

Xi 20 Million Americans Arrested - over Disconnect

Quotes - The Greys - Just Say Know - MOST benign ancient uplifting ever known

Inherent Sacrament, Medicine

Xii - Inquisition - Federal Funds to be withheld unless states will suspend drivers licenses for 6 months

Xiii - Grinspoon - we are still in "Reefer Madness"

Xiv - Marinol - Exactly the same molecule - can make it

Xv - great Grinspoon whole history - John Law & Evidoeer

Xvi - Francis Young said it should be researched

Xix - The Pharmacologicalization of cannabis, (1) natural cannabinoids (2) synthetics @ Analogs

Cannabinoid Analogs

Xxi - Smoked or vaped herb will probably always be the "gold standard" for medical use.

xxiii - Castro - All the L.E. costs

① The lost credibility of government - young people won't believe anything they say

② Youth know they lie and will destroy you if you deviate.

③ The Loss of Civil Liberties - Eroding Constitution

gold list - informers, entrapment, testing urine

"Our society cannot be both free and drug free"

xxiv - Only way out is Tax and Regulate.

④ Grinspoon Website - All the Non Medical Benefits of

So it is the way to be the greatest patriot, humanitarian

cost cutter

2 - Drug Use does not seem to be related to drug policy.

6 - 38 million year old plant.

Fabric 9000 yrs old North China

In millennium before christ - Worlds largest ag. crop

2 - There is a healing potential in non ordinary states of consciousness.

8 - outlawing it primarily because it makes people giddy, laugh. As a shrink, this is insanity, Grinspoon

14 - Before Eating Pot you must ~~start~~ know persons Cannabis use history.

20 Mesopotamians - Knew it was for Stomach Problems - And Lotsa Stuff

21 - Egypt sm-smit - Means - The Medical Marijuana Herb. Like Greeks Ancient Irrealites surrounded by cannabis using peoples.

23 Used By Ancient Hebrews

26 Humans Have a natural right to all plants of the earth.

19 Sythians - Moved in horse drawn covered wagons + sythe - mobile spiritual Cannabis.

31 - Incredible

The Pot Book

Anslinger "gone file Really Bad" - Negro rapes 8 year old.

32 Incredible History - Dupont Heust Rockefeller Mellon

"Outlaw the natural to monopolize the synthetic" - Rockefeller

strategy - The Herbal medical schools had been outlawed - Rockefeller

"The Pot Book traces the secret history of marijuana, examines the disconnect between seventy years of prohibition and the American public's personal attitudes toward pot, and offers a clear-eyed look at all the uses of cannabis, including the growing list of its widespread medicinal benefits. Consulting with the top experts in the field, Dr. Julie Holland presents the current science and makes a compelling case for the need for further research, unencumbered by anti-drug hysteria, as well as an immediate change to our nation's puritanical drug laws."

JOHN DIOSO, DEPUTY MANAGING EDITOR OF ROLLING STONE

32 - Rockefeller Mellon, want hemp illegal

"The most up-to-date and reliable source of information on the exploding frontiers of cannabis science written by the top experts in the field. I highly recommend this book."

48 Lighter between one and 2 feet above plants STEVEN HAGER, HIGH TIMES CREATIVE DIRECTOR

50 Pests - Rinsing occasionally with a mild pest treatment will help

"Dr. Holland has assembled a virtual dream team of cannabis experts for this marijuana magnum opus."

STEVE BLOOM, PUBLISHER OF CELEBSTONER.COM, COAUTHOR OF MOST INSECT ATTACKS POT CULTURE AND REEFER MOVIE MADNESS, AND FORMER EDITOR OF HIGH TIMES at bay.

53 Endocannabinoid system MAINTAINS Both

"Dr. Holland's brilliant compendium of marijuana facts and cultural insights from the best medical minds and scientific researchers, while

1) overall health and

2) sense of well being

54 Cannabis work in reverse across the synaptic cleft - so it can turn down the level of neurotransmitter release  
 So Cannabinoids can regulate and tune synaptic outputs acknowledging the potential for abuse, makes a compelling case for cannabis as the most ancient, benign, and uplifting inebriant/sacrament/medicine humanity has ever known. Just say Know."

