

生病 (Winnie Mo)

生病是每个人一生中都会经历的艰难时刻。有些人比较幸运，可能只有一些小病痛，好像感冒、肚子疼，头疼等等。可是有的人却非常不幸，一生都是大病缠身，没有一天健康的日子，在病床上与医药器具共度一生。

如何保持健康的身体和少生病是有史以来，可能是最多人研究及讨论的话题。可是无论花多少的精力和时间去研究，人类都无法避免病毒的袭击，病痛的折磨。好像过去三年的 COVID 病毒，人类不知花费了多大的人力，物力研究如何对抗这种病毒，也仍然侵蚀了无计其数的生命。对抗看得见的敌人容易，对抗看不见的敌人却束手无策。

病毒永远不会在生物群中消失。新冠病毒虽然减缓了，可其他病毒还是不停地袭击我们的身体。最近在我们的学校，很多老师和学生都感染上跟 COVID 相似的喉咙痛，咳嗽，失声，流鼻涕等症状。

病毒不认人

没有人斗胆肯定自己能幸免不被病毒感染。星期二，一位同事对我说：‘你的身体抵抗力真强，我们都病了，你还没事儿’。我说：‘不要说得太早’。晚上，我真觉得自己有点不舒服，可是我希望凭着坚定的意志力可以战胜身体的疲倦，第二天坚持去上班。内在的疼痛可能可以掩饰，可是我的声音却越来越沙哑，为了能顺利完成一天的教学，我尽量避免说话，只把那沙哑的声音留给必须要说的话。

对自己的身体好就是对他人和社会好。只有自己身体好了才能做任何对他人和社会有贡献的事。我决定请一天假在家休息，希望我的声音早日恢复正常，我就能正常上课。

小病的感受

感冒虽然不是大病，但是症状却跟致命的新冠差不多-喉咙痛，头疼，流鼻水等。喉咙痛，讲不出话也十分难受。作为一个老师，失去声音就等于失去工作能力。我不得不请一天病假。希望在家休息一天就会没事，可是喉咙好了一些，其他症状却接连而来，头疼，全身无力，鼻水和泪水流过不停。如果今天不是 8 号风球，去上班可能就更难受了。

当身体不舒服时，什么都不想做。早上有点精神，准备写点生病的感受，可是无论有多少东西在脑里想表达出来，可是手真的不想动。还是只能放下电脑，躺在床上，什么都不做，什么都不想，感觉舒服一点。

躺了几个小时，觉得可以起床做点事，拿起最喜欢的书-傅佩荣谈庄子《逍遥之乐》看起来，不错，还能集中精神看两小时。可是身体好像软软的，床的吸引力比什么都大。又躺在床上，看一会书，又闭上眼睛想一想，体会庄子的思想。他分辨‘大’与‘小’，‘至精无形，至大不可围（至大无外，至小无内）’的解释实在有智慧。当我教学生时，只说这是大，那是小，可从来没有解释大和小的定义。

所有的形容词都需要有比较才能下判断。比如，当一个人说‘这朵花比那朵花漂亮’时，他需要给这个形容词‘漂亮’下定义，知道他所说的‘漂亮’是什么意思，才可以继续往下谈。‘苦’和‘乐’也是形容词，如何给他们下定义？当我生了小病，就觉得自己很苦，跟那些常年卧床不起的人相比，感冒又算得了什么呢？

小病让你休息

我们的身体和其他任何工具一样，用久了需要停下来检查维修。回想我上次生病是在去年的圣诞节，感染了 COVID，可是为了不耽误我们的圣诞旅游计划，在家躺了几天就坚持继续赶路，三个星期的长途旅游除了消耗体力，也消耗精力。回来以后，还马不停蹄地完成一项项的计划。如今也是整整八个多月了，除了每天规定的六至七小时的睡觉时间，也从没有在床上多躺一个小时。最近流感病毒又在学校大流行，虽然精神上十分坚强的我，身体也会告诉我：‘你是普通的一员，该休息时，还是应该休息，你身边的人病了，你也无法幸免’。我接受现实，明白身体的信号。甘心情愿，在家里躺一躺，不要总是为计划忙碌，为理想奋斗。听身体的话，好好休息。

佛经里说‘生老病死’是所有生物都要经历的苦。这些苦是无法避免的，与其为这些‘苦’而痛苦不堪，还不如视这些‘苦’为生活的一部分，欣然接受。享受健康的时刻，也要接受痛苦的阶段。知道‘苦’的滋味，才能珍惜‘乐’的过程。

这次的小病使我更加同情和理解那些久病的患者，也更加懂得珍惜和保护自己健康的重要。

Illness of the Body

Being sick is a difficult time in everyone's life. Some people are luckier and may only have some minor illnesses like a cold, stomach-ache, or a headache. But some people are very unlucky, spending their whole life plagued by serious illnesses, without a single day of health, having to spend their life in bed with medical equipment.

