

INTRODUCTORY NOTE: Margaret Mead (1901-1978) was one of the bestknown American anthropologists. She is most famous for studying the societies of the South Pacific, especially in Coming of Age in Samoa. In addition, however, Mead used insights from her anthropological work to examine contemporary American society. In the following essay she argues that anxiety -- defined by Webster as "uneasiness and distress about future uncertainties" -- is a less undesirable emotion than it may at first seem.

ONE VOTE FOR THIS AGE OF ANXIETY

When critics wish to repudiate the world in which we live today, one of their familiar ways of doing it is to castigate modern man because anxiety is his chief problem. This, they say, in W.H. Auden's phrase, is the age of anxiety. That is what we have arrived at with all our vaunted progress, our great technological advances, our great wealth -- everyone goes about with a burden of anxiety so enormous that, in the end, our stomachs and our arteries and our skins express the tension under which we live. Americans who have lived in Europe come back to comment on our favorite farewell which, instead of the old goodbye (God be with you), is now "Take it easy," each American admonishing the other not to break down from the tension and strain of modern life.

Whenever an age is characterized by a phrase, it is presumably in contrast to other ages. If we are the age of anxiety, what were the other ages? And here the critics and carpers do a very amusing thing. First, they give us lists of the opposites of anxiety: security, trust, self-confidence, self-direction. Then, without much further discussion, they let us assume that other ages, other periods of history, were somehow the ages of trust or confident direction.

The savage who, on his South Sea island, simply sat and let breadfruit fall into his lap, the simple peasant, at one with the fields he ploughed and the beasts he tended, the craftsman busy with his tools and lost in the fulfillment of the instinct of workmanship -- these are the counter-images conjured up by descriptions of the strain under which men live today. But no one who lived in those days has returned to testify how paradisiacal they really were.

Certainly if we observe and question the savages or simple peasants in the world today, we find something quite different. The untouched savage in the middle of New Guinea isn't anxious; he is seriously and continually frightened -- of black magic, of enemies with spears who may kill him or his wives and children at any moment, while they stoop to drink from a spring, or climb a palm tree for a coconut. He goes warily, day and night, taut and fearful.

As for the peasant populations of a great part of the world, they aren't so much anxious as hungry. They aren't anxious about whether they will get a salary raise, or which of the three colleges of their choice they will be admitted to, or whether to buy a Ford or Cadillac, or whether the kind of TV set they want is too expensive. They are hungry, cold and, in many parts of the world, they dread that local warfare, bandits, political coups may endanger their homes, their meager livelihoods and their lives. But surely they are not anxious.

For anxiety, as we have come to use it to describe our characteristic state of mind, can be contrasted with the active fear of hunger, loss, violence and death. Anxiety is the appropriate emotion when the immediate personal terror -- of a volcano, an arrow, the sorcerer's spell, a stab in the back and other calamities, all directed against one's self -- disappears.

This is not to say that there isn't plenty to worry about in our world of today. The explosion of a bomb in the streets of a city whose name no one had ever heard before may set in motion forces which end up by ruining one's carefully planned education in law school, half a world away. But there is still not the personal, immediate, active sense of impending disaster that the savage knows. There is rather the vague anxiety, the sense that the future is unmanageable.

The kind of world that produces anxiety is actually a world of relative safety, a world in which no one feels that he himself is facing sudden death. On balance, our age of anxiety represents a large advance over savage and peasant cultures. Out of a productive system of technology drawing upon enormous resources, we have created a nation in which anxiety has replaced terror and despair, for all except the severely disturbed. The specter of hunger means something only to those Americans who can identify themselves with the millions of hungry people on other continents. The specter of terror may still be roused, but only in some by a knock at the door in a few parts of the South, or in those who have just escaped from a totalitarian regime or who have kin still behind the Curtains.

This is the world out of which grows the hope, for the first time in history, of a society where there will be freedom from want and freedom from fear. Our very anxiety is born of our knowledge of what is now possible for each and for all. The number of people who consult psychiatrists today is not, as is sometimes felt, a symptom of increasing mental ill health, but rather the precursor of a world in which the hope of genuine mental health will be open to everyone, a world in which no individual feels that he need be hopelessly brokenhearted, a failure, a menace to others or a traitor to himself.

TOPICS: (Write on one)

1. Mead calls her essay "One Vote for This Age of Anxiety." Focusing especially on her distinction between fear and anxiety and the societies that provoke them, show why Mead's title is an appropriate one.

2. Mead suggests that most Americans do not experience fear because they live in "a world of relative safety." Explain what Mead means by "a world of relative safety," and respond to Mead's conclusion that this world insulates us from fear.