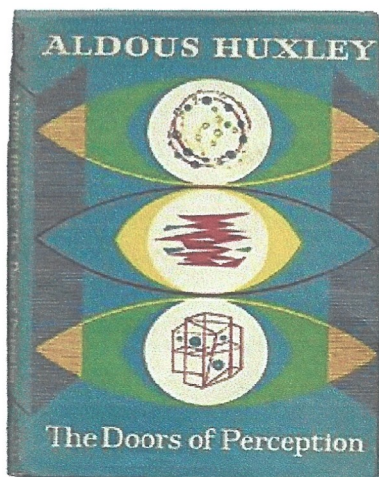


## THE NATIONAL TRUST – SRI LANKA LECTURE ON THURSDAY 30<sup>th</sup> OCTOBER 2014

### ORIGINS OF DRINKING & SMOKING by PROF CARLO FONSEKA

The 67<sup>th</sup> Session of the Monthly Lecture Series of the National Trust - Sri Lanka will be held at the HNB Auditorium, 22<sup>nd</sup> Floor, HNB Towers, 479 T.B. Jayah Mawatha, Colombo 10 at 6.30 p.m. on Thursday the 30<sup>th</sup> October 2014



Alcohol and tobacco act on the human brain. ie. they are psycho active substances. Alcohol and tobacco are naturally occurring psycho active substances. There is evidence that all the naturally occurring psycho active substances which include narcotics, sedatives, euphorants, hallucinogens and excitants were known to human kind (*Homo sapiens*) for thousands of years. Archaeologists have unearthed evidence that the origin of psycho active substances were in the Stone-age. They have shown that there were dope addicts before there were farmers!

What drove human beings who were presumably healthy and well to use psycho active substances? One answer that suggests itself is that the use of psycho active substances such as alcohol and tobacco makes them feel even better. How do psycho active substances provide such effect? In Aldous Huxley's famous phrase; psycho active substances provide "chemical vacations from intolerable self-hood". These matters have social, medical and legal implications which merit discussion.... *Prof. Carlo Fonseka*

Emeritus Professor Carlo Fonseka is currently the President of the Sri Lanka Medical Council. He was thrust into the lime light in the 1970s by his controversial investigations into rituals of fire-walking. He has served on several statutory boards, commissions and councils. He has been a populariser of Science and a veteran broadcaster on Sinhala Radio. He has been a ubiquitous presence in the educational, scientific and cultural life on the country during the past few decades.

The National Trust – Sri Lanka conducts monthly lectures on the last Thursday of each month. The lectures are open to the members and the public at a nominal fee. The HNB Sustainability Foundation is the principal sponsor of the events of the National Trust – Sri Lanka.

Further information can be obtained from the Trust Office Tel 2682730 at the Post Graduate Institute