From *Amusing Ourselves to Death* by Neil Postman

*Foreword*

We were keeping our eye on 1984. When the year came and the prophecy didn't, thoughtful Americans sang softly in praise of themselves. The roots of liberal democracy had held. Wherever else the terror had happened, we, at least, had **not** been visited by Orwellian nightmares.

But we had forgotten that alongside Orwell's dark vision, there was another-slightly older, slightly less well known, equally chilling: Aldous Huxley's *Brave New World.* Contrary to common belief even among the educated, Huxley and Orwell did not prophesy the same thing. Orwell warns that we will be overcome by an externally imposed oppression. But in Huxley's vision, no Big Brother is required to deprive people of their autonomy, maturity arid history. As he saw it, people will come to love their oppression, to adore the technologies that undo their capacities to think.

What Orwell feared were those who would ban books. What Huxley feared was that there would be no reason to ban a book, for there would be no one who wanted to read one. Orwell feared those who would deprive us of information. Huxley feared those who would give us so much that we would be reduced to passivity and egoism. Orwell feared that the truth would be concealed from us. Huxley feared the truth would be drowned in a sea of irrelevance. Orwell feared we would become a captive culture. Huxley feared we would become a trivial culture, preoccupied with some equivalent of the feelies ([Huxley's sense stimulating movies], the orgy porgy [group sex in the novel], and the centrifugal bumblepuppy [a child's game in the novel; see description at end of essay]. As Huxley remarked in *Brave New World Revisited,* the civil libertarians and rationalists who are ever on the alert to oppose tyranny "failed to take into account man's almost infinite appetite for distractions." In *1984,* Huxley added, people arc controlled by inflicting pain, In *Brave New World,* they are controlled by inflicting pleasure. In short, Orwell feared that what we hate will ruin us. Huxley feared that what we love will ruin us.

This book is about the possibility that Huxley, not Orwell, was right.

## *The Huxleyan Warning*

There are two ways by which the spirit of a culture may be shriveled. In the first - the Orwellian - culture becomes a prison. In the second - the Huxleyan - culture becomes a burlesque.

No one needs to be reminded that our world is now marred by many prison-cultures whose structure Orwell described accurately in his parables. If one were to read both *1984 and Animal Farm,* and then for good measure, Arthur Koestler's *Darkness at Noon,* one would have a fairly precise blueprint of the machinery of thought-control as it currently operates in scores of countries and on millions of people. Of course, Orwell was not the first to teach us about the spiritual devastations of tyranny. What is irreplaceable about his work is his insistence that it makes little difference if our wardens are inspired by right- or left-wing ideologies. The gates of

the prison are equally impenetrable, surveillance equally rigorous, icon worship equally pervasive.

What Huxley teaches is that in the age of advanced technology, spiritual devastation is more likely to come from an enemy with a smiling face than from one whose countenance exudes suspicion and hate. In the Huxleyan prophecy, Big Brother does not watch us, by his choice. We watch him, by ours. There is no need for wardens or gates or Ministries of Truth. When a population becomes distracted by trivia, when cultural life is redefined as a perpetual round of entertainments, when serious public conversation becomes a form of baby-talk, when, in short, a people become an audience and their public business a vaudeville act, then a nation finds itself at risk; culture-death is a clear possibility.

In America, Orwell's prophecies are of small relevance, but Huxley's are well under way toward being realized. For America is engaged in the world's most ambitious experiment to accommodate itself to the technological distractions made possible by the electric plug. This is an experiment that began slowly and modestly in the mid-nineteenth century and has now, in the latter half of the twentieth, reached a perverse maturity in America's consuming love-affair with television. As nowhere else in the world, Americans have moved far and fast in bringing to a close the age of the slow-moving printed word, and have granted to television sovereignty over all of their institutions. By ushering in the Age of Television, America has given the world the clearest available glimpse of the Huxleyan future.

