When television is good, nothing — not the theater, not the mag azines or newspapers — nothing is better

But when television is bad, nothing is worse. I invite each of you to sit down in front of your own television set when your s tation goes on the air and stay there, for a day, without a book, without a magazine, without a newspaper, without a profit and loss sheet or a rating book to distract you. Keep your eyes g lued to that set until the station signs off. I can assure you that what you will observe is a vast wasteland.

You will see a procession of game shows, formula comedies about totally unbelievable families, blood and thunder, mayhem, viol ence, sadism, murder, western bad men, western good men, privat e eyes, gangsters, more violence, and cartoons. And endlessly c ommercials — many screaming, cajoling, and offending. And most of all, boredom. True, you'll see a few things you will enjoy. But they will be very, very few. And if you think I exaggerate, I only ask you to try it.