

## Self-Discipline to Fight the Pandemic



Recently, it seems like time lingers on with sadness ever since the coronavirus pandemic constantly appears in my mind. Every day I pray for some good news. Will the number of new cases stop increasing? Have most of the patients recovered? This is what I want to hear the most.

This wave of pandemic began in Wuhan. When I thought of the medical staff on the front line, they are truly arduous. Before the virus detection, everyone continued as usual with regular diagnoses and treatment. Then when the pandemic broke, they [medical staff] bravely stood by their posts and did not retreat. They are truly life heroes and they are admirable! I saw how they fearlessly guarding life and working diligently to protect this gate. I wanted to say, "Thank you!" In order to protect lives in the community and provide a recovery path for patients, their tasks require constant battles, which are inconceivable.

Regardless of the advance of science with today's medical technology, this virus seems invisible and untouchable, and its incubation period is long. One may not even aware of being infected. The best approach is self-discipline. One must adhere to the government's pandemic protocol such as facial coverings and frequent hand washing. If we abide by the rules and



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everyone diligently protects ourselves, the pandemic will slowly disappear.

Recently, many large-scale activities were postponed or cancelled to reduce the congregation of humans. However, human interaction and care encouragement are increasingly needed to foster mental health. Therefore, we must promote vegetarianism in utmost sincerity to protect the health of all living beings on Earth.

Vegetarianism is a practice of abstaining from the consumption of meat. First, do not kill. Livestock and animals should not be eaten. Secondly, we should educate everyone to become a vegetarian. Furthermore, human ignorance emerges from the same evil mouths; therefore, bad words should not be spoken. One's mouth is to gather merits, eat what should be eaten. The taste of vegetable roots; the fragrance of fruits and vegetables; and the whole grains provide enough nutrition for the human body. What should be said, be spoken; speak kind words daily. Be sincere, self-discipline, be vegetarian, and thrive for goodness and kindness.

This wave of epidemic has not yet stopped, but people panic. At this time, people who are safe must provide loving care for the sick and the frontline personnel in whatever way they can. Let us pray sincerely and practice veggie daily. If they are safe, then we are safe. It is altruistic and mutual benefiting. May everyone's kind thoughts be gathered to pray for the epidemic to gradually diminish.