ALEX AND ALLYSON GREY, ARTISTS AND COFOUNDERS

57 Function of Cannabinoids OF THE CHAPEL OF SACRED MIRRORS (COSM)  
 is Neuroprotection - protect from overexcitation.

58 "The Pot Book reveals the truth about cannabis in one timely, even-handed volume. Dr. Julie Holland has brought together the top experts discussing every aspect of this persistently misunderstood plant. The Pot Book is now the best single source for information and insights on marijuana."  
 Cannabinoids - a key mechanism - for how memories are encoded and extinguished. NEAL M. GOLDSMITH, PH.D.

58 Cannabis can inhibit or disinhibit neuronal activity. AUTHOR OF PSYCHEDELIC HEALING BOOK

Can you be a lover or hater of the pot world? In either case this book is for you, if you want to be enlightened. I knew the book was a winner as soon as I held it and felt the good vibrations. Read it and tell your friends.  
 The tempo of brain cells in either direction. Explains how it can have such wide ranging effects.  
 Endocannabinoids regulate

blood pressure, body temperature, Fertility, Bone Density, Digestion - by modulating the nervous system of the gut. Feeding, Metabolism lipogenesis.

59 Table 6.1 Influence of Cannabis on different parts of body

58 emerging concept of endo THC as the "master regulator" of homeostasis - Acting throughout the body.  
 61 - eCB protection against tumor growth & metastasis immune cells, can control inflammation.

62 Explosion in Research - Thousands of Researchers working on endo-cannabinoid receptors. Without an ECS life would be shorter - less healthy. Every physiological system is modulated by eCBs. Ancient evolutionary origin of these homeostatic

signaling molecules and their receptors.  
 61 Mechoulam I isolated and named them Cannabinoids  
 100+ Cannabinoids Known.  
 74-K-200 LEEP - Results for Seattle NO EVIDENCE of Adverse effects.

75 Sentencing Project 48,000 in Prison for Pot only  
 \$100B - \$2 billion spent annually  
 131 Nadelman More Drug Western Europe has prisoners of any kind. Less than 5% More than 25%.

# Pot Book

If all our people were white we would NOT be leading the world in incarceration.  
 A Complete Guide to Cannabis  
 131 No better system has ever been created to imprison millions of people - Dissolve Identity > create an underclass.

Because it is a health issue  
 Its Role in Medicine, Politics, Science, and Culture  
 "It is always a mistake to call in our oppressors to save ourselves from ourselves" E. Nadelman  
 133 - Prison Industrial Complex absorbs \$100 Billion a year that could go to help people.

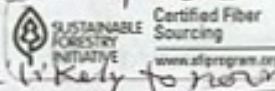
135 Reagan Quote - one joint equal to Brain Damage of 4 bombs  
 INSANITY  
 136 - Cigarettes, Poor Diet, Alcohol - First 3 causes of Death in USA  
 Edited by Julie Holland, M.D.

137 - How the "Forbidden Fruit" thing works like a magnet.  
 138 Addiction to Cannabis? - maybe - Not much  
 DATA on Becoming Dependent - 9% - Small for Cannabis  
 DATA by Anthony - Cannabis is 11th in Dependence Potential  
 138 - 70% of people "in treatment" for C were put there by justice system  
 Addiction - in terms of tolerance withdrawal, dependence  
 Cannabis NOT even in the same ballpark  
 Substitutes for drug use - must have sense of irresponsibility  
 Park Street Press  
 Rochester, Vermont • Toronto, Canada  
 being unreachable, of resting and recharging.

133 Ethan Found Policy on Science, Compassion, health and Human Rights.  
 139 Hallmark of Addiction is lying or hiding - can give

- Self Fulfilling / rationale for self-hatred, guilt or sense of failure.

Mental Health comes from self love and acceptance  
If you accept and honor your relaxing behavior, treat  
Park Street Press; it is a sacrament  
One Park Street  
Rochester, Vermont 05767  
www.ParkStPress.com



140 I mpt for European countries to disentangle tobacco  
Many patients can benefit AND from cannabis.  
Copyright © 2010 by Julie Holland, M.D.  
for many others can use something less harmful.

