

## One Sanskrit Word of Original Existence in the World

There is Ajikann, ア字観 in Garbhadhatu/Womb Realm Mandala, 胎藏界曼荼羅, in Sanskrit characters, 梵字, or Seed, 種子. There two circles in the real/five-dimensional plane and also in the temporary/six-dimensional plane, as originally proved by Ishida (13 Oct 2012); Womb Realm and also Vajrahātu/Diamond Realm, 金剛界, Mandalas. Sanskrit Aji or anutpada, 阿 or ア字, is most unique in that Aji or Seed expresses the root of origin life, from oneself to universe or, realm of thought/underlying principle of reality (in detail, see, Tokuyama Gunjun, “*Bonji Notebook*,”(1976, Tokyo: Mokujisha, 201p., 徳山暉純 『梵字手帳』).

Rokuei Bosatsu brought about Hyaku-En-Ge, 百縁偈, through Tibet, India, and Sri Lanka, in 1929 ( see the first page of this essay). This expresses the essence-clod of all the Buddhism textbooks, condensed and most simple with short words. The author primarily sings this Hyaku-En-Ge in Sanskrit every morning and evening twice a day. The sing immediately makes body hot, regardless of think, sing, and/or remind in mind, even though the author cannot translate into Japanese. At the same time, the author sings Komyo-Shingon, 光明真言, in Sanskrit, with Hyaku-En-Ge, sitting before Buddhist altar set on a higher place in parallell to alcove.

Sanskrit Komyo-Shingon, always being drawn on circle plane, wooden or earthenware, is minutely composed of the 1<sup>st</sup> (On) to the 23<sup>rd</sup> (Un) letters from the bottom to the right-handed rotation, where the last position is empty just before the bottom. ‘Un’ corresponds with ‘Uno’ (or, ‘Aun,’ universe) in Roman letters, Italy. Sanskrit spreads all over the world, the West and the East. In particular, to the West and Germany language born, it is said. Tokuyama indicates in the above book: ‘Sanskrit face inside means benefitting oneself while Sanskrit face outside means Altruism, whereas straight, both as.’

Therefore, Sanskrit is generated naturally by following the Absolute Existence or God, as born in Bible; Christ, Islam, and Buddha. All of these are indispensably connected with music and drawing/painting. Arts<sup>1</sup> are products of the Nature and human feels quite at home, really returning to oneself.

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<sup>1</sup> One unique painter Japan has proudly produced is Insho Domoto, 堂本印象画伯, Kyoto. Domoto started with figurative, turning to abstract, and finally riding over figurative and abstract: beyond space and time. The other unique painter is Ikuo Hirayama, 平山郁夫画伯. Hirasyama always goes around silk roads, just like Saint Genjo.

Temples and Shrines, Ninna and Todai, each represent agricultural civilization in Japan. These buildings have Stylish Fusuma and wall paintings, 襖壁画, drawn by the above painters.

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According to the press confirmations on 19 May 2015, Hiroshima and Tokyo, matchless pianist, Maria Martha Algerich, Argentina, opens Concert, Hiroshima, on 5 Aug 2015, and also Tokyo on 11 Aug 2015, each cooperation with the Hiroshima Symphony Orchestra. Arts are vividly acting the vanguard of *PEACE* diplomacy in the world. Maria Martha beautifully believes and actualizes, “*Music has something dramatized so as to exhaust the power to hurt somebody’s feelings.*” (For a parenthesis in Italic, citing from Yasuki Yomura, 余村泰樹, Chugoku Newspaper, 16th edition, Shakai (30), on 19 May 2015).



## For Body Health in Breathing Concretely-continued

We human live until destiny is over vividly if we drink no medicine and chemical. Natural agriculture and food are the best, as recently the people realize this fact. But we need body motion, first of all apart from logic and theory. How and why? Let us sum up the following six counter measures against medicines and chemicals:

1. Hands and feel motions and gymnastics, spending no money and healthy up to length of live.
2. Garden Lotus, Fukui, and its old culture and civilization
3. Natural food and body motion reinforce each other.
4. Specified medicine made of non-chemical also is useful to body health.
5. Body health beyond visible range, summing up
6. Discovery of a dentist unique in the world on 28 Oct 2015

### 1. Hands and feel motions and gymnastics, spending no money and healthy up to length of live

Human body is composed of various parts by function, such as walking by two feet and hang up heavy carton by two hands. These functions are organized as one body and a gift from Nature/God. It means that there is no room for the interruption introduced by artificial functions made arrogantly by human's shallow knowledge.

