Human Discoveries Given from Heaven/Absolute Existence: Kamiryo's Short Essays, Points 1-18

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東から上る赤い太陽、高天原に神留まり座す 皇親神漏岐 神漏美の命 天照大神命 以ちて 筑紫の日向国 より古代日本固有の文明・文化はじまる

Sun rise from Ishizuchi, 5:03am, 5 June 2013, 霊峰石鎚山 総本宮石鎚神社



Hide's Acknowledgements: towards One United God and Buddhist World



Temple Ishiteji, Iyo, Matsuyama, 石手寺

神佛融合・習合の世界観とともに











Sakyamuni (sage of the Sakyas): passing away,釈尊の入滅

Human Discoveries Given from Heaven/Absolute Existence--Contents of 18 POINTS

- POINT 1: Shrine Ishizuchi and Saint Kobo 1200 anniversary event (dated on 29-30 April and 8-9 May, 2015)
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 - 2-1 Real PEACE naturally hidden by Rokuei-Bosatsu
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 - 4-1 Real education
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 - Hands and feel motions and gymnastics, spending no money and healthy up to length of live.
 - 11-2 Garden Lotus, Fukui, and its old culture and civilization
 - 11-3 Natural food and body motion reinforce each other.
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 - 11-5 Body health beyond visible range, summing up (also see POINT 12 below)

- 11-6 Discovery of a dentist unique in the world on 28 Oct 2015
- POINT 12: One Sanskrit word of original existence in the world
- POINT 13: Eye training, reinforcing body health
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- POINT 15: Seven happy Gods and olden Japan and historic Island Itsukushima
 - 15-1 Seven happy Gods, 七福神, and Benzaiten, 弁財天, in olden Japan
 - 15-2 Historic Island Itsukushima, 厳島: Temple Daisho-In, 大聖院, 30-31 May 2015
- POINT 16: Seven writers selected by Zengo Inutsuka, 犬塚善五, for next generations
 - 16-1 POETRY 1 in *cite 1* for memories, by Sankichi Toge, pp. 4-5
 - 16-2 POETRY 2 in *cite 5* for memories, by Toshio Okamoto, 6th grade, Takeya Elementary School
- POINT 17: A United God and Buddha Islands Japan: Historic agriculture to harmonize real and physical worlds

Citations of two English versions, May PEACE Prevail on Earth

- 17-1 Pages 22-25 in *BYAKKO*: What is Our True Self?, by Rika Saionji
- 17-2 Pages 26-28 in *BYAKKO*: The Power of Small Choices, by Yuka Saionji
- 17-3 Pages 29-31 in *BYAKKO*: The Cycle of Rebirth, by Maki Saionji
- 17-4 Pages 9-21, Issue 130, BYAKKO: God is Not Silent, by Masahisa Goi
- 17-5 After this, Mr. Endo goes on to write
- 17-6 From Masaharu Taniguchi to families
- POINT 18: A United World of Shinto/Shintoism, 神道, and Buddhism, 仏教
 - 18-1 Shinto words the author repeats most obediently
 - 18-2 Three Buddhist sutra the author repeats most obediently among numerous number of Buddhist sutra
- Appendices 1 Mt. Misen, 彌山, and Island Itsukushima, 厳島, world heritage
- Appendices 2 Lama staying in Temple Daisho-In
- Appendices 3 Namikiri FudoMyo-Ou, Spot 10, 波切不動明王, in Temple Daisho-In
- Appendices 4 Celebrating Isthmus, deep into high mountains and Lake Hijiri/Saint
- Appendices 5 One week trip to Boston and Hamilton Library, 8-13 Oct 2015
- Wish to learn Masahisa Goi's (五井昌久) "God and Human" (1953, 161p.)

Acknowledgements

Postscript

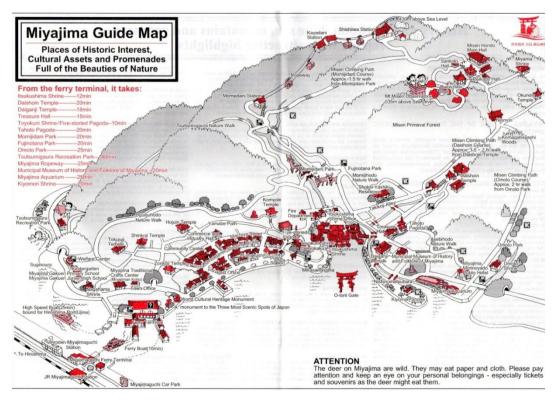
Specific Notes: Yisheng Huang, the BAP, Toronto, and Hide Kamiryo shook hands; soon after this book, "Hyperbola Economics" (xxxii+600p, 15 July 2015) released, realizing our dream after 100 years ahead

Universality of Mathematics and Human Science: Based on the *EES* and the *HEU*, Published by Better Advances Press, Toronto

Appendices 1 Mt. Misen,彌山, and Island Itsukushima, 厳島, world heritage

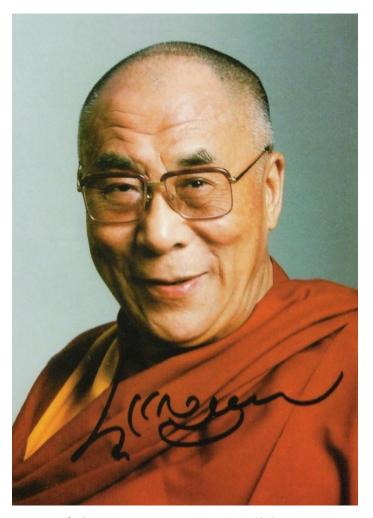


Island Itsukushima, 厳島

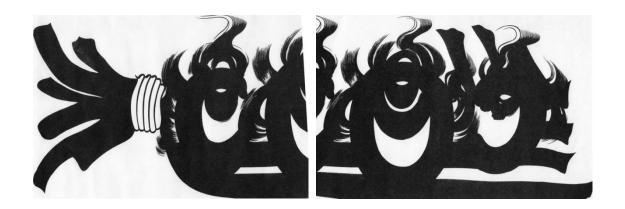


On 30-31 May 2015, staying one night at Inn Kamada, 民宿かまだ, close to pier.

Appendices 2 Lama staying in Temple Daisho-In



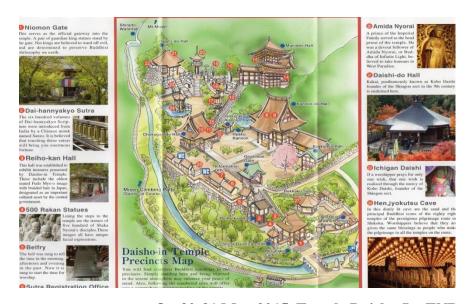
Lama (endless sea), 大海, Dalai (Great Saint), 聖覚者, in Temple Daisho-In, 大聖院.



Symbol of A United God and Buddha Island. END

Appendices 3 Namikiri FudoMyo-Ou, Spot 10, 波切不動明王, in Temple Daisho-In





On 30-31 May 2015, Temple Daisho-In, END.

A**ppendices 4** Celebrating Isthmus, deep into high mountains and Lake Hijiti/ Saint Three steps Isthmus/Sandankyo, North of Hiroshima, 三段峡





Back to Earth-Born in ancient history, Japan.



Starting Pool Black to head of dragon: designed by Nature and Water, hundred million years ago.

Soon after sharp shower in the early evening, Pool Black close to Inn.



Yes, 300 Yen per person, for three to five minutes in the river.



Inn for refuge and food & drink; with zero Yen 'suspension bridge,' moving winds.

Self-assertive designed drawing, based on red bacteria stones and falls.



26 May 2015, Isthmus Sandankyo, END

Appendices 5 One week trip to Boston and Hamilton Library, 8-13 Oct 2015

I made a short trip to Boston (8, 9, 10 Oct 2015) and Hamilton Library, Manoa, Hawaii (11, 12 Oct). The purpose is to investigate and gain or print original/older booklets and/or books, and reinforce my works in my research, arts, sciences, and communications, by area and by aspect.

My two discoveries at Hamilton Library, Manoa, University of Hawaii, are the following three specified librarians:

For hyperbola literature: There is no historic literature for hyperbola under the two-dimensional (2-D) plane, except for my two sets of the *EES* (1st edition, 2013; 2nd edition, 2014, based on actual GDP data) and the *HEU* (2015), algebraic and geometric.

- 1. Jennifer E. Beamer, Humanities and social sciences librarian. (jbeamer@hawaii.edu).
- 2. Eileen Herring, MS, MLIS, reference librarian. (deherring@hawaii.edu).
- 3. David A. Flynn, areas closely related to my study. (david.flynn@hawaii.edu).

 This time, my visit to Hamilton Library is the third and final one. General Manager and all colleagues have surprisingly and thankfully helped me to my confirmations.

For pyrrole bacteria literature: There is no historic literature for pyrrole bacteria in the world, except for Yoichi Kuroda, Fukui, Japan. I could confirm this fact at Hamilton Library, which is a unique one in the world today.

Resultantly, books I could buy or print are the following:

For hyperbola literature:

- (1) William Damon (2011). *Failing Liberty 101*. Stanford University, Calif: Hoover Institution Press. xii+148p.
- (2) T. Ewan Faulkner, M. A., Ph.D. (1st 1949; 2nd edition 1952). Projective Geometry. Edinburgh and London, Oliver and Boyd; New York: Interscience Publishers Inc. viii+128p.
- (3) H. W. Miller, M. E. (6th edition, revised, 1932; Second Printing Corrected). *Descriptive Geometry*. New York: John Wiley & Sons, Inc.; London: Chapman & Halls, Ltd. vii+163p.
- (4) W. A. Wilson and J. I. Tracey (3rd edition, 1949). *Analytic Geometry*. D. C. Heath and Company: Boston, New York, Chicago, Dallas, Atlanta, San Francisco, London. x+318p.
 - The above books are all closely related to geometric analysis.
- (5) Jennifer Saville, Project Manager (2003, 2004). Japan & Paris: Impressionism, Postimpressionism, and the Modern Era. Honolulu Academy of Arts: Perpetua Press, Santa Barbara. 191p.

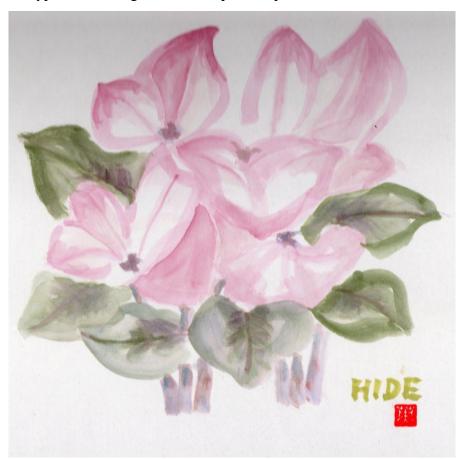
(6) John Raynes A. R. C. A. & Jody Raynes (2000). *How to Draw the Human Figure: A Complete Guide*. Bath BA1 1HE: Parragon Publishing Book. 160p.

