

The Legendary Ed Sanders

A Head of his Time

Fug You
By Ed Sanders
Da Capo, New York, 2011
424 pp.

Reviewed by Martin A. Lee

When poet-activist Ed Sanders published the first issue of his "Marijuana Newsletter" in 1964, cannabis legalization was not on America's political radar.

"Time is NOW for a Total Assault on the Marijuana Laws!" Sanders declared. "We have the facts! Cannabis is a non-addictive gentle peace drug!" Calling for "an intelligent, sensitive public campaign" to change the law, Sanders advocated "pot-ins at government headquarters, public forums and squawking, poster walks, hemp farm disobedience."

"Hemp is the WAY!" he proclaimed.

Three years later Sanders and his outrageous folk-rock ensemble, the Fugs, stood on a flatbed truck and performed "The Exorcism of the Pentagon" at a huge antiwar protest that bequeathed to the world the indelible photographic image of flowers sprouting from the rifle butts of young soldiers guarding the high church of the military industrial complex.

Fug You parts the curtain on a little-known chapter of early marijuana activism in the United States.

Those were the days, as Sanders recounts with wit and verve in *Fug You*, his engaging memoir of the Sixties. *Fug You* parts the curtain on a little-known chapter of early marijuana activism in the United States. It describes the beginning of a grassroots countercultural movement that would eventually grow into a widespread populist revolt against conventional medicine and extraconstitutional authority.

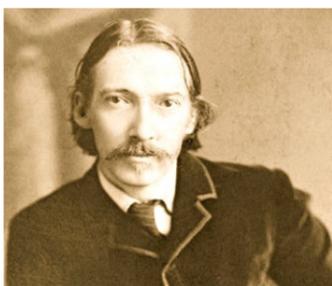
And who better to tell the story of the origins of the legalization struggle than Ed Sanders, an unflappably creative, nonviolent agitator for social justice? He's an American treasure — classics scholar, songwriter, investigative bard, sculptor of resonant phrases ("punk rock"), author of the three-volume *America: A History in Verse*, inventor of oddball musical instruments. A former boy scout from Missouri, Sanders fell under the gene-shredding influence of Ginsberg's *Howl* as a teenager. He moved to New York City's East Village, where he ran with a loose-knit cadre of literary bohemians who sought to translate the Beat critique into political activism.

In 1961, Sanders and several cohorts tried to board a Polaris submarine docked in Groton, CT. Their intent was to conduct a peace vigil atop the missile hatches to protest cancer-spreading open-air nuclear bomb testing. After serving sixty days in jail for this exercise in agit-prop, Sanders acquired a mimeograph machine (then the cutting edge information technology) and began publishing *Fuck You / A Magazine of the Arts*. Every envelope-pushing issue of *Fuck You* was a no holds barred attack on the state of the planet. Copies were available at Sanders's Peace Eye Bookstore, a vibrant, countercultural hub on the Lower East Side of Manhattan.

A Hipper Mr. Jones

In *The Amateur Emigrant*, Robert Louis Stevenson writes about Mr. Jones, an "excellent friend" he met on the passage from Glasgow to New York.

"He was from Wales, and had been most of his life a blacksmith...strong and skillful in his trade... His was the nature that looks forward, and goes on from one year to another and through all the extremities of fortune undismayed; and if the sky were to fall to-morrow, I should look to see Jones, the day following, perched on a step-ladder and getting things to rights. He was always hovering round inventions like a bee of a flower, and lived in a dream of patents. He had with him a patent medicine, for instance, the composition of which he had bought years ago for five dollars from an American pedlar, and sold the other day for a hundred pounds (I think it was) to an English apothecary. It was called Golden Oil; cured all maladies without exception; and I am bound to say that I partook of it myself with good results. It is a character of the man that he was not only perpetually dosing himself