Nevertheless, why do some people exercise gymnastics daily? The writer believes, body parts are classified into i) moving every second, minute, and hour and ii) not moving every day necessarily. Here ii) has a problem by nature. What?

No-moving parts degenerate by nature. Human has different ideas and thoughts by person so that hereunder the writer states his own case and readers are free from any thought.

The writer tries to move hands and feet in his bed before wake up and/or before sleep, as much as possible flexibly. How to? For two hands and ten fingers: Grasp and spread repeatedly and strongly; in bed and, in bus and tram/train when neighbor people pay no attention to others' manners.

For two feet and ten toes: similarly to hands and fingers, the writer grasp and spread repeatedly and strongly; in bed and vehicles and vessels. In bed before wake up, the writer feels tired and falls into sleep once more for many minutes.

For gymnastics, the writer watches and plays various motions at 6:25-6:35 am, broadcasted by e-TV, NHK. The writer is really thankful to this televising and party.

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When the writer exercises hands and feet motions above before 6:25-6:35 am, this televising is more enjoyable. It means we need preliminary exercise before severe gymnastics, as well known publicly.

Lastly and most importantly, it is cheerful for us to rotate body and also arms. Two directions we have: from left to right or \*right-handed\* and from right to left or \*counterclockwise\*. Which do readers think better? The writer realizes, we always exercise and enjoy not \*right-handed\* but \*counterclockwise\*. Why? Spiritually or according to the Yin and Yang principle in old China, \*counterclockwise\* is positive or plus while \*right-handed\* is negative or minus.

Nature gives us positive for body. Nature is simultaneously balanced. If we eat meat and fishes too much, body turns to positive and plus so that it is better for exercise to have \*right-handed\*.

Contrarily, if we eat natural food, fruits, and vegetables, body is already positive so that we need \*right-handed\*. \*Right-handed\* relaxes muscles. Natural food, fruits, and vegetables is countermeasures of meat, fishes, medicines, and chemicals. Where can we find results of the two adverse cases?

Back of the left arm is related to stomach and intestines and, shows the result in either of two adverse cases. The right chin is related to body as a whole and, shows the result in either of two adverse cases.

The writer has experienced both cases for stomach and intestines and for body as a whole. Now today, body as a whole is too much the right chin is too relaxed and cannot chew well in the mouth with oral discomfort. Why? The writer enjoyed a two-night trip to San-Dan Isthmus hot spring, feeling of freedom and eating meats and fishes beyond of natural limit for 85 years old.

For too much eating: How to recover from human appetite? The writer cannot save appetite and later ashamed of himself, "Oh, this is human being. Human cannot control appetite." The writer's own experiments: To decrease three times to two times a day. After too much eating, no eating or fasting is best. Once a month, one can eat nothing except for natural water. Some say regular eating, three times a day is best but, not at all. Of course, every one differs so that one is completely responsible to own taking care of body.

Western and Orient culture and civilization are actually united cooperatively in the 21<sup>st</sup> century. Orient culture, strange to say, has been accumulated by agri-culture or rice-fields in old Shinto/Shintoism and a few Gods. Rice-fields produce rice and, farmers and citizens eat the seed of rice. It means human energy is given from rice seeds. Breads and wheat flour are the same. But, hunting races have to eat animals and fishes always so that blood is positive already. Even today, cattle farms and

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ranches produce meats. Cattles eat grasses and grains. It seems to be alternative route production.

However, we need one assumption such that grasses and grains have no chemical. Rice farming after the second war in Japan is surrounded by the same circumstances. Mankind, in the 21<sup>st</sup> Century, now by learning by doing, produces natural materials by using chemicals. It means we recover Nature or closer to God after experienced various routes I the past and we need tolerance in the long run. We are destined to follow the intention of God gradually over centuries, the writer understands.

### 2. Garden Lotus, Fukui, and its old culture and civilization

In olden Japan, four thousand years ago, Somayama, そま山, was a unique capital in Main Island, where lotus flowers were at their best in late July to early Aug every year. Lotus opens and its petals scatter with ten days, for the last four thousand years.

According to “*Ohjyoyoshu*,” 往生要集,(1929, 112p), ‘the lotus does not scatter petals if a watcher does not have belief and faith.’ The writer most loves this statement among Buddhist textbooks. Regardless of whether or not we have philosophy and/or religion, this statement is true. Learning by doing produces truth sine an empty theory turns to theory = practice by belief and/or faith.