For pyrrole bacteria literature:

- 1. 酒井弥(1998). ラン藻で環境がかわる: 劇的! 農薬・ダイオキシン分解も. 技報堂出版. 140p.
- 2. 地球科学研究倶楽部編(2014). *地球 46 億年の秘密がわかる本*. Gakken. 253p.
- 3. 岡田恭一 (no date). *昔話に学ぶ健康法: 元素微生物*. 42p. (http://www.horebore.cleans.jp/).
- 4. Cynthia Barnett. (2015). *Rain: A Natural and Cultural History*. New York: Crown Publishers. 355p.

For discovery by Yoichi Kuroda 黒田与一, (カ) エルゴン plainly explains by aspect (see, http://www.pyrrol.com/contents/pyrrol_how2.html, and other internets).

Note: For system and systematic structures, this file does not discuss since these items are treated in the *EES* so well. Also, here I focus on my life-work of policies and strategies to hyperbola and agriculture unique in Japan.



Wish to learn Masahisa Goi's (五井昌久) "God and Human" (1953, 161p.)

22 Oct 2015

(All words cited and, Kamiryo is solely responsible for English translation from Japanese.)

Human lives in the body (seen) world after born but, before born, a different world may exist, which is called the spiritual (unseen) world. According to "God and Human" (hereunder the book), absolute existence is called God. God controls rays and lights differently. God divides oneness into heaven and earth and, begins God's creating activities. A part of rays and lights creates the natural world (trees, seas, and mountains) and, a part of rays and lights creates the animal world, a part of which is human world. Besides, God expresses five direct worlds, as shown in Figure 1 (p. 20).

More concretely, as vertically shown in Figure 2 (p. 22), God or the Universe God expresses the God world and the spiritual world. Then, God's wave downwardly creates the body world, whose stock is accumulated in the latent consciousness world and whose flow is the seen world further downwardly.

Finally, as vertically shown in Figure 3 (p. 35), the Universe God is go down to two ways, the direct God world and the saving-human God world. Further down wards, the karma providence world follows, where the latent consciousness produces the body.

On page 77, my eyes stop unmoved: Right religion does not guarantees peace in mind but, one's time needed for peace in mind is surprisingly shortened by the depth of belief and sincerity of practice. First of all, one should eagerly ask for his/her ancestors. The ancestors will send one to a religionist and a leader. Then, we feel, sweet and joyful mood.

On page 79, it is most important for human to be gentle, mild, and obedient to the truth. And, its obedience must be based on sincere prayer sense. Never forgettable; divine nature is to be including saving-human spirits and gods. If any lesson and teaching cannot realize in the body world, the lesson is not real.

On page 83, for level 1 causes, one erase the level 1 ties; for level 2 causes, one erase the level 2 ties; and for level 1 causes, one cannot erase the causes with the level 10 ties but, rather one deeply suffers from the causes.

Conclusively, on page 102, the book believes that many true active leaders will be born among countries and races and, near in the future and, the God world is certainly realized. Our lives are always connected with one Life or God. Wisdom and power comes from one origin and, when the wisdom and power are accumulated each other, the one world appears at once. This is clarified in our brain, but it is difficult for our body to practice. We human require extreme courage and resolution.

UNA: METAPHOR towards Global Ara of Unified Integration, harmonized with

citizens, people, countries, and by country

Symbolized two Holy Animals sculptured by Hideyuki Takahashi, at the entrance of sports Ground of City Peace Park on Culture Day, 3 Nov 2015

"UN·A" is an imaginary holy animal and has the same sound as 'una,' in Italian, which is an article and means 'one.' Also, "UN·A" comes from 「吽·阿(UN·A)」 and is the reversed form of 「阿·吽(\mathfrak{b} · \mathfrak{I})」. In the Orient, 阿(\mathfrak{b}) is the origin of everything and, 「吽(un)」 is a Satonori and Tomonori, to which everything returns. All things in the universe were expressed by 「阿·吽(a·un]. 『UN·A』 is unifying metaphor, backing into one various things from beginning to the end. With the figure of an Angela cherub that accumulates 『UN·A』, Human dream is trusted; to determine to build and save Ideal and, to unify each other and share happiness.



Acknowledgements

In this essay the author has recorded all the background of the *EES* and the *HEU* (15 July 2015, xxxii+600p), broadly from several aspects. The author finalized the last proof-reading, for "32 Front pages Hyperbolic Economics." on 24 June 2015. Author's eyes were absorbed into simple and short *Acknowledgements.* The *Acknowledgements* surprisingly includes thankful teachers and benefactors so precisely after edited by Yisheng Huang, PhD in Economics, the Better Advances Press, Toronto. The *Acknowledgements* is as follows:

Author's Acknowledgements: to IMAISHI, Library director; librarians, TAJIMA, TSUHARA, WATANABE, TOYAMA; and KITAGAWA, Information Center; Coop NAKAMURA people, in Hiroshima Shudo University.

Benefactors: late NISHINO Kaichiro and late MATSUI Goro; SATO, Ryuzo and MINO Kazuo families, SATA family; HIRAMATSU, TOKIMASA, FUJIMOTO, KANDA, HAYASHI, KATO Shogo, YAMAKIDO families, OTSU Akira, OMOTO Katsuaki; NOGUCHI family, FURUTA family, HATSUYA family, ISHIDA family, NAKAGAWA family, HANAFUJI family, SHIBUYA family, MIYAMA, Hokkoku Bank, HIRAKI and KAWAMURA families and ISOWA family. The Tokai Bank Co. Ltd. and MIZUIWA with seniors; Nagoya Small Business Investment Public Co, Ltd.; Also, Dr. and Mrs, SAKUMA, SNA, Japan; and Dr. YOSHIOKA with Japan Industrial Management Institute; and publishers, Chikura, Moriyama, Kunimoto, Chuo, Nikkei, Mitsubishi Research Institute, Japan Research Institute; Kisho and Letterpress, Hiroshima. And late TANI, President of the Tokai Bank, ICHIKAWA, the current President of the HSU, and SAKOTANI, a unique painter of the staff of the HSU.

For Acknowledgements in this essay, let the author allow the use of the above *Acknowledgements.* Also, the author wishes to declare that the *HEU* is not written by a single author (Kamiryo) but three co-authors, Yisheng Huang, his Better Advances Press, Toronto, and Kamiryo. Without Yisheng and the BAP, the *HEU* never appears. This is a fact next to impossibility. The author feels that this fact be conveyed to the next generations in the 21st Century. Actually, Yisheng has thought of one hundred year forward, when people might accept the essentials of the *HEU*.

Fumiko and Naoya Masuda, 增田直也• 文子, librarians, Congratulations on wedding Party on 22 Oct. 2015, thanking for the pair who has respectively helped the author so many years.

Postscript

What is this essay? The author challenges nature, mathematics, and arts or sculpture here. A common key word is symmetric, 対称. Nature is always symmetric. Mathematics¹ is consistent even if the object is in a narrow range. The whole and a part are consistent. How about sculpture? Look at the product made by Katsuzo Enbuchi, 園鍔勝三, a genius in the world (RHS). The title is 'crescent moon and mother and child,' named by Katsuzo. Katsuzo decides the front of sculpture, with some tender and interesting comment.





However, the author finds a unique discovery, with another person nearby. Suppose that a person stands not the front of the sculpture but the front of the child, where mother's two eyes towards child are tenderly the same. The person feels vividly alive as if mother and child are really alive. In another words, mother and child turn to be two persons who actually live together in the world.

Is this all? No, the author is loudly crying, "two dimensional symmetric." Mother and child do not see the same direction by each two eyes. Despite, each is vividly alive instantly. Why? Author's hyperbola philosophy and measure hold in two dimensional plane. Katsuzo's child-sculpture instantly turns to be alive in three dimensions, 3-D, as in sculpture. Similarly, Katsuzo's mother-sculpture turns to be alive in three dimensions. Here are two phenomena instantly changed.

¹ Dr. Heiyu Hironaka's (広中平祐) hometown is close to Iwakuni, 30 minutes by JR train. Recollecting; the author visited the fine house and met his parents when the author was young. Why? Heiyu sensei, unexpectedly but sincerely, did post-mail for author's layman questions. Next time in future, primary question must be symmetric and asymmetric in mathematics.

This is inspiration, which produces a new discovery. Child-sculpture constitutes one-dimension and similarly, child-sculpture constitutes one-dimension. Instantly by combining two sculptures, two-dimensional plane is formed, which corresponds with author's hyperbola 2-D plane in the *HEU*.

What is symmetric in the two-dimensional plane? The 1st and 3rd hyperbolic curves are symmetric and similarly, the 2nd and 4th hyperbolic curves are symmetric. Dare to say, child sculpture corresponds with the 1st or the 2nd while mother sculpture, the 3rd or 4th. Is this all? An essence of geometric analysis is consistent with that of algebraic analysis, even if algebraic analysis uses hundred thousand equations under author's 'purely endogenous.'

Then back to Katsuzo, what is the implication of child and mother sculptures? The sculptures are completely close to Nature. Arts approaches Nature, where symmetric appears naturally. In short, a genius works for Nature or God. I the case of social and economic science, it is far difficult to get to symmetric. In the case of the *HEU*, all the phenomena are symmetric in the physical world and based on 2-D plane. The author confirms that there is no difference between 2-D and 3-D.

Katsuzo has his son, named Motoki, 圓鍔元規. Father and son have established Entsuba Musium, 圓鍔美術館, cooperating with Mishirabecho, Onomich City. Entsuba Musium is close to Temple Buttsuji, 佛通寺, alongside of a stream (see LHS below). Temple Buttsuji prays for Demon Tara (later renamed as Demon Daruma, 達磨大師). Temple Buttsuji was established by Monk Daitsuu, 大通禅師, who was a ten year disciple of Demon Buttsu Koso, Temple Kinzanji, 金山寺, China. Demon and Monk directly get into Nature, differently from sculpture.

The author feels an emotional attachment to the Museum Entsuba. The author wishes to visit more often. In the front of this Museum, there is Katsuzo's golden bright work, named 'morning.' The following photo is one of recent ones, where the author stands just touching the 'morning' reddish brown stone. Arts are close to Nature, which is shown several fly high pigeons on the left end.



The author gets once or twice a year medical examination so called human check-up at the A-bomb Red Cross Hospital, Hiroshima. The waiting room is large, where Katsuzo's donated sculpture is standing at the right end of the front. On 11 July 2014, the author sketched the sculpture, named 'examination.' It was naturally difficult for the author to do so, by replacing the 3-D with the 2-D plane on a paper. The author used an eraser repeatedly. It was a reckless try and error, although the author could finally attain his intention. Yes, we have plenty of time, waiting for the turn number.