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145 Chronic users show up for 1 month on a urine screen  
Note to the reader: This book is intended as an informational guide. The approaches and techniques described herein should not be seen as an endorsement to use marijuana. They also should not be used to treat a serious ailment without prior consultation with a qualified healthcare professional.

147 Large Air Passage - Anjira will come on sooner f smoking pot.  
Library of Congress Cataloging-in-Publication Data

132 The pot book: a complete guide to cannabis: its role in medicine, politics, science and culture / edited by Julie Holland.

150 Managing Acute Intoxication re. assurance  
Includes bibliographical references and index. quiet, non-threatening.

15C Anti-Carcinogenic Compound in C  
Summary: "Leading experts on the science, history, politics, medicine, and potential of America's most popular recreational drug"—Provided by publisher.  
ISBN 978-1-59477-368-6

1. Cannabis. 2. Marijuana. I. Holland, Julie, 1965-  
[DNLM: 1. Cannabis. 2. Marijuana Smoking—therapy. 3. Marijuana Abuse. 4. Marijuana Smoking—adverse effects. 5. Phytotherapy. WB 925 P859 2010]

HV5822.C3P68 2010  
362.29'5—dc22

help protect lung tissue. 2010023186

Printed and bound in the United States by Lake Book Manufacturing  
The text paper is 100% SFI certified. The Sustainable Forestry Initiative® program promotes sustainable forest management.

160 Possible Negatives of Pot  
10 9 8 7 6 5 4 3 2 1

162 C receptors much more abundant than opiate receptors - widespread Activity  
Text design by Jon Desautels and layout by Priscilla Baker

163 This book was typeset in Garamond Premier Pro with Helvetica Neue used as a display typeface.  
Cognitive deficit in infrequent users Very little in Frequent users.

To send correspondence to the author of this book, mail a first-class letter to the author c/o Inner Traditions • Bear & Company, One Park Street, Rochester, VT 05767, and we will forward the communication, or contact the author at www.ThePotBook.com.

Impact depends on use history.  
Frequent users are tolerant to many cannabis related performance impairing effects.

168 List Cannabis Withdrawal Symptoms - last 4 to 14 days.  
169 Cognitive Deficits Do Not Endure following long abstinence

188 Addiction - must cause impairment or distress

189 Cannabis Withdrawal? - list of symptoms  
most severe at 2-4 days - last a week or two

192 Severe Addiction consequences (Loss of job, child neglect)  
To the late John Paul Morgan, M.D., chemist, genius, New Yorker, dont

193 99. musician, scientist, professor, and friend, who passed away on happen with C  
of those February 15, 2008. His book Marijuana Myths/Marijuana Facts: users, who tried to define addiction.

A Review of the Scientific Evidence, coauthored with Lynn Much  
Zimmer, Ph.D., and published by the Lindesmith Center

in 1997, helped debunk the following higher than all other drugs, is easiest to give up risk

197 "Drugged Drivers" D have greater fatality risk  
3 times lower than Alcohol.

"Drugged Drivers" Marijuana has no medicinal value.  
effect on the road is Marijuana is highly addictive.  
equal to .05% alcohol Marijuana is a gateway drug.  
ad over 60 drivers

198 Driving Marijuana offenses are not severely punished.  
Effects laid out Marijuana policy in the Netherlands is a failure.

Pot Effects - go away after one hour  
drivers lower Marijuana kills brain cells.  
speed, are conscious Marijuana causes an amotivational syndrome.

of impairment and Marijuana impairs memory and cognition.  
reduce passing or Marijuana can cause permanent mental illness.  
risk taking behaviors, Marijuana causes crime.

199 Alcohol Marijuana interferes with male and female sex hormones.  
Benzodiazepines Marijuana use during pregnancy damages the fetus.

Pot No increased risk  
Benzodiazepines Marijuana use impairs the immune system.  
Marijuana is more damaging to the lungs than tobacco.

199 Eumegath amount of THC  
Marijuana's active ingredient, THC, gets trapped in body fat.  
Marijuana use is a major cause of highway accidents.

