

没有电视的日子 (Winnie Mo)

电视早已经成为人们生活中的一部分。虽然我很少追电视连续剧，但是每天早上起床后，我都第一时间打开电视，查看当天的天气预报和紧急通知，比如台风，黑雨，交通的临时安排等等。当我下班回家后，我也立刻打开电视，聆听当天的新闻。然而，近年来，每天报告的都是负面新闻，如暴动，疫情和战争。每天的工作和生活已经给人带来了难以承受的压力，而世界各地的负面新闻更加雪上加霜。这常常让我思考人生的意义是什么？虽然我们无法避免生老病死之苦，却可以避免外在信息带来的苦。

在这没有电视的日子里，我的心灵免受了很多垃圾新闻的侵蚀。虽然偶尔也听说特朗普有可能成为下一任总统的消息，可我对政治并不感兴趣，所以它不会影响到我的心情。在闲暇时，我会顺手取来一本书，先是浏览，结果越来越入迷，时间匆匆地过去了，我的心也变得越来越平静，很快就会进入一种心流的状态。

能静下心来读完一本长篇小说，对我好像是一场遥不可及的马拉松比赛。然而，在没有电视的日子里，我在不知不觉中将长篇小说《围城》翻到了最后一页。阅读长篇小说不仅没有浪费我正常活动的时间，反而使我沉浸在一幅通过想象构造出的艺术作品中，体验作者创作构思的背景，以及反映当时社会生活的手法。作者通过对生活细节的描写，刻画出生动有趣的人物个性特征。这也反映了当时社会的混乱，无秩序的生活以及人与人之间的各种复杂关系，呈现出一副无奈与悲凉的长卷画。

《围城》的主人翁方鸿渐，虽然一表人才，但并不是做学问的料。父母花了大量金钱送他去欧洲学习，可一无所成。为了不让父母失望，他买了假博士学位，希望能够给他们一个面子。可是，他内心却感到十分歉疚。这导致他没有自信和勇气去面对爱情与生活的挑战，也至于错失良机，使他糊里糊涂地陷入婚姻和生活的牢笼。最后才会真诚地感叹：“围在城里的人想逃出，城外的人想冲进去，对婚姻也罢，职业也罢，人生的愿望大都如此”。

人们常说人生不如意十有八九，如意的事只有一二。无论你学习多么认真，工作多么努力，也不一定拥有成功的人生；无论你多么聪明，多么能干，也不一定能够选择到正确的人生道路。即使你拥有权力和财富，也不一定能够拥有幸福的人生。唯有臣服，接受和无可奈何的感叹，或许才是人生要面对的。在没有电视的日子，我才可以去静静地体味人生的酸甜苦辣。

Life Without Television

Winnie Mo

Television has become a part of people's lives. Although I rarely follow TV dramas, every morning when I wake up, I immediately turn on the TV to check the weather forecast and emergency notifications for the day, such as typhoons, heavy rain, or temporary transportation arrangements. When I back home from work, I also turn on the TV to listen to the day's news. However, in recent years, the reports have been mostly negative news, such as riots, pandemics, and wars. The daily work and life have already brought unbearable stress, and the negative news from around the world make it worse. This often makes me ponder the meaning of life. While we cannot avoid the suffering of birth, aging, illness, and death, we can avoid the suffering caused by external information.

During the days without television, my mind was spared from the negative news. Although I occasionally hear about the possibility of Trump may become the next president, I have no interest in politics, so it does not affect my mood. In my free time, I would grab a book and casually browse through it. However, I soon found myself engrossed in its pages, losing track of time, and my mind is quickly calmed and immersed in the state of flow.

Being able to immerse myself in reading a long novel feels like a distant marathon race that I can never reach. However, during the days without television, I unknowingly reached the final page of the novel "Fortress Besieged". Reading a long novel not only didn't waste my normal activities time, but instead immersed me in an artistic creation constructed through imagination, allowing me to experience the background of the author's creative ideas and the techniques reflecting the social life of that time. Through vivid descriptions of daily life details, the author portrays intriguing and interesting character traits. This also reflects the chaos of that period of that society, the disorderly life, and the complex relationships between individuals, presenting a scroll of helplessness and melancholy.

The main character of "Fortress Besieged," Fang Hongjian, may have had a striking appearance, but he lacked the abilities of completing academic studies. His parents spent a fortune sending him to study in Europe, but he achieved nothing. To avoid disappointing his parents, he purchased a fake

doctoral degree, hoping to pass off as qualified. However, deep inside, he felt a profound guilt. This makes him lack confidence and courage to face the challenges of love and life, causing him to miss out on valuable opportunities. As a result, he found himself trapped in the confines of marriage and existence, with no clear direction. In the end, he sincerely lamented, "Those inside the fortress want to escape, while those outside want to break in. Such is the desire for marriage, career, and life."

The Chinese elder people often said that nine out of ten things in life are unsatisfactory, and only one or two things are going as you wish. No matter how diligently you study or how hard you work, there is no guarantee of a successful life. No matter how intelligent or capable you are, it doesn't necessarily mean you will find the right path in life. Even if you possess power and wealth, it doesn't guarantee a happy life. Perhaps only surrender, acceptance and helpless sighs may be what we must face in life. It is in the days without television that I can truly appreciate the happiness and sadness of my life.