in the non-teflon pan at left: Stick around.

Because sometimes, there's a *world* of difference between the two.

And the difference can add up to something a lot more precious to all of us than money. ■



QUESTIONS

1. "Special K" is a PCP-like drug that can cause users to believe they've been contacted by extraterrestrials.

- a. true
- b. false

2. Hash oil is derived from hashish and rarely contains other drugs.

- a. true
- b. false

3. Which can increase the risk of HIV infection?

- a. alcohol
- b. cocaine
- c. heroin or other IV drug use
- d. all of the above

4. Which of the following drugs is most often linked to incidents of date rape?

- a. Rohypnol
- b. GHB
- c. alcohol

5. The main active ingredient in most forms of "herbal ecstasy" is:

- a. St. John's wort
- b. ephedrine
- c. a user's own imagination
- d. something else



6. "Ecstasy" is:

- a. an amphetamine-based hallucinogen
- b. a powerful barbiturate
- c. an orange powder with purple "flavor crystals"

7. What's the best treatment for heroin overdose?

- a. mouth-to-mouth resuscitation
- b. induce vomiting

8. Does cocaine produce dependence?

- a. yes
- b. no

9. Which is used in Native American religious ceremonies?

- a. bhang
- b. guarana
- c. peyote

10. Which drug group **doesn't** cause physical dependence?

- a. opiates
- b. hallucinogens
- c. barbiturates

11. "Designer drugs" are:

- a. safe and effective when taken as directed
- b. copycat chemicals designed to mimic illegal drugs
- c. made in Third World sweat shops by child chemists



12. Alcohol contains about how many calories per ounce?

- a. 75
- b. 125
- c. 200
- d. 350



13. The most potent form of marijuana or cannabis is:

- a. hashish
- b. kif
- c. ganja
- d. mojo

14. Which is most likely to trigger overdose with alcohol?

- a. marijuana
- b. amphetamine
- c. barbiturates

15. What side effects are linked to long-term use of anabolic steroids?

- a. heart disease
- b. impotence
- c. severe acne
- d. all of the above



16. Which drug causes the most proven birth defects?

- a. LSD
- b. marijuana
- c. alcohol
- d. heroin

17. The most-widely used tranquilizer in America is:

- a. Xanax®
- b. Darvon®
- c. Valium®
- d. C-SPAN



18. A cheap, smokable form of cocaine is known as:

- a. snap
- b. crack
- c. pop
- d. rock
- e. b and d

19. On the street, PCP is sold as:

- a. angel dust
- b. tic
- c. wac
- d. all of the above



20. "Ice" is a smokable form of which drug?

- a. methamphetamine
- b. barbiturate
- c. cocaine
- d. LSD

ANSWERS

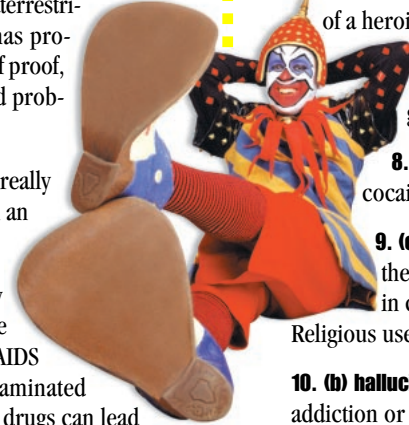
1. (a) **strange, but true.** Various users of the dissociative anesthetic ketamine (AKA "K" or "Special K")—including early researcher Dr. John Lilly—have reported that they felt in telepathic contact with extraterrestrials while under K's influence. None has produced autopsy photos or other forms of proof, though, despite the fact that Fox would probably pay a fortune for the TV rights.

2. (a) **true.** In nearly all cases, hash oil really is just that, a concentrate of hashish in an alcohol solution.

3. (d) **all of the above.** Although only heroin and other injectable drugs are linked *directly* to transmission of the AIDS virus (through the sharing of contaminated needles), alcohol, cocaine, and other drugs can lead to high-risk sex, which can increase risk of infection.