Specific Notes

Yisheng Huang, the BAP Toronto, and Hide Kamiryo shook hands: soon after this book, "Hyperbola Economics" (xxxii+600p, 15 July 2015) released, realizing our dream after 100 years ahead.

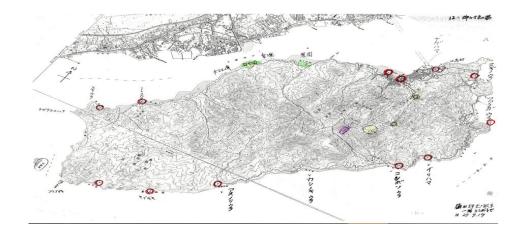
Island Itsukushima, 厳島, guarded by shrines and temples.

The Author had a good chance to visit twelve Shinto/Shrine spots along sea-side of Island Itsukushima, 厳島, with his friend, Terumitsu Kamada, of 'Inn Kamada,' two minute walking from the Pier of Island. Since older times, Gods and Buddhism are one. Kamada family has engaged in ship-carpenter(船大工) over years. Kamada family now works for how to develop businesses in the Island, as positive leader.

On 17 Sept 2015, Terumitsu took me to twelve Shinto/Shrine spots steering his boat. His boat is small and only for a few guests/sight-seers. It took for the boat only one hour. The author could learn a lot: For example, if anyone were out of boat, the position in the sea or on the surface is always conveyed to watch-controllers by wireless. If the steersman were out of the boat, the boat's engine stops at once and his position is always conveyed to watch-controllers by wireless.

The East-North point is SuginoUra, the East-South point is TsutsumigaUra, the West-South point is Kogozaki close to AanbyakuUra, and the West-North point is NagaUra no Hana close to YasuUra. Between MitokoUra and Shrine Daigan & Shinto Itsukushima, there are Botanic Garden and also Tatara Farm, with pretty flowers.

Twelve spots to the right are the following 島一周: i) Shrine Daigan & Shinto Itsukushima, ii) Nagahama, iii) SuginoUra, iv) TsutsumigaUra, v) Irihama, vi) KoshibosoUra, vii) KashinokiUra, viii) AonoriUra, viiii) Yabuzaki, x) SanbyakuUra, xi) SuyaUra, and xii) MitokoUra.



Inn Terumitsu and Toshiku Kamada family (蒲田輝光・敏子):

Brother of Toshiko works for volunteer activities to Indonesia primary schools. This NGO invites primary school pupils to Japan and also dispatches Japanese pupils to Indonesia into regular timetable. Pupils are under the age of 18 years old so that it is naturally difficult to exchange pupils in Asia area. The NGO has conquered many difficulties and now started new arrangements towards the first year 2016 spring. The author respects the brother and wishes some sorts of participation in some aspects.

Pyramid-energy-spot, Mt. Ashitake, Shobara, 葦嶽山 庄原の山頂, as one of three spots in the world today

The author, thankfully on 20 Sep 2015, could have an invaluable opportunity to visit one of three Pyramid-energy-spots in the world. One spot locates in Japan and, luckily close to Shobara, 庄原, North Hiroshima.



Narayama and Lotus Garden, 杣山の蓮園, with Pyrrole germ researches in Nanjo, 福井南条町

The author, on 20Sept2015, could enjoy watching Lotus garden in Narayama, 利山. Narayama was a Centre of Olden Japan, say four thousand years ago. Incidentally, Benzaiten 弁財天 lived in this area and at that times. The author investigated the first original spot of oldest Benzaiten, repeatedly walking and running along the old road for three full days. The author finally discovered and confirmed the historic spot by himself; between JR Imajo 今庄 and Nanjo 南条 stations but, small number of people knew the spot in the old road-side.

During this trip, my mind is full of late Yotaro Kobayashi, 小林陽太郎 founder of Xerox. I could know a fact that he left this world on 5 Sept. 2015. I may be one of old friends who know his youth with his father, Setsutaro 小林節太郎, founder of Fuji Film. He was preparing the establishment of a new joint venture with Xerox. preparation office was a room under the girders of 首都 Highway that crosses East Ginza. He has graduated from Stanford and advised me several points when I met him for the first time in the narrow room above. Since then, he has been my teacher for study and management (business administration). I cannot return back anything hitherto. In early July after my confirmation for publishing my third book, "Hyperbola Economics towards Utopian Economy '(the HEU, 15 July 2015), I wrote to him. addressing to Fuji Xerox, Akasaka, where I had visited many years. I wanted to hand this book directly and immediately but, after returning back from Toronto and Boston (Harvard and MIT) in the later part of July. The post-mail was returned back but, I could not understand the circumstances in the earlier part of July. Then, I rewrote to him addressing to his residence, Kakinokisaka, although I seldom visited. I should have realized some emergency but, I regrettably not. During my trip to North America, my wife received a call from his wife; my wife knew a fact that he had been seriously ill. After return home, I could not call her.

On 1st Oct., I could finally get return e-ticket from Nakamura san at my university Coop, although all the airlines from Japan are quite tight within this year. I am attending at International Atlantic Economic Conference, Boston, on 8, 9, and 10 of Oct. On the way back, I drop at Hawaii, where I visit Library, University of Hawaii. This library has five big stories underground and famous all over the world for its botanical chemistry and environmental problems. I have used this library with Greece National Library when I need confirmation of original researches and corresponding literature.

In the morning, 7 Oct, I am visiting Kakinokisaka residence after long absence and report what I have in mind now. My wife hesitates to bring my book so that we dedicate the *HEU* to him in heaven.

I have another benefactor in Tokyo. Yasuhiko Sata 佐多保彦, 東機貿 Tokibo, He is a great benefactor of those two in Japan. Kamiryo family has not hold without Sata Family. I and wife (hereunder, we) remember each family kids were smilingly playing in our garden/yard, Mine 峯, near a shell mound at the pointed end of Tokyo Bay in olden times. It was almost fifty years ago, 1971, when I worked for Tokai Bank, Tokyo. Later my two daughters entered each as a employee after graduating from each university. The elder, Yukino 雪之 became a veterinarian, completely helped by Sata Family. Yukino loves small animals more than human. My family thinks, she was born for dogs and cats.

In 1971, there were a few houses so that we enjoyed the sun rise and sun set at the surface of the earth. The spot was close to National Botanical Garden standing in uncultivated and cultivated fields. In our yard, we saw pheasants cross and wild hairs jump and cross every day. The east is a big garden plant field so that there is no artificial structure, as if it is one uncultivated field. If there were no war in the 1900s, I entered an agricultural university in Japan. This is a reason why I entered and graduated Lincoln College, 1980-83 (see flowers across Lincoln entrance gate below).



Lincoln (today's university) was established in 1878 by Queen Elizabeth, as the first agricultural College in the South Hemisphere, as shown by Ruth Burns, 1966.



One of four supervisors, Dr. MacArthur and his wife were friendly despite his leg wounded by the war. They were invited me to their dinner at home. My thesis was against fiscal subsidy policy so that Lincoln could not naturally accept my PhD proposal at that time. About thirty percent of fiscal budget was spent for technological progress of agricultural products at that time, regardless of productivity per capita under the market principles. Today no subsidy is spent in yearly budget but, corresponding technological progress may owe to government spending for agricultural products at that time. The last sentence is softly expressed. Yes, from bravely to softly, gradually with add years. This is life, isn't it?

Just before Dr. MacArthur's returning back to heaven at the end of 2013, he left a long message for my thesis and soon he went up to Heaven in 22 Jan 2014. By his will, my thesis honorably turned to 'PhD' from 'Master in Agricultural Science' (MS). One of librarians in my university library realized this fact and I could confirm the fact in reality. A friend of Library, Lincoln University, emailed to me, saying they have protected my thesis since 1983. I could understand the circumstances immediately; because I have bitterly had an experience that an organization urged me to publish the thesis with no payment to the author. I am much pleased to know that my thesis is now one foundation of the university's public basic policies.

My friend, Prof. Tsumagari Family, 津曲直射·由利子, had loved me since we were quite young. I recollect that he died on the 30th of Aug when I was staying in Christchurch, South Island, and could complete my thesis proposal. When the family was close to after just married, he invited to the dining room in University of Tokyo (crossing the red gate) and also to their home, where two babies were playfully moving in a room. He says often, we are of an age of 1930. This tie came from Managerial Accounting Association. Kiyoshi Kurosawa 黑沢清 was unique leader of various accounting associations in Japan, respected as if he was an emperor. I had connected with these two strong ties in my study of accounting since I was young.

My study started with accounting when I was twenty years old and then, spreading to financing, guided by Takashi Hosoi 細井卓. And, my study had entered, gradually and naturally, from domestic to abroad, helped by several researchers in the world. It was 1981 when I could discuss some problem with Yuji Ijiri 井尻雄士 at American Accounting Association Conference, Chicago. My study bone has passed through two features; productivity per capita and hyperbola equation for the break-even-point, even up-to date.

Elasticity has been involved in my life-work as well as hyperbola. My study started with Norihei Saba, 佐波宜平. I feel ashamed of my thin thankfulness. Honestly just now, I cannot find his book in my study-room. I do not say any excuse. I keep in mind how his book, named "Elasticity Economics," (『弹力性経済学』) is invaluable even today. Incidentally, the array overlaps; "Elasticity Economics," versus "Hyperbola Economics." I believe, Saba, teacher, helped me to remind this fact for eternity, to record here on this page.

Lastly, it seems my study entered into macro from micro but, I confess, I could not satisfy what I have in mind. Conclusively, the micro level has its own limit, although the market principles are vertically characterized. The macro level must be the first priority to studies and then, the micro level is always consistent with each other. And, I regret, my thankfulness to teachers and benefactors has been so weak that I am irreparable.

Back to my benefactor, Sata Family, now I recollect his father's face in his room, as if it was yesterday. Sata Family's hometown is Kagoshima. Father Yasuyuki, 佐多保之, decided to set up a unique company that imports with medical equipment from all over the world, running into innovative studies. Yasuyuki taught me various experiences in his room.

I have here a booklet (Sep, 2015, 144p.; for father Yasuyuki, on p. 76-77) published by TKB Group as 60 years anniversary product. Yasuhiko Sata named this booklet as "Age of a tree 60: father planted and son cultivated." Kamiryo family understands memorial and historic years of Sata Family, year by year. Yasuyuki entered TKB company, in April 1970, soon after Keio University (the same university as Yotaro Kobayashi). He is also unique in that he has devoted to social activities such as presenting schools in poor countries, coping with severe difficulties attacked from business world common sense, meeting the Vatican, and practicing peaceful work in the world, as he likes.