Produces 3 times as many dangerous behaviors as the  
among youth.  
200 Low Alc. use is worse than High pot smoker exhibits.  
Cannabis use. Marijuana is more potent today than in the past. Canton

203 ★★★★★ Fork-Zoo LLEP - Broken Window Theory  
of Policing - NYC arrest capitol 50 - D, Pot arrests that  
reduce serious or violent crime? Me Star High School  
100-0000 Dismembering

49 - For Paper - increases rather than decreases serious crime "Took officers off the streets - less finished than from serious crime fighting duties."

NYC with young people search for contraband NYC Police are allowed to lie or try to trick people

205 Giuliani stated it - kids co-operate with police - then are arrested and fingerprinted

205 last 10 years 6 million people arrested 5 punishments for pot prove it is a culture war pile on unrelated punishment

206 Arrests for marijuana possession are subsidised by a Billion in Byrne grant funding. Byrne - tripled by Obama/Biden - out to kill medical marijuana

206 Throwaway lives - Don't Educate, Stigmatize. Little organized opposition to pot arrests. That run lives.

LEP Quote Destroying young people futures for pot possession? Is this what we want police to do?

Tommy Chong - 1/2 million and 9 months in jail

212 Woo - vendetta Mary Bate - crazy

MOVIE aka tommy chong Jail - "o you'll see" Word Anybody could be put in jail - people are in their own little bubbles, and that is how they divide and conquer.

Pot is used as a way to imprison Americans who are good Constitution (Bill of Rights) has been trashed

214 - Criminalized Fear - Shame - eh what? Noway My Job to Explain the Proud Tradition

215 WAS #TENDR - Urine Test puts people in Prison

216 Why Illegal? - Lobbyist Power - Pharmaceuticals, Alcohol, Oil The Make up New Diseases - To sell more pills "in flate symptoms into syndromes"

217 with pot - "You mostly think of just laying back and enjoying nature."

Word Dr. Holland Best Statement Ever on Good Enlightenment power of cannabis and that that is inherently subversive - see another possibility

Why Fund a Program that Has Clearly Totally Failed? A. It has well accomplished its real anti-American goals - social control and racism.

217 Let News Cameras Follow SWAT Teams

219 Collateral Sanctions that go with Cannaboids Conviction can be long and hard

Professional License Contents Drivers License Employment, Promotions, Educational Aid, Voting, Adoption

221 Collateral Sanctions prove Culture War for Social Control Foreword by Lester Grinspoon, M.D.

May result in a lifetime of hardship C. Sanctions must be recognized and included in rational discussion

221 An Act has been drafted to deal with C.S. - Advise defendants of Introduction to Part One all collateral sanctions

229 The Subjective Effects of Cannabis Matthew G. Kirkpatrick and Carl L. Hart, Ph.D.

243 Why Illegal? Prohibition Bureaucracy Needed a job. Recent History

242 Judge Young Evil John Lawn Dad Malmø-Lewne

243 - Federal Government has patent #6630507 on The Botany of Cannabis Neuroprotectants for 35 med use

AND Marinol was moved to Schedule III - Allows marijuana Cannabis Grow Revolution

But Schedule T No Accepted Medical Use. The Endocannabinoid System

244 - Great Synthesis with Opiates Gregory L. Gerdeman, Ph.D., and Jason B. Schechter, Ph.D. immediately acting muscle relaxant.

Psychological and Facilitates benign phenomenon Raphael Mechoulam, Ph.D., and Lumir Hanus

Psycho Spiritual issues can be equally important Cannabis Laws in the United States

lowers rates of some Cancers Allen St. Pierre

246 Great Diabetes, Epilepsy, Anti-Convulsant, Neurogenesis On Ending Prohibition

muscle relaxant, analgesic, antibacterial, antispasmodic Ethan Nadelmann, J.D., Ph.D. inflammatory Neuroprotectant

relaxation, meditation, Anti-inflammatory Neuroprotectant anti-tumor, antioxidant (free radical scavenger)

253 Donald Abrams his partner died of AIDS/smoked pot but lived 3 support groups.

BYRNE GRANT

Police/Prison State

258 Activists say this is a Conspiracy - Abrams realized they  
 254 - NIDA - Head said they are there only to study these things as  
 agents of abuse.  
 259 Abrams - Don't think anyone bothers to look at the research  
 262 - NIDA - Has monopoly on supply of Cannabis BUT it can only  
 study abuse!

