Monday 9 June 2025

It is scorching hot outside in a typical summer’s day in northern China. Contrary to popular, the average temperature in the town I’m living is much higher than southern China. People are swelterring when they are standing under the sun for a while. Whereas, I have been running on the hottest days of summer and on the coldest days in winter for eight years since I developed rhinitis.

A Chinese proverb said, “Don’t stop doing exercises whenever it is the hottest or the coldest day.” I wholeheartedly aggree with that because I proved it personally.