It is more than forty years since I met him for the first time. He wanted me to work in his company when I was working at Tokai Bank. I could not decide to enter the TKB at that time. Is it possible for both families go together for so many years in common sense? No, definitely no. He is always free from persistency perfectly like a super human.

I decided to visit Tokyo, Boston, and Hawaii, so suddenly that Nakamura san, Coop, the HSU, had spent many hours, since within this year, hotels and air-lines are already full. Nakamura san solved the quiz and today I could get e-ticket finally. Transit airports are Washington and San Francisco.

- (1) Tokyo: I visit the wife of Yotaro Kobayashi just for 10 minutes at the door or entrance.
- (2) Boston: I join IAES Conference, Omni Parker House hotel, discussing my paper presented last Oct/Nov/Dec, which was absorbed into chapter 8 in the *HEU* (15 July 2015). Also I want to buy Steven Hawking-related books at Bradley Bookshop, nest door to Boston Common and also at Harvard Square bookshops.
- (3) Hawaii: I investigate originals for hyperbola, parabola, the golden ratio vs. the silver ratio, asymmetry vs. symmetry, pyrrole rice, and acid rains. The general library, Manoa, University of Hawaii, is unique among others in environment, biology, and ecology. In 2013 for the first time, I had satisfactorily spent three days in the underground 1st to 5th for investigate various aspects of key words and subjects.

Today, I had spent at my university library, a few hours twice, in the morning and in the afternoon. The purpose was a pertinent preparation for Hawaii University Library, Manoa. Fumiko and Naoya Masuda, 增田直也•文子, are tender, think of others,

librarians. Today on 6 Oct, I was told that they got married quite recently, by the manager of library while I explained definite reason why hyperbola in the two-dimensional plane works so well.

Today I ask each what do you have a memory from Hide? They did not reply but, I urged strongly and their reply is, "please buy Boston or Hawaii original goods," What is the best original? There are so many at MIT Shop and also in Hawaii.

Now the best friend abroad, Yisheng (Chief Editor, Better Advances Press, Toronto), what do you suggest me?

I can get my answer on 14th of Oct. when I returned from Narita to Hiroshima Airport.

Really, life of human apparently is up and down or stable/static and dynamic. Nevertheless, human is out of illness when our body moves every day. Why? Human is moving animal in Chinese character, 動物. Then, when our body cannot move every day, do we fall into disease? No, definitely not. Why? Another how to is 'smiling and relaxed' an also 'thankfulness and think of others,' instead of human want such as 'money.'

Yes, as long as we are alive, Gods and Buddhism harmonized, syncretism of Shinto and Buddhism, or Absolute Existence/God will allow us to live on when people solely works for people, to people, and by people, based on individual. Our mind and body are stable and happy anywhere and always, beyond space and time.

Universality of Mathematics and Human Science: Based on the *EES* and the *HEU* Published by Better Advances Press, Toronto

24 Oct 2015

Equations in a model are mathematical by nature. Economics is consistent with the market principles and accordingly with money and human wants. How can the relationship between Mathematics and Human Science or social sciences be embodied in economics? We realize social sciences is far behind natural science. What is a true reason? Social sciences may be replaced by human behavior which is full of human determinations.

As clarified in other one-page essays herein, economics has several problems to be solved and yet, unsatisfactorily in the future. For example, globally, zero-interest rate policy is taken by country today. This policy remains an entrance to sustainable economic policy. There is no outlet or escaping economic policy, which is accepted by all the economists in the world. Even Angus Deaton's Great Escape (2013) does not show how to escape, as cited in one of one-page essays.

Conclusively, an ultimate solution is found when natural science overlaps social sciences since everything is born out of Nature or Absolute Existence, which allows human to take individual's thinking, differently from all the animals except for human.

Not only macro but also micro are united, as proved with evidences in physics and element chemistry. The universe and atomic and neutrino are united harmoniously, as discussed in old Aristoteles and current Einstein and also, explained by illustrations and graphs in the *EES*.

Human develops, cultivates, and discovers new facts which are tied up with the market principles. As clarified in sighted strategies for manufacturing and agriculture simplified by Paul Krugman (*JPE*, 1991), researchers and leaders in the world concentrate how to solve growth, population, and old aged societies. Even Kuznets replies on natural cycle hypothesis.

God expects human to steer a right direction smoothly towards natural science, tenderly and patiently, until social sciences could accept Nature as true science and without sticking to (free from) religious thoughts and ideas.

In fact, the two-dimensional plane—hyperbola symmetric—expresses everything whatever we hit in mind, without using 'spiritual' terminology. I would like to publicly discuss whatever with Paul Krugman, as my important teacher; when we could have a chance to meet at International Atlantic Economic Conference, Lisbon, 2016. This chance, I hope, is given by Paul Samuelson, Robert Solow, John Virgo, and Paul Krugman, beyond space and time, helped by Katharine Virgo, *IAES* founder's wife.

From my best friend, Yisheng, I got a long writing about the above one-page essay by email dated on 27 Oct 2015 (Toronto time), as follows:

Dear Hide, on Oct. 27, 2015

Good morning in both Hiroshima and Toronto!

Thank you very much for your sincere reply to my e-mail.

Intuitively, I believe that the measurement of Technology Progress is a new study field which will be fruitful.

In around 1900, people were perceptive about which country was more equal in income distribution than other countries; Or in other words, people realized income inequality within each country. But how to practically measure this income inequality of a country? People didn't know. Later, about 100 years ago, based on macro data sets, Gini invented a model to calculate an index (called *Gini Coefficient* today) to measure it. Gini's model is very simple but widely acceptable, and it is popularly used today.

Similarly, now we absolutely agree that the technology level of US is higher than technology level of China, India, Brazil, etc. But how to measure the technology level? It is a challenge. Hide's KEWT database will be the 1st support for the practical model of measurement. We need a very good sense of postulation in creating a simple model to measure the technology level of each country.

What is more, though the technological level of US is absolutely **higher** than that of China, it may be surprising that the average rate of technological progress in US during the last **32** years is **lower** than that of China during the same period. At least I personally believe it, even we don't have an index yet.

Happily I know that Hide and Yisheng have a span of **32** years in our future lives. But I don't think the period of **32** years is very long, because time flies quickly. Yisheng remembers that **32** years ago, Yisheng was just a primary school student!

Let us, Hide and Yisheng, shake hands and hug warmly for our coming span of 32 years!

With my best regards!

Sincerely yours, Yisheng

Dear Yisheng: on 27 Oct 2015

Good morning to Toronto from, Hiroshima! Thank you very much for your feeling, advice, and suggestions to my proposal. I will read your email repeatedly

since I have printed the contents. We have another **thirty-two** years, together at least so that we are always

relaxed and never hurry up. Sincerely yours with Yisheng and BAP, Toronto, from Hide

Dear Hide, Oct. 26th, 2015

Good morning from Toronto! Yisheng is honored to have this opportunity to read Hide's latest ideas in this 8-page file. As I promised on last Friday, I finished reading it in the past weekend and have something to tell my good friend now.

First, Yisheng also thinks that Hide will live for at least **32** years more. To be frank, when I first saw you in 2013, I realized that you were very healthy and naturally "projected" your final age. I imaged then that you could live till the age of 100, which is seldom for usual people. Now, I fell sorry that the "projection" implied you could live for 17 more years. Please take it easy. That was what I thought in 2013.

Now, I have changed my latent mind. People or our daily life tell me: Teeth, Eyes, and Hearing are three important indexes for projecting future life of a person. Now, Hide's teeth are all not damaged and they cooperate as well as 32 years ago. This index is very good. In July 2015, I confirmed again that Hide's eye sight and hearing are still very good. I could say that Hide's eye sight is better that Yisheng's, since I have to wear eye glasses every half-hour except for the sleeping time. What is more, Hide still keeps a good appetite which means the whole system of Hide is very young.

Second, intuitively, KEWT database could be a gate for measuring technological progress. Today, economists and other professionals discuss "technological progress" often, but how to measure it practically? Nobody answers this question, because it is very profound. To measure technological progress, we need to know or identify the level of technology today. KEWT may help the study in this field. What is more, economics is amazing because of macroeconomics and microeconomics. But how they are connected together? In macroeconomics, the sense of postulation is critical that genius such as Robert Solow, Paul Krugman, and others tell the insight of social behaviors. In microeconomics, mathematics plays an important role that nobody cares about the "macro" significance of model assumptions.

Third, I would like to know whether social/natural sciences are united as one science in Hide's mind. The passage on page 8 implies that we have one social science, instead of social sciences. Maybe in Hide's philosophy, all the social

sciences are actually one, and all the natural sciences are actually one as well. But today, we have quite a few social sciences such as economics, art, law, political science, etc.. In natural world, the sciences couldn't be contained in one science yet, just like the social sciences. Thank you very much for your help because your ideas promote me to think about the structure of what we are studying.

Last, I am so sorry that I didn't read pages 4,5 and 6 because Yisheng is entirely short in Japanese. Though some of the Japanese characters look like Chinese characters and they share some common meaning, say, "健康" in Japanese and Chinese both means "health" in English, I believe many of these "common faces" characters bear quite different core meanings today.

Anyway, I hope Hide could get my ideas at the time you open your e-mail box. Yisheng is aware that Hide is going to submit your articles to reputed journals. Here with my best wishes!

Have a great week! Sincerely yours, with Hide and Hide's family, from Yisheng

Yisheng, Hide stresses our lucky fortune expressing **32** years! **On 4 Nov 2015:** 追伸として: 赤い雨と黒い雨のデザイン模様

Globally today, we have red rains everywhere in the world. It is just like Noah's ark. Red rains, 赤い雨, are acid so called acid rains, as explained in the literature; see the last bottom line in this page. Human needs to eat weak-alkali foods. Weak-alkali rice is most typical. Nevertheless, human cannot get weak-alkali rice any more in the world. Why? Red rains have stopped producing weak-alkali rice. Is there any way to produce weak-alkali rice? The writer, Kamiryo, found Yoichi Kuroda, 黒田与一, Echizen, Fukui, and his new discovery of Pyrrole-bacteria agricultural method. Kuroda family has sold 'Pyrrole rice,' using a company 'Greek's 'work' maybe, エルゴン.' The Pyrrole-bacteria agricultural method increases Pyrrole-bacteria of 1 cm surface in the earth, changes soil quality so that Nature produces weak-alkali rice. The writer, Kamiryo, has visited Hamilton Library, University of Hawaii, Manoa, three times. The writer's third and last chance was on 11 and 12 Oct 2015, where specified librarians and general manager cooperated with the writer and, re-confirmed that Kuroda's discovery was the original, historically in human culture by country and also civilization by area.

