



## Use Your Five Senses to Get Through Summer!



Once the rainy season ends, summer's really here. Air conditioners and fans aren't the only way to deal with heat. There are plenty of creative ways to cool down. This article introduces how to create feelings of coolness by using the five senses of sight, hearing, touch, smell, and taste.

### **Sight: Using color to cool down**

When the outdoor air temperature heats up, colors that make you feel cool look pleasant. These include blue-green, which suggests sinking to the bottom of a deep ocean; aqua blue, which evokes cool water; and green, which calls to mind the cool shadow of a tree. All of these cool-looking hues are bluish colors. That is, they're cool colors. By contrast, reds and yellows are warm colors, which evoke fire and the sun and therefore make you feel warm. It's said that colors can trigger a change of up to 3°C in body temperature. During summer, you can make yourself feel cool by using cool colors like white and blue for the objects surrounding you, for example curtains, sheets, and dishes. When you go out, avoid wearing dark colors, which absorb sunlight and therefore make you feel hot. By contrast, white reflects sunlight and makes you feel cool.

### **Hearing: Using sound to cool down**

You can use music to cool down on a hot day. Listening to sounds like the babbling of a brook, the twittering of small birds, the whisper of wind through trees, the pitter-patter of falling rain, and the twinkling of a windchime makes you feel cool. This is believed to be the result of a mental illusion that triggers



memories of coolness. All of these sounds are characterized by a 1/f fluctuation, which has healing effects. The pleasant feelings of comfort created by such fluctuations increase feelings of coolness.

### **Touch: Using sensations of touch to cool down**

Using fast-drying clothing and bedding that breathe readily during seasons when you would ordinarily feel sweaty can reduce stress caused by heat. Linen and cotton are well suited to summer. Moisture-absorbing, fast-drying, and durable, linen is a popular choice for sheets and sofa covers. Cotton, which is more resistant to wrinkling and losing shape than linen, absorbs moisture and breathes well, so it's often used for items like towels and underwear. Bedding and underwear made of new materials that feel cool to the touch are also well suited to summer.

Rush grass, which has been used to make tatami since ancient times, is also well suited to summer. Rush grass fibers contain numerous pores, which give the material excellent moisture absorption and desorption characteristics and keep it from trapping air, with the result that it feels cool to the touch. Rush grass also has a pleasant fragrance that can help you relax. Rush grass pillows, rugs, carpets, and other items have become popular in recent years.

### Smell: Using Smell to Cool Down

Most people spend more time at home during the hot days of summer. Recently, aromas and incense are attracting attention as ways to get through the season.

Aromas are created by extracting essential oils from flowers, trees, and other plants and fruits. There are a variety of fragrances and effects, including cool-feeling peppermint, refreshing lemon grass, and sleep-inducing ylang-ylang. Ways to use aromas include putting oil in an aroma pot so that its fragrance spreads throughout a room, adding oil to bathwater, and spraying oil into the air to add a fragrance to the area around you.

Incense is made by drying fragrant woods, plants, and other materials. Typical products include stick-, cone-, and swirl-shaped varieties as well as perfumed sachets. Rosemary and lavender are good choices for summer, but traditional Japanese varieties like sandalwood and cypress also create pleasing fragrances.

### Taste: Using Summer Vegetables to Get Through the Summer

During summer, it's typical to lose your appetite and to want to eat cold foods. But if you eat too many cold foods, you risk chilling your stomach and intestines, compromising your ability to digest foods, and making feelings of listlessness and fatigue more likely. If you lose minerals along with sweat, you could also suffer from heat exhaustion or heat illness.

Summer vegetables are what you need during summer! These veggies are rich in water content and potassium. They replenish water lost as sweat to prevent dehydration. Their vivid colors stimulate the appetite, and the vitamins they contain will help keep you healthy.

### Principal Benefits of Summer Vegetables

Prevention of heat illness and heat exhaustion, diuretic effects (prevention of bloating), counteraction of UV rays, protection of the stomach and intestines.

### Typical Summer Vegetables

**Cucumbers:** With lots of water content, vitamin C, and potassium, cucumbers are ideal for a season marked by lots of sweat.

**Eggplant:** Eggplants have plenty of water content and therefore provide diuretic effects. The *nasunin* in their skin helps prevent illnesses such as arteriosclerosis and cancer.

