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The positive side of sleep deprivation is time for creation

Please Don't Tell Me How The Story Ends

I do not own this. It was actually a reading for my philosophy class. lol

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The heavy door closed behind him, and he glanced quickly at this new detention room. He was startled, almost pleasantly surprised. This was not like the drab cell in which he had spent the first days after his arrest, nor like the hospital rooms, with the serpentine carnival machines, in which he had been tested and observed for the last two months—though he assumed he was being observed here as well..

This was more like a small, comfortable library that had been furnished like a first-class hotel room. Against the four walls were fully stocked bookcases that rose ten feet to the white plaster ceiling; in the ceiling was a small skylight. The floor was covered with a thick green carpet, and in the middle of the room were a double bed with a nightstand, a large bureau, a desk, an easy chair with a side table, and several lamps. There were large gaps in the bookcases to accommodate two doors, including the one through which he had just entered, and also a traylike apparatus affixed to the wall. He could not immediately ascertain the purpose of the tray, but the other door, he quickly learned, led to a spacious bathroom complete with toilet articles.

As he searched the main room, he found that the desk contained writing paper, pens, a clock, and a calendar; the bureau contained abundant clothing in a variety of colors and two pairs of shoes. He glanced down at the hospital gown and slippers he was wearing, then quickly changed into a rust-colored sweater and a pair of dark brown slacks. The clothing, including the shoes, fitted him perfectly. It would be easier to face his situation, to face whatever might be coming, looking like a civilized human *being*.

But what was his situation? He wanted to believe that the improvement in his living conditions meant an improvement in his status, perhaps even an imminent reprieve. But all the same he doubted it. Nothing had seemed to follow a sensible progression since his arrest, and it would be foolhardy to take anything at face value now. But what were they up to? At first, when he had been taken to the hospital, he had expected torture, some hideous pseudo-medical experiment, or a brainwashing program. But there had been no operation and no pain. He had been tested countless times: the endless details of biography; the responses to color, scent, sound, taste, touch; the responses to situations and ideas; the physical examination. But if these constituted mind-altering procedures, they had to be of the most subtle variety. Certainly he felt the same; at least no more compliant than he had been in the beginning. What were they after?

As his uncertainty grew to anxiety, he tried to work it off with whatever physical exercise he could manage in the confines of the room: running in place, isometrics, sit-ups, and push-ups. He knew that the strength of his will would depend in part on the strength of his body, and since his arrest he had exercised as much as he could. No one had prevented this. He was midway through a push-up when a loud buzzer sounded. He leaped to his feet, frightened but ready. Then he saw a plastic tray of food on the metal tray that extended from the wall and a portion of the wall closing downward behind the tray. So this was how he would get his meals. He would see no one. Was this some special isolation experiment? The question of solitude quickly gave way to hunger and curiosity about the food. It looked

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delicious and plentiful; there was much more than he could possibly eat. Was it safe? Could it be drugged or poisoned? No, there could be no point to their finishing him in such an odd, roundabout fashion. He took the tray to the desk and ate heartily, but still left several of the dishes barely sampled or untouched.

That evening—the clock and the darkened skylight told him it was evening—he investigated the room further. He was interrupted only once by the buzzer. When it continued to sound and nothing appeared, he realized that the buzzer meant he was to return the food dishes. He did so, and the plastic tray disappeared into the wall.

The writing paper was a temptation. He always thought better with a pen in hand. Writing would resemble a kind of conversation and make him feel a little less alone. With a journal, he could construct some kind of history from what threatened to be days of dulling sameness. But he feared that they wanted him to write, that his doing so would somehow play into their hands. So he refrained.

Instead, he examined a portion of the bookshelf that contained paperback volumes in a great variety of sizes and colors. The books covered a number of fields—fiction, history, science, philosophy, politics—some to his liking and some not. He selected a political treatise and put it on the small table next to the easy chair. He did not open it immediately. He washed up and then went to the bureau, where he found a green plaid robe and a pair of light yellow pajamas. As he lifted out the pajamas, he noticed a small, black, rectangular box and opened it. Inside was a revolver. A quick examination showed that it was loaded and operative. Quickly he shut the box, trembling. He was on one knee in front of the open drawer. His first thought was that a former inmate had left the gun to help him. He was sure that his body was blocking the contents of the drawer from the view of any observation devices in the room. He must not give away the secret. He forced himself to close the drawer casually, rise, and walk to the easy chair.

