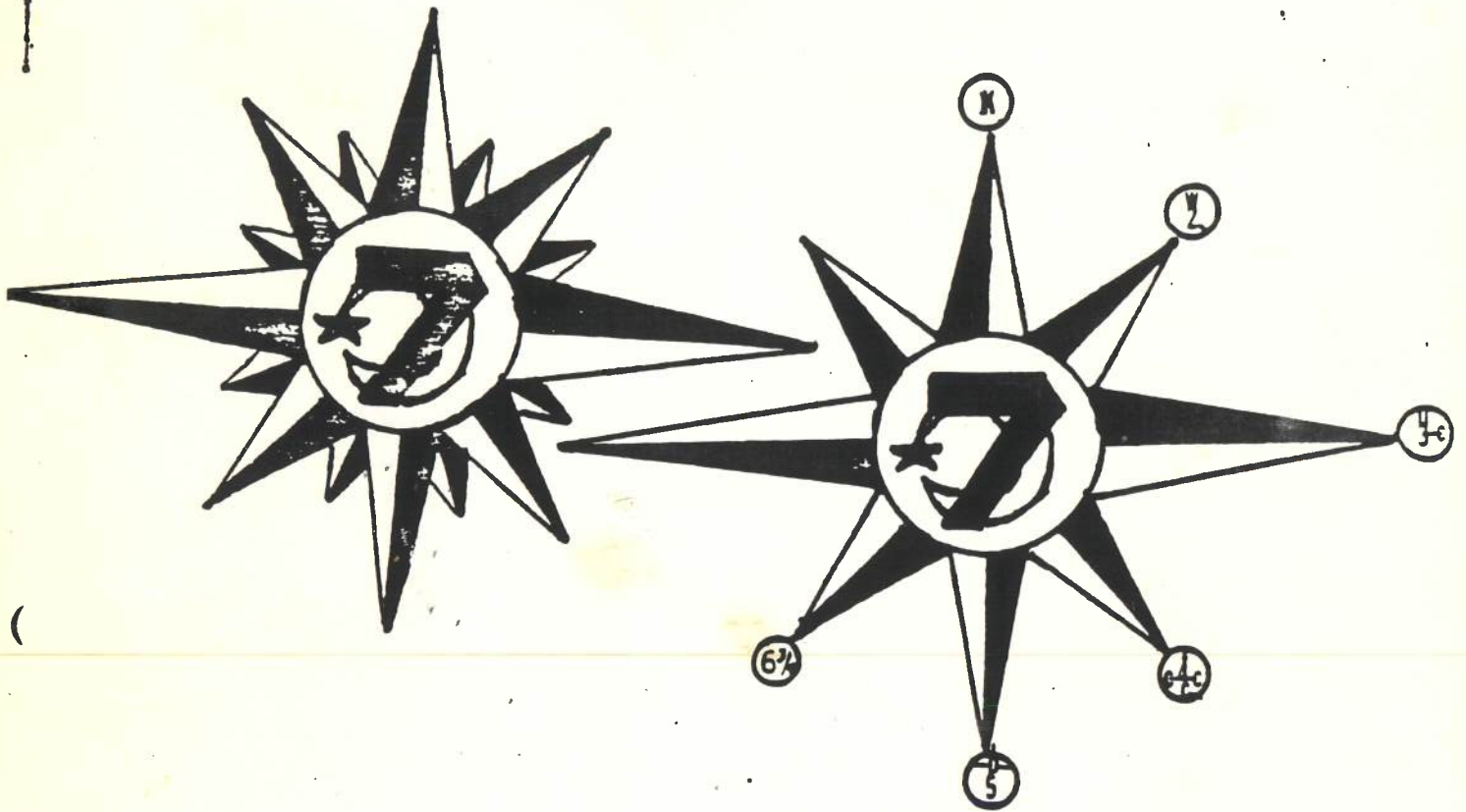


SUN OF MAN



FOR EVERY TIME
THERE IS A BOOK!!

