

What's New?

Niihama City

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The Benefit of the Shikoku Pilgrimage Scientifically Proven

(from Nikkei December 19, 2015)

The Shikoku Center of Industrial Technology and General Research has proven that walking the pilgrimage route of Shikoku Hachijuhakkasho, the eighty-eight Holy Places of the Shikoku Region, has a beneficial effect on both physical and mental health. This is the first research on the relationship between the pilgrimage and health.

The person in charge says, "The degree of refreshment is shown in actual figures, and the benefit of the pilgrimage has been scientifically proven." The experiments were carried out between 2011 and 2014, Twice in Kagawa over 2 nights and 3 days and once in Kochi over 3 nights and 4 days. Seven to twelve male and female participants walked about 60 km visiting 6-7 fudasho temples.

"A Sendatsu", an experienced leader of the pilgrimage, led each group and the participants followed the routines of pilgrims such as chanting the sutra as much as possible. During the pilgrimage their blood and urine samples were checked and their heart rate was monitored. They also answered questionnaires on their experience.

Data taken one week before the experiment was compared with the data taken one week after the experiment. As a result of walking the pilgrimage the amount of LDL cholesterol in the participants' blood was lower. The

amount of adrenaline, their heart rate and the depth of their sleep indicate that the degree of their nervousness, anxiety, and excitement were all lowered gradually. The level of fatigue was relatively lower for the distance they had walked. The natural killer cells, which can boost immunity had been activated.

Mr. Yasuichi Yoshida who was the leader of the research at the Shikoku Center and who now belongs to the National Institute of Advanced Science and Technology in Tsukuba, Ibaraki says, "Although we haven't compared the data with just walking, walking the pilgrimage may have special effects on health. The participants were able to enjoy the changing scenery around them, relax spiritually by chanting sutra and communicate with people through "Ossettai", where local people support the pilgrims by providing them with food and drinks during the pilgrimage. Research on the relationship between pilgrimages and mental or physical health is rare in the world and this report has even been reported on in the Nature Journal of Italy.



Information in English & Chinese on the Web

***What's New?**

***How to sort garbage and trash**

Visit  <http://www.city.niihama.lg.jp>

[Clair:*Multilingual Living Information](http://www.clair.or.jp/tagengorev/en/index.html)

<http://www.clair.or.jp/tagengorev/en/index.html>

From an ALT's Blog

I am not good at sports. In PE class, I remember being hit in the face with volleyballs and being unable to pull myself up even a few inches on the climbing rope. Luckily, outside of gym class, there weren't many times I had to try to be athletic.

However, in Japan, every high school student is expected to participate in sports events throughout the year, including the big Sports Day in September. Not everyone is naturally athletic, but all of the students try their best. And, what seems like the coolest thing to me is that nobody teases each other. Students tell each other to “がんばれ” and they mean it. There's a wonderful spirit of cheering everyone on, no matter how good they are.

In the past year, I've attended or joined every sports meet that I've been invited to. Fortunately, this mostly means cheering from the sidelines, but sometimes, I actually have to participate. Last Sports Day, I remember, one teacher asked me to practice a relay race. I'm an extremely slow runner, but I did it, and I ran as hard as I possibly could. Nobody said anything about how slow I was, only that I didn't have to join the race during the real event. I knew that I didn't do well in the race, but it still felt good to try.

As I start my next year in Japan, I want to remember this *がんばれ* spirit. I want to always try my best, even if it means I still need to improve. And I'll try my best to encourage others, too, and to remember that they are fighting just as hard as me.

Anna Sheffer



SGG would welcome any suggestions, questions or ideas for monthly articles.

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Blowfish Farm-Raised in Mountain Hot Spring

(from Ehime Shimbun July 25, 2016)

Reported by Mr. Toru Suemistu



Farm-raising blowfish has started in the mountainside tourist facility Minetopia Besshi, 150 meters above sea level. The Sumitomo Chemical subsidiary company worker in charge of this project confidently says, “We’d like to make our farm-raised blowfish a new local specialty and attract a lot of tourists to Niihama City.” He looks confident that his company will successfully break into the tourist sector.



