

Editor-reader
interaction

As people born in the 90s enter their twenties and thirties, most of them choose to say goodbye to the night owl lifestyle, making the phrase “退役熬夜员 (tuì yì áo yè yuán)” one of the hottest topics on Weibo since the beginning of the year.



From night owl to longevity expert

By Sunny Nie

In Chinese, 退役 (tuì yì) means to retire; 熬夜员 (áo yè yuán) refers to people who are addicted to staying up late. The phrase was first used to make fun of those born between 1990 and 1999 who used to keep late hours but have now shifted to a healthy routine. It was later used to refer to people of all ages that make similar changes.

Two main reasons are said to account for the people's "addiction" of staying up. On the one hand, the fast development of technology sparked the growth of all kinds of products, such as the laptop,

smartphone, tablet, IMAX theaters and Internet cafés, which greatly enriched people's night lives. However, an increasing cost of living came along as technology developed. To accommodate to the new lifestyle, adults have to work extra hours to earn more money. Students are forced to burn the midnight oil to get the higher marks that result in a better job. If things continue like this, they may find themselves suffering from stress, anxiety and even insomnia.

When physical problems, such as alopecia, obesity, myopia, and depression, began to show up, some of

these night owls made up their minds to make some life changes. They try to make up for their exhaustion by resorting to various kinds of 养生之道 (yǎng shēng zhī dào) (regimen). By transforming themselves into 养生达人 (yǎng shēng dá rén) (masters in preserving health) or 运动达人 (yùn dòng dá rén) (experts in workouts), they hope to live a longer and healthier life.

It's time to make a difference and create a daily routine that keeps you healthy! By staying on a regular and balanced schedule, you may find your energy levels boosted imperceptibly.

One step
at a time

1 Wuhan dialect

diào yāo

吊腰

Meaning: [v.] [adj.] Be disgustingly smug; mannered

Chinese:

bié duì zhe jìng zǐ diào yāo
别对着镜子吊腰

le nǐ shàng bān yào chí dào le
了,你上班要迟到了。

English:

Stop preening in front of the mirror, or you will be late for work.

2 Chinese characters

yī

依

Development:

依 依 依 依

Meaning: [v.] Yield to; rely on

Chinese:

nǐ yào shì zhe dú lì shēng
你要试着独立生

huó zǒng bù néng yī bèi zǐ yī kào
活,总不能一辈子依靠

bié rén ba
别人吧。

English:

Try to live independently. You can never count on others for a lifetime.

3 Buzzword

gē zǐ jīng

鸽子精 (No-show)

Meaning: [n.] People who always stand others up

Chinese:

tā jīng cháng shuǎng yuē shì
他经常爽约,是

wǒ mén tóng xué qún lǐ chū le
我们同学群里出了

míng de gē zǐ jīng
名的“鸽子精”。

English:

He is well known among our classmates as a no-show.

4 Sentence of the week

English:

Human life is as evanescent as the morning dew or a flash of lighting. — Samuel Butler

Chinese:

rén shēng duǎn zàn shāo
人生短暂,稍

zòng jí shì rú tóng chén lù hǎo sì
纵即逝,如同晨露,好似

shǎn diàn

闪电。 — 塞缪尔·巴特勒

Translation
appreciation

No Coward Soul Is Mine

(《我没有怯懦的灵魂》)

Written by Emily Bronte (艾米莉·勃朗特 著)

Translated by Wang Baihua (王柏华 译)

No coward soul is mine,
No trembler in the world's
storm-troubled sphere:
I see Heaven's glories shine,
And Faith shines equal
arming me from Fear.

O God within my breast,
Almighty ever-present Deity!
Life, that in me hast rest,
As I Undying Life, have
power in Thee!

(Extract)

我的灵魂绝不怯懦，
绝不颤栗，哪怕在风暴肆
虐之地：
我看见天堂之光闪耀，
信念亦同样闪耀，助我抵
御恐惧。

啊，上帝在我的胸膛里，
全能而无处不在的神灵！
生命——在我身上栖息，
正如我——不灭的生命
——因你而有力！
(节选)