

Reading is omnipotent

by Liu Sum Yau

"There's a time and place for everything." I bet you could imagine adults using this phrase against untimely frolic. But then, there are always exceptions-- What time and place do you think is best for reading? In my point of view, reading is the best choice anytime anywhere, always giving us timely entertainment, comfort or advice; hence, the conclusion of its omnipotence. How do I know? Well, I have experienced reading's superpower firsthand. To illustrate, let's have a look at how reading is always the best choice for me in the last summer.

My week started terribly. Monday was the last day of school, but the gossiping among girls was still an unrelenting fire. By accident, it came to light that my best friend Kate has actually been firing contemptuous opinions on me behind my back over the year. Feeling sad and angry when I returned home, also overwhelmed with holiday boredom, I started reading the classic *Little Women*. It ended up as an amazing counselor. Not only did the character Marmee's tender words — the most memorable quote "Be comforted, dear soul! There is always light behind the clouds," — suit my situation, but the four sisters' growth also inspired me to have a positive mindset in dismay. In the course of the story, they each landed into conundrums and difficulties, but always tried hard to learn from them and outgrow the problems and sorrow. It propelled me to rethink what insensitive actions I might have done that caused Kate's dislike, and to invent ways to mend our relationship instead of weeping over the event.

Besides sadness, there are a plethora of reads to choose from amid millions of emotions. When I am stressed, adventure stories such as *The Land of Stories*, *Narnia*, or *The Wonderful Wizard of Oz* are an escape, carrying me to trips far away from all sorts of demanding tasks; while when bored, the mysteries in *The Book Jumper* intrigue me to no end; and when joyful, the satisfaction of reading whatever book— the sense of accomplishment, or the inner exclamation "Aha!" when you finish a book— maximizes the feeling.

Next, reading is also beneficial for our intelligence. Farther into the summer, I made up my mind that I shouldn't let my brain muscles go into a coma without school. Hence, I read a lot of books. On one hand, reading fills me with knowledge, while poring over *National Geographic's* factual reads like *That's Deadly* and the *Weird But True* series, I must say that I have gained a diverse range of knowledge from wacky bits of scientific facts to the dark history of the ancient world. On the other hand, science proves that reading keeps our minds active, inducing a lesser mind deterioration as we age. Also, it boosts memory and brain connectivity— way to go for straight-As! Plus, the vocabulary and sentence patterns do help with your language ability. Thus, reading is a good choice when you want a cerebral workout.

Yet, is the workout only for our heads? The answer is no, as reading makes us physically strong too. For one thing, thick and weighty books can be used as dumbbells during workouts. In this summer, I used Chinese novelist Jin Yong's books to gain more arm and back muscle. Not to get me wrong though, they are great reads too; and my favorites are *The Eagle-shooting Heroes* and *The Giant Eagle and Its Companion*, since colorful characterization and strong linkage are present throughout the whole plot which is superbly engaging. Aside from this side use, the magazine *Reader's Digest* has taught me how to eat healthier, sleep well, and spot signals of some diseases. Another benign way reading helps our physicality may sound odder, but for young adult fiction (YA) lovers—we often look up to virtuous characters. I adored Thomas and Minhó from James Dashner's *The Maze Runner* series. In the series, these boys are significantly speedy runners; hence, they could escape from dangerous situations. With them being my heroes, I gain the motivation to brush up my stamina and tone up my muscles. Thus, we can see that no matter being a tool, instruction, or an influence, reading is a brilliant choice for leading a healthful lifestyle.

Not only is reading advantageous to our personal life, but it also opens our eyes to the world. Now, what should we do to learn about the globe? Read, of course! Considering historical events, *Les Misérables* by Victor Hugo painted the social state of France and told of the stories regarding the French revolution. It made me understand the solemn history of the French country, underneath the romantic mask of modern Paris. Nowadays, while news and radio merely offer concise reports about social happenings, their descriptions are often overly limited so that there can be no complete view of the issue, oftentimes causing a biased opinion on various cases. And that, again, brings us back to reading. Since books and magazines most of the time favor in-depth accounts of social occurrences, we can have a broader insight about them. For example, I have read *Politics in Minutes* across that tedious summer. Before reading the book, I used to be clueless about elections, social events and different ideas; and believed what everyone else said about the subject. Now, I understand how politics work and am able to discern whether other people are declaring facts or merely stating opinions. Thus, it can be concluded that reading is beneficial for us to be wise and multi-perspective socially.

In a nutshell, reflecting on this summer experience, I believe we can all see that reading is apt for all aspects of our lives-- emotional, intellectual, physical health, and social awareness. That gives us reasons to believe that reading is the best idea at all times. What's more, there are loads of magazines and books that I have suggested in this essay. To the core of my heart, I seriously recommend you, my readers, to read them. They are all extremely marvelous, and I'm sure there must be at least one on the list that you will take a liking to. Now, hurry off and find one of those in the library to read!