

DEPRESSION

9th October 2019

It is difficult to describe Depression to someone who has never been there because that someone is me. I am that person, I don't know the meaning of the word.. I have never been depressed, In all my long life despite fate throwing wretched things at me, I would rise above it I went through the war being incarcerated in a civilian internment camp for 2.5 years by the Japanese when I was going on 16 but we all treated it as an adventure. I think people had a different view on things in those days ,we just got on with it - chin up and a stiff upper lip! When the communist took over in China there was hyper-inflation and we found that our money was useless, fortunately I was working for the Americans and being paid in US\$. However, by 1947 we had to be repatriated to England from Shanghai as the communist wanted all foreigners out of China, consequently we lost all our possessions, and our house. I arrived with £10. We were treated well in England under the Atlee Government and given a choice of going to Kidderminster or Coventry We, my brothers and I chose Coventry for all the industry there. We went to Bagington Fields Hostel for ex-internees. It was certainly exciting times, full employment and rationing still in operation, but due to our circumstances we were given double rations.

I can understand that mental; pain is less dramatic than physical pain and can be more common and also harder to bear Frequent attempts to conceal it increases the burden. Easier to say my tooth aches than to say my heart is broken. At my age my philosophy is to say " I may be bent but not broken, I am scarred but not disfigured, I am sad sometimes but not hopeless. I am tired, but not lifeless. I am afraid at times but not powerless. I can be angry, but not bitter," Should I be depressed ? No never, Just go for a walk in the countryside and you'll be all the better for it. Listen to the songs of birds, so glad to be heard. Listen to the rustling of leaves on the trees to the tease of the breeze. Watch insects scamper to fill their hampers. Watch animals as they amble and gambol to the joys of life without strife to find a wife. See the vibrant colour of flowers with the power to dispel sadness.

Finally, God grant me the Serenity to accept the things I cannot change. Courage to change the things I can and Wisdom to know the difference.

Frank Waller