

| DOPING

Report and restatement of the question of doping, presented at the Moscow International Olympic Committee Session in June 1962 by Dr. J. Ferreira Santos.

This report has been elaborated by :

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I. HISTORICAL ACCOUNT.

The most ancient reference to the aetiological aspect of the term, according to Morgan, dates back to Ancient Rome, when, in

order to stimulate pure bred horses, they were fed with Hydromel. This mixture consisted of honey, oats and water. It was believed that this concoction would increase the staying-power of the horses.

Doping figures in the Dutch language as *dopen* (baptism) signifying immersion and was used for the first time in the sense of *doping* at Amsterdam about 1865 at the time of the construction of the Northern Canal.

II. DEFINITION.

Doping is an illegal procedure used by certain athletes, in the form of drugs: physical means and exceptional measures which are used by small groups in a sporting community in order to alter positively or negatively the physical or physiological capacity of a living creature, man or animal, in competitive sport.

III. VARIOUS MEANS OF DOPING.

At first, the practice of doping was based on the use of drugs designed to stimulate living creatures. It was followed by the use of depressive drugs and then tranquilizers. Physical means also came into use such as radiations from a quartz lamp used in Winter in order to make up for the scarcity of the sunrays.

It is well to remember that any exceptional method used by a group of athletes belonging to the same sport centre (The Olympic

Village) for instance, whenever it takes the form of dieting, housing, transport, etc... can be interpreted as *doping*, through the dishonesty and insincerity of team organizers.

IV. THE COMBAT AGAINST DOPING.

The practice of doping, within the human race aroused much controversy, but in cases where suspicion has been proved, very few satisfactory conclusions have been reached. In many European countries as well as in the United States of America, the problem has been thoroughly investigated and the sport authorities have taken punitive action against the offenders.

In Italy, there exists already a control in order to repress the practice of doping, particularly in connection with cycling events, following an agreement established between the U.V.I. (Unione Velocipedistica Italiana) and the F.M.S.I. (Federazione Medico Sportiva Italiana) in January 15th 1955.

At present, the Fynsec (International Centre of sport hygiene) based in Geneva, is conducting a systematic campaign to combat doping on an international basis.

V. MEDICAL SPORTS CONTROL.

As far as mankind is concerned, the question is already being investigated, and we believe that the control and suppression of doping must be effected, (pointing at the discovery of a more simple and efficient method) by the method of chromatography on paper, based on taking blood and urine samples to be analysed. In Italy, according to Professor Antonio Venerando, suspicious cases are submitted to three different tests using the urine for examination purposes. If a positive result is recorded for all the three methods utilized (Colorimetric, spectrophotometric and chromatographic), the athlete is considered guilty.

VI. FINAL CONCLUSIONS.

Nowadays, the use of stimulants for toning the nervous system as well as the use of tranquilizers and of analeptics to lessen the sensation of fatigue is used universally.

The anectamines, psychoanaleptic drugs, anti-depressives, also named psychamines or sympathicomimetic, head the list bearing different names according to the laboratories which make them : chloridrate of methyl-anectamine, sulfate of dextroanectamine ; sulfate of desoxinorephedrine, etc., etc.

This drug was discovered in Japan, in 1919, by Ogata and in Switzerland in 1929 by Ende. It was prepared by Hanschild in 1938 in the laboratories of Temmler Manufacturing Chemists in Berlin. It is available under various names : Pervetin, Metedrine, Maxiton, Desoxin, etc.

In conclusion, we appeal to the International Olympic Committee to take adequate

measures in this combat against doping, a practice which is the very symbol of negation of the ethics of sport. This practice is growing every day and its ill-effects are felt by the human race.

We make the following proposals :

- a) To modify the existing 'International Sports Code' by including a rule affecting all aspects of doping.
- b) To organize officially and compulsorily a 'service of control and prohibiting doping' in all international sports competitions, including the Olympic Games. This service of 'control' would be set up, instructed and controlled by the organizing country responsible for the Olympic Games. Samples of urine could be taken and submitted to a systematic control after the finals of each event, or by the decision of the Jury ruling the said competition.
- c) To launch a campaign in the world of sport in general and among the athletes in particular pointing out to them the harmful effects of doping.

CONCLUSION

At the present time, sport is affected by a real menace and evil : the practice of doping. It prevails in professional as well as in amateur sport. This evil must be fought.

Doping provokes a false feeling of well-being which may lead the athlete to a state of auto-intoxication resulting from the physical effort he has made. It may also cause a physiological intoxication through the taking of a drug having damaging effects on the life and health of an athlete.

Drugs capable of increasing the physical and mental output of the athlete artificially should certainly be prohibited.

Various attempts have been made in different countries to control doping. In Italy, the F.M.S.I. and the Italian Centre of sport hygiene are studying the main requirements of a campaign for controlling and abolishing doping.

In Geneva, the centre of *Fynsec* is endeavouring to co-ordinate a systematic international movement to this end. This centre intends to mobilize the various sports bodies in combatting the use of drugs taken during competitive sport events, in collaboration with the Scientific Research Commission and that of Physical Education, in order to safeguard the educative, the ethical and social value of sport.

As far as we are concerned, we ask the International Olympic Committee to prescribe rules against doping and to inflict penalties on the guilty parties.

See the table published in the French text of this issue.

B A S E - N a t u r e d u p r o c e s s u s u t i l i s é

D O P I N G

Types