Then the absurdity of his hypothesis struck him. How could any prisoner have gotten such a thing past the tight security of this place? And what good would such a weapon do him in a room to which no one came? No, the gun must be there because the authorities wanted it there. But why? Could it be they wanted to hide his death under the pretense of an attempted escape? Or could it be that they were trying to push him to suicide by isolating him? But again, what was the point of it? He realized that his fingerprints were on the gun. Did they want to use that as some kind of evidence against him? He went to the bureau again, ostensibly to switch pajamas, and, during the switch, opened the box and quickly wiped his prints off the gun. As casually as he could, he returned to the chair.

He passed the evening in considerable agitation. He tried to read but could not. He exercised again, but it did not calm him. He tried to analyze his situation, but his thoughts were an incoherent jumble. Much later, he lay down on the bed, first pushing the easy chair against the door of the room. He recognized the absurdity of erecting this fragile barrier, but the noise of their pushing it away would give him some warning. For a while, he forced his eyes open each time he began to doze, but eventually he fell asleep.

In the morning, he found everything unchanged, the chair still in place at the door. Nothing but the breakfast tray had intruded. After he had exercised, breakfasted, bathed, and found himself still unmolested, he began to feel more calm. He read half the book he had selected the night before, lunched, and then dozed in his chair.

When he awoke, his eyes scanned the room and came to rest on one of the bookshelves filled with a series of black, leatherbound volumes of uniform size, marked only by number. He had noticed them before but had paid little attention, thinking they were an encyclopedia. Now he noticed what a preposterous number of volumes there were, perhaps two hundred in all, filling not only one bookcase from floor to ceiling but filling parts of others as well. His curiosity piqued, he pulled down Volume LXIV, and opened it at random to page 494.

The page was filled with very small print, with a section at the bottom in even smaller print that appeared to be footnotes. The heading of the page was large enough to be read at a glance. "RE: PRISONER 7439762 (referred to herein as 'Q')." He read on: "3/07/26. 14:03. Q entered room on 3/06/26 at 14:52. Surprised at pleasantness of room. Glanced at furniture, then bookcase, then ceiling. Noted metal tray and second door, puzzled by both. Entered bathroom, noting toilet articles. Lifted shaver and touched cologne." He skipped down the page: "Selected brown slacks, rust sweater, and tan shoes. Felt normal clothing made him more equal to his

situation."

It seemed that they were keeping some sort of record of his activities here. But what was the purpose of having the record here for him to read? And how had they gotten it in here? It was easy to figure out how they knew of his activities: they were watching him, just as he had suspected. They must have printed this page during the night and placed it here as he slept. Perhaps his food had been drugged to guarantee that he wouldn't awake.

He glanced toward the door of his cell and remembered the chair he had placed against it. In a drugged sleep, he wouldn't have heard them enter. They could have pulled the chair back as they left. But all the way? Presumably there was some hidden panel in the door. Once the door was shut, they had merely to open the panel and pull the chair the last few inches.

Suddenly he remembered the matter of the gun. He glanced down the page and there it was, a description of how he had handled the gun twice. There was no warning given nor any hint of an explanation as to why the gun was there. There was just the clipped, neutral-toned description of his actions and impressions. It described his hope that the gun might have been left by another prisoner, his rejection of that supposition, his fear that the gun might be used against him in some way, his desire to remove the fingerprints. But how on earth could they have known what he was feeling and thinking? He decided that he had acted and reacted as any normal person would have done, and they had simply drawn the obvious conclusions from his actions and facial expressions.

He glanced further down the page and read: "On 3/07/26, Q awoke at 8:33." And further "... selected *The Future of Socialism* by Felix Berofsky ..." And further: "... bent the corner of page 206 to mark his place and put the book ..." All his activities of that morning had already been printed in the report!

He began turning the book around in his hands and pulled it away from the shelf. Was this thing wired in some way? Could they print their reports onto these pages in minutes without removing the books from the shelves? Perhaps they had some new process whereby they could imprint specially sensitized pages by electronic signal.

Then he remembered that he had just awakened from a nap, and he slammed the volume shut in disgust. Of course: They had entered the room again during his nap. He placed the volume back on the shelf and started for his chair. How could they expect him to be taken in by such blatant trickery? But then a thought occurred to him: He had picked out a volume and page at random. Why had the description of yesterday and this morning been on that particular page? Were all the pages the same? He returned to the shelf and picked up the same volume, this time opening it to page 531. The heading was the same. He looked down the page: "Q began to return to his chair but became puzzled as to why the initial description of his activities should have appeared on page 494 of this volume." He threw the book to the floor and grabbed another, Volume LX, opening it to page 103: "... became more confused by the correct sequential description on page 531, Volume LXIV."

"What are you trying to do to me!" he screamed, dropping the second book. Immediately he was ashamed at his lack of self-control.