Maintaining good health and getting sick less has probably been one of the most extensively researched and discussed topics throughout history. However, no matter how much effort and time humans put into research, we cannot avoid attacks from viruses or the torment of illness. For example, over the past three years with the COVID virus,

humanity has undoubtedly expended immense human and material resources researching how to combat this virus, yet it still ravaged countless lives. Fighting visible enemies is easier, but we are helpless against invisible ones.

Viruses will never disappear from the biological world. While COVID-19 may have slowed down, other viruses are still constantly invading our bodies. Recently at our school, many teachers and students have been infected with similar symptoms like sore throat, cough, loss of voice, runny nose and so on, like COVID.

Viruses without eyes

No one dares claim they can absolutely avoid being infected by viruses. On Tuesday, a colleague said to me: "Your immune system is so strong, we're all sick but you're still okay." I said, "Don't speak too soon." Sure enough, that evening I started feeling unwell, but I hoped that with a strong willpower I could overcome my physical fatigue and continue going to work. Inner pains can sometimes be hidden, but my voice was getting hoarse, and to be able to get through the day's teaching, I tried my best to avoid talking and only use that weak voice when necessary.

Taking care of one's own health is caring for others and society. Only when one's own body is well can they do things that contribute to others and society. I decided to take a sick day off and rest at home, hoping my voice will recover sooner so I can resume teaching classes normally.

The feeling of minor illness

Although a common cold is not a serious illness, its symptoms are similar to the deadly COVID - sore throat, headache, and runny nose. Having a sore throat and not being able to speak is also very uncomfortable. As a teacher, losing my voice means losing my ability to work. I had no choice but to take a sick day off. I hoped resting at home for a day would make me feel better, but while my throat improved slightly, other symptoms came one after another - headache, whole body weakness, runny nose and tears wouldn't stop. If it wasn't Typhoon Signal No. 8 today, going to work would have been even more troublesome.

When the body feels unwell, one doesn't want to do anything. I had a bit of energy in the morning and wanted to write down some thoughts about being sick. But no matter how many ideas I had in my mind that need to express, my hands simply didn't want to move. It's best just to put down the computer, lie in bed and do and think about nothing - it feels a bit better that way.

After lying on the bed for a few hours, I felt I could get up and do something, so I picked up my favourite book of the professor Fu Pei Rong talks about Zhuangzi's "Pleasure in Freedom" and started reading. Not bad, I could concentrate for a couple of hours. But my body felt soft and weak again, and the bed's attraction was greater than anything else. I lay back down, read a bit more of the book, then closed my eyes to contemplate Zhuangzi's

thoughts. His explanations of "large" and "small" (that which is greatest cannot be encircled, that which is smallest has no inner or outer parts) truly show wisdom. When teaching students, I would only say this is big and that is small, without ever explaining the definitions of big and small.

All adjectives need comparison to make a judgment. For example, if someone says, "that flower is more beautiful than this one ", they need to define what is their meaning of "beautiful", so we can continue the discussion. Similarly, "bitter" and "sweet" are also adjectives - how do we define them? When I'm a little sick, I feel bitter, but compared to those who are bedridden for life, what is a cold?

A minor illness allows you to rest

Like any tool, our bodies need checking and maintenance after prolonged use. I last got sick during Christmas last year when I caught COVID, but to not disrupt our holiday travel plans, I persisted in heading out after just a few days of resting at home. Three weeks of long-distance travel not only exhausted my physical strength but also my mental energy. After returning, I kept busily completing one plan after another without rest. It's now been over eight months, without ever lying in bed for more than the scheduled six to seven hours of sleep each night.

Recently as colds have been spreading widely again at school, even though I'm strong-willed, my body has been telling me: "You're an ordinary person. When it's time to rest, you should rest. Everyone around you is sick - you can't avoid it either." I've accepted reality and understand my body's signals. Willingly, I will lie down at home for a bit instead of always being busy with plans and striving for ideals. Listen to your body and get proper rest.

Buddhist scriptures say that "birth, old age, sickness, and death" are the inevitable sufferings that all living beings must experience. These sufferings cannot be avoided. Rather than being unbearably miserable because of these "sufferings", it is better to view them as a natural part of life and accept them willingly. Enjoy healthy times, but also accept painful periods. Only by knowing the taste of "suffering" can we cherish the process of "happiness".

This minor illness has made me feel more empathy and understanding for chronic patients and realize more the importance of cherishing and protecting one's own health.