Garden Lotus has a hot spring, 杣山温泉. Chinese character of somayama shows ‘tree (left)+ mountain (right).’ This hot spring differs from usual hot spring in Japan in that the establisher, cooperating with City Nanjo, 南条, uses leaves of lotus and produces a natural enzyme for water obtained deep in the ground. In short, there is no chemical used in this area, most close to Nature. Air is sweet and makes us happy.

There is one small village named Nakagoya, 中小屋, two dozen families, next to Garden Lotus along with the South hills and mountains. The current average age is more than seventy so that within a few decades this village has no population.



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The writer eagerly proposes an introduction of a small factory in this village for young persons to get joy. Every day, most of car sightseers to Garden Lotus buy specific products or natural clothes and died goods, which come from other district in broad area facing the Japan Sea. Main purpose is, of course, to recollect olden culture and civilization of this specific place. Many foreigners know this purpose and love this specific place as well as Kanazawa and Kyoto. Sightseeing is one of means for this purpose.



Individual persons and public organizations are naturally cooperative and responsible for this place to be conveyed to next generations in the long run. Remind us true PEACE and happiness.

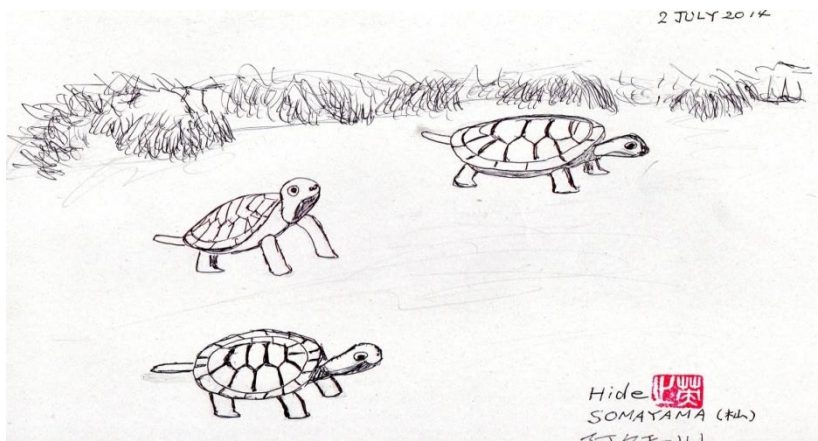








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### **3. Natural food and medicine**

The writer had spent several years soon after 1945, with almost no food to eat. The writer had to buy black-market sweet potatoes on week end days when Yamaguchi Middle School had no classes, walking more than eleven km from Station Ogori (the current New Yamaguchi) deep into Aio Futajima, 秋穂二島, facing at the Inland Sea. The writer visited this area, Spring 2013, by walking full two days but, failed in conveying thankfulness; it was too late.

At that time, a few police men and also judges died of hunger every day, on the top page of local newspapers. The writer remembers the photos even today. Public distribution of rice per day was 8 Shaku but, almost dried bananas and sugar that were converted as compensation.

The writer brought up all kinds of vegetables except for rice and wheat, borrowing waste lands and mountain fields, which the writer had to clean, climbing up sharp hills and mountains. Of course, we had to get and use human feces at several houses. The writer had to wait for Japanese persimmons' dropping when winds are fierce (to avoid thief action).

It is many years later that tongue in one's mouth never forgets natural taste over one's life time, even 80 to 90 years later. Fortunately, the writer knows natural taste since at that time there were no chemical and fertilizer in Japan, similarly to the Edo period. In this respect, tongue to taste is most close to Nature or God, similarly to nose to smell and eyes to see. These three functions are all connected in the mouth, aren't three?

At school, we had gymnastics hours every week. The teacher was kind and tender, saying "Do not join running ellipse ground if some of you cannot run without food."

The teacher knows disposal school boys (no girls at that time) fall down after half of the ground, as the writer actually did. School boys in remote countryside such as Niho had lunch box, whose volume of rice boiled is equal to rice publicly delivered per month. The writer today still remembers a sight that more than half of boiled rice was out of the rice box.

A proverb says that never forgettable food regret is beyond fearful. Nevertheless, strange to say, the writer did not feel so at that time. Why? The writer cannot answer this question. Today, the writer is really thankful to that kind of memory and remembrance. Why? If the writer have had no experience described above, he must be terribly spoiled or idly go to Heaven/the real world, without knowing the role of human life and without paying back to societies.