"What an absurd joke," he said loudly to whatever listening devices there might be.

He picked up the two volumes he had dropped and put them back in place on the bookshelf.

He walked across the room and sat in the chair. He tried to keep his expression neutral while he thought.

There was no possibility that observations were being made and immediately transmitted to the books by some electronic process. It all happened too fast. Perhaps it was being done through some kind of mind control. Yet he was certain that no devices of any kind had been implanted in his brain. That would have involved anesthetizing him, operating, leaving him unconscious until all scars had healed, and then reviving him with no sense of time lost. No doubt they had ability, but not that much. It could be something as simple as hypnosis, of course. This would require merely writing the books, then commanding him to perform certain acts in a certain order, including the opening of the books. Yet that would be such a simple, familiar experiment that it would hardly seem worth doing. And it would hardly require the extensive testing procedures that he had undergone before being placed in this room. He glanced at the books again, and his eye fell on Volume I. If there was an explanation anywhere in this room, it would be there, he thought. The page would probably say only, "Q hoped for an explanation," and in that case he would have to do without one. But it was worth

taking a look.

He took Volume I from the shelf, opened it to the first page, and glanced at the first paragraph: "Q hoped to find an explanation." He started to laugh, but stopped abruptly. The explanation seemed to be there after all. He read on: "Experiment in the Prediction of Human Behavior within a Controlled Environment, No. 465, Variant No. 8, Case 2: Subject Aware of Behavior Prediction."

He read through the brief "explanation" several times. (Of course, this in itself might be trickery.) Obviously, these unknown experimenters considered all human behavior to be theoretically predictable. They first studied a subject for a number of weeks and then attempted to predict how that subject would behave within a limited, controlled environment. In his case, they were attempting to predict, in addition to all else, his reactions to the "fact" that his behavior was predictable and being predicted. They had placed those volumes here as proof to him that each prior series of acts had been successfully predicted.

He didn't believe they could do it; he didn't want to believe it. Of course, much of what occurred in the universe, including much of human behavior, was predictable in theory. The world wasn't totally chaotic, after all, and science had had its successes in foreseeing certain events. But he refused to believe that there was no element of chance in the world, that every event happened just as it did out of necessity. He had some freedom, some causal autonomy, some power to initiate the new. He was not merely a puppet of universal laws. Each of his choices was not simply a mathematical function of those laws together with the state of himself and the external world at the moment just prior to the choice. He would not believe that. Nothing was written on page 1 to indicate how the other experiments had turned out, not that he would have believed such a report anyway. No doubt the indication that his experience was a more complex "variant" of the experiment was meant to imply that the preceding experiments had been successful. But there had to have been mistakes, even if they claimed that the errors could eventually be overcome. As long as there were mistakes, one could continue to believe in human freedom. He *did* believe in human freedom.

His thoughts were interrupted by the buzzer. His dinner emerged from the wall. He looked at it with anger, remembering how the first page to which he had turned had listed, perhaps even predicted, exactly what foods he would eat. But he didn't reject the meal. He needed his wits about him, and for that he needed strength. He must try to get his mind off all this for tonight, at least. He would eat, read, and then sleep.

For several hours, he was fairly successful in diverting his attention from the books. Then, in bed with the lights out, he recalled the phrase "Variant No. 8, Case 2." That made him feel more hopeful. This was only the second time that this particular version of the experiment was being tried. Surely, the likelihood of error was great.

He found himself thinking about Case 1. What kind of man had he been, and how had he fared? Had he worn green pajamas one day when the book said "yellow," or remained contemptuous when the book said "hysterical," and then laughed in their faces as they led him from the room? That would have been a triumph.

Suddenly, he thought of the gun and had an image of a man, seated on the edge of the bed, looking at those volumes on the wall, slowly raising the gun to his head. "... To predict ... his reactions to the fact that his behavior was predictable and being predicted." God, was that the purpose of the gun? Had it been put there as one of his options? Had that been the ignominious ending of Case 1, and not the departure in triumph he had pictured a moment ago? He had a vision of himself lying dead on the floor and men in white robes grinning as they opened a volume to a page that described his death. Would he hold out, or would he die? The answer was somewhere in those thousands of pages—if he could only find it.

He realized that he was playing into their hands by supposing that they could do what he knew they could not. Anyway, even if one assumed that they could accurately predict his future, they were not forcing him to do anything. There were no mind-controlling devices; he wasn't being programmed by them. If they were to predict correctly, they must predict what he wanted to do. And he didn't want to die.