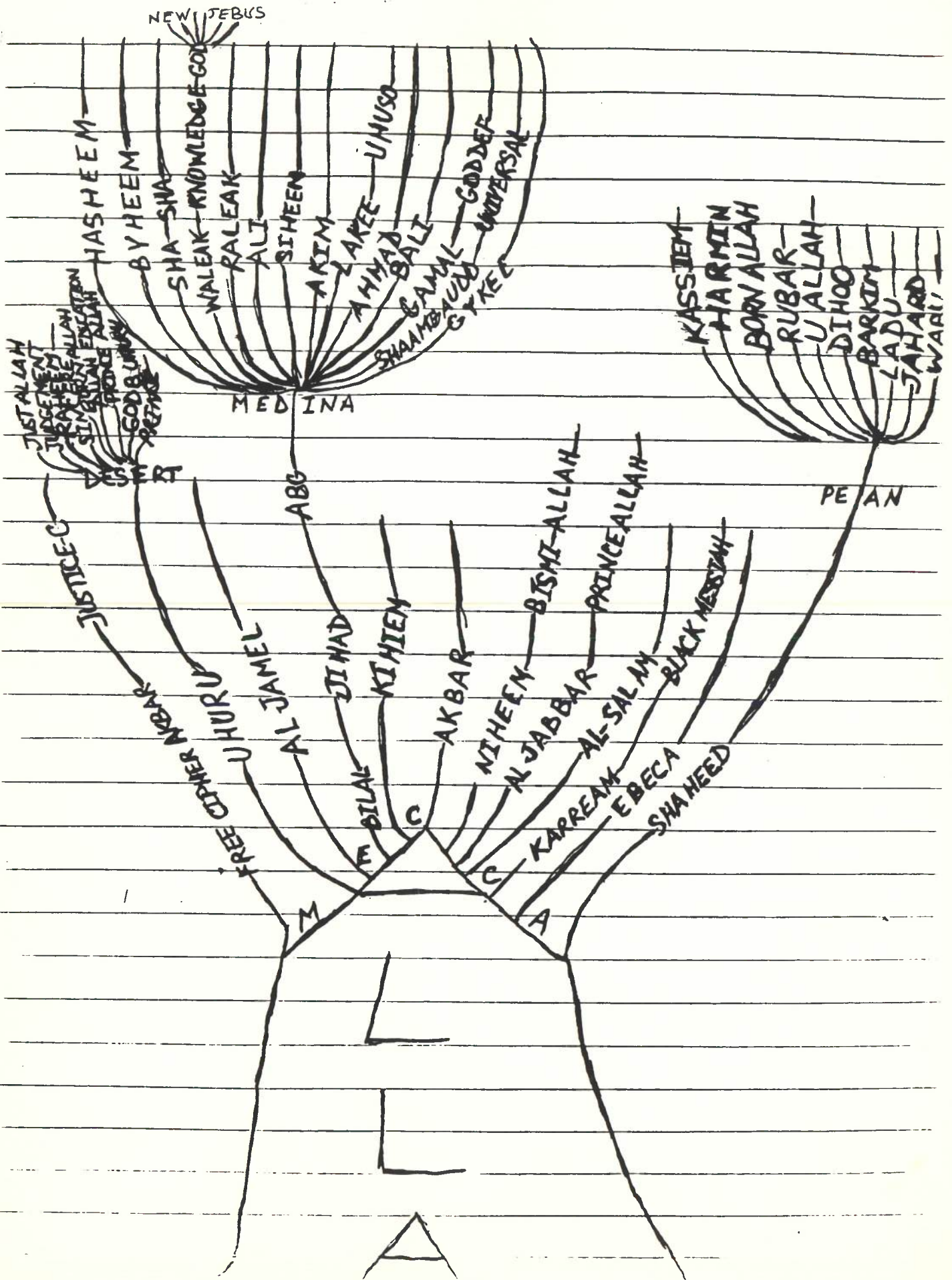
LIGHT-Traveling at the speed of-THOUGHT

A
FIVE
PERCENTER
DIGEST

INTRODUCTION

This is the original and proper order of the first born. Anything or anyone else is totally contrae or a down-out lie and I accept any and all challenges from anyone to prove me different. For I am dealing in the supreme mathematical order of the teachings of almighty God Allah, which are right and exact and can be proven beyond a shadow of a doubt within no limit of time.

Now for those of you that have been running around saying so many things different, I say correct and amend your ways, and as we use to say, stop claim-jumping, find yourself back to the original teacher and trace your rightful heritage to the proper order of your teachings. (Meaning if you can not bring it back from which it all came then there are errors in your ways of teaching. Meaning maybe, and with no doubt in my mind you are not a five percent never was and perhaps will never be, simply cause you can not come and tell me that nobody taught you anything, for that's a lie!! A lie that you do not believe yourself. The only man that I know that was self-taught was almighty God Allah, himself; anyone else is lying to themselves. (Thank you very much.) So get your act together, if you have an act, or just get for real the time has come for the structuring of the nation. No more, I am God and I do as I please-bull shlitz. There will be no more of that in the name of the five percent nation. For all that is just plain savagery in itself. Don't bring the bull shlitz difficulty around the nation, we can do without it. Please, need I say more? I think not, I was taught whosoever that do not heed will definitely feel for chastisement is swift and changeable as in the beginning shall be the end, listen carefully. That has been taught to us as a people,



In the name of the true and living being, lord of all worlds the master and judge of retribution and redemption. To whom all praises is due to now and forever more whose proper name is ALLAH. I greet you all in the proper order of respect that exist in the universe. PEACE! As always, I hope this issue finds you in the best of health spiritually, mentally and physically. We here are moving in stride.

We here would like to dedicate this months issue to our beloved brother UNIVERSAL SHAAMGAUDD ALLAH.

He was truly a pioneer and adventurer of our nation. To know him was a true delight he was creative, exciting, loving and humble.

As many of you know he was the designer of our universal flag which upon setting his sights on it immediately ALLAH accepted and adopted it as such in the year three, nineteen sixty seven. He went to a youth leadership program and within nine months of training he left only to develop, write and create his own proposal, with the consent and funding from the government he opened OPERATION INTELLECT the first outreach program completely and solely dedicated to the impoverished youth of the community predominately the FIVE PERCENT.

He went on to further develop his entrepreneurial creativeness and opened the first FIVE PERCENT restaurant in the head of Medina.

He pioneered and taught and took his creative ingenious skills to other states such as VIRGINIA, OHIO, MARYLAND and THE DISTRICT OF COLUMBIA with enormous success leaving the legacy of the FIVE PERCENT

He lived life with a daring zest, upon meeting and encountering him one was surely to be captivated by his magnetism. His witticism was sharp and crisp and sure to bring laughter to your soul. His tact and poise was very diplomatic. His intellect was surpassed by none and it was sure to spill over unto you upon conversation with him.

He was exuberant, tenacious and determined in all his endeavors. One of them being the originator, editor and publisher of the FIVE PERCENTER DIGEST THE SUN OF MAN.

He created a program that was aimed at our youth to help upgrade and better their average during their final years of high school, to develop their aptitude and skills and prepare for college and career opportunities in the future.

He was called upon to lecture at various institutions of higher learning, to help develop and direct the positive energies of the youth. He was approached by many black faction groups to be their leader and mentor. Being the man that he was he would humbly decline and redirect their energies in a more positive sense. He was truly a enlightener in every sense of the word.

After acquiring the knowledge and a through understanding of ALLAHS' LIVING MATHEMATICS he exhibited and demonstrated refinement in every aspect. He obeyed the mathematical law of equality to it's maximum truly being a god builder of righteousness and destroyer of negative qualities that kept us restrained and capable of being born as a people in our original cipher. He was a man among men and earned the respect of our nation. A very positive influence on all that he met. He was vivacious and outspoken in his manner, although always courteous and polite.

