

Sex and drugs n rock n roll

By Alan Miles ([email](#)) – July 2013

In 1970 I came out of rehab (which they called psychiatric help those days), I had received lots and lots of psychotherapy which in those days was rarely heard of. So, I attempted to do evening classes to 'better myself'. However, I discovered that North East London Polytechnic had a great little student bar they named 'The Snakepit' and that was more appealing to me than an evening class and so further education became quickly forgotten. The bar was well stocked with Newcastle Brown and Heineken Lager and the potent Stellar, as well a very good R & B band called Biffo who later changed their name to CO Jones were turning out some great sounds. They played Route 66, Carol, and a great rendering of Dion's 'The Wanderer'.

At this point in musical history, the old London R & B Sound had finished, but here was Biffo thumping out those old Stones favourites. These were the days of the Denim Army that is everybody wore denims, and horrid flapping flares. Nearly every guy wore a beard and long hair.

One evening I walked into the bar, and there sat 'Railroad', who collected the entrance fee on the door. As I tried to sneak pass him without paying he said "Hey Man where's your bread?" I said "Yeah man sure, here's your bread" he said "that's cool" as he took my money. Then I said "hey man have you got any sh*t?" Railroad Mick said "no way man" I'm cleaned right out". Then he asked me if I was still taking speed, I said "no man I'm clean, all I do is drop acid and smoke dope". Then he said 'The Bishop' down at 'The Drums' has got some great acid and some black leb, but no speed". I said "That's cool man; I'll truck round his pad and see if I can score some".

Then my old friend Eric arrived at the bar. I said "Hi Man", Eric replied "Hey man you cool?" I replied "Yeah man far out. Did you go to that scene at Woodford" Eric replied "yeah man what a crazy scene, some dude had some free acid called Green Pyramid, it freaked me right out, I'm still buzzing". He continued "I met a chic called Emma and we went back to her pad, and had a good sh*g, well man she is shacked up with Jimmy. He is cool about Emma having the odd sh*g with someone else. I think he was shagging another chic that night". I replied "right on".

I remember Eric saying "that guy Colin he was a real head, eh dropped acid for two weeks running and they say for a real high that he wanted, blew his own head off with a shooter"