ROBERT LOUIS STEVENSON

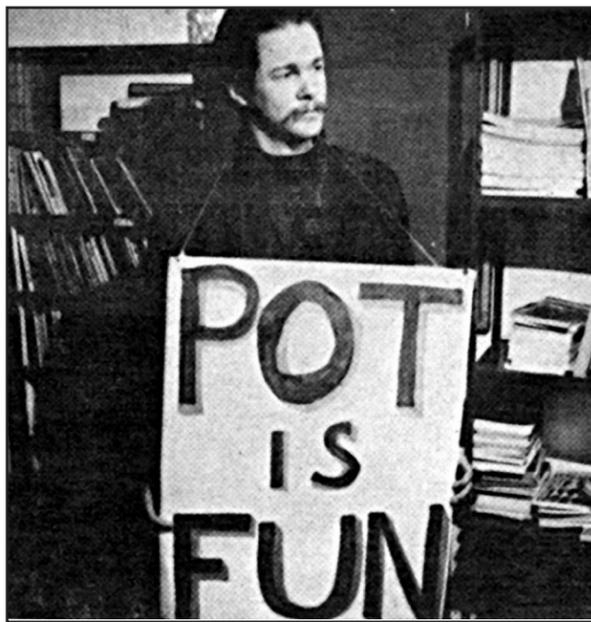


For these early marijuana activists, the struggle against censorship and the fight against pot prohibition were inseparable.

During the mid-1960s, the Peace Eye Bookstore served as the unofficial headquarters of the Committee to Legalize Marijuana (Lemar), a group launched by Sanders and Allen Ginsberg to liberate cannabis "from the grouches of the uberculture." The idea, Sanders explained, was "to get people who use marijuana to stand up and agitate for its legalization."

For these early marijuana activists, the struggle against censorship and the fight against pot prohibition were inseparable. Lemar members broke taboos of conformity and silence; they made free speech freer. They published pro-marijuana leaflets and picketed for drug policy reform, hoisting signs with iconic messages that still ring true: "POT IS FUN" and "POT IS A REALITY KICK."

Sanders's saga is great history. It's also a timely reminder that the pro-marijuana movement began not as a single-issue affair. From the outset, efforts to end pot prohibition were part of a broader movement for peace and social justice that drew inspiration from many sources and encompassed many causes. Therein lay its strength.



ED SANDERS TELLING IT LIKE IT IS IN THE MID-1960S.

with Golden Oil, but where there was a head aching or a finger cut, there would be Jones with his bottle.

"If he had one taste more strongly than another, it was to study character. Many an hour have we two walked upon the deck dissecting our neighbors in a spirit that was too purely scientific to be called unkind..."

Stevenson made the acquaintance of Mr. Jones in 1879 — a period when American patent medicines were quite likely to contain cannabis and/or opium. The fact that an English druggist was willing to lay out £100 for the formula suggests that Mr. Jones's Golden Oil was effective and potent. There's no determining its contents now, but what ingredients besides cannabis and opium could have had such healing effects?

Stevenson, an instinctive bohemian, had smoked plenty of hashish on an earlier trip to France... He came from Edinburgh, Scotland, where William Brooke O'Shaughnessy went to medical school, and where seeds WBO sent from India were grown out for possible medical use.

The MARIJUANA NEWSLETTER!
published by New York City LEMAR as a public service, to disseminate information toward the legalization of Marijuana. The MARIJUANA NEWSLETTER will print position papers, medical testimonies, & general information about the campaign to legalize marijuana. We shall agitate! We shall print the data. We have the facts about marijuana, the gentle benevolent herb.

ISSUE # 1. JANUARY 30, 1965. ABOLISH PROHIBITION! LEMAR! 25 CENTS
Edited by Randolph Wicker, Ed Sanders, Peter Orlovsky, C.T. Smith.

<p>Lemar New York City Lemar is a voluntary association formed to educate the public concerning Marijuana & the urgent need to legalize it. Like liquor prohibition, pot prohibition violates personal liberty, promotes racketeering, & invites mass evasion of the law. But, while alcohol is demonstrably productive of hangover, cirrhosis of the liver, violence & Mylan Thomas scenes, Marijuana on the other hand is in all respects gentle, benevolent & absolutely NON-addictive. We defy anyone to produce one shred of evidence that Marijuana is in any way addictive or that it produces at any time any adverse, depressive or other toxic effects. LEMAR continued on page 4</p>	<p>The Wicker Report By Randolph Wicker THE NEW YORK TIMES VERSUS THE TRUTH It should come as no surprise that the same New York Times which finds teenage drinking alarming whether it be legal (New York-Connecticut border towns) or illegal (parish, Connecticut) views the second most popular intoxicant -- marijuana -- with a special horror and Puritanism. The Times, stout aging mother of American Journalism, has unfortunately allowed its own biases to both color and distort me-</p>	<p>WILLIAM Burroughs SPEAKS! It is unfortunate and illogical that Cannabis, known colloquially as 'reefers', 'marijuana', 'herb', etc. etc. is the only drug of this group singled out for specific and definitive legal sanctions. The reasons given for these sanctions are demonstrably spurious. The La Guardia Report plus a mass of medical and pharmacological testimony have shown that Cannabis is neither harmful nor habit forming. There is no evidence to show that crimes are committed under the influence of this drug and alcohol remains the crime producing drug. How many crimes are committed every day by citizens who would not have committed the criminal act if they had not been drunk? It is recently maintained that Cannabis leads directly to the use of heroin.</p>
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POT IS FUN! The MARIJUANA NEWSLETTER