He was always ready and available at a moments notice to assist and help any brother or sister in any way possible. He had a strong unyielding faith in all of his efforts. He was a adamant prolific influential teacher of our nation, who set an exemplary example for our youth and many of us elders. He demonstrated the proper rites of passage of conduct becoming a civilized human being and five percent.

He was a friend, brother, statesman, teacher, builder, five percent and a very outstanding god of this nation. A history that should be required for our young ones to know.

May the blessings of ALLAH be upon him and his forever more.

I would like to take this moment to bring to the forefront the purpose and the reason many brothers have the same names. Such as the original BLACK MESSIAH, PRINCE ALLAH, Bismi ALLAH, UHURU, ABG#7 and SINCERE. With the exception of SINCERE, all these brothers are of the first generation, SINCERE has a direct bloodline to the second wave or generation of MEDINA's first born. The reason brothers choose the names of the original brothers are due to their admiration and attempt to emulate these brothers. No harm is intended or meant especially when you supremely understand. No one can take what is rightfully yours, meaning your birthright.

When a man chooses a name that he can not live up to, the weight of the name alone will crush him, That is why there is only one ALLAH. First, last and always, ALLAH is ALLAH. We have a family name and we abide under his shadow, and walk in his grace. We his SUNS' attempt to emulate him, our FATHER and follow his ways and actions.

Our gratitude for ALLAHS' gift's is one form of worship and faith. Righteousness comes from a secure faith, from sincere devotion to ALLAH, and from unselfish service to your fellow man. Our just duty as a civilized people. All praises are due to ALLAH. I can remember him telling me, "That Intelligence controls him" and he controls all mind.

Let us screen our words through our minds and give expression only to those words that are products of a sane and sober thinking intellect. Making the most of what comes and the least of what goes. Staying the course is not easy, however it is certain to get better as we go along.

SEPTTING or REJECTING this is entirely your choice, according to the way your knowledge has been born. Acceptance means positive response. Rejection means total denial of our status. Look carefully at what is before you and decide for yourself. These things are written in humble, gracious, gratitude of ALLAHS' grace. Not for recognition or for my personal gain, for my debt to ALLAH and my fellow man. Also to maintain my sanity and sobriety.

At this moment, I would like to refer to some of the previous issues. In the MAY issue page five, I speak of being caught up in the cycle of drug addiction and riding the wave of alcoholism. Through early experimentation with drugs and alcohol leisurely, many of us did not know when we crossed the fine line into addiction and alcoholism.

It being such a cunning, insidious, baffling disease self knowledge availed us nothing despite all of our grandious ideals and all what we seemed to know, we could not prevent the inevitable outcome of continual use of drugs and alcohol. Which only has three end results institutions, insane asylums or slow deterioration into the morgue. This is the only disease that is so cunning that it tells you that you are alright when everything in your world is crumbling all around you.

It is so insidious that after driving away from you all your loved ones, or anyone who genuinely cares about you. We continue to use, not just living to use now we must use to live this is drug addiction and alcoholism. A fact that must be actually faced and not be denied.

It is so baffling despite we going on the wagon attempting to stop and wanting too, wholeheartedly, we end up taking that first drink or drug. And for the life of us we honestly do not know why. It is the disease of alcoholism and drug addiction.

The psychologist, doctors and religious communities are completely dumbfounded by this disease of addiction and alcoholism. They do not understand how so called normal sane thinking responsible people are succumbed by alcohol and drugs.

The pain and suffering that we endure and put ourselves through can only be identified and related to by another alcoholic or addict. All the lies that we tell ourselves and others about having a handle on what we are doing. The, I can take it or leave it bull that we truly believe, although knowingly we cannot function properly or to some sense of adequacy without that drink or drug that is alcoholism and drug addiction, look at it, it's very, very real.

Even after abstinence, we still are at risk of our stinking way of thinking. Years of alcohol and drug usage cause many of us to think insanely, while assuming it to be normal and sane thought. The actual insidiousness of the disease we face as a nation of people.

And, Individually you cannot beat this alone, nor do you have too. Many before you have tried and only had the same end results all in vain. However there is a chance of hope despite your despair. It can be and will be arrested a day at a time. Upon complete admission of our powerlessness over alcohol and drug addiction and unmanageability in our life.

We must wisely believe ALLAH can and will restore us to sanity. We must turn our wills and lives over to the care of ALLAH as we understand him. We must take a moral inventory, a searching and fearless one of ourselves. Admit to ALLAH, ourselves and another human being the exact nature of our wrongs. Become entirely ready to have ALLAH remove all those defective characteristics. And humbly ask ALLAH to remove our shortcomings. These are steps and measures that must and shall be taken in order for us to begin to achieve any accomplishments as a complete nation of civilized people.

We must accept these things as a path to rectitude, if we are to succeed. These things must be required per se on a personal level first and foremost. We are not unique, we suffer and are plagued like any other nation of people on the face of this earth, with this disease of alcoholism and drug addiction. We are not held responsible for the ones that have succumbed to it, or the ones that still suffer from it.

However we are responsible if we continue to stand by and do not do something about it. We are held responsible for our recovery overall. We must accept these truths, to continue to deny them is to perish.

There is no alternatives, this is the final and bottom line. I know that many of you may think this far fetched, however, I think that you should think again.

At this moment, I would like to refer back to page six of JULY'S issue, when mentioned GENERAL GOD heads of MEDINA. I was once told there was no head of MEDINA. However, I reiterate my brothers SHA SHA and SINCERE are the GOD heads of MEDINA.

SINCERE'S history goes back along with mine and all the first born of MEDINA. Directly linked to ALI from his time of incarceration, in the year two NINETEEN SIXTY SIX. Upon his release, he came home and received, accepted and embraced ALLAH the father who accepted him and told him, "to win them all" A legacy he was to carry along to this day.

The seed that was implanted in him emerged to become many of you today, despite many not liking his method of teaching. SINCERE truly having three of the same letters of the SUPREME ALPHABET in his name. There is no wonder it is sincerely, he is a saviour.

