



Nostalgia

Part 1

In his song “Time Was,” CULTURE
 singer Phil Ochs reminisces
 about a past “when a man could build a
 home, have a family of his own. The
 PEACE years would flow; he
 could watch his children grow. But it was
 a long time ago.”

To Ochs, SIMPLE times were
 better: “troubles were few...a man could
 have his pride; there was justice on his
 side...there was truth in every day.”
 Ochs recorded “Time Was” in 1962, when
 he was just 22 years old. He had yet to
 witness the most TUMULT
 parts of the 1960s – the ASSASSIN
 of President John F. Kennedy
 and Senator Robert F. Kennedy, the
 POLARIZE wrought by the
 Vietnam War, and the civil rights and
 feminist movements.

Half a century later – with the rapid,
 dramatic consequences of social and
 political upheaval, with technological
 advances that have radically transformed
 our daily lives – some might SIMILAR
 find themselves longing for a
 time when “troubles were few” and “there
 was truth in every day.”

Constantly being plugged into the
 internet and social media is
 thought to be associated with
 higher rates of anxiety and
 depression. Online messaging
 and communication have created
 UNDERSTAND and
 DIVIDE, and many
 feel as though they’ve lost control
 over their privacy.

A recent poll even revealed that a
 majority of Americans think that
 America’s culture and way of life
 have mostly changed for the
 worse since the 1950s.

But what effect does this longing
 have? Is it a useful psychological
 tool or a PERIL
 trapping?