Friday 17 July 2025

In May 2023, a prominent software engineer named Chen Hao died of heart attack. His death was a shockwave in the programming field in China because not only was he an exceptional programmer but also he was the writer of a substantial number of comprehensive technical blogs which helped many developers including me make progress. It is a huge loss in IT area. Another reason made the news even more shocking was that he was only around forty years old; he was so young among those entreepreners. He had already been the founder of a promising startup before he died. At that time, I was a follower of his in a social media on which he used to share many views about programming and other issues which inspired me strongly.

He had already had heart disease before he passed away. In a blog to send condolence , a friend of him said Mr. Chen had told him that he had to take pills everyday and implied that he might take them in the rest of his life. “He was a hard-working man and used to work until mid-night.”, a friend said. During the early days when ChatGPT was relesing, he even waited until small hours to get the lastest news. Presumably, it is the reason why he died at his forties(40s).

Among progammers, it is not unsual that some software engineers died of cardio diseases. When I was in my first year as a developer, my manager, who was an exceptional programmer from a giant technological company in China, told me that his supervisor who was much more excellent than him and helped his team tackle many extremely difficult problems died of some brain disease. It is not coincident since more and more software engineers have died of cardio or brain diseases. Writing code is desperately painful when you are in huge prssure. Many leaders constantly do hard job for years or decades; the proportiong of programmers who have disease caused by pressure is quite high in this occupation.

The situation is even worse when there is stiff competition for everyone in China. When our western counterparts start work-life-banlance lifestytle by only work 5 or 6 hours a day and 3 or 4 days a week, we are suffering excruciating pain and bearing an enormous amount of pressure. There is no alternative but to improve my programming skill. In a social medium, a user posted a video in which a woman was desparately sad so she was crying; she was a lobourer and earn a minute amount of money a month. The reason why she was so deeply depressed was that she had to, with his husband of course, raise at least one million Chinese Yuan for her son to marry; no woman would marry her son if they hadn’t such a considerable amount of money. It is easy to blame these women without a second thoughts. In my opinion, the real root underneath their complaints and tears is that all the ordinary people, including women who are going to marry somene, feel safe in this country; what they can to is to get as much money as possible. The mother said she didn’t want to be a human next life. “I prefer to be a tree, a grass or something else rather than a human.”, she said.