

Books Are Better Than Movies

By Jonica Harbottle

The news flash on your TV. A news reporter is shouting into the camera. In the background, you see nurses wheeling a stretcher with someone convulsing into an ambulance van. Then the sound floods in.

“... old home, the elders were watching a movie, and flashing lights appeared on screen. Only a few knew that one of the elders, age 84, has Photosensitive Epilepsy, and it triggered them to have a violent seizure. I will also make it known that this elder has been growing weaker, and this seizure may take their life.”

Your parents rush in, looking horrified. “Alright, we will start reading books over movies as much as we can now,” Mother confirms. That is only one reason why books are better than movies.

Books are better than movies because you can learn so much more. “Books are a form of political action. Books are knowledge. Books are a reflection. Books change your mind.”¹ (Toni Morrison, novelist). Books have been used for centuries, recording history, stories, and knowledge of our world and creator. While also widening our knowledge, it helps make our imagination go wild.

Reading books helps your imagination grow, and you need that for everything in your life. Reading is actually known to improve your imagination.² It develops your creative side, and lets you solve problems more easily because you can see

¹ <http://wordmag.com/the-toni-morrison-interview/>

² <https://thebookbuff.com/does-reading-improve-imagination/>

multiple perspectives. Having a good imagination helps you calm down, which also helps your mental health!

When you're reading a book, it will not cause you to have a health issue, anxiety, or be really tired after. As part of the 1.5 billion (nearly 20% of the global population) people of the Deaf community, I know that Deaf people are often tired, even more after watching a movie. This is because we need to stay alert all the time and concentrate extremely hard to understand everything. And some of us literally can't even get hearing aids or cochlear implants because our cochlear nerve is gone! Movies often trigger or tire people quite quickly, but when you're reading a book, ya can't have a book-caused seizure! But what are movies good for?

Well, movies let you see what's going on and what the characters really look like. In a lot of books, there's often no pictures to show the reader what's happening, and reading a book takes so much time. But if one of the characters in a movie looks too scary for a small child, wouldn't their brain imagine it safely for them when they're reading a book? *Lord of the Rings* and *The Lion, The Witch, and The Wardrobe* are good examples of this. "Books are better than movies because you design the set the way you want it to look."³ (Trent Reznor) and the characters. This makes you the director of the story.

In conclusion, books are better than movies because you learn more, they help your imagination grow, you can't get photosensitive epilepsy seizures or be extremely tired after, and they help your mental health! So don't just sit there staring at a screen! Go grab a book and relax!

³ https://www.brainyquote.com/quotes/trent_reznor_552570