Those who speak about this matter must often raise their voices to a near-hysterical pitch, inviting the charge that they are everything from wimps to public nuisances to Jeremiahs. But they do so because what they want others to see appears benign, when it is not invisible altogether. An Orwellian world is much easier to recognize, and to oppose, than a Huxleyan. Everything in our background has prepared us to know and resist a prison when the gates begin to close around us. We are not likely, for example, to be indifferent to the voices of the Sakharovs and the Mandelas and the Walesas. We take arms against such a sea of troubles, buttressed by the spirit of Milton, Bacon, Voltaire, Goethe and Jefferson. But what if there are no cries of anguish to be heard? Who is prepared to take arms against a sea of amusements? To whom do we complain, and when, and in what tone of voice, when serious discourse dissolves into giggles? What is the antidote to a culture’s being drained by laughter?

I fear that our philosophers have given us no guidance in this matter. Their warnings have customarily been directed against those consciously formulated ideologies that appeal to the worst tendencies in human nature. But what is happening in America is not the design of an articulated ideology. No *Mein Kampf or Communist Manifesto* announced its coming. It comes as the unintended consequence of a dramatic change in our modes of public conversation. But it is an ideology nonetheless**,** for it imposes a way of life, a set of relations among people and ideas, about which there has been no consensus, no discussion and no opposition. Only compliance. Public consciousness has not yet assimilated the point that technology is ideology. This, in spite of the fact that before our very eyes technology has altered every aspect of life in America during the past eighty years. For example, it would have been excusable in 1905 for us to be unprepared for the cultural changes the automobile would bring. Who could have suspected then that the automobile would tell us how we were to conduct our social and sexual lives?

Would reorient our ideas about what to do with our forests and cities? Would create new ways of expressing our personal identity and social standing?

But it is much later in the game now, and ignorance of the score is inexcusable. To be unaware that a technology comes equipped with a program for social change, to maintain that technology is neutral, to make the assumption that technology is always a friend to culture is, at this late hour, stupidity plain and simple. Moreover, we have seen enough by now to know that technological changes in our modes of communication are even more ideology-laden than changes in our modes of transportation. Introduce the alphabet to a culture and you change its cognitive habits, its social relations, its notions of community, history and religion. Introduce the printing press with movable type, and you do the same. Introduce speed-of-light transmission of images and you make a cultural revolution. Without a vote. Without polemics. Without guerrilla resistance. Here is ideology, pure if not serene. Here is ideology without words, and all the more powerful for their absence. All that is required to make it stick is a population that devoutly believes in the inevitability of progress. And in this sense, all Americans are Marxists, for we believe nothing if not that history is moving us toward some preordained paradise and that technology is the force behind that movement.

Thus, there are near insurmountable difficulties for anyone who has written such a book as this, and who wishes to end it with some remedies for the affliction. In the first place, not everyone believes a cure is needed, and in the second, there probably isn't any. But as a true-blue American who has imbibed the unshakable belief that where there is a problem, there must be a solution, I shall conclude with the following suggestions.

We must, as a start, not delude ourselves with preposterous notions such as the straight Luddite position as outlined, for example, in Jerry Mander's *Four Arguments for the Elimination of Television.* Americans will not shut down any part of their technological apparatus, and to suggest that they do so is to make no suggestion at all. It is almost equally unrealistic to expect that nontrivial modifications in the availability of media will ever be made. Many civilized nations limit by law the amount of hours television may operate and thereby mitigate the role television plays in public life. But I believe that this is not a possibility in America. Once having opened the Happy Medium to full public view, we are not likely to countenance even its partial closing. Still, some Americans have been thinking along these lines. As I write, a story appears in *The New York Times* (September 27, 1984) about the plans of the Farmington, Connecticut, Library Council to sponsor a "TV Turnoff." it appears that such an effort was made the previous year, the idea being to get people to stop watching television for one month. The *Times* reports that the turnoff the previous January was widely noted by the media. Ms. Ellen Babcock, whose family participated, is quoted as saying, "It will be interesting to see if the impact is the same this year as last year, when we had terrific media coverage," In other words, Ms. Babcock hopes that by watching television, people will learn that they ought to stop watching television. It is hard to imagine that Ms. Babcock does not see the irony in this position. It is an irony that I have confronted many times in being told that I must appear on television to promote a book that warns People against television. Such are the contradictions of a television-based culture.

