Adderalbok [Work on Progress]
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counteract their frighteningly inert bodies. Perhaps on a more insidious level, Weichardt's study enabled the scientific precedence for experimentation of psychoactive stimulants on schoolchildren in order to measure their performance. 3

"Kickstart My Heart," the Adderall Diaries of a Brown University student Molly, provides an expose on the life of young academics addicted to the homework pill, undernourishment, and Theory. “Kickstart My Heart,” reads as a self-reflexive gossip column, one hip class warrior experimenting with exhaustion through intellectual expenditure as pleasure principle. Adderall is, depending on whether the prescribed version is Extended Release (XR) or standard, either multiple strands of amphetamines set to absorb at different times to sustain the effects, or pure amphetamine. The pill is purported to boost the ADD, ADHD, or Depressed patient’s attention span, productivity, memory, mood, time management, and overall energy. While popularly marketed and consumed by children and adolescents, and widely covered in privileged health insurance plans, the black market of the pink pill goes for one dollar per milligram on Wall Street, and depending upon the university, a few bucks on campus.

Adderall provides the scholar occasional increased productivity, but always the amphetamine high of the drive of labor and connectivity: increased discursive capabilities, unparalleled focus, and capability of data-processing and storage akin to a flashdrive. Molly’s Adderall Diaries attest to the frivolity of theoretical labor, while reaffirming the 24-hour-work-day-ideology encouraged by capitalism’s drive to produce surplus-labor, a pathological condition of capital as old as the concept of work itself. The 24-hour-work-day intensifies the production already at heart of intellectual labor, by integrating the waking hours into a seamless circulation of information—our hottest commodity these days.

Work
If I have to do something that requires a lot of thought or planning, I put it off for as long as I can.

I have trouble wrapping up the final details of a project.

My mind sometimes wanders or "drifts away" when I’m reading.

Despite all my effort and preparation, my performance is not consistent.

I find myself easily distracted by noise or activity around me.

The overloading of information follows the overloading of stimulation: heart races, reads faster, types quicker, sleeps less, works longer... crashes harder. Amphetamine stimulation follows the tragedy of borrowed energy. The anxiety-crash after "pulling an all-nighter," or mixing exercise and hard work, body moved to a colder body. Since all motors, whether human or not, must regulate their energy so that they do not exhaust in over-heating:

“Countering the limitless energy of the conservation theory, the second law of thermodynamics raised the prospect of the cataclysmic ‘heat death’ of the universe, the pathological condition of capital as old as the concept of work itself. The 24-hour-work-day intensifies the production already at heart of intellectual labor, by integrating the waking hours into a seamless circulation of information—our hottest commodity these days.

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“Countering the limitless energy of the conservation theory, the second law of thermodynamics raised the prospect of the cataclysmic ‘heat death’ of the universe, the
gradual dissipation of energy into an icy, lifeless void.\(^8\)

The reliance upon borrowed energy depletes the body of reproducing its own energy—skin to the parasitic reality of a fever when the body cannot heat itself—racing towards a heat-death, cardiac arrest, exhaustion occur in the form of physical collapse or mental blackout. Yet, due to the relatively physically-inert character of intellectual labor, the sustenance of borrowed energy can last a lot longer... Nervous energy works more electrically than mechanically.

The Control Revolution traces the evolution of information from control mechanism of industrialized production to the labor and commodity itself. The model of "society as a processing system," one that sustains itself by extracting matter and energy from the environment and distributing them among its members,\(^9\) is an image of living systems in a productive exchange between resources and their conversions. "Society as processing system," in an Information Age becomes the feeding ground of capital, dominating information control in order to safeguard the reproduction of itself. Adderall inserts itself as a smooth-operator in repairing the lines of fried nerve-wires, re-integrating isolated units of inefficient production, and connecting information processors to the grid at the moment of their conception. For some in this country, Pre-K means 20mg of amphetamine with their Cheerios every morning.