**Tomatoes:** The three great antioxidizing effects of vitamin C, vitamin E, and carotene are the friends of health and beauty. Lycopene, which gives tomatoes their red color, prevents aging and cancer.

**Green peppers:** High vitamin C content and antioxidizing effects promise to prevent colds and promote beauty.

**Okra:** The sticky part of okra helps promote good digestion. The vegetable also safeguards the stomach and intestines and prevents heat illness.

**Bitter melon:** Rich in vitamin C (which is resistant to cooking) and minerals, bitter melon helps relieve bloating.

**Mulukhiya:** Mulukhiya contains significantly more carotene and vitamins than other vegetables. Since it also contains a large amount of calcium, it's a great way to prevent osteoporosis.



### Learning from History: Dietary Culture for Preventing Heat Illness

You may have noticed that supermarkets put up "Midsummer Day of the Ox" flags and start selling eel in summer. What's the Day of the Ox? And why are people supposed to eat eel on it?

#### Midsummer Day of the Ox

In this context, the word translated as "midsummer" (*doyō*) actually refers to a period of about 18 days that precedes each of the four seasons. Under Japan's traditional calendar, days were counted using the twelve signs of the Chinese zodiac.

The Midsummer Day of the Ox is the Day of the Ox that comes during the *doyō* period preceding summer. Since that period falls on different days every year, the Midsummer Day of the Ox is also different every year.

The phrase "Midsummer Day of the Ox" may conjure up images of summer, but in fact every season has a *doyō* period, so there are four such periods (and at least four days of the Ox) every year. These periods precede each season and therefore mark times of seasonal changes.

Although the two words share the same pronunciation, the Midsummer Day of the Ox has nothing to do with Saturday (*doyō*).

2019 Days of the Ox falling in *doyō* periods  
January 28, April 22, May 4, July 27, and October 31

2020 Days of the Ox falling in *doyō* periods  
January 23, April 16, April 28, July 21,

August 2, October 25, and November 6

The year 2019 had only one Day of the Ox during the summer *doyō* period (on Saturday, July 27). The year 2020 has two Days of the Ox during the summer *doyō* period.

In this case, July 21 is known as the First Day of the Ox, and August 2 is known as the Second Day of the Ox. Each year has multiple such days during *doyō* periods, but recently the phrase is used primarily in reference to summer.

When do you suppose people in Japan began eating eel on the Midsummer Day of the Ox? The *Man'yōshū*, an anthology of poetry that was compiled from the 7th to 8th centuries, includes a poem in which a person named *Iwamaro* is advised to eat eel in

order to avoid summer fatigue.

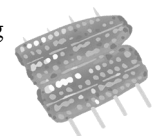
Since ancient times, people have eaten eel during summer, when it's easy to fall sick, due to its high nutritional content. The practice of eating eel on the Midsummer Day of the Ox is a reasonable one since the day marks the beginning of a season when one is more likely to become ill. As it happens, eel is rich in ingredients that are effective in recovering from fatigue and promoting the appetite, for example A and B vitamins, making it an ideal food for preventing heat illness.

It was during the second half of the 18th century, during the Edo period, that the practice of eating eel became common. One theory holds that when an eel restaurant sought advice from the Dutch scholar *Hiraga Gennai* due to declining summer sales, *Gennai* told the business to put up a sign advising people that if they ate eel on the Midsummer Day of the Ox it would protect them from the summer heat. The favorable response led other eel restaurants to mimic the advertisement, and the practice eventually came to include eating other foods that began with the sound you on the Midsummer Day of the Ox (because the word for the day begins with the sound u itself), for example udon noodles, gourds, umeboshi, and beef. All of these foods are high in nutritional value, and they're all easy to eat even if you don't have an appetite.

From the *Heian* period to the *Muromachi* period, people are said to have eaten boiled dumplings known as *meguri*, *adzuki* beans, and garlic.

The idea of eating to stay healthy and energetic is a timeless one that is common to all eras, and the dietary culture associated with the Midsummer Day of the Ox in Japan continues to reflect people's desire to get through summer feeling healthy, as in ancient times.

Be sure to get plenty of nutrients and rest during summer as you wait for the cool breezes of fall.



