

10/7/81

9:15AM ZT & AG ingest 60mg of 3TME, possible first alert at with an increase in laughter and an amusing insight on ZT's part about psychologists as optimists - "Do you get the point?"

The experiment proceeded to about the plus 2 level where it remained in a very pleasant manner. ZT and AG discussed some of ZT's family dynamics for the rest of the morning and early afternoon. They ate a light bowl of soup, bread and dried prunes and then sat in the sunny patio discussing until 2 PM. Just that time they went inside with the house heated at 70° both got drowsy and took a nap until 4PM for AG and 4:30PM for ZT. It's possible that the house was overheated and contributed to their unusual drowsiness.

When they got up however, the level of intoxication had had faded to .5 from the plus 2 it had been. They took a walk without noticing physical difficulty and afterward had a light supper together with TG who had come in.

The day was beautifully insightful and very pleasant. Both men felt that the 60mg dosage level was a bit low. At least 80mg and possibly more would have been optimal.

Sleep was without hindrance for AG