Asaji Newspaper dated on 4 Nov 2015 has a short but impressive report by Gen Okamoto, 岡本玄, with an explanation for black rain, 黑印南, as a key. First, black rain is defined as one which falls in the area of Atomic-Bomb, Hiroshima, on 7 Aug 1945. The range is the East to the West, 15 km and, the South to the North, 29 km. Fukuoka High Court currently continues its appeal trial, based on the action of Nagasaki Atomic-Bomb, the following date. Second, Prof. Kawano, 川野徳幸, Centre of Peace Science Study, University of Hiroshima, bravely and fairly advocates that black rain expresses the essence of nuclear damage, influencing on individuals' life-time despite an instant accident, which is related to Fukushima case.

The writer adds into the Fukushima case a unique Japanese culture that has a weak point not to cry out, differently from hunting culture. Politics in the long run must be neutral to politics and artificial stopgap. Politicians take advantage of the above weak point so that the democracy level differs from those in most countries in the world.

The strong point of Japanese culture is uniqueness of manufacturing finger movements and related natural agriculture. The writer believes that the strong point saves not only Asian people but also people in the world. This is because weak-alkali foods makes individuals' spermatozoa and human continue to live on.

The world is united by Absolute Existence or God. Human has a destiny to cooperate with each other's. Take and give or think of others first and take next are a tiny phenomenon of circulating green stream. Human differs from other animals, living things, and minerals. This is freedom, which tests us beyond space and time and for human.

10. Problems Regarding Economic Policies in the Literature

On 6 Feb 2015

- 1. Micro-oriented. There exist scarcely macro policies.
- 2. Even the macro policies have not robust power to integrate a whole sezsign; weak in a whole organic system. And, this point is natural under the market principles prevailing in the economic world.
- 3. Crucial points in macroeconomics: Economic analysis is based on resultant phenomena or forecasting and thus, is not connected with true causes using the real-assets. E.g., why is Japanese GDP growth so low compared with those in other developed countries? There is no answer to this question. Cross section

- analysis shows GDP per capita and the rate of change in population, by using such data as OECD database. One of essential causes is deficits and debts yet economic analysis does not refer to these data partly due to difficulty in explaining for the real assets of a system for national accounts (93 SNA). Economists usually treat financial and market assets policies as surrogate for real asset policies.
- 4. It seems for the world to have sociology advanced rather than macroeconomics. Is this true in a long run? Answer is no. Sociology cannot be independent of macroeconomics by nature. Why is it so? Independent sociology remains an idea or philosophical explanation, far from a whole organic cyclical system as a whole. E.g., sociology cannot digest Marx economics² so that readers feel quite at loss through misguidance. The essence of Marx economics is not ideal but how to solve inequality, although Marx cannot answer a right way. Why? This is because the rate of technological progress is given or exogenous, similarly to other schools of economics.
- 5. Theory = practice = history = philosophy and results = causes are simultaneously required for true sciences, where actual data are always in a certain range of purely endogenous data, as the author stresses repeatedly. One of typical evidences is 'symmetric,' as drawn by hyperbola curve. The literature cannot prove asymmetric evidences by nature.
- 6. Stop-inequality proposed by Tomas Piketty is urgent problem among all politics and economics. Piketty compares the rate of returns with the GDP growth, but using actual data, where both data are ex-post; not inevitably measured ex-ante. The author advocates: Capitalism is not a cause but under any capitalism leaders can erase unemployment with no inflation or minus-inflation, free from a minus rate of real wages per capital. This is because purely endogenous attains such a Utopian economy by country without any arbitrary policies. Laissez-faire is new and old. Politics neutral and spirituality-neutral are facts among six aspects-neutral as proved by the author, theoretical, practically, algebraic, and geometric.
- 7. There are no inconsistency between the *Earth Endogenous System* (the *EES*, 1st and 2nd edition) and "*Hyperbola Economic towards a Utopian Economy*" (the *HEU*, July 2015).

² The author respects Ulrich Beck and perceives him as one of three great philosophers in the 21 st century. Yet, for economics, see Ulrich Beck (2014, "Pioneer in Cosmopolitan Sociology and Risk Society, "10.3, page110. And this wrong is not peculiar to his knowledge but commonly to the literature, influenced by the market principles, vertical by nature.

11. One Day Trip to Kyoto

On 7 Feb 2015

- 1. Route: getting off Station Hanazono, JR Arashiyama line, towards North round, to visit Hou-Kongoin-ji, Ninna-ji, Ryoan-ji, and Insho-Domoto Musium of Fine Art. Getting on Station Enmachi, one station closer to JR Station Kyoto.
- 2. On the 6th Feb on my way back from Shibuya Kogyo Co. Ltd., Kanazawa, I spent one night at APA Hotel, Horikawadori, ten minutes from Station Kyoto, where I read its monthly journal, "Apple Town." Apple Town is unique in two points: (1) One essay, by Seiji Fuji, Patriotic Essayist, and (2) One talk, by opinion leader today. In the case of No. March 2015; 32-39 in total 78 pages is Big Talk '284' in English; Sid Ali Ketrand-Ji (K), Ambassador Extraordinary and Plenipotentiary of the People's Democratic Republic of Algeria, and Toshio Motoya (M), APA Group Rep. The sub-title is 'A Worldview with a Neutral Viewpoint is Necessary for Successful Global Diplomacy.' This essay encourages Japan to have moderate pride.³
- 3. Ho Kongo-In, close to Station Hanazono: temple of flowers, famous for lotus⁴ and fall of blue woman. The design is similar to that of Sansui-En, Yuda Hot-Spring, Yamaguchi, where all emperor families only stayed historically.
- 4. 23 mini-round spots of Awa temples, west of Ninna-Ji: Further North, 88 mini-round spots of all the Island Shikoku temples, where we can walk within one or two hours. Today, we walk round these 88 temples taking three months, in Island Shikoku.
- 5. Ninna-Ji (or, Omuro-Ji) has two gates, West and East. West gate is close to 23 mini-round spots above. East gate is close to Ryoan-Ji. Ninna-Ji has Mt. Attainment background while Ryoan-Ji has Mt. Kinugasa background. Respective temple = Ji, a World Heritage Site in 1994, has beautiful large garden with ponds, rivers, springs, and famous stones and trees. More than half of numerous sightseers abroad from various countries.

³ Discussion between (m) and (K) has (1) Japan, which was reconstructed from the ruins, is a model for Algeria: (2) Japanese people regularly practice 95% of the Quran's precepts; (3) The greedy Crusaders caused conflict between different religions; and A true citizen of the world esteems his or her country's history and traditions.

⁴ Japan has old age center of culture in Prefecture Fukui, Somayama, where for four thousand years, lotus has been preserved. Today, it is the largest lotus garden in Japan. Lotus flowers open only ten days during later part of July to early August.

- 6. In Ryoan-Ji, there is an old-style cottage, 'seigan-In,' where we enjoy hot tofu = soy-bean boiling-iron, whose heating is black tree-sumi, on one large tatami-room. We enjoy outdoor garden taking time and forgetting time-passing. In a pond, there is a mall island with red old Torii since Muromachi periods, roughly 600 years ago. There is a rectangle rock garden with white small sounds with no trees and also a unique wash-basin of stone, Tsukubai. Stone 'tsukubai' is famous for designed Chinese characters: person, solely, enough, know. Also, Butsuden or Buddhist Hall is made of three big tatami rooms. The current Butsuden made of Japanese cypress was rebuilt in 1981, taking 6 years, and each room has traditional Japanese dragon paintings on the ceiling and also fusuma-doors. Dragons each has a gold ball, which symbolizes enlightenment, descending from the heaven with clouds.
- 7. Insho-Domoto Musium of Fine Arts: This museum was designed by Insho Domoto by himself when he was younger. Insho Domoto is one of three great painters in the world today. He completed his museum and opened in 1966 while he was alive in this world. He was born in Kyoto, as a third boy of a merchant. So that he is endowed with Kyoto culture in theory=practice. Connected with deep fortune, he entered a number one school of arts in Kyoto, and decided to be become a painter, luckily saved by first class traditional Japanese teachers and allowed to be a student, after decades experiencing a designer of merchandising various new possible goods.

His performances of arts are divided into four or five periods in his life. Not only concrete or abstract but also beyond common sense he created unique arts. His way of designing is beyond space and time. This museum is composed of two spaces, the first and the second. The first includes multi-purpose rooms, where we can learn his life-work listening to radio and DVD.

This way of designing a museum is one case of my teachers. I know International Congress on Arts, Communication, science and technology 2015, Edinburgh, Scotland. When I was young, I visited Edinburgh and visited the birth place of Adam Smith and hearing romantic songs in a few north lakes, although I cannot sing and understand music. Really sings and paintings, or arts and communications are united into Nature, I believe. I decided to dream such museum as Insho Domoto.

8. Thankfulness to the cover designer, Joyce LU, of the *HEU*, BAP, Toronto, summer 2015.

About the book title HEU, Hyperbola Economics towards A Utility Economy

The *HEU* is consistent with the *EES* (2013 1st, 2014 2nd edition). The differences between the two are algebraic using equations or geometric without equations. The essence of purely endogenous is the same under no assumption and perfect competition. The designer of the Better Advances Press, Toronto, Joyce Lu, and chief editor, Yisheng Huang, are also the same two supreme specialists. On the 8th of Feb. 2015 early morning Japan time, I got the first design PDF of Joyce from Yisheng by email attachment.

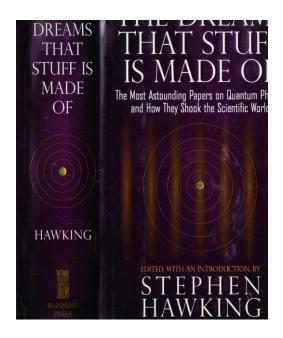
My first voice was 'Deeply Surprising' in my mind, although I could not pronounce. Joyce had, day and night, suffered from difficulties of how to express the essence of the HEU, during the last a few months, I suppose.

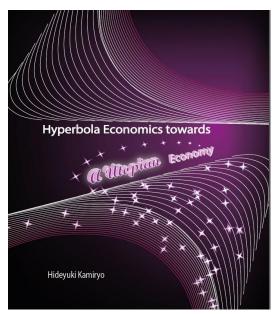
I cite here Joyce's PDF explanation for this design as follows:

- 1. In the whole, this cover design is for an academic work, which keeps compactness and dignity of a quality book. The core of this design emphasizes the orientation of "Utopia", and stresses idealism of our world.
- 2. The core of this book lies in Hyperbola, which is the unique idea by Prof. Kamiryo. Hence, hyperbolas are assigned as the principle elements on the cover, with many flashing stars, which are appointed as the second principles.
- 3. Composition of the cover: these hyperbolas together evolve to a hologram, which shows clear depth and orientation. This orientation implies our route to the utopian world, and the surrounding stars imply the scatter diagrams in this book that sheds dawn on the route to the future utopia world.
- 4. Warm background of the cover the purple color stands for romantics and elitism, and symbolizes our utopian economy, as well as the dawn in darkness.