<p>C.T. SMITH Reviews LaGuardia REPORT LaGuardia Report republished in hard-cover by Oliver Layton Press \$4.95 340 Riverside Drive, N.Y.C. or telephone orders to Mr. Robert Bashlow Un 4-7027 The Marijuana Newsletter wishes to congratulate the Oliver Layton Press on its courage and determination to republish the classic report of the LaGuardia Committee on Marijuana, originally published in 1944. This report was made by unimpeachable experts and has the value that it was limited in the City of New York which means that the "problem" was treated comprehensively, and the additional value that it is entirely free of the hysterical bias which has been characteristic of other published materials. Yet the force of that bias has in fact been exerted upon the LaGuardia Report, which has been made largely inaccessible to the public, by virtue of the fact that copies cannot be found on the shelves of the public library nor bought from the booksellers. We are therefore proud to carry public notice of its republication. "On Sept. 13, 1938 the N.Y. Academy of Medicine was informed of Mayor LaGuardia's concern about the Marijuana (BIC) problem and of his desire "that some impartial body such as the N.Y. Academy of Medicine make a survey ... to determine the pertinent facts ..." Such was the far-sighted and academically respectable atmosphere under which this report was made at a cost of \$22,500, and in view of subsequent abusive statements, it is worth noting that the report was accepted by both the city and -continued on page 4-</p>	<p>CASSIDY'S CLOSINGS The latest pot market report Latest reports show a rise in heat decreasing in direct proportion to distance from the corner of MacDougal & Bleecker Street. The market is emerging from a severe recession resulting from a sudden and severe police crackdown in which several wholesale sources were eliminated, despite continued heat new sources have appeared and several varieties are now on the market. Latest closings show: mexican green: \$15-30/oz. cuban green: \$15-30/oz. \$100-160/lb. acapulco gold: \$25-35/oz. \$100-200/lb. black gunji: \$30-40/oz. \$150-225/lb. (the latest Pot Statistics compiled through the services of the Hippie Dope Exchange, will be printed in each issue of the Marijuana Newsletter.)</p>
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ANNOUNCING THE BEST STASH contest
We will award \$500 to the person submitting the best essay on the THEORY OF THE STASH. Entries should be profusely illustrated with samples from grass-head lore. We will print the winning entry.

We have the facts about the miracle herb marijuana - 7 -

<p>Open letter to Jim Bishop continued from page 1 juana since he was thirteen years old. He is now in his fifties, retired, and is neither mentally dull nor is he in any stretch of the imagination insane. Dr. Robert S. deRopp, a prominent biochemist, narcotics expert and author of <i>Drugs and the Mind</i>, states in his book that "...the problem of (marijuana) has brought results more from the type of people inquiring in the drug than from the effects of the drug itself." Furthermore, in the Mayor's Committee on Marijuana of New York City, Mayor LaGuardia stated in the foreword of a report on marijuana that, "I am glad that the sociological, psychological, and medical data attributed to marijuana have been found to be exaggerated..." You further stated in your article that, "Pot is the first step on the narcotics ladder," and that those who smoke marijuana, "...can soon be moved up to heroin." Again you seem to disagree with Dr. deRopp who states in <i>Drugs and the Mind</i> that "The practice of Marijuana smoking was not observed to lead to addiction..." Also the findings of Mayor LaGuardia's committee that, "The instances are extremely rare where the habit of marijuana smoking is associated with addiction..."</p>	<p>LEMAR is purchasing and collecting books for its MARIJUANA LIBRARY. We want every book or article ever written about marijuana. Please send to LEMAR BOX 133 NEW YORK, N.Y. 10009. We will have the most complete pot library in the history of western civilization! You have also stated in your article that, "...the use of marijuana leads to crime..." Again I refer you to Dr. deRopp who states that, "No direct relationship could be demonstrated between marijuana smoking and crime..." and also that, "The antisocial, aggressive, and sadistic elements of the personality uncovered by the drug are responsible for the crime, rather than any specific crime producing properties of marijuana..." It is probable that alcohol is more responsible as an agent in crime than marijuana. Also, I refer you to the LaGuardia report. "In most instances, the behavior of the (marijuana) smoker is of a friendly sociable character. Aggressiveness and belligerency are not commonly seen, and those showing such traits are not allowed to remain..." And again from the pen of Dr. deRopp, writing about a marijuana gathering in Boston, "The atmosphere did not prevail and on the rare occasions where there appeared signs of belligerency in one of the smokers he was either ejected or forced to become quieter." The committee appointed by Mayor LaGuardia of New York City also discovered that marijuana is less habit-forming than either alcohol or tobacco. Marijuana was found not to lead to the use of stronger drugs nor was it found to cause insanity or violence. -continued page 3-</p>
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BUCKS COUNTY MAUVE
the pinnacle of pennsylvania pot
"You can be sure if it's B.C. Mauve"
an excellent grade of grass ideal for pot blending

