



Enjoying various autumn activities at home



In Japan, autumn is often described as the best season for enjoying sports, reading, art, and food. In fact, out of the four seasons, autumn is the only one that is used in Japanese expressions such as “__no aki.” Since it will be difficult to host many fall events this year due to the COVID-19 pandemic, this article introduces some ways you can enjoy the activities of autumn at home.

Autumn: A season for reading

As the days shorten, autumn brings *longer* evenings. The idea of reading as a good way to make good use of those evenings is said to have originated in a poem by Chinese man of letters Han Yu entitled “Embrace Lamplight.” The poem, which proclaims the pleasures of enjoying the cool of fall while reading by lamplight, provided the inspiration for the Japanese phrase “*dokusho no aki*” (“autumn, a season for reading”). The recent proliferation of e-books makes it even easier to enjoy reading this fall.

Autumn: A season for art : Music

Fukuoka Music Month, held every September, offers opportunities to enjoy fall music at numerous locations around the city. However, unfortunately this year Nakasu Jazz and other events have been canceled. You may not be able to head out to a concert or other event, but you can certainly sample the ambience of a concert at home.

The Kyushu Symphony Orchestra

This professional, Fukuoka-based symphony orchestra posts videos of regular concerts on its “Kyushu Symphony Orchestra TV” YouTube channel. Why not enjoy a concert while sipping coffee or another beverage at home?

The City of Fukuoka is offering funding to help clubs and bars that ordinarily feature live music distribute videos of unattended performances. You can watch these videos at the following websites:

<https://city.fukuoka-entertainment.jp/>

Fukuoka City Museum : View exhibits at home!

View seven items from the collection of Fukuoka City Museum in 3D. You can also enjoy the museum using Google Arts & Culture. The audio guide to the museum’s permanent collection is available in Japanese, English, Korean, and Chinese.

<http://museum.city.fukuoka.jp/topics/ouchi-museum/>

Fukuoka Art Museum

Fukuoka Art Museum publishes videos every Thursday on YouTube and introduces holdings from its collection on Facebook.

<https://www.fukuoka-art-museum.jp/topics/10540/>

Autumn: A season for food

Before the development of agricultural technology, crops were harvested according to the season, and autumn was the richest season for such harvests.

With the coming of fall, fewer hours of daylight means less serotonin. The body responds by increasing appetite and sleep in order to boost serotonin secretion. People who had experienced a reduction in appetite due to the heat-induced weariness of summer may see their appetite recover to normal levels as temperatures fall, making autumn a time of increased appetite. Although it may be difficult to eat out at restaurants, plenty of businesses are offering takeout and delivery service. Enjoying delicious, seasonal foods is a great way to recover from summer fatigue while strengthening your immune system.

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Autumn: A season for sports ~continued from the cover page

Autumn is often described as a good season for sports thanks to the favorable weather it brings, and school field days and other events are often held during the fall. It was the 1964 Tokyo Olympics that established autumn as a time for sports. Two years after the Opening Ceremony was held on October 10, 1964, the day was proclaimed Health and Sports Day on October 10, 1966.

The scheduling of the Opening Ceremony was partly due to the high likelihood of clear weather on that day. In 2000, Health and Sports Day was changed to the second Monday of October.

Be sure to incorporate simple exercises like walking and stretching into your daily life as you enjoy this season of sports.

Stricter Penalties for Road Rage

Starting June 30, road rage will be subject to stricter penalties. Now that road rage is being treated as a type of reckless driving, drivers who engage in certain illegal behaviors with the intention to interfere with other drivers will be subject to imprisonment for up to five years or a fine of up to ¥1 million. Additionally, reckless drivers will lose their driver's license. Be sure to practice safe driving habits.

Examples of reckless driving behaviors that are subject to stricter enforcement

- (1) Tailgating
- (2) Making abrupt changes of direction
- (3) Braking suddenly
- (4) Passing dangerously
- (5) Crossing the divider line into the path of opposing traffic
- (6) Sounding the horn repeatedly
- (7) Flashing your headlights repeatedly
- (8) Driving dangerously close to the vehicle next to you or weaving from side to side
- (9) Driving too slow on an expressway
- (10) Stopping on an expressway

**If you believe you're the target of road rage**

Pull into a safe location such as a service area or parking area. Avoid stopping your vehicle on the road as doing so could cause an accident and instead drive somewhere where

you are within view of other people. If there is a passenger in your vehicle, have the passenger call the police.

Do not get out of your vehicle until the police arrive. Use a drive recorder or other camera to record a video of the behavior.

Bicycles

Starting July 2, bicycle riders will also be subject to penalties if they repeatedly engage in reckless behavior. Reckless behavior (road rage) has been added to the 14 previously designated dangerous behaviors that apply to bicycle riders.