Hideyuki Kamiryo, as the author, here is really thankful to Joy's great efforts and eager desire.

As if the same designer made two cover pages of the following two books, simultaneously.

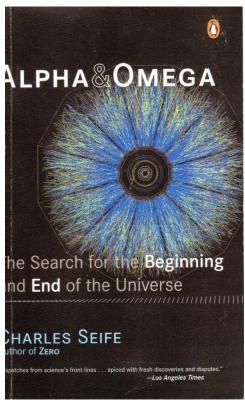


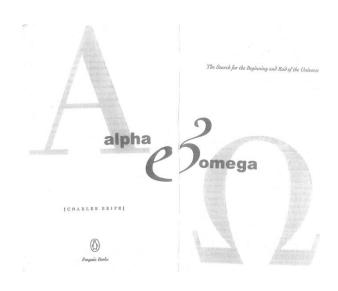


 $23\ pictures$ in Steven Hawking (2003), Penguin, cited on $14\ Aug\ 2015$

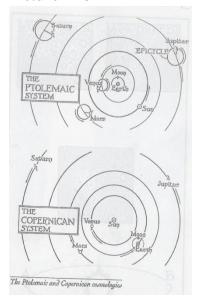
Alpha & Omega:

The Search for the Beginning and End of the Universe by Charles Seife (2003)

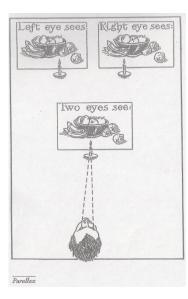




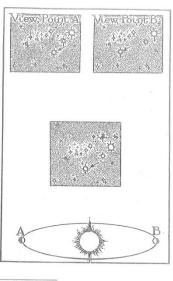
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Picture 2-23

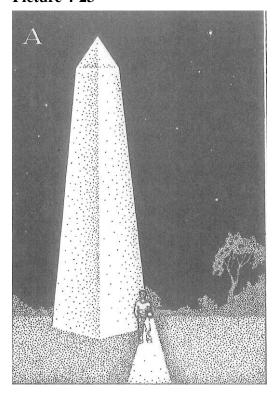


Picture 3-23

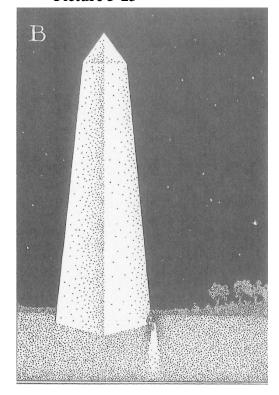


Parallax in astronomy

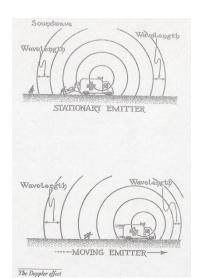
Picture 4-23



Picture 5-23



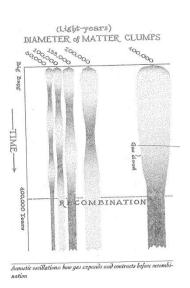
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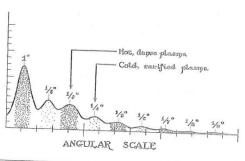
Picture 7-23



Picture 8-23

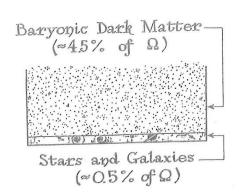


Picture 9-23

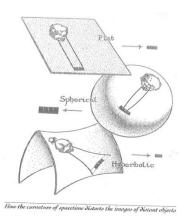


Peaks and valleys in the power spectrum of the cosmic background radiation

Picture 10-23



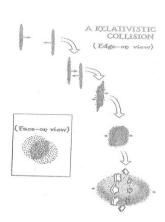
Picture 11-23

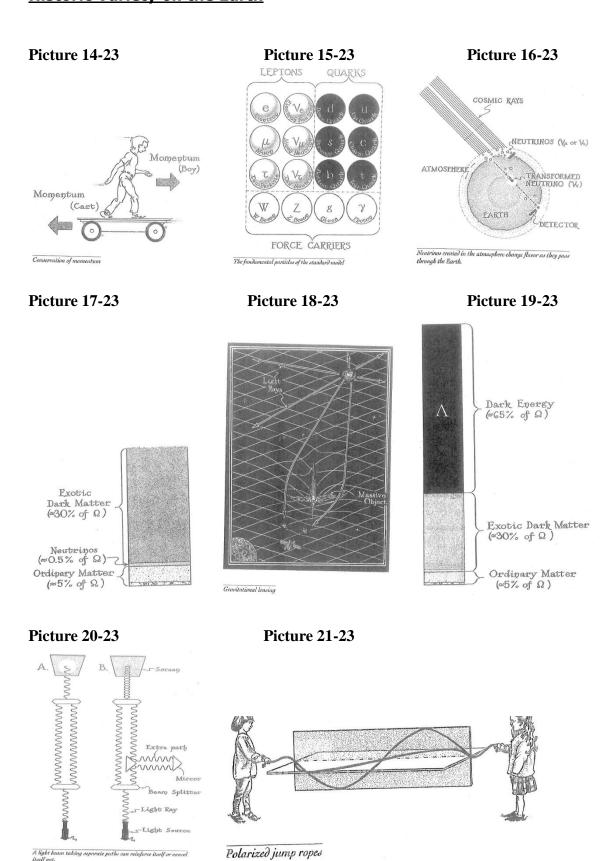


Picture 12-23



Picture 13-23

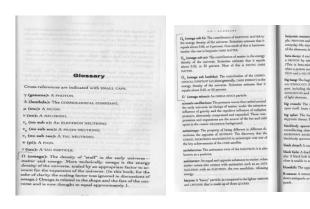




Picture 22-23

Picture 23-23

Acknowledgments





12. One Day Trip to Okayama

12 Feb 2015

- 1. Early morning, I stood at Station Okayama. I realized; so many days I have not dropped in at Station Okayama, solely due to my concentration on the third book, "Hyperbola Economics towards A Utopian Economy" (the HEU, summer 2015). I called my colleague, Toshimi Okamoto, saying how about lunch together though so sudden but. He had some work on the 12th so that I decided to run about several museums and art galleries, one to one, hurrying as much as possible, and with no time schedule.
- 2. Okayama Orient Museum: Ranges of collections were indeed beyond space and time. Origin of human, history of our earth, origin of letters by continent and area, origin of agriculture in the orient: we are absorbed into these scenes and images naturally. Why? Timely, I met this opportunity; perhaps I was eagerly curious about these human footmarks since last fall.
- 3. I visited a small park to see and make a bow the bronze statue of Toshio Doko. It was after a long absence, although it was usual in the past many years. I like his life behavior. Why was he born in Okayama? Today, lonely but, even postman does not know the place.
- 4. Okayama Public Museum at a corner. Every time when I come to Okayama, I enter this Museum, first of all. On 12th of Feb, one week special exhibition was presented on the ground floor; Visual Arts and Private Utopia, the British Council, England and Tokyo, where Utopia means nowhere. I love the word of Utopia. There are a lot of naming using Utopia, flowers, mountains, and social sciences including economics.

- 5. Okayama Culture Center, next door to Okayama Public Museum: 'High School Meisei' (meaning; bright and sincere/true) presented various fields of art such as design, sketching, water-colored, oil painting, calligraphers, soft and rough, in Chinese and Japanese (cursive) syllabary, and so on. Title of one of several papers: Mind of true sincerity, never out of righteous path of humanity, opens bright future, where moderation in neo-Confucianism was shown in Chinese characters. We call Daigaku, Rongo, Mencius, and neo-Confucianism four Chinese Classics. 'High School Meisei' has a motto of 'Get your dreams' and divides five courses into Intensive Arts, Intensive Academic, General Academic, Childcare & Welfare, and New Information. Respective course cites pertinent words from Moderation in neo-Confucianism. Why in prefecture Okayama so many names are often taken from neo-Confucianism? Thar is the influence from Castle owner, Ikeda, we understand
- 6. As usual before, I visited and enjoyed smell and taste of coffee shop across Okayama Public Museum. This shop has lived long. I opened a book of poems and photos there; I noticed two names, Michiko Nanba for poems and, Kunio Miyamoto for photos, each age is younger than I so that I was pleased to memorize these two names. They were brought up in beautiful town, Sojya, along with a unique river. Some day in the future, I intend to visit their hometown. This district is famous for the trade and academic communications with Japanese envoys to Chine during the Tang Dynasty in older age, similarly to Resort Ushimado, where Korean envoys always stayed for a while just before visiting Kyoto Palace. Some persons say human produces history while others history is practice itself and facts are accumulated. Actions may make history, through 'learning by doing,' as in the EES and the HEU.

13. 'Acid rain' (p. 257-260) by Cynthia Barnett's (2015), *Rain***,** Crown Publishers, 355p.

12 Sept 2015

Discoverers of 'Acid rain' (hereunder, Acid rain), p. 257:

Robert Angus Smith, an English chemist, was Britain's first inspector (aka air-pollution watchdog). In **1852**, he discovered a link between Manchester's soot pollution and high levels of acidity he found rainfall.

Twenty years later, in **1872**, Smith described the problem of *acid rain* in a six-hundred-page book on this subject on this subject. The author (i.e., Hideyuki Kamiryo, Hiroshima, hereunder, the author) does not regrettably find the above Smith's book in detail, publisher; on page 257 in Note 297-334).

The author tries to plainly cite key points of Cynthia Barnett's (2015) as follows:

Resultant facts of acid rain, after the 1960s: p. 257-258:

In the **1960s**, they began to reveal themselves in Germany's Black Forest. Scientists found "a baffling form of tree cancer" metastasizing in the famous Schwarzwald.

In ten years, a third if the fir trees in the forest were dead. Half those remaining were nearly dead. "Instead of lush, dark green foliage that gave the Schwarzwald its name, many trees now have only sickly yellow-brown needles," wrote one researcher.

Half the beech trees and half the oaks were also damaged. Elm trees were dying at **age 60** rather than their normal life of **130 years**. The freshwaters in Germany's forested mountain regions likewise were succumbing to acidity. Some streams became so toxic the fish disappeared entirely.

Scientific character of acid rain, p. 258:

No discernible taste or smell, no dramatic calling card of any kind. Its harm to ecosystems, along with the statues and buildings of antiquity, are net noticeable for many years.