There were a host of other brothers that were directly linked to the head of MEDINAS' first born, Such as DOCTOR JANAL, SHAAMGOD, whom opened and operates the GOD'S GROCERY in the DESERT. Red Hook MULECK, BENGIL, CANDO, FRUITQUAN, LAMIK, JUMAR, IBHALT and many more whose names escape me at the present time. We had a method to our teachings in MEDINA we sectioned it off in parts, and each born took a sector. That was how the teachings spread so rapidly in MEDINA. We made the peace with all of our arch rivals and taught them our new way of life.

NEW JERUSALEM aka ALLAHS' PARADISE stems and is directly linked to my beloved brother KNOWLEDGE GOD. the names that, I can remember are a few, such as IZIME, TASHON and DAKU. This is one of the first outer laying states that the teachings hit. Their history is entirely my brother's KNOWLEDGE GOD. Until the next issue, I leave you in the blessings of ALLAH. Universally yours in the service to all PEACE!

GYKEE

I Accept the Fullness of My Own Divine Well-Being

Within myself is that which is perfect, that which is complete, that which is divine; that which was never born and cannot die; that which lives, which is God-the Eternal Reality. Within myself is peace, poise, power, wholeness and happiness. All the power that there is and all the presence that there is, and all the life that there is, is God-the Living Spirit Almighty-and this Divine and Living Spirit is within me. It is Wholesomeness. It is never weary. It is never confused. It is always poised and peaceful. It is always in a state of perfect equilibrium.

This is the truth about myself; there is no other self. Every image of fear is erased from my mind, every sense of confusion leaves my thought.

My mind now entertains and reflects the Divine into everything which I do, say and think-into my body, into my affairs. That Divine within me is Wholeness, and my mind reflects this Wholeness into every organ, every function, every action, every reaction, of my physical being, renewing it after the Perfect Pattern-the God within me. Universal Substance reflects Itself, into my mind, into daily supply, so that everything I need each day is supplied. Before the need, is the thing, and with the apparent need it is met.

There is Something within me which goes before me and prepares the way wherever I go-making straight the way, making perfect the way, making immediate and instant, and permanent and harmonious, every situation. Consequently, my mind reflects the fullness of that Divine Substance, which heals every sense of in my life. Peace, poise, power, perfection, Living Spirit within me, is me, myself.

I Accept the Fullness of My Own Divine
Well-Being

MEDITATIONS

A Treatment for Alcoholism or Other Drug Addiction

There is but one Universal Life, God or Spirit. This Universal Life is a principle of perfect harmony and right action. It is, an omnipresent and self-knowing principle, whole and complete within Itself. It is forever calm and peaceful. It is, therefore, a principle of complete satisfaction which knows no unsatisfied desire. The only appetite or desire of Infinite Mind is for the complete manifestation of Its own constructive contemplation.

My life is a part of this Universal Life; Its peace, calm and satisfaction are manifesting in and through me now in absolute perfection. My spirit, being one with Universal Spirit, has nothing to desire or long for- save the natural expression of peace, poise and complete satisfaction. That subjective race-thought, which speaks to me as limitation or a desire for abnormal stimulation, has no answering or recognizing voice within me. I turn from all such inharmonious thoughts toward the reality of my oneness with Universal Life (the Father) realizing here in the formless Realm of Reality, the complete satisfaction of knowingness, the sense of calm well-being, wisdom and understanding, Here within the Realm of Reality (the Kingdom of God) I sense the truth of my complete mastery over all things. My body is that concept of Universal Mind which is composed of the Creator's perfect ideas (God's body). Within the form, which is commonly termed the human body, is nothing which can speak to me, demanding anything whatsoever. I dwell within the Realm of the Universal Mind which is composed of the Creator's perfect ideas (God's body). Within the form, which is commonly termed the human body, is nothing which can speak to me, demanding anything whatsoever. I dwell within the Realm of the Universal and declare that the calm and complete satisfaction of the self-knowing God is expressing in and through me, unhindered and unopposed. I go forth with a complete sense of mastery in the realm of form (my earth experience) unafraid, happy and joyous

in my expression of all that is desirable and constructive; knowing that all destructive desires and inharmonious thoughts disappear and dissolve into the nothingness from which they came, having no power to perpetuate themselves, since they are are neither person, place nor thing.

I Do Know the Truth and I Am Free

ERNEST HOLMES

(1920)

Scientists Pinpoint Brain Irregularities In Drug Addicts

Researchers seek treatments to alter chemical imbalances.

By DANIEL GOLEMAN

A RADICALLY new approach to fighting drug abuse is emerging from discoveries of brain irregularities that make certain people much quicker to become addicted than others, and much harder to cure.

For several years, scientists have suspected that at least some drug addicts suffer imbalances in brain chemistry that make them vulnerable to depression, anxiety or intense restlessness. For such people, addiction becomes a kind of self-medication in which drugs correct the chemical imbalance and bring a sort of relief.

Now researchers are beginning to identify the particular imbalances associated with addictions to particular drugs like cocaine, heroin or alcohol. Because scientists believe many of these imbalances are inherited, they are seeking to identify genetic markers and other evidence, such as behavioral signs, that indicate a person is vulnerable.

Eventually, scientists say, this research will result in an entirely new strategy for fighting drug addiction: early identification of those most prone to a specific addiction and specific treatments to correct the chemical imbalances implicated.

The new line of research is generating rising enthusiasm among Federal health officials. The Alcohol, Drug Abuse and Mental Health Administration increased its support for studies on the genetic and biological basis of alcoholism alone to \$53.5 million in the fiscal year 1991, up from \$41.7 million in 1989.

"We already can breed lab animals with these irregularities who selectively crave opiates or stimulants," said Dr. Frederick K. Goodwin, administrator of the agency. "There's a direct analog to humans."

No one can yet say precisely what portion of addicts have the biological patterns. Dr. Goodwin estimated that a third to half of those addicted to a given drug may have genetic susceptibilities to it.

