

Also see:

Living With a Computer (July 1982)

"The process works this way. When I sit down to write a letter or start the first draft of an article, I simply type on the keyboard and the words appear on the screen..." By James Fallows

"You are right," Nietzsche replied, "our writing equipment takes part in the forming of our thoughts." Under the sway of the machine, writes the German media scholar Friedrich A. Kittler, Nietzsche's prose "changed from arguments to aphorisms, from thoughts to puns, from rhetoric to telegram style."

The human brain is almost infinitely malleable. People used to think that our mental meshwork, the dense connections formed among the 100 billion or so neurons inside our skulls, was largely fixed by the time we reached adulthood. But brain researchers have discovered that that's not the case. James Olds, a professor of neuroscience who directs the Krasnow Institute for Advanced Study at George Mason University, says that even the adult mind "is very plastic." Nerve cells routinely break old connections and form new ones. "The brain," according to Olds, "has the ability to reprogram itself on the fly, altering the way it functions."

As we use what the sociologist Daniel Bell has called our "intellectual technologies"—the tools that extend our mental rather than our physical capacities—we inevitably begin to take on the qualities of those technologies. The mechanical clock, which came into common use in the 14th century, provides a compelling example. In *Technics and Civilization*, the historian and cultural critic Lewis Mumford described how the clock "disassociated time from human events and helped create the belief in an independent world of mathematically measurable sequences." The "abstract framework of divided time" became "the point of reference for both action and thought."

rely on?
is this really true?

The clock's methodical ticking helped bring into being the scientific mind and the scientific man. But it also took something away. As the late MIT computer scientist Joseph Weizenbaum observed in his 1976 book, *Computer Power and Human Reason: From Judgment to Calculation*, the conception of the world that emerged from the widespread use of timekeeping instruments "remains an impoverished version of the older one, for it rests on a rejection of those direct experiences that formed the basis for, and indeed constituted, the old reality." In deciding when to eat, to work, to sleep, to rise, we stopped listening to our senses and started obeying the clock.

not listening to our bodies fully

The process of adapting to new intellectual technologies is reflected in the changing metaphors we use to explain ourselves to ourselves. When the mechanical clock arrived, people began thinking of their brains as operating "like clockwork." Today, in the age of software, we have come to think of them as operating "like computers." But the changes, neuroscience tells us, go much deeper than metaphor. Thanks to our brain's plasticity, the adaptation occurs also at a biological level.

From clocks to computer

The Internet promises to have particularly far-reaching effects on cognition. In a paper published in 1936, the British mathematician Alan Turing proved that a digital computer, which at the time existed only as a theoretical machine, could be programmed to perform the function of any other information-processing device. And that's what we're seeing today. The Internet, an immeasurably powerful computing system, is subsuming most of our other intellectual technologies. It's becoming our map

changing ourselves and how we function