In spite of these reflections, he remained agitated. When he finally slept, he slept fitfully. He dreamed that he was a minuscule figure trapped in a maze on the scale of a dollhouse. He watched himself from a distance and watched the lifesized doctors who peered over the top of the maze. There were two exits from the maze, one to freedom and one to a black pit that he

knew to be death. "Death," the doctors kept saying to one another, and he watched his steady progression in the maze toward death. He kept shouting instructions to himself "No, not that way! Go to the left there!" But the doomed figure couldn't hear him.

When he awoke in the morning, he felt feverish and touched only the fruit and coffee on his breakfast tray. He lay on the bed for much of the morning, his thoughts obsessed with the black volumes on the wall. He knew that he must try to foil the predictions, but he feared failure. I am too upset and weak, he thought. I must ignore the books until I am better. I must turn my mind to other things.

But as he tried to divert himself, he became aware of an agonizing echo in his head. He would turn in bed and think: "Q turns onto left side." Or scratch: "Q scratches left thigh." Or mutter "damn them": "Q mutters, 'damn them.'" Finally, he could stand it no longer and stumbled to one of the bookshelves. He pulled two volumes from the shelves, juggled them in his hands, dropped one, then flipped the pages several times before picking a page.

"3/08/26. 11:43. At 15:29 on 3/07/26, Q opened Volume I to page 1 and read explanation of experiment."

He slammed down the book.

"Damn you," he said aloud. "I'm a man, not a machine. I'll show you. I'll show you." He took another volume and held it in his hand. "Two and two are five," he thought. "When I was six, I lived in China with the Duke of Savoy. The earth is flat." He opened the book. "Q wants to confuse prediction. Thinks: Two and two are five ..."

He looked around the room as he tried to devise some other line of attack. He noticed the clock and the calendar. Each page of the book gave the date and time at which each page opened, the date and time of each event. He rushed to the desk, flipped the pages of the calendar, and turned the knob that adjusted the hands on the clock. He opened another book and read: "3/08/26. 12:03." He yelled out:

"See? You're wrong. The calendar says June, and the time is 8:04. That's my date and my time. Predict what you think if you want. This is what I think. And I think you're wrong." He had another idea. The first page he had looked at had been page 494, Volume LXIV. He would open that volume to the same page. Either it must say the same thing or it must be new. Either way they would have failed, for a new entry would show them to be tricksters. He grabbed the volume and found the page. "3/07/06. 14:03. Q entered room on 3/06/06 at 4:52." Once again, he spoke aloud:

"Of course, but that's old news. I don't see anything here about my turning to the page a second time. My, we do seem to be having our problems, don't we?"

He laughed in triumph and was about to shut the book when he saw the fine print at the bottom. He licked his lips and stared at the print for a long time before he pulled down another volume and turned to the page that had been indicated in the footnote: "... then Q reopened Volume LXIV, page 494, hoping ..."

He ripped out the page, then another, and another. His determination gave way to a fury, and he tore apart one book, then another, until twelve of them lay in tatters on the floor. He had to stop because of dizziness and exhaustion.

"I'm a man," he muttered, "not a machine."

He started for his bed, ignoring the buzzer announcing the tray of food. He made it only as far as the easy chair. He sank into it, and his eyelids seemed to close of their own weight. "I'm a ..."

Asleep, he dreamed again. He was running through the streets of a medieval town, trying desperately to escape from a grotesque, devil-like creature. "At midnight you die," it said. No matter where he ran, the devil kept reappearing in front of him. "It doesn't matter where you go. I will be there at midnight." Then a loud bell began to sound twelve chimes slowly. He found himself in a huge library, swinging an ax at the shelves, which crumbled under his blows. He felt great elation until he saw that everything he had destroyed had been reassembled behind him. He dropped the ax and began to scream.

When he awoke, he thought for a moment he was still dreaming. On the floor, he saw twelve volumes, all intact. Then he turned his head and saw the twelve torn volumes where he had left them. The new ones were on the floor near the metal tray. His lunch had been withdrawn, and the books had been pushed through the opening in the wall while he had slept.

He moved to the bed, where he slept fitfully through the evening and night, getting up only

once to sip some tea from the dinner tray.

gun in his mouth.

In the morning he remained in bed. He was no longer feverish, but he felt more exhausted than he could remember ever having been. The breakfast tray came and went untouched. He didn't feel like eating. He didn't feel like doing anything.

At about eleven o'clock, he got out of bed just long enough to find the gun; then he fingered it on his chest as he lay back, staring at the ceiling. There was no point in going on with it. They would have their laughs, of course. But they would have them in any case, since, no matter what he did, it would be in their books. And ultimately it wasn't their victory at all, but the victory of the universal laws that had dictated every event in this puppet play of a world. A man of honor must refuse to play his part in it. He, certainly, refused.