FOUNDING DOCUMENT OF THE LEGALIZATION MOVEMENT was produced by Ed Sanders and friends on a mimeograph machine. Lemar was "formed to educate the public concerning Marijuana & the urgent need to legalize it. Like liquor prohibition, pot prohibition violates personal liberty, promotes racketeering, & invites mass evasion of the law..." The key points made in the four-page leaflet seem relevant today (because prohibition still prevails): the herb is "benevolent," the suppressed LaGuardia report documented its true impact on users and the city at large, the press, led by the New Yorks is biased...

Analysis and Correspondence

On the term “narcotic”

and the purposeful imprecision of language concerning Cannabis

By Jason B. Schechter

There are numerous modern definitions of “narcotic,” though they all refer back to their original source. Botanically and chemically, those pharmacologically active molecules produced naturally in the gooey resin of the *Papaver somniferum* plant—the opium poppy—are known collectively as “opiates.”

The “opioids” are a broader category that includes opiate-like compounds that we humans generate internally (endogenous opioids including endorphins, enkephalins, etc.), semi-synthetic opioids (like heroin, which is artificially synthesized from the opiate morphine, or oxycodone, which is artificially synthesized from the opiate thebaine), and fully synthetic opioids (like methadone). To repeat: opiates come naturally from only one botanical species, *the Papaver somniferum*.

The mechanisms by which all of these external compounds affect our human condition are so named because of the drugs themselves —our bodies and brains have opioid receptors that receive their marching orders, if you will, from binding to EITHER endogenous (internal) opioids OR exogenous (external) opiates or opioids.

Mirroring the effects of the endogenous opioid peptides (the keys) and their receptors (the locks) that serve prominent roles in both natural pain transmission and reward mechanisms, in most animals the primary response to binding of an opioid receptor (same locks) with opiate compounds (different keys) is analgesia (pain alleviation), an increased feeling of well-being (euphoria) and somnolence (sleepiness).

Calling non-opiate drugs “narcotic” just because they make you sleepy via some other mechanism is inaccurate.

The botanical name of *Papaver somniferum* means, literally, “sleep-bringing poppy.” The word “narcotic” derives from the ancient Greek *ναρκῶ*, *narkō*, (literally “I benumb”) and describes this sleep-inducing effect of the opiates. Therefore, to be precise, opiates are narcotic in their effect, and to put it most simply, opiates are narcotics.

Calling non-opiate drugs “narcotic” just because they make you sleepy via some other mechanism is inaccurate. Go ahead and drink two (legal, regulated, non-opiate) shots of vodka and take two (legal, unregulated, non-opiate) capsules of Benadryl®, wait 30 minutes and then see how sleepy you are feeling. How would that level of sleepiness compare to the sleepiness brought on by the most potent Cannabis?

Our sloppy usage of words, coupled to corporate-state pressure to demonize and criminalize the Cannabis plant, has allowed the “narcotic” label to be placed on medicinal marijuana. It enables prosecutors to define Cannabis as an addictive, dangerous substance which, by any legitimate scientific estimation, it is not. Marijuana is not a narcotic. Some strains of Cannabis (the Sativas) won't even make you sleepy. *Cannabis Indica* might, but by a mechanism unlike that of *Papaver somniferum*.

Opiates activate entirely different endogenous receptor systems and have almost nothing in common with how cannabinoids exert their effects.

Marijuana and the opiates and opioids have entirely different activities in the brain and body. Opioids and cannabinoids rely on entirely disparate, separate biological mechanisms of action. Opiates affect entirely different endogenous receptor systems and have almost nothing in common with how cannabinoids exert their effects.