4. (c) **alcohol.** Although the sleeping pill Rohypnol® was labelled *the* date-rape drug by the media in the mid-'90s (since it could be slipped undetected into an unsuspecting woman's drink and caused full or partial amnesia in victims) and GHB was cast in the same role a few years after, all the drugs listed (in fact, all drugs *period*) have been linked to date rape. Still, alcohol figures into more reports of sexual assault than any other drug.

5. (b) **ephedrine.** The main ingredient in most forms of herbal ecstasy is the natural bronchodilator ephedrine, with other natural stimulants (including caffeine) thrown in to impress the gullible. The natural antidepressant St. John's wort hasn't turned up in herbal "E" yet, but that doesn't mean it won't, given the tight new controls the U.S. Food and Drug Administration has imposed on over-the-counter sale of ephedrine. [If you guessed (c) you're right, too—maybe even *more* right. Give yourself full credit.]



What you don't know **can** hurt you, and that's especially true when what you don't know about happens to be drugs and alcohol.



6. (a) **an amphetamine-based hallucinogen.** "Ecstasy" is known pharmacologically as MDMA. Its chemical structure is similar to both mescaline and amphetamine.

7. (a) **mouth-to-mouth resuscitation.** Making the victim of a heroin overdose throw up not only doesn't help, it can even make things worse. Since most heroin users inject the drug, there's no good reason to induce vomiting.

8. (a) **yes.** Like other potent stimulant drugs, cocaine can cause serious dependence.

9. (c) **peyote.** The peyote cactus, which grows in the southwestern U.S. and Mexico, is still used in ceremonies of the Native American Church. Religious use of peyote dates back thousands of years.

10. (b) **hallucinogens.** While hallucinogens do not cause addiction or withdrawal, opiates and barbiturates do.

11. (b) **copycat chemicals designed to mimic illegal drugs.** Designer drugs are designed to simulate such controlled drugs as heroin and amphetamine. Since they're usually untested, they can pose serious risks to unwitting human guinea pigs.

12. (c) **200.** Beverage alcohol contains about 200 calories per ounce. Add mixer, a pineapple slice, and a little straw umbrella, and you come up with lots of calories—but no nutrition. (Unless you eat the pineapple or the umbrella.)

13. (a) **hashish.** Ganja and kif are common names for marijuana in India and the Middle East.

14. (c) **barbiturates.** In combination, alcohol and other depressant drugs can produce a deadly synergism, with effects more multiplicative than additive. Translation? Mix alcohol and downers, and 3 + 3 doesn't add up to 6, but something more like 9. And for some people, it can add up to a lot more than that.

15. (d) **all of the above.** Synthetic versions of the male sex hormone testosterone, steroids can cause a number of side effects, including heart disease, acne, and impotence. Need any *other* reasons to leave them alone?

16. (c) **alcohol.** The No. 1 cause of birth defects in America is alcohol. Babies born to women who drink during pregnancy can suffer permanent defects known as Fetal Alcohol Syndrome. Even occasional drinking can cause problems, and may increase chances of stillbirth, growth retardation, and miscarriage.

17. (a) **Xanax.** Although Valium held the top spot for years (and, for a while, was the most widely-prescribed drug of all), Xanax rules the roost today. Both are members of the drug family known as *benzodiazepines*.

18. (e) **b and d.** Both "crack" and "rock" are the same thing—a form of cocaine sold in small chunks, which are smoked by users. But no matter what you call it, crack has made a name for itself as the king of street drugs—and as a real mother of an addiction.

19. (d) **all of the above.** Even though PCP is used medically only as an *animal* tranquilizer, that hasn't stopped *people* from wolfing it down. The reason it often travels under aliases is that it's so unpredictable and so often unpleasant that users don't exactly clamor for it or ask it for it by name. Large doses can cause hallucinations, delusions, amnesia, and overdose.

20. (a) **methamphetamine.** A concentrated form of crystal methamphetamine, "ice" is smoked, just like crack cocaine. It carries all the risks of traditional amphetamine use, and then some, due to the rapid onset of its effects and the intensity of its high, plus the unknown hazards of direct exposure of lung tissue to meth vapors.

