

# Idiom by Lon Yan

## 適可而止

shi4 ke3 er2 zhi3

A young mainland professional gamer died after playing and broadcasting his gaming online for long hours every day and overnight for five months. He was believed to have died from exhaustion.

There have, in fact, been many similar cases of death resulting from playing games non-stop for hours or even days on end, and such incidents happened everywhere in the world.

Two years ago in China, a 24-year-old gamer was captured on CCTV coughing up blood and dropped dead in an internet cafe after playing World of Warcraft for 19 hours without a break.

A few months later, a teenager in the town of Uchaly in southern Russia's Republic of Bashkortostan, who was stuck at home because of a broken leg, played an online

game for 22 days non-stop and died.

The lesson to be learned from these tragedies is “適可而止” (shi4 ke3 er2 zhi3).

“適” (shi4) is “fitting,” “suitable,” “可” (ke3) “to suit,” “to fit,” “而” (er2) “and,” “to,” “and then,” and “止” (zhi3) “to cease,” “to halt,” “to stop (something).” “適可而止” (shi4 ke3 er2 zhi3) is, literally, “stop when it is appropriate.”

“適可而止” (shi4 ke3 er2 zhi3) is an advice “not to overdo something,” “to stop before going too far.” “適可而止” (shi4 ke3 er2 zhi3) is about moderation, the opposite of which is excesses.

So when a friend drinks too much, eats too much, plays too much, gambles too much, watches TV too much or even works too much, you can cautioned him or her “適可而止” (shi4 ke3 er2 zhi3) – don't overdo it!

### Terms containing the character “適” (shi1) include:

適當 (shi4 dang4) – appropriate; suitable

適應 (shi4 ying4) – to adapt

舒適 (shu1 shi4) – comfortable; cozy; snug

不適 (bu2 shi4) – unwell; discomfort