"Living organisms, for example, convert energy originally from the sun into forms more useful to the processes of life: body heat, chemical energy for metabolism, electrical energy to fire nerve impulses, mechanical energy to contract muscles and move about (luminescent organisms can even convert the energy back into light)."\(^10\)

Adderall's epidemic arises at a new phase in the Control Revolution, one where we deal with a crisis of information-traffic, nervous stimulation-overload, and increasing mediation of our daily work and leisure lives through information circulation. Today's resurgent obsession with energy and psychology may silently signify a mental ecology under the stress of rapidization in an Information Revolution. "Neurasthenia," the name given to the most vicious of fatigue pathologies, referred to women and children so over-worked they could no longer move in the early 20\(^{th}\) century, Today we call it Excessive Daytime Sleepiness. We too are overheating: Depression, Anxiety, Tourettes, OCD, ADD, ADHD, Alzheimers, Shaking Leg Syndrome... are all medical fictions and lived realities of processing information in an ever accelerating society (reflective in our obsession with online social networking and in our exhausted dollar). Adderall's ab/use on the college campus signifies the crisis of assimilating into a production-line where the meeting of deadlines is only a symbolic gesture in the timelessness of intellectual labor as a life-long pursuit of knowledge.'

Family

I sometimes completely forget about special occasions or scheduled family events.

I tend to "tune out" in the middle of conversations.

I have difficulty managing finances: bank accounts, bill-paying, etc.

I put things down at home and then can't seem to find them.

I just can't seem to unwind or relax, even when I have the time.

In 1883, the US Government authorized the division of the U.S. portion of the continent into five separate time-zones in order to better regulate distribution and communications, particularly making time for railway and telegraph coordination.\(^11\) So too does Adderall further divide the intellectual laborer's

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8 Rabinbach, 47
10 Beninger, 37.
12 Beninger, 16. 

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workday into a to-do list grid, making easier the crossing off of tasks and finished products by integrating the time of their production. As Molly testifies in “Kickstart My Heart,” one need not separate studying and exercise—the worker’s reproduction through maintaining health in the midst of a relatively un-muscular line of work. As for sleeping on Adderall, the student finds that every professor with a deadline makes a cameo in their dreams. Ignoring the solar clock around ‘crunch time,’ is not a choice but a mandate, signified by the cruel mantra of finals: “sleep when you’re dead.”

Pastoral idleness inhibits the headspace of the information-superhighway, the pace of life of electro-academia: always awake, on the go, with a cup of coffee and now, with a little blue or pink pill...never stop moving, exchanging, networking, connecting. The recent surge in Blackberry and iPod devices acquired by college students of America testifies to this addiction to information consumption, social networking, and super-efficient processing. In an era when every worker has homework, the combined planner, phone, computer Blackberry and iPhone are the perfect connectors to scheduling in social hours when free-time must be calculable and results determined.

Social Life

| I make decisions too quickly, without thinking, and then regret it later. |
| I feel impatient when I have to wait (e.g., in line or when stopped at a red light). |
| I sometimes talk too much when I’m around others. |
| I fidget or squirm with my hands and feet when I have to sit still for a long time. |
| I have trouble managing conflicts or making compromises. |

The demands on intellectual labor for data-processing and storage is self-selective in academia, yet the institutional work-ethic of venture-capitalism trickles-down through the Academy where continuous publication, professing, grading and counseling are qualifiers of job security. Overtime, overproduction, and overwork constituted the temporal and physical base of the proletarian worker, whose bodily sacrifice used to subsidize the leisure of the capitalist classes. Now, in an Information Economy, the cross-class pathological compulsion towards a 24-hour work-day strives to engender a culture where every “type” of laborer may have a personalized subsidy for the never-ending work ahead of them.

The image of Molly on a treadmill, on adderall, negative caloric expenditure, reading Spivak.

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