

3 Giving a Helping Hand

I SELDOM WATCH television except for documentaries or the news, because I find real life more interesting than fiction. Besides worldwide news, I also appreciate the short educational clips shown on television, because they encourage people to be civic-minded, and to care for others.

One of these clips shows a young boy leaving his football game to help an old man to stand up and walk to a recreation centre, where they play games together. Another shows an elderly newspaper vendor who accidentally spills a shelf of papers and magazines on to the pavement. Immediately, a small boy rushes to offer help picking them up, and soon several others join him to give a hand. A third pictures a smiling middle-aged man offering to push a little girl in her wheelchair, to join the games at a recreation centre. All these short television messages help young people to understand the needs of the elderly and the handicapped.

An old friend of mine, who has lived in Hong Kong for many years, told me that she recently visited the “Helping Hand” holiday home in the New Territories, to meet a large group of elderly people and their visitors. It was a very rainy day, yet about 500 elderly and their children and grandchildren attended the occasion and didn’t seem to mind the weather.

One of the greatest attractions on that occasion was “Doctor Dog”. Have you heard about these dog doctors that are trained to be friendly with old people and sick children? They are taken to elderly homes and children’s hospitals, to cheer up people who feel lonely. Isn’t it a good idea? By making sick or lonely people happy, these dogs can actually help the sick to recover, or to bear their pain more cheerfully. Dogs are also often used for leading blind people.

Have you ever tried helping someone in difficulty or sorrow? Recently, I was waiting for a car in a busy street in Causeway Bay, when I saw a very old lady crossing the road with great difficulty, with the aid of a walking-stick. When she reached the pavement at the other side of the busy road, she tripped and fell, but was too weak to get up. Immediately, several men and women rushed to help her to her feet. Many Hong Kong people, young and old, are now showing their care for others. Are you one of them?

If not, give it a try. You will enjoy making others happy.