For reviewing the writer's three sets of books, he has researched natural agriculture field-exercise, joining a class of natural farmers. The manager is Mayumi Haseyama,

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whose brother is a company businessman for natural agriculture, Eba, Hiroshima. Now there are a few classes and private school in Japan. Shiro was once a university teacher, Hiroshima. He is a student of Satomi Hayashi. Hayashi is now more than 72 years old. When he was a young man, he went to Brazil, two hours suburb of San Paulo, capital, where he developed how to operate chicken farming and finally succeeded in its unique knowhow. Then, he spread its knowhow to all kinds of vegetable. Today, his son succeeded father's unique work in Brazil and free from staying in Brazil. Every year, Hayashi comes to Japan to pay back to Japan, patrolling and lecturing natural farmers, from North to South, main Islands.<sup>1</sup>

For example, Hayashi has a 2 meter pole and measures his pole's length between the surface and the point of bottom deep into the land, when he pierces it into the farmland. When the land is naturally rich, the length is 1 to 1.5 meters. When the land is less natural, or when microbes less live between the surface and 5 cm deep in the land. The volume is measured how easily and comfortably the pole hits the bottom. Hayashi also takes into consideration the difference of color of lands.

Every day, eight hours from 9 am to 3 pm, he is teaching with evidences stepping into farms, without compensation and with no lunch when I attended several years ago, underpopulated mountain area, Shimane, where we, 16 members spent one night together in a farmhouse, discussing questions and answers at night, with Shiro, leader.

We need an organic system concretely for natural farming over generations. Small boys and girls, and schools, public and private, are trying to do so nowadays and also through TVs and URLs.

A private school, Nazuna-no-kai, operates in the South of Oita, near the sea. Once, the writer jointed a lodge-tour to Nazuna, with Hiroshima-Nazuna members. The founder, Akamine, does not believe mass-communications from his severe experiences. Difference between Akamine's and the writer's behavior is this:

Akamine is a practical real farmer and avoids communications other than his school. Kamiryō remains a scholar/bunjin, 文人, and communicates with industries. When the *HEU* is well accepted in global and domestic societies, he appeals its essential policies first and gradually breaks down to strategies, since strategies support policies.

The writer understands Akamine's anger. It is true that natural salt solely saves human life, and with no medicines. Salt implies mother in Chinese character, where two points means nipples of body. The writer does not blame the current national

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<sup>1</sup> When time has come, the writer establishes a public institution for testing agricultural product by using system and method for analyzing chemical component, together with Mayumi Haseyama, manager of natural agriculture, whose origin is Hayashi, Brazil. The writer, from green cyclical environment viewpoint, has established Institute for Economic Policy Research (IEPR) just before retirement from the HSU, March 2003. The IEPR is one of choices.

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system for artificial/pure/chemical salt, since natural system is also right from its side. We can cooperate and never fight each other, as shown in the *HEU*. And, the writer advocates loudly, reducing selfishness to minimum level of human, natural salt to people at a time when Absolute Existence says yes.

The writer recollects Nyoichi Sakurazawa, 桜沢如一, who went to France when he was young and have lived abroad and returned to Heaven in Africa. Sakurazawa has written 64 books in French. His students and the CI Association, Japan, have published many books and also translated to several languages in the world. Natural medicine exclusively made by the Japan CI Association is trustworthy and sold by Shop Canaria, Yagenbori, Hiroshima, where the owner, Keiko Okuda, 奥田恵子, solely works for people, based on her own experiences and intuition with Bi-Digital O-Ring Test. O-Ring Test was discovered by Keisho Oomura (1934-), 大村恵昭, in 1993, whose US Patent # is 5188107. Oomura's philosophy completely overlaps the Ying and Yang principle in old China (as clarified in Macrobiotique Duide Book by the Japan CI Association).

Okuda believes in Sakurazawa's life-time exercises and accordingly, macrobiotic and lima-products. Okuda, Oomura, and Akiyoshi Igawa, urologist, 猪川栄興, are writer's domestic benefactors to save age duration of life fatal thread. The writer is alive with no medicine and with natural foods. The writer was almost died several times by surgical operations repeatedly done at the A-bomb Red Cross Hospital, Hiroshima. Igawa gives the writer some medicine just for rare possibility abroad, tenderly saying "You drink no medicine." He is a naturalist so that in holidays visits mountains to gather wild grass and herbs. His father was a teacher and manager, the Saijo High School, Iyosaijo, whose last pupil is Shizuko Ishida. Unseen threads connect several benefactors each by each, surrounding the writer.