Add Hemp Advocates: Beatrix Potter

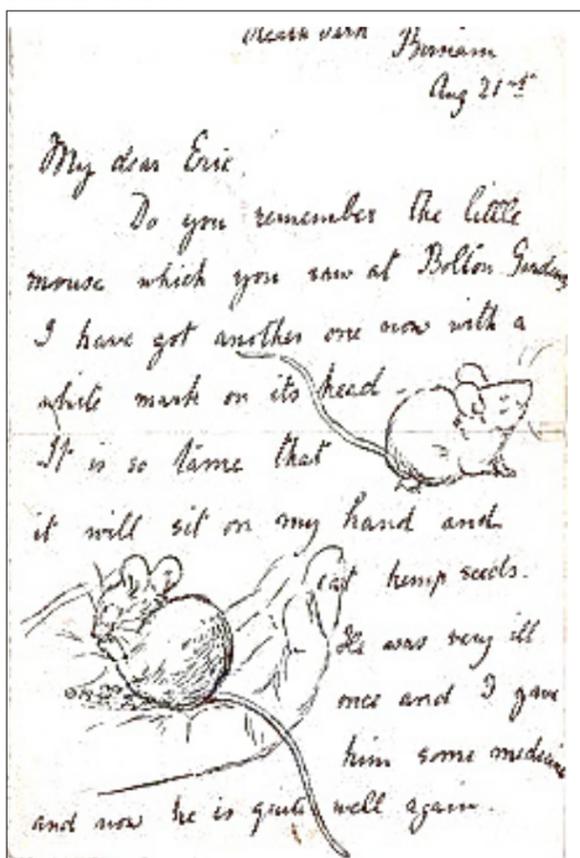
A show of Beatrix Potter's illustrated letters to children opened in New York recently and was written up by Edward Rothstein in the *Times*.

In one of the letters, to a three-year named Eric, Potter wrote: “Do you remember the little mouse which you saw at Bolton Gardens? I have got another one now with a white mark on its head. It is so tame that it will sit on my hand and eat hemp seeds. He was very ill once and I gave him some medicine and now he is quite well again.”

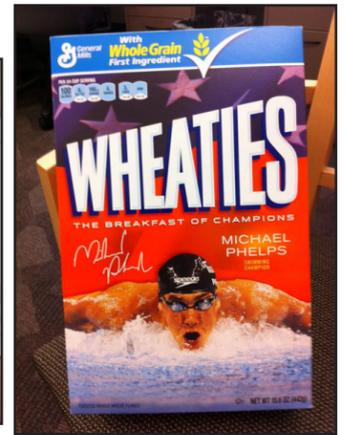
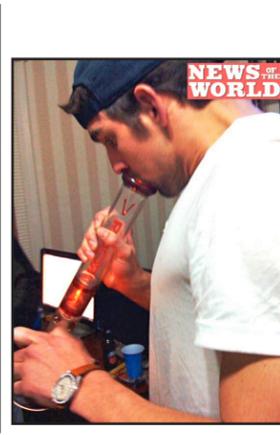
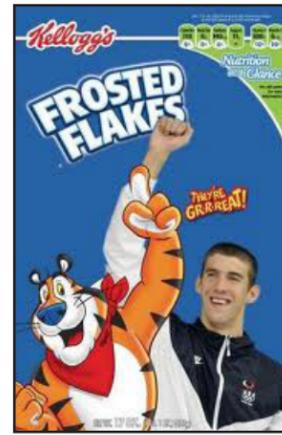
We infer that the hemp seeds had at least a potentiating effect. Or maybe she was using “medicine” in the way that Californians often do.

Potter loved life forms and observed them carefully. She “sketched animals, objects and fungi as if training herself for a career as a naturalist,” according to Rothstein, and you can see it in her drawings. The *Times* critic detects a slightly subversive edge in her benign-seeming bestsellers. Potter's best known character, Peter Rabbit, had mischievous tendencies.

Many of her stories, writes Rothstein, “reflect similar visions of malfeasance, punishment and modest redemption: Peter gets sent to bed with camomile tea after nearly being baked in a pie, Squirrel Nutkin is almost eaten by Old Brown the owl, Benjamin Bunny gets a whopping from his father.” Her characters have a “drive for independence” that gets “thwarted by various forms of switch-bearing authorities.”



Michael Phelps's Serial Cereals



To the editor:

On the occasion of Michael Phelps winning his 21st Olympic Gold medal, here's the famous photo that caused Kellogg's to take him off their cereal boxes... According to the Indian Hemp Drugs Commission, bhang bongs inspire athletes to greater glory. And think of his lung capacity! May he breathe forever, the Greatest Olympian of all time.