**Risks of Use and Harm Reduction**

263 NIDA Killed a perfect research protocol for Migraine  
 Introduction to Part Two 136  
 273 Most people preferred the medium strength cannabis  
 275 10 Medical Risks and Toxicology 141

Problems with William Holubek, M.D.  
 oral delivery. ① Absorption from the gut is very  
 276 his 11 Pulmonary Harm and Vaporizers Variable 153

Suppository Mitch Earleywine, Ph.D. → liver → 11 hydroxy THC  
 12 Cannabis and Cognition 161

280-281 Caroline B. Marvin and Carl L. Hart, Ph.D.  
 Hemp is much higher in CBD's - Anal CBD's

13 Mental Health Risks Associated with Cannabis Use 178  
 ? can be converted to THC in just one step.  
 Cheryl Corcoran, M.D.

282 Rimonabant - Caused Anxiety - Depression - Suicidal Thoughts.  
 14 How Real Is the Risk of Addiction? 187

283 Long History of using for psychological problems  
 15 Ryan Vandrey, Ph.D., and Margaret Haney, Ph.D.  
 Driving Under the Influence 196

284 Burton Depression - The Anatomy of Melancholy  
 16 Arrest Statistics and Racism 202

Moreau de Tours - "a feeling of gaiety and joy"  
 17 Getting Busted Is Not So Funny 207

An Interview with Tommy Chong inconceivable to those  
 who have never experienced.  
 Julie Holland, M.D.

Reynolds Queen Victoria's Doc - Fox Depression, Lassitude  
 18 The Collateral Consequences of Cannabis Convictions 219

Richard Glen Boire, J.D. 5 minute diagnosis of restless legs  
 Lewis 1900 "Mind is taken with thoughts of the moment"  
 19 Harm Reduction Psychotherapy 223

A great alcohol  
 285 Cannabis treats delirium tremens, morphine  
 Goal Results

**PART THREE - Cocaine Addict**

**The Clinical Use of Cannabis**

California Psychiatric Symptoms are common reason  
 Introduction to Part Three 242

2007 C is best - for Anxiety, ADHD, OCD, & PTSD  
 20 The Clinical Applications of Medical Marijuana 247

Cannabis could decrease other meds  
 An Interview with Andrew Weil, M.D.  
 Julie Holland, M.D.

OR allow patient to take other meds. (gut)  
 286 wow. shrink Flat Affect NO - removal of C

receptors produces an anhedonic state (counter)

286 - Prime the Pump? Why Don't people get high the first time?  
 CBD - a promising anti-psychotic

K2 is a full, potent agonist at CB1 Receptor  
 THC is a weak partial agonist.

287 - PARKINSONS will reduce psychotic symptoms.  
 21 Medical Marijuana Research 252

An Interview with Donald Abrams, M.D.  
 Some Schizophrenia patients helped Negative symptoms  
 with some it  
 22 MAPS and the Federal Obstruction of Medical Marijuana Research increased negative symptoms 261

Julie Holland, M.D.

The "Blunted Affect" (anti-motivation) is schizophrenia.  
 Rick Doblin, Ph.D.  
 23 The Government's Pot Farm 266

288 possible An Interview with Mahmoud A. ElSohly, Ph.D.  
 New Role in

Julie Holland, M.D.  
 The Treatment of schizophrenia (dopamine abnormality)  
 24 Cannabinoids and Psychiatry 282

288 Depression - long history - Good - weekly + daily  
 Julie Holland, M.D.  
 Cannabis users had less depressed mood. - MORE

Shrink Flat Affect. Cannabinoids and Neuroprotection positive affect  
 25 Sunil K. Aggarwal, M.D., Ph.D., and Gregory T. Carter, M.D.

