



The Monthly Qi

What's Happening at Southwest Acupuncture College

The Monthly Qi is a one-page Shout out devoted to the seasonal energy of the year.
Contact Sophia Bungay, Director of Admissions and Alumni and share your *Qi* with us.
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Why Don't We Understand Health and Illness?

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I have been to workplaces where glazed eyes and insipid smiles meet one in the halls. I have been to doctors' offices where no temperature is taken, no questions asked. I have been to markets where people wear no masks, a mask below their nose, a bandana, a mask with a plastic vent. I have been to places where people lift their masks to talk. I have seen people enter into repeated quarantines. Many leaders lie and flaunt their power over us, they don't need a mask they falsely claim in their ignorance and hubris. In what universe are we living? What don't we understand about health and illness never mind health and illness in the time of a pandemic?

Since my last *Monthly Qi* in June we have gone from 125,000 deaths to the loss of 200,000 Americans, a grim reality. It is anticipated that close to a half million PEOPLE, INDIVIDUALS, will die by the New Year. Link this to one thing— lack of individual and social responsibility in response to a public health threat. Granted, this virus is pernicious. We can't kill it for by nature it is not alive. We can only deactivate it through hygienic practices or mitigate it through a vaccine or social behavior. Illness is personal, familial, social, and communal. It is created at the intersection of economic, ethnic, educational, and environmental sectors. This is where can intervene. This is not your illness, it is our illness, it impacts public health.

As a nation poised on the slippery slope of arrogant individualism and self-importance every violation of social responsibility is due to personal choice over concern for each other and society. When one goes to a party because it is a party, when one congregates in groups because it is a holiday, this is about you. If we could each only do one thing it is simply **WEAR A MASK, THE RIGHT ONE (ie medical procedure masks or cloth ones), AND WEAR IT CORRECTLY (tightly fit over your mouth and above your nose)**. If you can't do it for yourself, for me, for each other, think about the millions of immunocompromised patients at any age and children who will suffer and die due the combination of virus and their cancers, transplants, or pre-existing conditions.

Where have reason, common sense, and neighborly concern gone? There is nothing intrinsic to 2020 that makes it a bad year for other viruses are always with us like the flu, the common cold, HIV and more just as the COVID-19 virus will be. The virus is a lot like the worse part of our human nature— a predator that that preys on the weak, old, ill, unsuspecting, vulnerable, poor and disenfranchised. We are just like the virus, even worse, if we do not stem its predation. We are alive, we make choices, the virus can't' do that. We can choose the lens through which we see and solve this problem— politics, science, public health, a caring response.

If you are a healthcare worker, a student, a staff member, a grocery worker or anyone who cares about me as I care about you by wearing a mask and sacrificing the comfort of family and friends during this time through social distancing, **Thank you**. There is no need for fear if we only care. Do it and let everyone have the chance to live. Ps Get your flu shot now! Be well.

