



July 2025
ISSN:1538-1080

Volume 25 Number 3
<https://doi.10.78717/ijhc.202531>

Editorial Musings

Dr. Kendra Gaines, Editor-in-Chief, IJHC

When I am asked about my reaction to AI and ChatGPT, I get quiet, usually because the question makes me grumpy. I don't like to impose my rare grumpiness on others, so silence seems like the best alternative. But it has been a few years now that I've been considering my reaction, and at this point I know what it is. Grumpiness. Also, for the most part, negativity. I'll explain.

Most people know by now what AI and ChatGPT are, so I will not spend time on definitions. We are told in glowing terms that AI will transform the workplace, make life easier for us all, and generally work breathtaking miracles. I will grant you that it is an extraordinary invention and that, under specific circumstances, primarily in business settings, it can speedily handle all those mundane tasks that often swallow up time with little to show for it. I also know that for the present, it is in the "ooo and ahh" stage of novelty, when we are all fascinated by its promises for our various futures. I've attended meetings and lectures in academic settings where I've heard it praised for its ability to "inspire" students and "help their creativity." In short, it obviously holds promise, and in general, we're all excited about it.

Why am I not excited? IJHC is primarily a medical journal that invites new and promising therapies into discussion, encouraging innovative ways of dealing with our multitude of human maladies. I have no doubt that the medical profession—both mainstream and alternative—is enthralled by AI, just like everyone else. And as is already being explored, AI does indeed have its uses within the medical world. But if we look closely at what makes up AI, we see a compilation of what is already known, or thought to be known. We see speed at retrieving information, and we see the ease with which we can explore any topic at will. What we do not see is thoughtfulness, questioning, exploring, and argumentation—all uniquely human activities. We tend instead to see equally human passive acceptance of what AI produces. Yet what AI produces is not always correct, as has been documented. If we do not question its results, how will we know whether those results are correct or not? Ease of use of AI does not guarantee genuinely productive results.

Some years ago, a much younger person in the business world asked me, “Why wouldn’t you use something that would make your tasks easier?” The question has haunted me for years, because I do not feel inclined to pursue what is easy. Even as I type this, the writing program wants to fill in words for me in advance, and instead of being pleased, I am resentful. I want to type my own words, thank you very much, and I want above all to retain my ability to type! If I let the program do it all for me, I’ll lose my own skills, and I do not want that to happen.

And that’s where it all comes down for me. If I allow the “miracle program” to type for me, I will no longer remember how to type. If I let machines do everything for me, I may well not remember how to do for myself what those machines are doing. And if I trust in AI to solve all of my problems, including dealing with medical issues, I might, first, get it all wrong because AI got it all wrong, and second, forget how to think, analyze, and question with my own brain.

Picture an entire society that can no longer read because it listens to its texts, and that can no longer think because it believes in everything AI tells it and therefore has allowed its collective brain to stagnate. Do you like what you see?

If anything, I fear AI for its uncanny ability to mesmerize human beings and convince them that life will be “easier” in the future, thanks to AI. If we as human beings allow ourselves to be so mesmerized, over time we could indeed lose our ability to think, to question, to innovate. Already in my teaching capacities, I have seen numbers of struggling students immediately turn to AI to solve their problems with writing, rather than engage in the challenge and actually, over time, learn to write all by themselves! Somehow they think they might learn if the “miracle of AI” does it all for them. Yet the writing they have turned in to me has been entirely sterile, without an original thought or unique voice anywhere to be found. These students seem happy with that. I am not so happy, and therefore they soon discover that anything worth accomplishing requires some personal effort. AI seems determined to talk us out of that truism, as it waves the seductive banner with the word “easier” on it.

How all this will develop has yet to be seen. My hopes, quite frankly, are not high. And that is undoubtedly why I become quiet and grumpy when the conversation turns to AI and all of its—possibly empty-- promises.

Bio:

Dr. Kendra Gaines received her doctorate in English Literature from Northwestern University in Chicago, Illinois. She taught at Northwestern, as well as University of Michigan, before moving to Tucson. At the University of Arizona, she served for 16 years as Senior Tutor and Instructional Specialist in, first, the Department of English, and then at the UA’s Writing Skills Improvement Program. Dr. Gaines has taught at Davis-Monthan Air Force Base for almost 30 years, teaching for Embry-Riddle Aeronautical University, Chapman University, Park University, and Pima College. Dr. Gaines teaches online as well. She is completing her seventeenth-year teaching both English and Philosophy courses for Colorado Technical University. She has also been teaching online

for Park University, work which has included several blended (both online and in person) courses and is a full Professor of English at Akamai University.

Email: ijhcjournal@earthlink.net

TERMS OF USE

The International Journal of Healing and Caring is distributed electronically as an open access journal, available at no charge. You may print your downloaded copy of this article or any other article for relaxed reading. We encourage you to share this article with friends and colleagues. However, no article on this website is available for AI scraping or training. All articles on this web site are certified human.

The International Journal of Healing and Caring
31907 East Davis Ranch Rd.
Marana, AZ 85658

Email: ijhcjournal@earthlink.net Website: <http://www.ijhc.org>
Copyright © 2025 IJHC.org, Dr. Kendra Gaines. All rights reserved.
DISCLAIMER: <http://ijhc.org/disclaimer>