The writer<sup>2</sup> was connected with her after an event was held in Temple Taiko, whose sponsor is the World Buddha' Ashes Association. Okuda makes several kinds of natural breads every day except for Sunday.

Guests are many wives of western doctors, popular hospitals, private and public,

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<sup>2</sup> The writer had to suddenly accept a leader, Hiroshima, since scholar is neutral to the people. Actually, Keiko Nakagawa, 中川圭子, an architect, was planning everything. Her husband, an architect, is part-time professor of architect –design at a university, Hiroshima. Their son has architect license so that Nakagawa family has three architects. Their daughter, Shiho 詩歩, is a worldwide musician, now lives in France. Keiko is now planning a concert on 2 Aug 2015. The place is close to a unique stream of seven rivers running through downtown Hiroshima. Keiko believes that water cleans *PEACE* universally and spiritually. The writer recollects, water = human is cube standing on earth = square in Japanese civilization (in detail, refer Mt. Koya, 1200 Buddhist Kobo Anniversary who visited old China, Tau, first in 798-799 AD). By the way, Keiko's own source comes from one branch of family Kamiryo (for some years, North of Hiroshima and South of Shimane).



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Hiroshima area. Guests are also patients who were given up by doctors and medical practitioners. These patients come to this shop by hearing from someone's mouth.

The writer sometimes eats and drinks Japanese white natural radish food and soup which are best for kidney, liver, pancreas, and spleen. The writer stays at the Shop when he has enough time to the next appointment. The writer hears conversation among/between guests. Guests are just like families, trusting each other and learning each other. For example, husband (internal doctor) secretly desires; please dear wife, never accept cancer operation in the case of declared cancer. And, when his wife chooses yes or no to cancer operation in the case of declared cancer, please dear husband, do refuse, definitely. This is because operation shortens life-time while non-operation does not and, because non-operation results in much longer family life than operation. Nevertheless, doctors cannot say this fact openly since doctors must maintain hospitals and operate personal businesses. This is the current world today but, hearing from someone's mouth to month will be privately allowed.

Okuda operates the fingers-ring test using two hands, before buying natural vegetables, materials, and foods. Why?

The inventor of the fingers-ring test is a man born in Toyama, Japan. The inventor soon after he found this unbelievable body technique went to the US, where he was successful in his proposal. Why?

Body differs by person in this world. Each person has his or her own characteristics of body. Further each person's characteristics changes continuously, day and night; just like goods and services that vertically obey the market principles. Strange to say, the fingers-ring test measures yes or no of body-reaction immediately and intuitively. Body-reaction is just similar to God' and, never missing or mistake.

The US Congress and Parliament bravely determined a law such that an internal doctor cannot open his or her business without passing the national examination of the fingers-ring test, just like car-license in the world by country. Old and experienced internal doctors in Japan, at the beginning, attach importance to asking-body conditions and stethoscope.

What is the essence of natural and social science wholly acceptable in the world? This was clarified in BOX 1-3, page 11, Chapter 1, the *EES*, 1st edition, 2013, lxviii+568. The title is Cross-Roads Scientific Discovery (C-RSD) Diagram: positioning of natural, social, and behavioral sciences on a two dimensional topology. The writer is thankful to editors' great efforts, here once more.

#### **4. Body motion**

At least one to two minutes every day, it is better to fast and sharply shake both (left and right) hands; up and down and also, gradually bending both knees low and high. Further, it is better to move muscles, in particular muscles that are usually fixed without its use. These movements come from the Ki and also yoga.

The writer list up some of good exercises as follows:

- (1) When we go up and down stairs, let the middle bottom of shoes touch the 90 degree angle of stairs slowly. Then, both backs of knees feel elastic and relaxed comfortably.
- (2) Let the top of both leg fingers move open and closed as well as those of hand fingers. We can move legs and hands simultaneously, after accustomed.
- (3) Set the center of gravity low, by indenting naval, similarly to breathing above. Then, we do not turn down in a rainy day or tired too much. Eventually, body is balanced easily.
- (4) Let posture straight. Then, body is balanced naturally. But, how easily? Let both arms back and prolong both arms in the back and also, grasping both hands in the back.
- (5) Let push strongly fingers each by each with the other finger's nail. How? First, on the finger close to each nail and second, the side of each finger.
- (6) Let repeat open and close each hand strongly and fast whenever we are in bed before and after sleep, similarly to eyes (see, separated point).
- (7) Let roll body, back and face, repeatedly, laying body down on bed or floor.
- (8) Combine body movements with breathing and eyes, after accustomed and when the spirit is relaxes and smiling. Smiling is the best proof of balanced everything.

