Monday 12 May 2025

It has been a long time since I wrote my last diary. One reason is that I had to go back to my parents’ home during Chinese National Labourers’ Day so that I didn’t have time to write any diary. Usually, I don’t celebrate any holiday at workdays when I am learning; I only take a break at weekends. Whereas, I was constantly irritated by wife and my children who asked to play with them outside. The other reason is that my old daughter had a high fever after playing in a park in a strong wind for a whole morning. She had been in a hospital for four days. It was my fault. I should have not allowed her to take off her coat. As my old daughter’s immune systme is so weak, she is prone to illness. She has been running for about a month with either my wife’ s or my accompay. Presumably, one month is not enough. To build a strong body needs at least running for a year constantly.

My wife and I are over-sensitive to our children’s health so that my old daughter is overwhelme by our reaction to her illness. My daughter’s practitioner told us not to be over-reacted to any of problems of my daughter’s health after conducting a fully check. It was only a fever. The doctor asked us not to be so stricted with our daughter so that she can relax and that is benefical to build her immune system.

In conclusion, we will keep on running if my daughter would like to. Perhaps it is the only way to protect her from disease since there isn’y any physical in every primary school in China. Seldom do the students have a chance to play sports. All of them are forced to cram for examinations by their teachers and their parents. My wifer said she won’t follow suit; neither will I.