**Dr.Nishiyama's Column What is a blood smoother?**



In a healthy body, bleeding stops soon after getting injured. Blood clotting is an important biological reaction to save the life. In another circumstance, however, clot formation within the lumen of blood vessels, called thrombus, sometimes causes fatal cerebral or myocardial infarction.

When the inner surface of the artery, called intima, is smooth, clots are rarely formed. If the intima becomes irregular by arteriosclerosis or inflammation, the platelets aggregate there and form thrombus. Arteriosclerosis is often concurrent with hypertension, diabetes, or hyperlipidemia, and increases the risk of thrombus formation. If this thrombus is removed, and is sent farther by blood flow, the thrombus plugs the artery in another portion causing embolism. Not only these vascular events in the medium-sized blood vessels, but blood supply in the microscopic level also matters. Good control of life style much improves the microcirculation. So-called blood smoothers are beneficial to keep the sound blood supply in both macro - and microscopic levels; there are three kinds of blood smoothers.

The medicines to preclude the aggregation of the platelets, represented by aspirin, widely used to prevent cerebral or myocardial infarction. Those to inhibit blood coagulation, represented by warfarin, used to prevent atrial thrombus formation associated with arrhythmia, or deep vein thrombosis.

Those to dissolve the formed thrombus generally, anti-platelet agent (Group 1) is used to block the clot formation in an artery where the blood flow is fast, whereas anti-coagulant (Group 2) is used to prevent venous event where blood flow is

slow.

Aspirin has long been used as an antipyretic or as a painkiller. Its side effect of bleeding tendency has now become the main purpose. Much smaller dose of aspirin than that as an analgesics is sufficient to get the effect. Recently, many drugs of the same purpose have been developed, and have widely been used in the clinical fields.

Warfarin is also the time-honored medicine. However, to keep the optimal efficacy of the drug in the blood, the index called INR should frequently be monitored. This is a little troublesome to both patients and physicians. Furthermore, the efficacy of warfarin is cancelled by vitamin K in the foods such as green vegetable juice or natto (Japanese fermented soy beans) and should be avoided. For these reasons, newly developed medicines of the same effect seem about to supplant this old medicine.

These blood smoothers inhibit the clot formation, and naturally have sometimes a fatal side effect; bleeding tendency. Unexpected purple bruise by weak tapping which usually cause nothing. Bleeding occurs from ulcer or hemorrhoid in the gastrointestinal tract causing anemia. Because of these possible dangers, these medicines should be discontinued before and during major or even minor surgeries such as teeth extraction. Sometimes, unexpected bleeding reminds us the presence of occult malignancies in the nose or throat, or in gynecological organs.

**The Disaster Prevention Email Service Mamoru-kun**

We need to be careful with heavy rains and typhoon takes place from this season.

The Disaster Prevention Service Mamoru-kun is available in English, Chinese, Korean and Easy Japanese.

Register to receive the following types of information.

- ①Weather warnings/advisories and evacuation advisories/directives due to earthquake, tsunami, typhoon, heavy rains, etc.
- ②Safety confirmation email to let family/friends know of your safety in a disaster.
- ③Safety-related information for your area.
- ④Fukuoka Prefecture evacuation support map.

Registration is free. Please choose your area, and register for the system.

<http://www.bousaimobile.pref.fukuoka.lg.jp/en/>

About torrential rains

In recent years, disasters caused by torrential rains have occurred. Torrential rain is sometimes called "Guerilla Rains". Torrential downpours concentrate heavy rains in limited areas in short time, causing the flooding of rivers, landslides, and mudslides, depending on the location in very short time. Please check your evacuation shelter and evacuation route in advance.



**Specialized Counseling**

	Legal Counseling	Immigration, Residency, and Nationality	Personal (Psychological) Counseling
	1st Saturday 3rd Wednesday	2nd Sunday of every month	Mon., Tue., Thur.
Dates	July 4th, 15th	July 12th	Monday: 8:45~17:45 Tuesday: 8:45~11:45 Thursday: 8:45~12:45
	August 1st, 19th	August 9th	
Time	Saturday 10:30~13:30 Wednesday 13:00~16:00	13:00~16:00	
Appointment	Required	Not Required (Reception until 15:30)	Required
Language	An interpreter is available upon request.	English & Chinese interpreters are available.	An English speaking professional is available.