And how could the experimenters delight in their achievement? They were not testing a theory about their prisoners but about all human beings, including themselves. Their success showed that they themselves had no control over their own destinies. What did it matter if his future was written in the books and their futures were not? There would always be the invisible books in the nature of things, books that contained the futures of everyone. Could they help seeing that? And when they saw that, if they too didn't reach for guns, could they help feeling degraded to the core of their souls? No, they had not won. Everyone had lost. Eventually he sat up on the bed. His hand shook, but he was not surprised. Whatever he might will, there would be that impulse for survival. He forced the hand up and put the barrel of the

The buzzer startled him, and the hand with the gun dropped to his side. The lunch tray appeared, and suddenly he was aware of being ravenously hungry. He laughed bitterly. Well, he wouldn't be hungry for long. Still, wasn't the condemned man entitled to a last meal? Surely honor did not forbid that. And the food looked delicious. He put the gun on his pillow and took the tray to his desk.

While he was savoring his mushroom omelet, he glanced at the political treatise that had remained half read by the easy chair for the last two days. God, had it been only two days? It was a shame that he would not be able to finish it; it was an interesting book. And there were other books on the shelves—not the black volumes, of course—that he had been meaning to read for some time and would have enjoyed.

As he sampled some artichokes, he glanced at the formidable black volumes on the shelves. Somewhere there was a page that read: "After completing lunch, Q put the gun to his head and pulled the trigger." Of course, if he changed his mind and decided to finish reading the political treatise first, it would say that instead. Or if he waited a day more, it would register that fact. What were the possibilities? Could it ever say "reprieved"? He did not see how. They would never let him go free with the information he had about their experiments. Unless, of course, there was a change of regime. But that was the barest of possibilities. Could a page say that he had been returned to the regular cells? How he would like to talk to another human being. But that would pose the same problem for the experimenters as releasing him. Presumably, they would kill him eventually. Still, that was no worse than what he was about to do to himself. Perhaps they would continue the experiment a while longer. Meantime, he could live comfortably, eat well, read, exercise.

There were indeed possibilities other than immediate suicide, not all of them unpleasant. But could he countenance living any longer? Didn't honor dictate defiance? Yet—defiance of whom? It wasn't as if the laws of the world had a lawmaker in whose face he might shake his fist. He had never believed in a god; rather, it was as if he were trapped inside some creaky old machine, unstarted and uncontrolled, that had been puttering along a complex but predictable path forever. Kick a machine when you're angry, and you only get a sore foot. Anyway, how could he have claimed credit for killing himself, since it would have been inevitable that he do so?

The black volumes stretched out like increments of time across the brown bookshelves. Somewhere in their pages was this moment, and the next, and perhaps a tomorrow, and another, perhaps even a next month or a next year. He would never be able to read those pages until it was already unnecessary, but there might be some good days there; in any case, it would be interesting to wait and see.

After lunch he sat at his desk for a long time. Eventually, he got up and replaced the gun in its case in the bureau drawer. He placed the lunch dishes back on the metal tray and, beside the

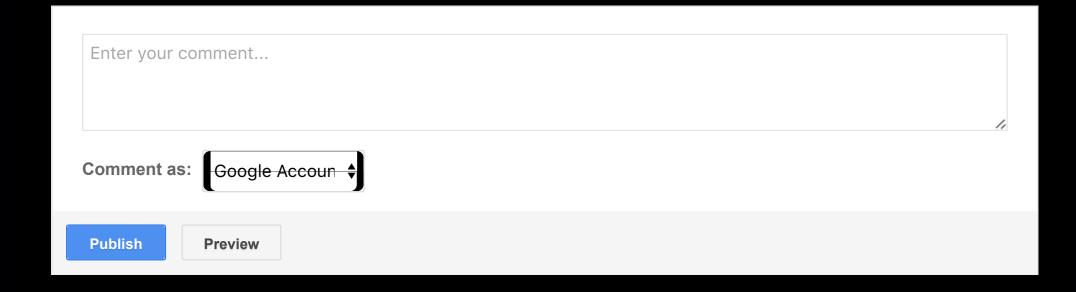
dishes, heaped the covers and torn pages of the books he had destroyed. He then put the new volumes on the shelves. As he started back to the chair, his eye was caught by the things on the desk. He took a volume from the bookshelf, carried it to the desk, and opened it. He read only the heading at the top: "3/09/26. I3:53." He adjusted the clock and the calendar accordingly. If he was going to live a while longer, he might as well know the correct day and time.

Posted by Ellynn Ashley at

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