289 Crinipoon reported success with Bipolar  
 PTSD and Anxiety disorders. E.C. System involved in  
 26 Cannabis and HIV/AIDS 311

Mark A. Ware, M.D., and Lynne Belle-Isle stress reduction  
 areas of

27 Multiple Sclerosis and Spasticity extinction of fear  
 Emotional Regulation 318

290 - Cannabis Helps you forget.  
 28 Pain Management 328

290 CBD Equivalent of Valium.  
 29 Sativex 336

Mark S. Wallace, M.D., and Ben Platt, M.D.

With ADHD it appears to regulate activation.  
 William Notcutt, M.D., F.R.C.A., F.F.P.M.R.C.A.

**PART FOUR - Cannabis Culture**

The hyperactivity of Baby mice.  
 Introduction to Part Four 344

291 Forgetting is an imp part of natural brain functioning.  
 30 What to Tell the Children 349

292 Addiction - Form Dependancy Risk  
 Marsha Rosenbaum, Ph.D.  
 People without control addictions Tobacco  
 31 Pot, Parenting, and Outing Myself Heroin 361

can become stabilized on small amounts of Cannabis  
 Neal Pollack  
 32 Cannabis: Stealth Goddess 366

90% Doug Rushkoff  
 reduced Alcohol consumption  
 293 Cannabis - fills one with a sense of awe, wonder, childlike  
 Ecstasy at one's surroundings. esp. nature

99% Pot 99%

294 I can have "soul feeding effects" when souls are crushed. This respite in oasis is therapeutic. -I have "pessimistic outlook" but can control "negative mood."

33 Gardener's Rights, Forgetting, and Co-Evolution 373  
An Interview with Michael Pollan  
Julie Holland, M.D.

Feeling Better may be therapeutic  
34 Cannabis, Business, and Philanthropy Nitrous Oxide 383  
An Interview with Peter Lewis

294 - Is this really Fryman Health is a state of mind, body, and spirit. By restoring their connection to Nature  
35 Shots on Pot 387  
Jeremy Wolff

295 C. helps people on all 3 levels  
296 - Wow lost movement  
Pain Appetite, Immunity, Inflammation.

An integral part of the Central Homeostatic  
Brain: Glia cells - regulated Modulatory System 396  
by C. 36 Patients Out of Time Keeps you at 98.6 399  
An Interview with Al Byrne, L.CDR. (retired), and Mary Lynn Mathre, R.N., C.A.R.N.

CB1 Receptors (mainly in brain) CB2 - Receptors mostly in the periphery  
37 Prescribing Cannabis in California 416  
Jeffrey Hergenrather, M.D.

When 305 For Glioma with Vanilloid Receptors?  
38 Canadian Compassion Clubs Find Strain with Vanilloid 432  
N. Rielle Capler, M.H.A.

Creceptors are a major family of receptors in the CNS, insulin  
39 Dutch Drug Policy 441  
Mario Lap

306 - To Mary Pat - on Cancer Gliomas - Target cancer cells.  
40 A Cost-Benefit Analysis of Legalizing Marijuana 447  
Jeffrey Miron, Ph.D.

Prevent Brain Damage in Stroke  
41 The Marijuana Policy Project  
Bruce Mirker

Stimulate genesis of New Neurons  
42 The ACLU and Cannabis Drug Policy 462  
An Interview with Graham Boyd, J.D.

State of Toxicity of Binge Drinking AND Protection during withdrawal  
Julie Holland, M.D.

Help prevent Diabetic Retinopathy - leading cause of Blindness  
309 - Even Mad Cow Disease  
References Its unique method of action makes it a new class of compounds for healing 483  
Contributors 534

310 Super-Index Neuroprotective & Healing 544  
AIDS - improves ART - adherence to Retroviral Therapy

320 Great for MS

320 Mervulous sex when leading Cannabis  
326 - Improvement with Sexual Function  
Don't? mix with Viagra - yeah right  
MS. - 90% report improvement in Tremor  
"Objective" study sez no improvement  
27 D. Warriors - would prefer patients to suffer pain and disability in their quest for a victory in the war on drugs.  
As we know - they don't want victory (Reason) Victory would ruin the usefulness of it.