**What You Can Do to Keep Stress from Building Up**

**1. Maintain a Healthy Lifestyle**

Work to maintain a nutritionally balanced diet and to get plenty of sleep and exercise in order to boost your immunity. Physical activity also helps relieve worry and tension. Even a bit of leisurely stretching is helpful, so try to get all the physical activity you can.

**2. Obtain Accurate Information**

Look to trustworthy sources for information and keep in mind that the Internet is full of rumors and other unreliable information. At the same time, access to too much information can also cause you to worry, so it's a good idea to place limits on when you gather information, for example once in the morning and once in the evening. Setting aside time when you purposefully do not seek information about COVID-19 is also effective.

**3. Talk to People and Communicate**

Since it remains difficult to talk to people in person, we're all experiencing fewer opportunities for casual conversation. Before you know it, you may realize that you're not talking to anybody, or that you're only talking to a small, limited number of people. Try to create opportunities to put your concerns and worries into words and share them with family members, friends, and coworkers. In these trying times, there are lots of ways to connect with people by phone and online; embrace them. If you have family members or friends living overseas, it's a good idea to schedule conversations (while keeping time differences in mind), even if there's no special reason to get in touch. You may find that just hearing someone's voice or seeing their face is enough to leave you feeling calm and reassured.



**4. Watch for Physical and Emotional Changes and Illness**

Pent-up worry and stress can upset your physical and emotional balance, leading to illness. Check to be sure you're not experiencing any of the symptoms listed below.

**Physical Symptoms**

- Headaches
- Stomach aches (constipation, diarrhea, etc.)
- Stiff shoulders
- Other physical pain
- Dizziness (lightheadedness)
- Ringing of the ears
- Heart palpitations
- Fatigue
- Reduced or increased appetite
- Rough skin, canker sores, allergy symptoms
- Lack of sleep, nightmares, etc.



**Emotional Symptoms**

- Frustration
- Worry
- Feelings of despondency
- Harsh ups and downs
- Feeling ill at ease
- Persistent tension
- Inability to concentrate
- Feelings of apathy
- Fear of being alone or going out
- Excessive concern about what other people think
- Inability to have fun, etc.



It's only natural to experience some of these symptoms at a time like this, but if they persist for more than two weeks or fail to improve, it's important to consult with a specialist. Our foundation offers psychological counseling for foreigners. Feel free to make use of that service if you feel it would be helpful.

**Radio Calisthenics: A Staple of Children's Morning Routine During Summer Vacation**

Have you heard of radio calisthenics in Japan?

In Japan, people have long practiced radio calisthenics at sporting events such as school field days and before starting work at facilities like construction sites. Radio calisthenics are a type of exercise in which people stretch and move to a piano accompaniment. During summer vacation, some school districts have their elementary school students gather every morning in parks and plazas to go through the routine.

A sort of national exercise

In fact, radio calisthenics originated in the U.S. when Metropolitan Life Insurance sponsored radio programs that combined calisthenics with piano music. The practice came to Japan as "national health calisthenics" in 1928 but failed to take hold until being reintroduced in the current form in 1951.

There are three radio calisthenic routines. The most commonly used is the first routine, which is well known as a series of movements that can be

performed by people of all ages and genders.

The 13 basic movements of the first radio calisthenics routine

- (1) Stretch
- (2) Swing your arms and bend and extend your legs
- (3) Make circular motions with your arms
- (4) Puff out your chest
- (5) Bend your body sideways
- (6) Bend your body back and forth
- (7) Twist your body
- (8) Extend your arms up and down
- (9) Twist your body down at an angle and puff out your chest
- (10) Make a circular motion with your body
- (11) Jump using both legs
- (12) Swing your arms and bend and extend your legs
- (13) Breathe deeply

The routine incorporates movements that work out kinks in the muscles and improve circulation. Symmetrical movements are intended to correct skewed posture as part of a complete set of exercises that can be completed in three minutes.

The movements in the second routine differ from the 13 of the first routine and are designed to build strength through more strenuous exercise.

Although the third routine is known as the "phantom calisthenics" because it was only broadcast for about a year and a half starting in 1946, it began to attract renewed attention following the Great East Japan Earthquake.

During the hot days of summer, concerns about heat exhaustion make it difficult to get enough exercise outdoors. It's easy to start practicing radio calisthenics since you can do so indoors in a comfortable, air-conditioned space. Why not incorporate radio calisthenics into your daily routine as a way to observe a healthier lifestyle?