The biological approach took a big step forward in April, when researchers reported the identification of a specific gene that may play a key role in some forms of alcoholism, as well as in other addictions. Of the alcoholics they studied, 77 percent had the gene. The discovery, announced by researchers at the University of Texas and the University of California at Los Angeles, is for a gene linked to



The New York Times

the receptors for dopamine, a brain chemical involved in the sensation of pleasure.

Such discoveries, scientists say, herald biological markers that may one day make possible early identification of those most at risk of becoming addicted, allowing more effective prevention or treatment.

"My guiding hypothesis is that there are specific neurotransmitter irregularities for each addiction," said Dr. Kenneth Blum, director of the division of addictive diseases at the University of Texas Health Science Center in San Antonio, one of those who discovered the gene involved in alcoholism.

Some conditions that lead to addiction, like depression, can already be treated with medications. But some substances used to treat addicts, like methadone, are themselves addictive. Scientists are seeking to tailor new drugs that will correct the imbalances without causing other addictions.

However, many social scientists criticize the biological research, saying it is wrong to focus only on biology and ignore the social forces at play, especially among the urban poor.

"I object to seeing the vulnerability in the person rather than in their poverty," said Robert Jessor, a soci-

Continued on Page C7

Researchers Pinpoint Brain Irregularities Among Drug Addicts

Continued From Page C1

ologist at the University of Colorado.

The greatest risk of drug abuse, he points out, is among children who come from impoverished, single-parent families in drug-ridden neighborhoods, with no strong counterbalance from church or school.

Other objections are legal and ethical. "I'd be very concerned about the issue of consent," said Leonard Rubenstein, director of the Mental Health Law Project in Washington, an advocacy group for the mentally ill. "Even if the scientific evidence turns out to be strong, people have the right to refuse being tested or given medications."

He said he also worried that people would be denied insurance, rejected for employment or otherwise stigmatized.

Some backers of the new approach acknowledge these problems but say that, given the huge social costs of addiction, the benefits outweigh the risks. They said biological vulnerabilities may help untangle the puzzle of why some people can experiment with powerful drugs like cocaine and never become addicted, while others become addicts almost overnight.

"For people who are biologically predisposed, the first drink or dose of the drug is immensely reinforcing, in a way others just don't experience it," said Ralph Tarter, a psychologist at the Western Psychiatric Institute and Clinic in Pittsburgh. "Many recovering drug abusers tell me, 'The moment I took my first drug, I felt normal for the first time.' It stabilizes them physiologically, at least in the short term."

Scientists still express some uncertainty on the specific biological details of these vulnerabilities. But from dozens of studies, prototypes are emerging of the brain chemical imbalance, temperament and life history that typifies those drawn to particular drugs.

Depression

First Confidence, Then Addiction

The woman was depressed and overweight as a teen-ager, until a friend gave her amphetamines. She started taking them regularly at 17 to lose weight; they also made her feel confident, even buoyant. She was 19 when her boyfriend offered her some cocaine. She became addicted within a week. By 25, she had an out-of-wedlock child, a chaotic life and a \$5,000-a-week cocaine habit that she supported by helping distribute the drug. She was hospitalized twice for the deep depression that would come whenever she tried to stop taking cocaine.

But when Dr. Edward Khantzian, a psychiatrist at Harvard Medical School, treated her with a small daily dose of the stimulant Ritalin she made a dramatic recovery. She has not had cocaine in eight years.

For Dr. Khantzian, a leading proponent of the "self medication" theory of drug abuse, such alternate drug treatments, which seem to treat the biological irregularities underlying the addiction, are a logical approach. Although Dr. Khantzian acknowledged that using Ritalin is controversial because it can be addictive, he said he believed it was effective in weaning his patient from cocaine because it acts on dopamine receptors. Some kinds of depression are related to low levels of dopamine in the brain, and many antidepressants, like Ritalin, work by increasing dopamine levels. Cocaine and other stimulants do the same, though by a different biochemical route.

"We suspect that cocaine is a way certain people medicate themselves for depression," said Dr. Khantzian.

The depression-cocaine link has emerged in several studies. For example, research in 1986 with 30 consecutive patients admitted for treatment of cocaine addiction in a drug unit at Yale Medical School found that half suffered from pre-existing depression. And the heavier the cocaine habit, the deeper the depression.

Anxiety

The Need for Poise Leads to the Bottle

Even as a child, he was always anxious. But in junior high, his anxiety increased, especially when he was around girls. In high school, he discovered that alcohol let him be glib, funny, charming. And he could get it easily, at home: his father was an alcoholic. By college, he was drinking to ready himself for any social encounter: he would sometimes drink before going to class or at lunch. In his mid-30's, working as an accountant, he drank throughout the day; it was having alcohol on his breath during I.R.S. audits that lost him his job and brought him to treatment.

Now that his underlying anxiety has been treated with behavior therapy, he has had no trouble staying sober the past year and a half.

Underlying the accountant's pattern of behavior is an imbalance in the brain's receptors for GABA, a neurotransmitter that regulates anxiety among other things, according to Dr. Howard Moss, a psychiatrist at the University of Pittsburgh who treated him. "Our data suggest that the less GABA activity, the more tense you feel," Dr. Moss said.

Sedatives, including alcohol, make cells with receptors for GABA less reactive, increasing the amount of GABA that is active in the brain, thus relieving tension.

In a new study, published in April in the journal *Biological Psychiatry*, Dr. Moss showed that sons of alcoholic fathers had lower levels of GABA and higher tension levels than men whose fathers were not alcoholic. But when they drank a glass of vodka, the GABA levels of the first group rose to levels equivalent to those of the other men and their tension declined.

"Those sons of alcoholics who are unusually anxious drink to ease their tension, which is due to a perturbation of GABA," said Dr. Moss. "Our hypothesis is that this GABA irregularity is a trait marker linked to a genetic vulnerability to alcoholism."