In any case, of how much help is a once-a-month turnoff? It is a mere pittance; that is to say, a penance. How comforting it must be when the folks in Farmington are done with their

punishment and can return to their true occupation. Nonetheless, one applauds their effort, as one must applaud the efforts of those who see some relief in limiting certain kinds of content on television-for example excessive violence, commercials on children's shows, etc. I am particularly food of John Lindsay's suggestion that political commercials be banned from television as we now ban cigarette and liquor commercials. I would gladly testify before the Federal Communications Commission as to the manifold merits of this excellent idea. To those who would oppose my testimony by claiming that such a ban is a clear violation of the First Amendment, I would offer a compromise: Require all political commercials to be preceded by a short statement to the effect that common sense has determined that watching political commercials is hazardous to the intellectual health of the community.

I am not very optimistic about anyone's taking this suggestion seriously. Neither do I put much stock in proposals to improve the quality of television programs. Television, as I have implied earlier, serves us most usefully when presenting junk entertainment; it serves us most ill when it co-opts serious modes of discourse-news, politics, science, education, commerce, religion-'and turns them into entertainment packages. We would all be better off if television got worse, not better.

"Friends" and "ER" are no threat to our public health. "60 Minutes," "Eye-Witness News" and "Sesame Street" are.

The problem, in any case, does not reside in *what* people watch. The problem is in *that* we watch. The solution must be found in *how* we watch. For I believe it may fairly be said that we have yet to learn what television is. And the reason is that there has been no worthwhile discussion, let alone widespread public understanding, of what information is and how it gives direction to a culture. There is a certain poignancy in this, since there are no people who more frequently and enthusiastically use such phrases as "the information age," "the information explosion," and "the information society." We have apparently advanced to the point where we have grasped the idea that a change in the forms, volume, speed and context of information *means* something, but we have not got any further.

What is information? Or more precisely, what are information? What are its various forms? What conceptions of intelligence, wisdom and learning does each form insist upon? What conceptions does each form neglect or mock? What are the main psychic effects of each form? What is the relation between information and reason? What is the kind of information that best facilitates thinking? Is there a moral bias to each information form? What does it mean to say that there is too much information? How would one know? What redefinitions of important cultural meanings do new sources, speeds, contexts and forms of information require? Does television, for example, give a new meaning to "piety," to "patriotism," to "privacy"? Does television give a new meaning to "judgment" or to "understanding"? How do different forms of information persuade? Is a newspaper's "public" different from television's "public"? How do different information forms dictate the type of content that is expressed?

These questions, and dozens more like them, are the means through which it might be possible for Americans to begin talking back to their television sets, to use Nicholas Johnson's phrase. For no medium is excessively dangerous if its users understand what its dangers are. it is not

important that those who ask the questions arrive at my answers or Marshall McLuhan's (quite different answers, by the way). This is an instance in which the asking of the questions is sufficient. To ask is to break the spell. To which I might add that questions about the psychic, political and social effects of information are as applicable to the computer as to television. Although I believe the computer to be a vastly overrated technology, I mention it here because, clearly, Americans have accorded it their customary mindless inattention; which means they will use it as they are told, without a whimper. Thus, a central thesis of computer technology-that the principal difficulty we have in solving problems stems from insufficient data-will go unexamined. Until, years from now, when it will be noticed that the massive collection and speed-of-light retrieval of data have been of great value to large-scale organizations but have solved very little of importance to most people and have created at least as many problems for them as they may have solved.

In any case, the point I am trying to make is that only through a deep and unfailing awareness of the structure and effects of information, through a demystification of media, is there any hope of our gaining some measure of control over television, or the computer, or any other medium. How is such media consciousness to be achieved? There are only two answers that come to mind, one of which is nonsense and can be dismissed almost at once; the other is desperate but it is all we have.

