

# How People Got High in Every Time Period

## Alternative Titles:

- [none]

## Intro:

Drugs have been around for a really long time— and I’m not just exaggerating. Humanity has used drugs from pretty much the dawn of time. *But*— the drugs humanity has chosen to use throughout the decades have changed over time. So— today, I’m going to go over *how* exactly humans got high in every era of history, and talk about what drugs people used in different eras as well as how they prepared them. 600 words / period.  
Number one—

### **The Stone Age** (3.4 million BC - 3,300 BC)

Cannabis, 8100 BC  
Betel Nut, 7000 BC  
Rice Wine, 7000-6600 BC  
Wine, 6000-5800 BC  
Opium, 5700 BC  
Ephedra, 4800-4300 BC  
Mead, 4200 BC  
San Pedro cactus, 6800-6200 BC  
Cocaine 6000 BC  
Tobacco 6000-4000 BC  
Peyote 3780-3660 BC

### 1) **Gaise Noru Noru**

According to researchers, there’s surprisingly *little* evidence for prehistoric drug use. Because modern day humans seem to love drugs of all types so much, it’s difficult to imagine a culture that *doesn’t* alter their brain

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chemistry a little bit from time to time. So— because of the lack of evidence in this era, some researchers have looked to modern day tribes that have live the most similar lives to people from the stone age— for example: African hunter-gatherers such as the Bushmen, Pygmies, and Hadzabe— And— the findings are interesting. Although

“These tribes have a complex plant lore, and know which plants to use for foods, medicine, magic, and poison”

And “many of these plants are psychoactive”

There still isn't much evidence to suggest that they used any of these drugs for more than just medicinal or shamanic uses. For example, *Boophane Distycha* is a potent hallucinogen— but it wasn't used for tripping as much as *poisonous arrow tips*. And— the bushmen love tobacco in the modern day— but they obtained that vice from the Europeans— because *of course* the Europeans gave bushmen cigarettes. Another interesting example to prove this point is that the Hadzabe from Tanzania and the Aka Pygmies from Africa pregame their hunts by getting high on marijuana, but they got marijuana from asia— so they most likely *didn't* do this in the stone age.

But— remember what I said earlier about using psychedelics for shamanic activities? Well, the strongest evidence for *purposeful* drug use has to do with this.

In a book called

*Enigma of drug-induced altered states of consciousness among the !Kung Bushmen of the Kalahari desert* from 1986, a researcher goes into detail about traditional and ritual drug use of two specific psychedelics: Cannabis, and a drug called **gaise noru noru** (also called !kaishe). Now— like we said earlier, Cannabis is irrelevant because it was imported later. *But*, the Gaise Noru Noru has likely been used as a psychedelic for shamanic rituals since the stone age.

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Quote:

“The San, or !Kung Bushmen, of the Western Kalahari Desert conduct collective healing dances in which they strive to attain an ecstatic trance state. The dancers achieve the healing trance ([which is called] kia) by dancing for hours, sometimes in combination with the consumption of dagga (Cannabis sativa) or the plant they call gaise noru noru (also called !kaishe) [...]. A drink concocted from the root was apparently used more often in earlier times”

One researcher interviewed a Bushman about it, and he described the effects as

“Everybody at the dance, [...] drank it. . . . Anybody who danced would take it. The thing is that those who hadn’t reached kia yet would drink more than those who had already reached [the healing trance yet]. We elders who had experienced kia long ago would just drink a little of the preparation”

And then, as for the actual effects of this drink, the man said:

“You start to feel something moving around in your stomach, in your chest, and in your back, a pulsating feeling in your back like a jabbing. . . . You feel your front spine starting to pulsate with your heartbeat and starting to [shake].

The reason I say this Gaise Noru Noru is powerful is because you [can’t] just take it [on a whim]. You had to be washed, and you had to be fed certain foods. Certain [...] foods were prohibited to you, and meat that was hunted, the blood of it, was rubbed on you. Then you were washed again with something else”

Uhh.. yeah. Not really a *pleasant* experience.

Another super interesting fact about this prehistoric psychedelic is some of

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the ways that it is said to have been smoked. The book goes on to say:

“It is [also] possible that the plant used to be smoked or dropped in a tortoise shell onto hot coals [for] the smoke [to be] inhaled”.