In Dr. Moss's and Dr. Khantzian's view, people with this pattern are also vulnerable to abusing sedatives other than alcohol, like tranquilizers.

Restlessness

Fleeing Monotony, Trying Anything

He was always in trouble, from grade school on: he fidgeted and paid little attention in class, was a bully, started fights, swore at his teachers, cut school and finally was suspended for smoking in sixth grade. At 12, he ran away from home and did not come back for a week. At 15, he dropped out of school and joined a gang. With his new friends he started drinking. Within a month he had tried

a pharmacopia that included marijuana, cocaine, and LSD.

His first arrest, at 17, was for robbing a liquor store. On probation for several years, he held a series of menial jobs, none for more than three months. His life centered around drinking and taking drugs; most nights, he would take cocaine so he could stay up drinking his daily ration of two six-packs. When he was 24 his girlfriend, fed up, threw him out at 3 in the morning. Suicidal, he was brought to a psychiatric emergency room and went into treatment.

The chronic aggressive troublemaker typifies the second pattern of alcoholism thought to have a biological basis. Such people often fit the psychiatric diagnosis for "antisocial personality disorder." Two biological irregularities in brain chemicals have been found among those who fit this pattern — a deficiency of serotonin, a neurotransmitter involved in controlling behavior, and a deficiency of monoamine oxidase (MAO), an enzyme that helps regulate neurotransmitters, including serotonin.

"Alcoholics who are impulsive and aggressive seem to have low levels of serotonin," said Dr. Moss, who treated the suicidal alcoholic. "We're not sure just where the deficit is. It might be that their neurons release too little serotonin or their receptors do not respond well to the serotonin they send."

But the deficiency in serotonin, whatever its exact cause, is directly related to the inability to rein in impulsivity, scientists are finding.

For instance, low levels of serotonin have been found in men who committed violent crimes, in people who attempted suicide, and in hyperactive children. And in those who are alcoholics, their impulsivity seems to explain why they are more prone to abuse an almost random range of drugs in addition to alcohol.

In a clinical comparison of 12 normal men with 15 alcoholic men who fit the antisocial description, Dr. Moss found a marked difference in how they responded to a serotonin-like drug. The study, which will be published in *Biological Psychiatry* later this year, found that a lessened serotonin responsivity in the antisocial men was highly correlated with their resentfulness and irritability.

In another clinical study by Dr. Moss, 10 men in their early 20's whose fathers were alcoholics reported being more tense and resentful than did 10 men who had no alcoholism in their families. But when the sons of alcoholics drank vodka and ginger ale, they reported a strong drop in their agitation; the more they drank, the more mellow they felt.

"They drink to calm themselves, to rid themselves of strong, unpleasant feelings like agitation," said Dr. Moss. "These are typically among the hardest to treat of all alcoholics."

Another factor in their impulsivity and history of wild behavior is low levels of the neurotransmitter MAO. Studies of men with the antisocial pattern, done at Karolinska Institute in Sweden, have tied low levels of MAO to the need to seek out risk and excitement.

"They can't stand monotony," Dr. Moss said. "They're ready to try anything. This makes them at greater risk for drug abuse of all kinds, in addition to alcohol."

Exhilaration

A Natural 'High' Is Not Enough

He is a 26-year-old advertising executive whose therapist describes him as "naturally outgoing, energetic and hyped up." As a child he was the class clown; in high school his extroversion made him a popular class officer. In college he partied a lot. A few years out of college someone offered him cocaine at a party. He loved it: it made him intensely exhilarated, more chatty than ever. Over the next year he began needing increasingly large doses to get his high.

It was then that he turned to crack, the smokable, fast-acting form of cocaine. His first hit of crack, he said, "was like an orgasm." During the next three hours, he took crack eight times; within a day, all he could think of was getting more crack.

According to Dr. Roy King, a psychiatrist at Stanford Medical School who treated the advertising executive, such energetic, outgoing people often have unusually high levels of dopamine, in contrast to the depressed cocaine user, who has too little.

"If you're highly extroverted, even slightly manic, by temperament, cocaine augments your natural bent," said Dr. King. "For people who are naturally bubbling with excitement,

crack seems to intensify the normal biology of a state they seek: it's an exhilarating, exciting high."

In a 1989 study of 70 cocaine abusers, Dr. King found that those who abused cocaine the most and longest, in all forms, were more outgoing.

"Cocaine makes more dopamine available to the brain, and they already have higher levels of dopamine," Dr. King said. "Smaller amounts of cocaine would have greater effects with them, making it more rewarding than in most people. They become more readily addicted to it because they get more intense pleasure from a given dose. That makes crack, the most intense form, especially appealing."

Anger

Trying to Escape His Pent-Up Rage

As a boy, he had been beaten by his father every week or so. His mother was distant and insensitive. He grew up with a brooding resentment; like his father, he was quick to become enraged. In his early 30's, he grew deeply embittered after a series of relationships ended because of his quick temper. A pharmacist now, he could get morphine on the sly easily; more than anything else, he said, he liked its calming effects on his bitter resentment and mounting rage.

The angry pharmacist, said Dr. Khantzian, is typical of more than 400 patients he has treated for narcotic addiction. Their histories reveal lifelong difficulty handling rage; opiates like heroin and morphine, they say, help them feel normal and relaxed.

"They don't take opiates for pleasure, but to regulate emotions that are out of control," said Dr. Khantzian. "Opiates are a powerful, anti-rage, anti-aggression drug. It makes them feel normal."

Dr. Khantzian speculates that people who are in a chronic state of agitation and anger suffer from a depletion of opioids, the neurotransmitters that drugs like heroin imitate in the brain.

"They take to heroin or morphine because they're seeking opioids from outside to feel calm again," said Dr. Khantzian.

About 15 percent of addicts "look strictly for heroin, not other drugs," said Dr. Kenneth Blum, a psychiatrist at the University of Texas Health Science Center in San Antonio.