The nonsensical answer is to create television programs whose intent would be, not to get people to stop watching television but to demonstrate how television ought to be viewed, to show how television recreates and degrades our conception of news, political debate, religious thought, etc. I imagine such demonstrations would of necessity take the form of parodies, along the lines of "Saturday Night Live" and "Monty Python," the idea being to induce a nationwide horse laugh over television's control of public discourse. But, naturally, television would have the last laugh. In order to command an audience large enough to make a difference, one would have to make the programs vastly amusing, in the television style. Thus, the act of criticism itself would, in the end, be co-opted by television. The parodists would become celebrities, would star in movies, and would end up making television commercials.

The desperate answer is to rely on the only mass medium of communication that, in theory, is capable of addressing the problem: our schools. This is the conventional American solution to all dangerous social problems, and is, of course, based on a naive and mystical faith in the efficacy of education. The process rarely works. In the matter at hand, there is even less reason than usual to expect it to. Our schools have not yet even got around to examining the role of the printed word in shaping our culture. Indeed, you will not find two high school seniors in a hundred who could tell you-within a five-hundred-year margin of error-when the alphabet was invented. I suspect most do not even know that the alphabet *was* invented. I have found that when the question is put to them, they appear puzzled, as if one had asked, When were trees invented, or clouds? It is the very principle of myth, as Roland Barthes pointed out, that it transforms history into nature, and to ask of our schools that they engage in the task of demythologizing media is to ask something the schools have never done.

And yet there is reason to suppose that the situation is not hopeless. Educators are not unaware of the effects of television on their students. Stimulated by the arrival of the computer, they discuss

it a great deal-which is to say, they have become somewhat "media conscious." It is true enough that much of their consciousness centers on the question, How can we use television (or the computer, or word processor) to control education? They have not yet got to the question, How can we use education to control television (or the computer, or word processor)? But our reach for solutions ought to exceed our present grasp, or what's our dreaming for? Besides, it is an acknowledged task of the schools to assist the young in learning how to interpret the symbols of their culture. That this task should now require that they learn how to distance themselves from their forms of information is not so bizarre an enterprise that we cannot hope for its inclusion in the curriculum; even hope that it will be placed at the center of education, What I suggest here as a solution is what Aldous Huxley suggested, as well. And I can do no better than he. He believed with H. G. Wells that we are in a race between education and disaster, and he wrote continuously about the necessity of our understanding the politics and epistemology of media. For in the end, he was trying to tell us that what afflicted the people in *Brave New World* was not that they were laughing instead of thinking, but that they did not know what they were laughing about and why they had stopped thinking.

## Study Questions –designed to help you better understand the readings….

### *Amusing Ourselves to Death*

1. *According to Postman*, what is the main difference between the oppressive society envisioned by Orwell in *1984* and the one that Huxley describes in *Brave New World*?
2. What happens to books, information and the truth in Huxley's world?
3. Postman's article warns of the possibility that we may be living in a world "distracted by trivia," a world in which culture is redefined "as a perpetual round of entertainments" and in which serious public conversation has become a form of "baby talk." What aspects of Brave New World society best illustrate these ideas?
4. What evidence from your own experience can you supply to support Postman's claims?
5. Who, or what, is to blame for this change in culture, according to Postman?
6. Postman says "modes of communication" can cause a cultural revolution. What are his examples of this?
7. What are some of Postman's objections to television, which he calls the "Happy Medium"? Look at the paragraph where he poses all the questions about television.
8. Postman says we should watch "Friends" or "ER" but not the nightly news. Why is the news on television "a threat to our public health"?
9. Postman says we need to get control over our media by achieving a level of media consciousness. What two ways does he suggest this might be accomplished?

### *And finally:*

- What do *you* think of Postman's position? Do you agree, disagree, somewhat agree, and why?