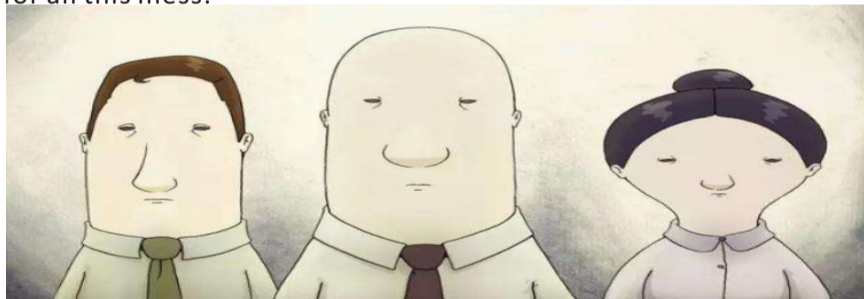


## The hopeless paradox of life

Everyone has a pocket to store their memory of life. For me, that's my diary. Whenever I open my diary, there are always some interesting writings, most of which are the by-products of my wild imagination and daily introspection. And the most frequent topic is the paradox of life.

Take the illustration of college life for example. We are often told that life in college is worry-free and one can play as much as he wishes. Before we enter college, we all naturally picture it as an ideal paradise. But the fact is that it is nowhere near worry-free, not to mention paradise...

This, I think, is just one of the prominent contradictions we face in real life. And there is another one. We all have such people around us who just claim their resolve to lead a healthy life but seldom put it into practice. Some of them break their promises and adopt another lifestyle. Sometimes they crowd various activities into their hectic schedule, putting off the time set for daily workout until it is replaced by other petty tasks. Sometimes they experience a lot of ups and downs, yet refusing to let out the pressure and agitation within. Sometimes they burn the midnight oil to fulfill their missions, hardly aware of the potential cost they are paying. The adverse effect comes into play next day, and soon enough lethargy and listlessness begin to shroud them, causing low efficiency in almost everything they do. Before they know it, the buoyancy in their countenance exists no more. So does their vitality. Until one day they can't bear the torment of health recession any longer, and unwillingly they find out who's to blame for all this mess.



Chastened by the declining body, they begin to kick off bad habits and one by one regain the long-lost vigor. Soon enough they will once again taste the happiness of living a healthy life and bring a mellow sweetness to everything they do.

Strikingly contrary to this, those who keep going on the wrong track will fall into a vicious cycle until one day they finally lose the most precious thing in life, which they have taken for granted all the time.

Such stories set me thinking, wondering what I would do under similar circumstances? Should I be proactive and do something to alter the hopeless mess? As I was deep in thought, an inner voice rose, saying "be consistent with what you have promised and never forget to make the fullest use of what you have". This somehow reminded me of Helen Keller, whose rule to live each day as if we should die tomorrow strikes an accord with mine. That's it! That should be the key to reverse our inclination to be paradoxical. "Live each day with a gentleness, a vigor and a keenness of appreciation!" And most importantly, always be aware of the direction of the course of your life if you don't want to be caught in the dilemma of self-contradiction!

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## My Sketch of the School Sports Meeting

The school sports meeting fell on the beginning of April. Despite the scorching sun and the prevailing heat wave, the event still got supports from most students. For me, doing sports is, perhaps, the most welcomed form of relaxation that is available to every one. This time, I had paid special attention to things going around in the sports meeting. On the morning of first day, sportsmen, with fresh appearances, stepped into the square in neat formation. After that, the opening ceremony performance was presented in three types. And the most impressive one, of course, is the performance named "Sharp Sword". They make it to put on a comprehensive display of tactical capture and combat skills, by taking a gun in hand and bowing bodies to aim at the target. And strikingly, their morale is exactly in accordance with their slogan: wherever the sword points to, problems there will get solved. The opening ceremony was followed by sports competitions. Consisting of school fatuities and students, hundreds of people were in competition. And what's noteworthy is that after the tournament, I found my impression on teachers was thoroughly altered! When in class, teachers are serious and rigorous; while in game, they are brisk and vigorous. On the whole, I could say that no matter which age group they belong to, every athlete did strike hard to win.

On top of that, there were a variety of sports events. Track-and-field events, high jump and triple jump, to name a few. Besides, fun games and activities were also held including tug-of-war, "drill hole" and eight persons with nine feet. If one intends to get champion, not only suitable strategies but also patience is needed. As a spectator, even I could feel the sense of integrity among a certain group. On the one hand, when it is one's turn to compete, the other guys will cheer him on, and try their best to relax him. On the other hand, during the competition, an ample amount of drafts were written to keep the sportsmen's spirits up.



All in all, there's so much for the sports meeting. At the very beginning, we simply wanted to get a glimpse of the highlight and then walk away hastily. But at the end, it turned out that we were all held spellbound by the charm of athletics. The truth is that doing sports really makes your day and creates a healthy figure out of you! So, why not try to live a groovy and brilliant life by pushing our sports limits now and then while unexpectedly harvesting a better self?

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Love look not with the eyes, but with the mind.

---Shakespeare