They produce artificial sea water by mixing hot spring water and salt, and they control the water temperature by using a boiler to raise the baby blowfish. Niihama city is famous for the local specialty known as “Fuguzaku”, mixing raw meat and skin of blowfish with ponzu.

But local fishermen say, “The number of blowfish we catch is very small. We happen to catch them by chance when we try to catch sea breams or blue crabs using a trawl net.” Most blowfish served in restaurants in Niihama come from outside the city.

The Transport & Tourism Section of City Office has this to say with anticipation, “If this project goes well, Fuguzaku can attract tourists as the dish cooked with locally produced foods”. Another merit in farm-raising is that they can improve the taste of blowfish by increasing the concentration of salt in the water just before shipment. It will be in the market one year from now. I look forward to tasting the farm-raised blowfish.



MOVIES

TOHO CINEMAS Niihama (AEON Mall)

September 1	Now You See Me 2	2D English
September 10	Suicide Squad	2D English/ 3D Dubbed
September 17	The BFG	2D Dubbed
September 22	The Beatles: Eight Days A Week The Touring Years	2D English
September 24	Sully	2D English
October 7	Jason Bourne	2D English
October 21	Star Trek Beyond	2D English
October 28	inferno	2D English

Information Service

Internet: <http://niihama-aeonmall.com>

Tape (24 hrs): 050-6868-5019(in Japanese)

Movies might be changed without notice. Please check

October Events

***Exhibition of Peru Andean civilizations "Folklore musical performance"**

At the Akagane Museum Indoor stage
10/9 (Sun) 11:00~ Admission free.
For further information Tel 65-3580



***Niihama Taiko Festival**

Ojoin area 10/15 (Sat)~10/17 (Mon)
Jobu, Kawahigashi & Kawanishi area
10/16 (Sun)~10/18 (Tue)
For further information Tel 65-1261 · 32-4028



***Niihama Taiko Festival Live Video**

(recording partly)
10/16 (Sun)~18 (Tue) Admission free.
At the Akagane-za (Multipurpose hall)
For further information Tel 31-0305



ONE POINT JAPANESE

「復」のつく言葉 No.1

(病室で) (In a hospital room)

A : 術後の経過は いかがですか。

Jutsugo no keika wa ikaga desu ka.

(How is your recover after your operation?)

B : おかげさまで、順調に回復しています。

Okagesama de, junchō ni kaifuku shiteimasu.

(Thank you for asking. I'm making good progress.)

A : よかったですね。Yokatta desu ne.

(That's good.)

ところで、職場復帰は いつごろに なりそうですか。

Tokorode, shokuba fukki wa itsugoro ni narisō desu ka.

(By the way, when do you think you going to return to work?)

B : えーと、リハビリも 済めると、1ヶ月くらいは かかるみたいです。

Eeto, rihabiri mo fukumeru to, ikkagetsu kurai wa kakaru mitai desu.

(Well, with rehabilitation, it looks like it will take about a month.)

A : そうですか。早く退院できると いいですね。

Sō desu ka. Hayaku taiin dekiru to ii desu ne.

(Really? I hope you'll be able to leave the hospital soon.)

B : ありがとうございます。Arigatō gozaimasu.

(Thank you very much.)

A : じゃあ、また 来ますね。お大事に。

Jā, mata kimasu ne. Odaiji ni.

(Well, I'll come again. Take care!)



S : 先生、今度の試験、難しいですか。

Sensei, kondo no shiken, muzukashi desu ka.

(Ms. A, is the next exam difficult?)

T : きちんと復習すれば できる 問題ばかりですよ。

Kichinto fukushū sureba dekiru mondai bakari desu yo.

(If you review properly, all the problems are doable.)

この機会に、予習・復習の習慣をつけましょう。

Kono kikai ni, yoshū/fukushū no shūkan o tsukemashō.

(Let's take advantage of this opportunity to develop
the habit of preparing and reviewing
the material.)

復 (回復 復帰 復習) . . . recover, restore ,
return , review

< by Niihama Nihongo no Kai >

NNK also provides Japanese lessons for foreigners living in Niihama.

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