In his book "Alcohol and the Addictive Brain," to be published later this year by Macmillan, Dr. Blum proposes that the "mu receptor," a site for a form of morphine that occurs naturally in the human brain, is defective in those addicted to opiates.

Pathways to Mental Distress

ANXIETY AND ALCOHOL

The neurotransmitter GABA normally modulates anxiety in the brain. Intoxication strongly affects processes controlled by areas with high concentrations of GABA receptors, including motor coordination (cerebellum), information retrieval (hippocampus), and cognitive processes (cerebral cortex).

AGGRESSION AND ALCOHOL

Aggression is related to deficiencies of serotonin, a neurotransmitter with many effects on the limbic system and cortex, and of monoamine oxidase (MAO), which helps control neurotransmitters. Some studies also link these deficiencies to alcoholism.

Sources: "Drugs and the Brain," Solomon H. Snyder, Jeffrey Moss, M.D.; Edward Steinman, M.D.; Roy King, M.D.; Ralph Teeter, M.D.

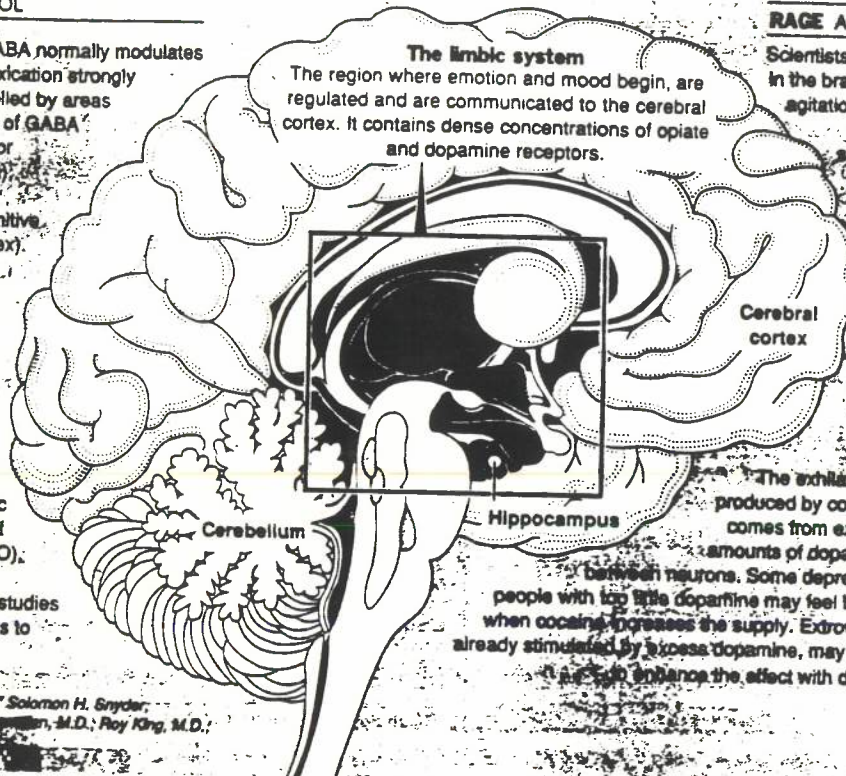
Treatment

The Need to Find The Craving Early

The immediate implication is to treat addicts with corrective medications. "Many traditional treatments for alcoholism may be unsuccessful because they do not address the disturbances that predisposed the person to alcoholism in the first place," said Dr. Tarter of the Western Psychiatric Institute and Clinic in Pittsburgh.

"A combination of early detection and pharmaceutical intervention is the most sensible way to proceed," said Dr. Goodwin of the Alcohol, Drug Abuse and Mental Health Administration.

For some addictions, there may be a critical period in life, such as late adolescence and early adulthood, when the risk of addiction is highest. Offering a medication that corrects the vulnerability during those years is one potential treatment strategy. For instance, for those whose susceptibility to alcoholism is due to a level of serotonin that is too low, Dr. Goodwin said, "if they are protected by a drug that enhances and stabilizes se-



The limbic system

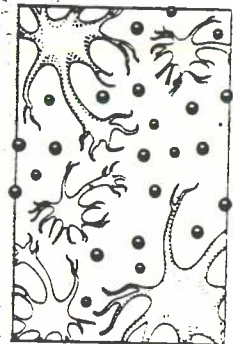
The region where emotion and mood begin, are regulated and are communicated to the cerebral cortex. It contains dense concentrations of opiate and dopamine receptors.

RAGE AND OPIATES

Scientists suspect that depletion of opioids in the brain is related to chronic anger and agitation. Drugs like heroin imitate these neurotransmitters, and doctors suspect that many addicts may be taking the drugs to curb aggression and control their out-of-control emotions. Some researchers think a receptor for a natural brain opiate is defective in addicts.

DEPRESSION OR EXTROVERSION AND COCAINE

The exhilaration produced by cocaine comes from excess amounts of dopamine between neurons. Some depressed people with too little dopamine may feel better when cocaine increases the supply. Extroverts, already stimulated by excess dopamine, may seek to further enhance the effect with drugs.



Nancy Sterngold/The New York Times. Illustration by Megan Jaegerman.

rotonin during those years when they are most vulnerable to alcoholism, then later in life they may be able to drink socially with low risk." For the dopamine irregularities seen in cocaine addiction, medications now used as anticonvulsants might

counter the craving for cocaine by blocking the dopamine center, he added.

Dr. Goodwin said there was a need for new medications designed to correct the exact irregularities being identified for each addiction. "We're

launching a major medication development program to find drugs that react with the specific receptors to reduce craving," he said. "Eighty percent of those in therapy programs who leave too early do so because of craving."

Richard Price

Kilos of Crack and \$200 Sneakers: Young Dealers Confide in a Novelist

By BRUCE WEBER

"DIDN'T personally see a lot of corruption," Richard Price says, alluding to the time he spent running with the pack on both sides of the law doing research for "Clockers," his novel about street-level drug trade. "But this is the way it works."