331 - Increase in Pain with Higher Doses  
332 CBD Better for sleep than pain.  
Low and Medium Doses may be best for pain.  
335 Could be a Lester Grinspoon, M.D.  
"Therapeutic window" - medium dose may be the most effective for pain.

### Foreword

339 - The Side Effect Profile is better w/ THC and CBD Combined  
341 - Side Effects occur w/ all pain drugs  
Certain Neuropathic Pain, Rheumatoid Arthritis, Cancer related pain.

Every age has its peculiar folly; and if Charles Mackay, the author of the mid-nineteenth-century classic *Extraordinary Popular Delusions and the Madness of Crowds*, were alive today he would surely see "cannabinophobia" as a popular delusion along with the "tulipmania" and "witch hunts" of earlier ages. I believe that we are now at the cusp of this particular popular delusion, which to date has been responsible for the arrest of over 20 million U.S. citizens. Future historians will likely look at this epoch and recognize it as another instance of the "madness of crowds." Millions of marijuana users have already arrived at this understanding.

For a short period in the '70s, it was possible to believe that this popular delusion was beginning to lose its deeply embedded grip. Whatever the cultural conditions that made it possible, there was no doubt that the discussion about marijuana was becoming more sensible as we became conscious of the irrationality of classifying this drug as one with a high abuse potential and no medical value. If that trend had continued, it was likely that within another decade marijuana would have been sold and regulated in the United States in much the same way as alcohol.

At that time, we had reason to be optimistic. In 1971 the National Commission on Marijuana and Drug Abuse, appointed by President Nixon, had recommended the elimination of penalties for possession of marijuana for personal use and casual nonprofit transfers of small amounts. In 1973 Oregon had become the first state to decriminalize marijuana, making possession of less than an ounce a civil offense penalized by a small fine. In 1975 Alaska had eliminated all penalties for private possession and cultivation of less than

343 Unnatural (unamerican) to make nature against the law. Real Patients don't arrest Americans for plants.

four ounces. President Carter had endorsed decriminalization, as had the American Medical Association, the American Psychiatric Association, the American Bar Association, and the National Council of Churches. By 1977 most states had reduced simple possession to a misdemeanor, and by 1980 eleven states had actually decriminalized possession.

Unfortunately, this trend did not continue. The marijuana reform movement peaked in the late 1970s. In 1978 Dr. Peter Bourne, the White House drug advisor who had helped President Carter move toward reform, resigned and was replaced by Lee Dogoloff, a hardliner. In that same year the proportion of the population favoring marijuana legalization began to fall from its 1977 high of 28 percent. Under President Reagan the government instituted a program of "zero tolerance." By 1983 it was spraying the dangerous insecticide Paraquat on domestic marijuana crops and using military methods to uproot cannabis plants and arrest growers in northern California.

In 1987 Supreme Court nominee Douglas Ginsberg had to withdraw under pressure because he had smoked marijuana as a law professor. In 1989, under President George H. W. Bush, the federal government began Operation Green Merchant, which confiscated lists of people who had ordered indoor plant-growing equipment and raided their homes. The first Bush administration also worked hard to persuade Alaska to recriminalize marijuana possession and succeeded in 1990. That same year Congress passed a bill calling for federal transportation funds to be withheld from states refusing to enact a six-month suspension of the automobile licenses of people convicted of marijuana possession.

These increasingly harsh government measures (and the growing hysteria of antimarijuana citizens' groups) did not reflect any new knowledge about the dangers of this drug. The more than a third of a century since the publication of the first edition of *Marihuana Reconsidered* has produced remarkably little laboratory, sociological, or epidemiological evidence of serious health or social problems caused by marijuana. The present attitude of the government and antimarijuana crusaders bears the same relationship to reality that the film *Reefer Madness* bore in 1936. But the dissonance is even more striking now, because we know so much more.

Since 1971 millions of dollars have been spent by the National Institute of Drug Abuse to study the dangers of cannabis. This vast research enterprise has completely failed to provide a scientific basis for prohibition. Although evidence against toxicity continues to accumulate, the government persists in escalating its war on marijuana users, most cruelly on those who