Acid rain—more accurately, any acid hanging around the air rain or shine—Forms much like the old pea-suppers of London. But instead of smoke we can see, its pollutants are invisible gases we cannot. When industrial smokestacks release sulfur dioxide and nitrogen oxides high into the air, the chemical gases react with the sun, water, and other elements to form tiny drops of sulfuric and nitric acid. These drops,

in turn, join up with the clouds. Winds now carry the acids through the atmosphere. *Acid rain* knows no geopolitical boundaries; it often travels far from the source that created it.

One study found high concentrations of the flying pollutants four hundred miles off the Eastern Seaboard over the Atlantic Ocean, presumed to come from U. S. industrial hubs. When it falls back to Earth, *acid train* moves through soil, trees and plants, and freshwaters, setting off a cascade of harm.

As the scientists working in the Black Forest puzzled over what was killing threes and lakes, those in the northeastern United States, Canada, Scandinavian, and other parts of Europe also saw the cancer in forests and freshwaters. The sickest areas included the Adirondack Mountains of New York and southern Norway, where hundreds of lakes became fishless.

The hot spots all turned out to be upland areas well-watered by rain and snow, lying downwind of industrial belts with power stations, smelters, and large cities. Other U. S. hot spots included the Ohio River Valley, the Rockies, the Great Smoky Mountains, parts of Wisconsin and Minnesota, the Pacific Northwest, and the Pine Barrens of New Jersey.

Measurement of acidity and alkalinity using the pH scale, p. 259:

Acidity and alkalinity are measured on what's known as the pH scale, which runs from 0 to 14. Zero is extremely acidic—battery acid. Fourteen is quite alkaline—liquid drain cleaner. Only distilled water has a neutral pH of 7.0—this is Professor Sabatini's most pristine water, ironically, the one we treat the beck out of.

"Pure" rainwater is already acidic, with a pH around 5.6. Each number represents a tenfold increase, so pH 4 is ten times more acidic than 5, and pH 3 one hundred times more acidic than 5. Most fish cannot survive in waters more acidic than pH 5.

In the **1960s**, American scientists sampling rainfall in the White Mountains of New Hampshire were surprised to find rain with a pH of 4 in the quiet Hubbard Brook Experimental Forest, far from any smokestacks.

The ecologists F. Herbert Bormann of Yale and Gene Likens of Cornell went on to test rain throughout the Northeast and found pH levels as low as 2.1. In an article in the journal Science in **1974**, Bormann and Likens connected the deaths of forests and fish in the United States, Canada, and Europe, along with many other ecological impacts they could see or suspect, to *acid train* dispersed over long distance by burning fossil fuels.

Towards better by reviewing energy crisis and the Clean Air Act of **1970**, p. 259-60:

They sounded the alarm just as Congress was considering loosening the pollution controls of the Clean Air Act of **1970** in response to the era's energy crisis. Instead, the United States and Europe started down a long road to cleaning up the rain. Regulation—especially a cap-and-trade program that lets coal-burning power plants buy and sell emissions permit—has helped reduce the sulfur dioxide released into the atmosphere by more than half.

Twenty-five years ago, 18.9 million tons spewed into U. S. skies annually. Today it's well under 8.9 million, the government's cap. In places most prone to *acid rain*, such as the Ohio River Valley, the pH of rainfall is slowly climbing back from 4.

While many people who remember the *acid rain* crisis think of it as "solved," scientists who study acidity as it travels through air and ecosystems say it remains a pressing problem—one with far greater implications than they initially imagined. *Acid rain* so altered the soils in those sensitive parts of the nation that trees remain more vulnerable to freeze, disease, pests, and drought.

Foresters believe the weakness has led to extensive die-offs of red spruce trees throughout the eastern United States, and sugar maples in Pennsylvania. Lakes are healing in the Adirondacks, but 132 of them remain acidic.

Back at the Hubbard Brook Experimental Forest in New Hampshire, rain has become less acidic over the past forty years, but it's still ten times more so than natural rain.

"Yes, we've made significant improvements and the situation is much safer than it was one hundred years ago and fifty years ago," Professor Sabatini told me. "But you cannot look at rain and say it's pure." That's because the rain is always returning pollution back to us.

Scientists who track contaminants in the atmosphere find that even as the acid rain picture improves in the United States, rain is spreading more nitrogen pollution, picked up from the likes of fertilizers and livestock operations.

There is also the reality that while *acid rain* declines in North America and Europe, it is on the rise in other parts of the world. In southern China, the stoic Leshan Buddha, chiseled into cliffs in Sichuan province during the eighth century, is slowly corroding. The largest premodern statue in the world, its face is streaked with the grey tears of *acid rain*.

At the turn of the century, China surpassed the United States as the largest emitter of sulfur dioxide, and in **2010**, India rose to second place behind China. Pollution controls have helped China begin to reduce its emissions; India's are accelerating amid

rapid economic development, fossil fuel use, and lax regulation.

The author's conclusion is the same as Cynthia Barnett's (2015, p. 260):

The atmosphere and its rain are **one global system**—everything connected to everything else, sometimes in ways we cannot imagine.

20. One week trip to Boston and Manoa Hamilton Library, Hawaii, 8-14 Oct 2015

Holmes Room—Friday 09h00-11h00; Prices, Business Fluctuations, and Cycles Hideyuki Kamiryo, Hiroshima Shudo University—Japan, on 8 Oct 2015

Revisit: The Utility theory and consumption theory

On 9-10 Oct 2015

Visit Brattle Book Shop, Boston downtown, four times in a day to investigate keywords; hyperbola geometry social science economics social systems symmetry and asymmetry, while visiting old book shops and back and forth by subway between Harvard Square and Park Street.

On 11-12 Oct 2015

Visit Hamilton Library, University of Hawaii, Manoa. This library is one of the best among others in the world today. I have visited the library several times in the past 36 years. Each time, I am impressively satisfied with librarian behavior and also some invaluable results in my Q & A subjects and keywords.

Intuition on *Revisit: The Utility theory and consumption theory,* presented to IAES, Boston, 8 Oct 2015

Circle is mathematically divided into four quadrants, 1st to 4th. During the Conference, what I have learned is: the circle has four points, collaborate, create, control, and complete. But, these quadrants do not correspond with those of mathematical.

The intuition above is explained as follows:

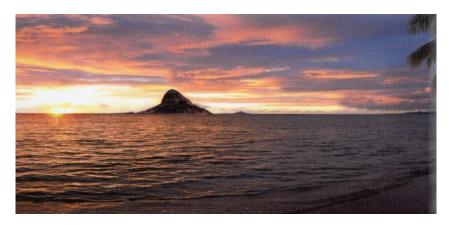
- 1. Hyperbola curves are consistent with the market principles by nature, although the principles are vertical by goods, by services, and by software.
- 2. Krugman's theory (typically, in *QJE* 1991) is all right and consistent with the *HEU* (Hyperbola Economics towards A Utopian Economy, July 2015), although he discusses aggregate supply and aggregate demand (AS & AD), in the macro level. This is because Krugman looks for root/origin of hypotheses.

- 3. Natural and social sciences are not inconsistent at all. When social science approaches natural science, the social science including economics turns to the truth beyond space and time. Absolute existence or God gives human a free hand to the truth not automatically but learning by doing towards human target.
- 4. Fortunately, Shizuko Ishida (pen-name is Iyonoishi) has completed SUIT (Super United Integration Theory) with family-like evidences such as folding papers and bamboo sheet), as explained in the EES in detail.

The macro presents a foundation to the micro phenomena. Then, both-sides are consistent with each other, beyond space and time. *The utility theory and consumption theory* above presents a clue of the intuition of mine. Evidences are shown by KEWT database series, 9.15 (9th, 1960-2015) up-dated. KEWT databases thankfully use the original data from *International Financial Statistics Yearbooks (IFSY*, IMF), by year and by country, over 197 countries in the world today. My work is almost zero %.

Angus Deaton, Congratulations on the Nobel Prize for economics in 2015! We shall follow your Great Escape, to realize a Utopia economy in the near future; for, of, and by people and citizens.

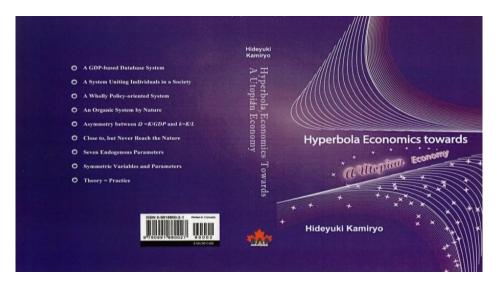




21. Implication of Cloud

Cloud changes instantly and continuously but, cloud does not move or static in a least of time. I hit an idea that cloud expresses hyperbola philosophy most concretely. The idea is: Balanced situation, dynamic and static; beyond space and time and under two-dimensional (2-D) plane. We live in this world under three dimensions. If four spaces are assumed, the fourth is a specified space that turns to time from space. Then, the 3-D and 4-D each become more relaxed and stable in mind and body. Absolute existence or Nature tells us, mentioning, "Every minute human wants to be stable by approaching Nature as much as possible, where no intolerance exists.

The following two pictures, as a unity, are for readers and, differ from those on previous page, from designing point of view.



22. Common essay: Discovery of a dentist unique in the world

27 Oct 2015

During the past three years, I have devoted to my three sets of books published by Better Advances Press, Toronto, together with Yisheng, Chief Editor, my best friend abroad. Also I have believed that my teeth are all not damaged, although 16 years ago one left tooth had an operation on its pus due to my careless strong biting of a seed, which was never forecasted. I do not drink any chemical and non-chemical medicine, according to my stubborn natural life- behavior so that I am free from any disease. A reason is my belief that that I must and will live until another thirty years vividly, by utilizing my research database-experiences and also by paying back my practice to citizens and societies in the world from now on.

Resultantly, I visited Hide dentist ひで歯科, on 20 Oct 2015. Conclusively speaking I believe, the tie with this dentist, Dr. Motohide Takemoto and dentist assistant, Horie, 竹本元秀, 堀江早苗, guarantees my life-schedule for the next *thirty-two* years. Why? One is Takemoto's philosophy and the other is his genius finger technique, thinking of patients in the long run and pouring humanity into the patients. Of course, Takemoto and Horie are modest and never say a unique pair among the entire dentists in Japan. The pair is silent and focuses on their operation.

After operation, positively I asked simple questions to Takemoto. The answer was: I did not propose or order several key conditions before operation so that Takemoto could as he thought best. At first, Takemoto expected: Must think of my severe desire, similarly to many patients before operation; in particular, in the case of vegetarians and fond of natural life-style. Patient must write 'one page questionnaire,' before going into operation room. Takemoto warmly spends many minutes for digesting patient's private information before operation.

My left back tooth had pus. Takemoto covered it with silver material. Generally in the world, silver has been used for dental treatment. This is because silver emits 'ion,' which soaks into farcie-material below the silver setting. This is endodontic treatment using 'Sahoraido' or fluoride Jiangmen. One week later, on 27 Oct, Takemoto inspected the situation of covered tooth and fixed the whole of my left back tooth. Silver is historically the culture of agricultural Japan, with the silver ratio, as explained in the *EES* (2013, 2014).