#### **5. Body health beyond visible range (A summary)**

The writer's wife does yoga. The writer is thankful to her efforts to train her body even if we are getting older over years. We intuitively feel what we are doing daily, without questions (i.e., think of others much more than oneself). Human is most happy if he or she is vivid and at a moment return back to Heaven.

Yoga and the Ki are connected with each other. The writer realizes that these exercises do not prolong person's span of life. It is said that the span of life is predetermined by person. Then, what prolong the span of life?

The writer intuitively thinks that the span of life prolong by God and Absolute Existence when a person's life is necessitated for future right direction of mankind or when a person exercise whatever he or she cooperatively exercises for societies, the Earth, and the countless universes.

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Shrine Ishizuchi teaches us; God see us, so that never proudly talk whatever he or she exercises every day and just think of *PEACE* in mind and talk *PEACE* person to person, similarly to late Goi Masahito.

Really whatever God thinks good for human is common to all the religions and philosophies. This is because everything comes from One or God. Concretely to say, not shapes but an immovable belief to support good speech and action.

### **6. Discovery of a dentist unique in the world (on28 Oct 2015)**

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

Resultantly, the writer 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 writer's 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 the writer asked simple questions to Takemoto. The answer was: The writer 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 writer's 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.

Writer's 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 writer's



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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 おはぐろ,’ which started in the age of Heian, roughly 1300 years ago in Japan. The writer understands coming **thirty-two** years’ return-work that just started on 27 October 2015, through Dr. Takemoto’s indomitable resolve.



## Human Medical-Care, Good and Bad

How does human medical-care transform 'Bad' and direct 'Good,' immediately in reality?

There is a golden saying in England that the number of medical doctors' killing brethren is much larger than those numbers healing brethren. We have lots of medical-care institutions, private and public, globally in the world today. Their direction of policies and strategies seems to turn to good from bad, the writer (Kimiryo) understands. This fact is not a compliment but expresses human's improving consciousness and learning by doing, endowed with the variety.

This manuscript intends to sketch the whole picture and story in this viewpoint. The writer happily feels much better, living in the 21<sup>st</sup> century. The absolute-Existence tests brethren and, brethren have freely kept a variety of free thoughts by brother.

A problem is this: If brethren, in great haste, want to execute a way of improving actual phenomena, results must be miserable. In the business world, companies earn money with employees. Medical industry, hospitals, government-oriented many industries cannot continue to each business.

First of all, if consumption and consumption per capita increase steadily then, the current policies and strategies must be good. However, in reality, all the phenomena show the revered causes = results, from the viewpoint of 'purely endogenous.' Then, it is correct and righteous for brothers to take both-sides of medical-care reformation and also consumption sustainability; slowly step by step, like a walking of turtle. Brothers and brethren must have generosity and tolerance mutually and cooperatively.

Now under these conditions and assumption, readers might realize the following discoveries and facts that mankind has produced for the last four thousand years and typically in agri-cultured Japan that produces rice, from terraced rice fields in mountains to flat near inland sea and open sea.

### **Discoveries and facts towards true healthy life:**

- 1) Nearer to natural avoiding, chemical seasoning. Note, paste such as sausage and boiled fish paste include chemicals. Already, some companies have globally made natural products.
- 2) Weak bodies are better. Why are these? These excrement bad materials.
- 3) Catching a cold is better than never catching. It takes two weeks for the catching to out of body, regardless of taking medicine or not. No medicine is better since body can accumulate recovering power within body.

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- 4) It is said, no disease in life like superman. This is wrong. Why is it? Bad materials are accumulated within body so that even doctors give up all of possibilities for recovery.
- 5) Operations must be avoided. Regardless of operations, life-span is the same. And, there is some probability to lose life when we take operations, except few cases. Good doctors know this fact but, they cannot declare this fact openly.

### **Not hurry-up steps realizing better policies and strategies towards healthy life:**

- 1) Let us change yearly policies and strategies using money and resources, and materials.
- 2) Let us take advantage of local and area system-reform rather than concentration system. The writer admits we feel this tendency understanding from experience.
- 3) Let us accept whatever given generously and tolerantly among brothers. This is royal road towards a Utopia economy in reality (see another manuscript to Tao, Lao-tse Lao-tzu, and Yin-Yang in old China).
- 4) Brothers are born and mankind cannot control and should not manage. It is sacred by nature.





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