Bicycle rider behaviors that will be treated as road rage

Riding against the flow of traffic (riding on the wrong side of the road, etc.)

Riding dangerously close to a pedestrian, bicycle, or other vehicle

Braking suddenly without reason

Repeatedly ringing the bicycle's bell

Failing to maintain safe following distance

Committing passing violations

**Bicycle rider classes**

If a bicycle rider age 14 or older commits two or more reckless behavior violations within three years, he or she will be ordered to take a class. Failure to participate will result in a fine of up to ¥50,000.

Fees for plastic shopping bags

Stores began charging fees for plastic shopping bags on July 1 to help address problems such as waste plastic in the world's oceans and global warming. The new rules, which apply to most retailers, mean that you'll have to pay for plastic bags that used to be free at supermarkets, convenience stores, department stores, drugstores, and other shops.

Shopping bags that aren't affected by the new rules

- Bags made of plastic film that is at least 50 μ m thick (because they can be reused, helping to eliminate over-reliance on single-use shopping bags)
- Bags made entirely of plastic that biodegrades in the oceans

(because they help solve the problem of waste plastic in the oceans by being broken down by microorganisms there)

- Bags made of at least 25% biomass materials (because plant-derived materials do not change overall CO₂ levels and because they help prevent global warming)

The number of people bringing their own reusable shopping bags to stores is increasing as a result of the new rules. Many stores offer "eco points" or other incentives to shoppers who bring their own bags. It's a good idea to periodically clean such bags, for example by washing them, since they are often used to hold food.

**National Census**

The Japanese government will conduct a national census as of October 1, 2020. By law, everyone who ordinarily resides in Japan, regardless of nationality, is required to respond to this statistical survey. Census results are used as basic data, for example measures to develop communities that are accessible for foreign residents. Completed survey forms will not be used for immigration purposes or by the police.

Census workers will begin visiting people's residences to distribute survey forms in mid September. You can either respond online or mail back the form.

**Schedule**

Dates for the distribution of online IDs and census forms (paper): Monday, September 14, to Sunday, September 20

Dates for responding online: Monday, September 14, to Wednesday, October 7

Dates for submitting census forms (paper): Thursday, October 1, to Wednesday, October 7

Dates for confirming the status of submitted census forms: Thursday, October 8, to Tuesday, October 13

Dates for reminders and collection of census forms from households that have not yet responded: Friday, October 16, to Tuesday, October 20

Dr.Nishiyama's Column Placebo Effect

Drug dependent persons, such as of sleep medicines cannot sleep without sleep medicines. But they may possibly have a sound sleep with a tablet which, in truth, contains no effective ingredients. This phenomenon is called the placebo effect of a false medicine.

There are many patients who complain of headache, insomnia or other various symptoms which can hardly be explained by physical pathology. In this situation, physicians hesitate to attempt further medications. Yet, the physician cannot neglect the patients and their desperate complaints. Here is, however, a good solution. Harmless and cheap chemicals are given to such patients as a cure-all with no toxic effects. For examples, ingestion of a capsule of glucose, or subcutaneous shot of vitamin C are conducted. Naïve and credulous patients are lucky, and recover dramatically from their “symptoms” within a short time, whereas fussy and skeptical people are left to suffer.

This method should never be applicable to those with heart

problems or others conditions to which proper medication is essential.

This treatment using placebo- effect is nothing but utterly telling a lie, but probably a white lie. Some medical staffs don't like this conduct. Young nurses are often honest and earnest, but are poor at telling a lie or cheating others. Their inadvertent confession of the truth ends up spoiling the scheme. As written above, in successful cases, the effect is dramatic. The pain “disappears” within a few minutes. What a precious panacea of cheap price and harmlessness!

Even if that went out of luck, the patients rarely get damaged. Is this conduct something to be blamed? While we physicians can do little, actor or Shaman-like performance can help suffering patients, just playing the primary role of a physician.



September 24~30 is Tuberculosis Prevention Week

In 2018, there were 16,000 newly diagnosed cases in Japan. The onset of this “modern disease” is recognized even in younger generations. If identified in its early stages, TB can be cured with regular hospital treatments with little effect on patients' daily lifestyles. However, if left untreated, TB may be transmitted to other people around you, and can even lead to death.

About 10 million new cases of TB occur annually worldwide, and high prevalence of TB is in developing countries such as in Asia and Africa.

In Japan, the number of young foreign born and elderly TB patients are increasing.

The symptoms of TB

- Coughing
- Phlegm
- Fever
- Lethargy
- Symptoms similar to the common cold



If a cough lasts for longer than two weeks, or if you have any concerns about your symptoms, visit a medical facility as soon as possible for a diagnosis.