Since endodontic treatment makes teeth black, the teeth is called 'Ohaguro おはぐ 3,' which started in the age of Heian, roughly 1300 years ago in Japan. I understand coming **thirty-two** years' return-work that just started on 27 Oct 2015, through Dr. Takemoto's indomitable resolve.

IBC five members selected by Kamiryo

Dear Dr. Geoff: on 15 Dec 2015

I am delighted to look at your reply, indeed, thank you very much.

I will write, in my document, your all information as below in your reply.

Five persons are:

(1) Dr. Geoff Harcourt AO FASSA FAcSS

Emeritus Reader in The History of Economic Theory, Cambridge, 1998; Emeritus Fellow, Jesus College, 1998; Professor Emeritus, Adelaide,

- (2) The Better Advances Press, Toronto, whose Editor in Chief is Dr. Yisheng Huang, one of a few benefactors and teachers abroad.
- (3) Shigeru Endo, President, Tokyo and Hong Kong. He connected me with IMF, the World Bank, and Washington, D. C. organizations, at an earlier years, when any one could not enter Top-Management rooms and various research and statistics rooms of these offices.

Without his help, I could not accomplish the three sets of books, the Earth Endogenous System (May 2013), the Earth Endogenous System (June 2014), and Hyperbola Economics towards A Utopian Economy (July 2015); published by the Better Advances Press, Toronto.

(4) Daughter, Motoko of Dr. EmProf. Tadashi Mito, who lives in Paris and Tokyo.

Tadashi Mito is eleven years elder alumnus of hometown, Yamaguchi University (old system). Obediently following his advice, I changed my job from a bank officer to a professor of universities, in 1979/80.

Motoko ('original lady' in English) is widely famous in music fields in the world. I have not asked her for her acceptance yet, hesitating the timing. She has no time even one minute in her daily life, I know.

(5) Nakagawa Family, architects and designers, Hiroshima, whose daughter, Shiho, is also a musician, Paris; the number one soprano singer in the world.

Mrs. Keiko Nakagawa is my best friend in Hiroshima and Japan. Mr. Yuji Nakagawa is Professor of Hiroshima International University, and doing his house-design business at home, with his qualified wife and son.

Keiko ('earth' lady in English) is tied up with peace activities with me in Japan and also, a vivid worldwide contemporary planner of music conferences and activities.

For example, Keiko and Hide accepted each an executive manager and top, for two and half months, responsible for the World Buddhism Ashes Association, Hiroshima.

Whenever, if necessary, Shiho ('poetry walking' in English) returns back to Hiroshima and plays and sing Atomic bomb piano at International Hall, Hiroshima International

Hall and other places in Japan.

Finally, please come to Hiroshima when you are convenient, with your family and friends, within and earlier part of 2016, after confirming the timing with me.

Note in the middle of March, maybe attending at the International Atlantic Economic Conference, Lisbon, although last week I cancelled Paris and Belgium extension, listening to family anxiety.

Please accept my invitation for residence and foods, Hiroshima and Island Itsukushima/ Miyajima, the best beautiful world heritage in the world, where we have safe rope-way to the top of Mt. Misen.

See some of pictures attached, please benefactor and teacher.

Please let me know your post-mail address. Water-color booklet, which I published personally in 2002 before my official retirement age, 71 years old.

Sincerely yours, Hide

Dear Dr. Geoff: on 15 Dec 2015

I am delighted to look at your reply, indeed, thank you very much. I will write in your all information as below in your reply. Sincerely yours, Hide

On 2015/**12/15 9:44**, Geoffrey Harcourt wrote:

Dear Hide, I'll be glad to. All the best, Geoff Harcourt AO FASSA FAcSS Emeritus Reader in The History of Economic Theory, Cambridge, 1998; Emeritus Fellow, Jesus College, 1998; Professor Emeritus, Adelaide, 1988; Visiting Professorial Fellow, UNSW, 2010–2016

Dear Dr. Geoffrey: on **3 Dec 2015**

Good morning to you and your family! Last night late, I returned back from Nagoya, which is close to Tokyo. Sorry for my delay in emailing to you. May I ask you another? I need to select 'five persons' for the congratulations. This is only one condition to accept their foundation, so called Kamiryo Foundation from the IBC. I have already chosen in my mind 'two close friends' (well known in this world), who are deeply involved in Hiroshima. I need artist, scientist, and communicators towards peace, since "Arts, Sciences and Communications aimed at Peace" appears in the middle of the certificate.

Dr. Geoffrey, my teacher of Cambridge, England, please accept this invaluable opportunity for Hide. Maybe just email to you in the future; in a fair and open distribution of Kamiryo Fund/money, when I need sincerely.

Also five Continents on the earth are considered in the five individuals to be selected, Shigeru suggested to Hide.

Sincerely yours, Hide

cc. Shigeru Endo, Tokyo, who is also one of my benefactors in the world; definitely for connecting IMF and the World Bank with Hide.

Sincerely yours, Hide

On 2015/12/01 9:49, **Geoffrey Harcourt** wrote:

Dear Hideyuki, Great to hear from you, and congratulations on your good news from Cambridge. While I'm in their various Who's Who, I don't know anyone there, so I cannot help you on this. Sorry. Thank you for your beautiful watercolors.

All good wishes, Geoff Harcourt

Sent: Sunday, 29 November 2015 11:47 PM

To: Geoffrey Harcourt

Subject: May I ask you, Hide, Hiroshima

Dear Dr. Geoffrey Harcourt: on 29 Nov 2015

How are you these days?

Good news from International Biographic Centre (IBC), Cambridge, England last week. Thankfully HONDT was given to me, Hide, dated on 30 April 2015.

An idea hits me: If you have a friend at the IBC, you kindly introduce me to her/him?

If necessary, I can attach my CV to you.

I have PhD at the University of Auckland, Lincoln University, NZ: Hiroshima Shudo University, towards HONDT, the above and one more, published by a Nobel Winner and also another Nominee, Hisatoki Komaki, 小牧久時, the US and Kyoto.

Sincerely yours, Hideyuki Kamiryo, EmProf. Drs.

Books published by Hirotoshi Shibuya 渋谷弘利, President, Shibuya Kogyo Co., Ltd. 7 Dec 2015

Initially Edited by Kazuhiro Miyamae

Hirotoshi Shibuya's Books in English: List and Commentary

1. Productivity Improvement:

- ① 2000 年 4 月に「企業財務のケース・スタディ」の翻訳本としてジャパンタイムズより出版しました。
- ② 翻訳は、翻訳家の早川さんとその友人の Noaki さんが行い、社長、河村常務、中西部長、宮前で翻訳チェックを行いました。早川さん、Noaki さんが企業財務の知識がないため、日本語の意味がわからず翻訳には相当苦労しました。翻訳した文書を切り貼りしながら訂正し、ボブさんにも助けて頂きました。
- ③ 原稿が出来上がった後、出版社を模索しました。
- ④ 森先生経由でジャパンタイムズを御紹介頂き、出版社がジャパンタイム ズに決定しました。
- (5) ジャパンタイムズでは、ジェームスキーティング氏(ネイティブチェックが出来る英語正誤用例辞典の著者)が英文をチェックし修正しました。

2. Build -to-Order Manufacturing Winning Strategies:

- ① 2005 年 4 月発刊した「受注生産勝利への方程式」(ダイヤモンド社)の 翻訳本としてジャパンタイムズより 2006 年 12 月に出版しました。
- ② 「受注生産勝利への方程式」の第1章~第3章は、「企業財務のケース・スタディ」からの引用ですが、新たに第4章として「オーダーメイド予実原価管理の導入」、第5章として「勝利企業の条件」を追加し、シブヤ独自の取組みを紹介しています。
- (3) 第4章「オーダーメイド予実原価管理の導入」の第一次翻訳は、早川さんが行いました。
- (4) 第5章の「勝利企業の条件」の第一次翻訳は宮前が行い、元シブヤイン ターナショナルの島田氏にチェックしてもらいました。
- (5) 校正は、河村常務、遠藤、宮前が手伝いました。

Note: This book has the 2nd edition, which adds sub-title, Budgetary Control and Cost-Destruction.

Secret Body Vivid Everyday published by Shigeru Endo 遠藤滋

14 May 2015

腰痛防止の体操「Exercise Program」

英語で恐縮ですが、添付の「Exercise Program」をやってみてください。

1973 年に腰を痛め、整体やカイロプラクテイックなど色々やりましたが、最も効果的だったのがこのプログラムです。米国駐在中、医学で結構有名なテネシー大学の腰痛専門の先生に教えてもらった体操です。以後毎朝続けてもう31年になります。勧めた友人には好評です。

もし腰痛で医者にかかっておられる場合には、必ず医者に相談してからやってください。

- 1. 朝夕2回と書いてありますが、私は朝一回、絵にある5種類の運動を行っています。
 - ① 右左の足を別々に両手で胸に惹きつけ、5 秒間押しつけたままとします。 そのあと 5 秒間筋肉を休めてリラックスしてください。これを 5 回繰り 返します。

それから両足を両手で胸に惹きつける動作を5回やります(①の三番目の図)。

- ② 一番難しいのですが、両足で地面を押さえつけてください。その際お尻の穴をギュッと締めてください。5秒やって5秒休み、これを5回繰り返してください。
- ③ から⑤は絵のように、それぞれポジションで5秒固定してください。5 秒休んでまたつづけ、5回繰り返してください。
- 2. 全てそうですが、5秒固定したら、あと必ず5秒間リラックスしてください。
- 3. 最初は5回でなく2-3回から始めてください。少しずつ回数を増やしてください。
- 4. 絵の通り足首を90度立てることを忘れずに。
- 5. 脊柱管狭窄症の場合、⑤は片一方の足を伸ばさないで①などの様に膝を曲げて下さい。

以上

Exercise Program

Here are a few simple but important suggestions for a successful back exercise program:

- If you are recovering from a back problem, follow only the exercises your doctor has recommended to avoid possible further injury.
- These exercises, done regularly, will help keep a healthy back strong and fit.
 Exercise every day. Occasional exercising may actually be harmful to your
- Exercise every day. Occasional exercising may actually be harmful to your back. Reserve 30 minutes each day, preferably 15 minutes in the morning and 15 minutes at night.
- Don't exercise if you are having pain. Don't overdo it at first. Consult your physician if you experience pain while exercising.
- Begin your exercises in the starting position with a warm-up period lasting 2-3 minutes: limber up by moving your arms and legs and alternately tightening and relaxing your muscles.



Remember, any therapeutic exercise program will probably be graduated. Check with your doctor for instructions on any necessary program changes.