—Michael Aldrich

memo: General Mills, the makers of Wheaties, offered Phelps an endorsement deal after his great success in Beijing... Back in February 2009, when Kellogg's hastily unloaded their inventory of “tainted” Frosted Flakes and Corn Flakes, the San Francisco Food Bank was surprised and delighted to receive 3,800 one-pound boxes. Breakfast cereals are a rarity at the food bank and to suddenly take delivery on almost two tons was a big score for them. The director commented at the time, “The boxes have kind of flown off the shelves.” I wondered how many were being picked up by potpreneurs planning to sell them on ebay. Pot partisans promptly called for a boycott of Kellogg's and it made a dent in their sales.

Kellogg's was then in the news for buying salmonella-laced peanut butter and paste.

The sanctimonious corporation had declared, “Michael's recent behavior is not consistent with the image of Kellogg.” Aye, a fine image! Kellogg's was then in the news for buying salmonella-laced peanut butter and paste. They'd had to recall include Austin and Keebler brand Peanut Butter Sandwich Crackers, and some Famous Amos Peanut Butter Cookies and Keebler Soft Batch Homestyle Peanut Butter Cookies.

Sixty Minutes did a segment about Phelps before the London Olympics. His attention-loving mother explained to the camera how she'd made the boy shape up after the bong episode: “Come on, Michael, get with the program.” We hope her program doesn't include pushing him to compete in Rio in 2016. Likable Michael said that after the Beijing Olympics he looked forward to traveling the world, returning to and actually *visiting* the cities in which he'd spent his time in hotels and swimming pools.

Wherever you go, Mike, bring the Rick Steves guidebook —and have fun!

Payphones and Quarters (Hemp Tour P.S.)

It was actually our little NORML chapter in Illinois and Ben Masel who organized the Hemp Tours, right from the start. We got so mad about Hash Wednesday, we organized events on five Illinois college campuses the next year, and invited everyone to tour around with us. National NORML sent Jon Gettman, who they fired when he got home for having been on the road with us. Steve DeAngelo came with his partner Ruby Pearl, who was born and raised in Champaign/Urbana (as was Steve Hager and Chef Ra, and Keith Stroup went to college there).

Ben Masel showed up with a school bus with Jackson Clubb (who Bill the Cat was modeled on) driving, and we all hit the road. Ben loved the project so much that he funded me to drive all over that summer meeting activists in the surrounding states, many times just grabbing people that looked like stoners and getting them excited, and we went to all the surrounding states the next season (Iowa, Wisconsin, Indiana, Missouri).

That winter, we did “advance work” in 17 states, and this time Monica Pratt went out with me to find and train organizers. (That first time it was just me and my dog, Cassidy, in a car my mom let me borrow.) Jack Herer showed up with his bus on that second tour, and stayed with us for all those years. Elvy likely hopped on board then, too. Steve D. started sponsoring us right away, offering tons of help to keep the show on the road, and a place for us to sleep when we were not, as the crew was homeless for two years straight. We organized all that while on the road with no office, no computers, and no phones. Payphones and quarters! It was so fun!!!!!!

I am very glad it is getting some attention, as so much of the work that followed started here. The Marijuana Policy Project (MPP), Americans for Safe Access (ASA), Students for a Sensible Drug Policy and many more sprang from the Hemp Tour and our Cannabis Action Network.

Debby Goldsberry, Oakland CA

Juicer Jottings

woke up this morning with a very bad lower back strain/ache. this is a separate issue from my sciatic pain that I usually have (the worst pain ever btw)

so i decided to experiment. i juiced one and a half purple kush plants at 4 weeks flower —probably would yield an ounce and a 1/4 if brought all the way to flower. all leaves and flowers were stripped, i didn't juice the stems.

ingested the full amount of juice with the juice of one pomegranate to cut the taste. on an empty stomach —i have had one cup of coffee so far.

this was at 11:23 AM. there were no immediate effects other than what I normally get from juicing raw vegetables —usually i get a surge of energy and a feeling of wellness from the nutrients.

10 minutes later— there is no stiffness in my back and i can twist side to side with no problems and bend over. could not do that without great pain this morning.

the pain i was feeling is still present but has been cut in half by at least 50%...and as I type this email, the pain is getting less and less. and i have zero psychoactive effects so far.

this application of the plant in this way is probably the closest thing to the theory of it as a type of aspirin as grinspoon has hypothesized it will become.

will let you know if there any other effects.

— e hollins, carlsbad, california