

How about taking a short break?

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The Tortoise and the Hare

There is a well-known fable in Aesop's stories called "The Tortoise and the Hare."

"The tortoise and the hare argued about who was faster, then agreed on the time and place for a race and went their separate ways. The hare, blessed with natural speed, did not take the race seriously. Straying from the path, he soon fell asleep. The tortoise, aware of his own slowness, kept running steadily without pause. Passing the place where the hare lay asleep, he eventually reached the goal and won the race."

This is one of Aesop's most famous moral tales, familiar to everyone.

If natural ability is not refined, it is often defeated by effort. Even Thomas Edison—the great inventor of the light bulb, the phonograph, and the automobile—once said, "Genius is one percent inspiration and ninety-nine percent perspiration." Talent alone will not grow if effort is neglected. And without either talent or effort, there is little hope at all. It is a story rich in insight.

From a psychiatric perspective, the hare is a narcissistic, pride-driven personality—overconfident in his own abilities and contemptuous of the slow-moving tortoise. The tortoise, on the other hand, recognizes his lack of talent. Though his self-evaluation is modest, he proceeds at his own pace, steadily accumulating effort—the patient, persistent type.

The film I would like to introduce here is *Cool Runnings*, which portrays the Jamaican bobsled team. Jamaica is known as a tropical island nation famous for reggae music, and has no apparent connection to bobsledding on ice. Yet in reality, the team made its first Olympic appearance at the 1988 Calgary Winter Games, and went on to finish 14th at the Lillehammer Winter Olympics, attracting widespread attention. Derice, originally a sprinter, was considered a top contender in the Olympic trials, but his dream was shattered when he was caught in a crash caused by Junior, a runner in the neighboring lane. However, he set his sights on bobsledding, a sport that demands explosive leg power. The team that came together consisted of his best friend Sanka, his former track rival Yul, and Junior—the very man whose fall had ended both Derice's and Yul's Olympic dreams. All were complete novices, but through intense training, they gradually grew into true racers.

In the bitter cold of Calgary, they were ridiculed by athletes from powerhouse nations, and their results were initially dismal. Yet with a renewed resolve—"Let's not imitate the strong teams; let's do it our own way"—they advanced through the qualifiers with strong performances. What the team ultimately gained was something far greater than a medal: pride.

The sight of young people who accept hardship lightly and take on challenges with good humor leaves a refreshing aftertaste and lifts the spirit. Incidentally, Jamaica's suicide rate is 0.3 per 100,000 people—one eightieth of Japan's. Their boundless optimism and indomitable spirit of challenge teach us something essential that we may be lacking. On a long autumn weekend evening, why not watch *Cool Runnings* and feel refreshed?

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