Specialized Counseling

	Legal Counseling	Immigration, Residency, and Nationality	Personal (Psychological) Counseling
	1st Saturday 3rd Wednesday	2nd Sunday of every month	Mon., Tue., Thur.
Dates	September 5th, 16th	September 13th	Monday: 8:45~17:45 Tuesday: 8:45~11:45 Thursday: 8:45~12:45
	October 3rd, 21st	October 11th	
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.

Power Spots in Fukuoka

In Fukuoka, you can find lots of naturally beautiful “power spots” and Shinto shrines where the gods dwell. There are many popular shrines that are considered to offer beneficial effects, and you can find information about them via a variety of sources. Just visiting some is considered to confer good fortune; for others, it’s enough to make a pilgrimage once a year or even to just buy a charm. Let’s take a look at the history of such practices.

Dazaifu Tenmangu

Dazaifu Tenmangu enshrines the god of scholarship. It is Fukuoka’s most famous shrine, and a quite popular one. One of Japan’s many Tenmangu shrines, it honors Sugawara-no-Michizane, who is widely known as Tenjin-sama. If you’re looking to pray for success on an upcoming test or examination, this is the shrine you absolutely want to visit.

Uniquely, the cow statues on the grounds of the shrine all depict the animal in a seated posture. Legend holds that touching the statue confers a benefit to the corresponding part of your own body. In particular, touching the head is believed to confer wisdom, so be sure to do that when you visit.

<https://www.dazaifutenmangu.or.jp/>

Miyajidake Jinjya

Miyajidake Jinjya is located in the city of Fukutsu, halfway between the cities of Fukuoka and Kitakyushu. Empress Jingu is the principal god honored by the shrine, which was founded some 1,700 years ago. According to the *Records of Ancient Matters* and the *Chronicles of Japan*, Empress Jingu prayed for good fortune from the peak of Mt. Miyaji before leaving on a journey to Korea. Since that time, the place has long been believed to confer good fortune in all things.

You can view the “Road of Light” from the shrine just twice a year, in February and October, when the sun sets behind Aino Island, which lies on the extended line of the approach to the shrine.

<http://www.miyajidake.or.jp/>

Munakata Taisha

Munakata Taisha is revered for enshrining the god of guidance and direction. Also known as Uraise, it has numerous national treasures, which can be viewed in the Shinpokan (“Treasure Hall”). It’s also located close to Umi no Michi Munakatakan, where you can learn about the history of Munakata.

<http://munakata-taisha.or.jp/>

Shikaumi Jinja

Located on Fukuoka’s Shikano Shima Island and known as the “Shrine of the Sea Gods” and “Ryu no Miyako” since ancient times, Shikaumi Jinja is a famous Fukuoka “power spot” with a long history of devotion. This history ensures there’s plenty to see. People visit Shikaumi Jinja to pray for safety at sea, traffic safety, recovery and restoration, protection from disaster, healing from illness, health and longevity, household safety, and the safety and health of their children.

<http://shikaumi-jinja.jp/>

This fall, why not visit a “power spot” to seek physical and emotional healing from the fatigue caused by the ongoing pandemic?



New lifestyle

Have you adopted a new, post-corona lifestyle yet? Let’s run through some of the highlights.

Basics of infection prevention

(1) **Avoid the “3Cs”:** closed spaces, crowded spaces, and close-contact settings.

(2) **Maintain social distance.**

Try to stay 2 meters, and always at least 1 meter, away from others. Where possible, avoid facing the other party when speaking.



(3) **Wear a mask.**

Wear a mask when outside your home; when speaking to others, even indoors; and when you’re unable to maintain social distance, even if you’re not experiencing any symptoms. Exercise care to avoid heat exhaustion on hot days.

(4) **Wash your hands.**

Always wash your hands when you return home. Wash thoroughly with soap and water for 30 seconds. Where possible, take a shower and change clothes after visiting crowded places.



Do what you can in everyday life, for example by going shopping by yourself at times when stores aren’t crowded and using electronic payment methods.

Avoiding being infected and infecting others

Make it a habit to take your temperature and check your state of health every morning. If you experience any cold symptoms, for example a fever or cough, call your physician or local hotline for instructions before going to the clinic.

COVID-19 hotline : 092-687-5357

Exercise caution with regard to local conditions when traveling.

COVID-19 Contact Confirming App (COCOA)

The Contact Confirmation Application is a smartphone app that allows you to receive a notification in the event you may have been in contact with someone who’s been infected with COVID-19.

The app uses your smartphone’s Bluetooth proximity communications functionality to determine when you’ve been close to another smartphone (within 1 meter for at least 15 minutes).

There’s no need to enter your name, phone number, email address, or any other personal information. Information about close contact with other smartphones is encrypted and stored only on your own device.

For more information, see the Ministry of Health, Labour and Welfare’s website.

https://www.mhlw.go.jp/stf/seisakunitsuite/bunya/cocoa_00138.html