And then he launches into a story that illustrates both the dense, intractable weave of the inner-city drug world and his own narrative style — a rapid-fire vernacular, self-conscious, wry, street.

"Let's say there's a drug dealer who sells half a kilo or a whole kilo a week in a mid-size city on the Jersey side of the river," Mr. Price begins. "He's going to go to Washington Heights to pick up his kilo. He's working out of a smoke shop, or a video store, something like that, so he's going to say to his lieutenant or some kid who hangs around a lot: 'Watch the store. I gotta go get a package.'"

"Now unbeknownst to this drug dealer, this kid was arrested two weeks ago, and the cops have scared him with jail. They've said: 'If you don't want to go to jail, you got to help us turn in your boss.' And the kid says, 'All right, all right, I'll tell you when he's going to go for a package.'"

"So the kid calls the narc squad and he says: 'Cujio is going over to the city to pick up a package. He'll be going through the Lincoln Tunnel at such-and-such a time.'"

"Now what happens is that this narc squad commander turns to his men and says, 'Men, Cujio's going over the river to pick up his package. We're going to sit on the Lincoln Tunnel, we'll get him as he comes over. And everybody goes, 'Right, boss.'"

Here Mr. Price pauses cogly, "Except," he says, "for the one guy who's getting paid by Cujio to be his ears."

A witness to tragedy, Mr. Price is wont to render his observations with occasional gal-lows humor. But the point of the story, as with many that Mr. Price tells about the world of cops and drug dealers he was privy to in the precincts of the Bronx and the cities of northern New Jersey, is the treadmill existence in the inner city that wears down anyone who tries to outrun it. He found a small society, deprived, defensive, discrete.

"Once the drugs are on the street, there is no war on drugs except over who gets the best corners," Mr. Price says. "I've never met the cop out there who thinks they're actually winning a war on drugs, or even maintaining a war on drugs. What the cops are doing is an anti-impunity program: 'I know you're going to sell it, I know you can't not sell it. If I had your options I'd sell it, too. Just don't sell it in my face. Don't dis me.' It all comes down to the concept of dis."

News From Another Planet

Like recent newspaper headlines — the firefight in Hunts Point; another teen-ager shot by police in Newark — "Clockers," published earlier this summer, has im-pressed most reviewers as a sobering dose of reality, unwelcome news from a planet that

for most of us is both distant and right next door. The misery market, Mr. Price calls it.

Himself a child of the Bronx, Mr. Price is a jittery man, capable of performing several deeds at once and indeed probably more comfortable with his attention fragmented than focused. He is, in fact, driving as he speaks, negotiating the Long Island Expressway, more or less with one hand — his right arm was left withered by a childhood bout with polio — between his apartment in Greenwich Village and a house in East Hampton, where his wife and two daughters

await. At 42, he is the author of four previous novels and several screenplays, including "Sea of Love," the police melodrama starring Al Pacino; the research for that script spawned "Clockers" as well.

Mr. Price tells his stories from the front with the sympathetic but relieved air of a man happy to be out of the line of fire.

"You know what the market for crack is?" Mr. Price says. "It's anywhere people are miserable enough. Look at Hogarth's Gin Lane. Look at Dickens. Where is the desire to escape the greatest?"

"The problem is not drugs," he goes on. "The problem is all these people who don't have enough of a reason not to do drugs. Or enough of an alternative not to sell drugs."

"You get somebody down at the bottom end of society, every day the same as every other day. Life is a complete dead-end routine."

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and he gets a crack high and it's the best thing he ever felt. When he wakes up now he says, 'Oh boy, I got something to do today. I'm going to score me some more crack.' And the question is: Why shouldn't he?"

The answers, from some fronts, are predictable enough. What about pride? Self-respect? Family values? Mr. Price argues, obliquely, anecdotally, that those qualities have been bred out of the bone.

"This one drug dealer said to me, 'The scariest thing to a kid out here on the streets is not drugs, AIDS, guns, jail, death. It's words on a page. Because if a 15-year-old kid could handle words on a page, he'd be home doing his homework instead of selling dope with me.'"

Baffled by Books

Mr. Price, who gained his access with both charm and money, occasionally offering \$100 to police and drug dealers for their time, also passed out his novels to many of them. "They did the exact same thing, every kid," he says. "They looked at my name and said, 'That's you?' Then they'd open the book, turn to the last page and announce the page number. 'Man, this guy wrote a 330-page book! Man, what do you know for 330 pages?'"

"So it was, like, not only does this guy come from books. He is books. I was the guy who wrote all the books they found baffling and defeating."

A few miles down the road, the victims get younger. "Even the kid with the best home life, the strongest family values, once he leaves the apartment he's fair game. He's so vulnerable, you're talking about a 12-year-old. Every one of his friends is walking around in new sneakers and he doesn't have any. 'Hey, how'd you get them new sneakers?' 'Well, selling bottles for Champ, here.' 'Whoa, man, those are \$200 sneakers, you think I could sell bottles?' 'Yeah, man, you're the only kid out here ain't got none, you're running around in them skippies, man.'"

"So you got this kid from the best home, but he can't stand going out of the house in those skippies. Now every one of those kids, something bad is going to happen to them in the next six months. But you're 12 years old. You think you're going to live forever."

Inadvertently, though perhaps not, Mr. Price saves the quietest story for last. It begins with an off-duty policeman supervising some kids doing their homework at night in a housing project, and ends this way:

"It's about 10 o'clock and the kids are going upstairs and I go out in the hall and there's two 5-year-olds in the lobby, and they're running around, their parents are nowhere to be seen. They run into each other and smash heads — bang! — and this one kid starts sobbing.

"And this big cop picks up this kid, and he's holding him, patting his arms, going 'What's the matter? Ssssh... It's O.K., you were just running wild. You'll be all right.'"

"And all of a sudden I get this feeling in the pit of my stomach: Don't put this kid down. It's going to be 10 years before somebody hugs this kid again."

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W. Price