Interestingly, there are apparently hundreds of psychoactive plants that have just never really been studied very much, and a lot of these are proposed to be the plants that ancient people used in the stone age.

For example, the book says:

“The root contains substances that have been little studied but may possibly have hallucinogenic or psychoactive effects. Other species of the genus *Ferraria* and related plants have potent toxic properties”. And then goes on to specify about 8 other little-studied plants that may have been used in the stone age for psychedelic effects— *which I am not going to include in this video because the latin names are very hard to pronounce.*

But— that’s just cavemen. If you look at the whole *world* throughout the stone era (**or.. more like the stoned era**), you will start to see some of the OG drugs that people have always used come into mainstream use.

### [Optional / Revise]

For example— over in an ancient village site at Yuan-shan on the island of Taiwan, archeologists discovered what’s regarded today as the earliest physical evidence of human use of cannabis— although not in the way you think. Archeologists had discovered broken pieces of pottery with signs of cannabis cord having been imprinted on it— as well as a rod-shaped stone tool that might have been used to pound cannabis fiber. So— in other words— they just thought it was another useless plant and made it into a rope.

And one example is **alcohol**. According to archaeologists, Kyle from your fraternity is more in touch with his ancestors than most people, because beer of all things is the *oldest* recorded manufactured drug... of all time.

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Archeological evidence dating back to 10,000 BC shows this, as the Natufians— who were prehistoric peoples of middle-eastern origin— were said to have mastered beer making in their time. Unfortunately, though, your average frat boy would probably be disappointed, because alcohol from this time period was *quite* different from modern day alcohol. For starters, there weren't any beatboxes, or gas stations— or smelly people asking you to buy them a beatbox outside of the gas station. Natufian beer had a low alcoholic content from around 2-4%, often had fruit or honey added to it, and wasn't always a liquid. It is said that sometimes, their beer was more like a paste, or a quote “soupy mixture with different additives floating on top”. So.. basically beer cereal [**Visual: Like the breakfast**].. Made of .. cereal? [**Visual: the other word for cereal, also known as wheat, oats, rye, and barley**].

Regardless, this was actually a good solution for making clean and drinkable water, because it turns out that alcohol killed harmful bacteria that would have otherwise made them sick.

### **The Bronze Age (3300 to 800 BC)**

Beer, 3500-2900 BC

Adenanthera 2130 BC

Chocolate, 1800 BC

Datura 1400-1000 BC

Psilocybe 1000 BC

The oracle of Delphi

### **The Iron Age (800 BC to 600 AD)**

St. John's Wort, 400 BC

Tea 141 BC

Belladonna 50-70 AD

Mandrake 50-70 AD

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Roseroot 50-70 AD  
Chicha, 800-250 BC  
Pulque, 200-500 AD

### **The Medieval Era (600 AD - 1400 AD)**

Kava, 850 AD  
Ayahuasca 1000 AD  
Maté 1050-1250 AD  
(Ale would be solid here too)

### **The Early Modern Era (1500 AD - 1800 AD)**

Coffee, 1500 AD  
Amanita 1730 AD  
Amanita 1600 AD (New world)

### **The Modern Era/Present (1800 AD - Present)**

Iboga 1899 AD  
Virola 1913  
Research Chemicals and many more

### **Future Era**

**Bonus Source:** INSANE Source with EVERYTHING [Go to the side, find drugs and checkmark all of them]. With this source we could possibly change the video to “Every Drug Throughout History” if we wanted to.

Princess Mary in the first world war--  
She gave this drug as a gift to world war one boys on the front, it was basically heroin under the brand name of Bayer, which still exists today.

Note : It would be good to acknowledge how some of these drugs are used

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in other periods too, but they are placed in certain periods either because they were discovered then, or simply most popular then.

[Writer's notes]

(Unfortunately I can't find this story— my friend, who is a historian— told me that he heard it one time but he said he doesn't remember what island).

The conversion of Iceland to Christianity (Although the person who told me this story wasn't sure which island).

Apparently the leader of a large island got high in a cave for 3 days, said that he saw god, and converted his country