

# AFTERNOON TEA

## 千里の道も一歩から

西南女学院大学保健福祉学部栄養学科

岡部 明仁

名古屋大学大学院医学系研究科リハビリテーション療法学講座の石田和人先生からバトンを受けました。西南女学院大学の岡部明仁と申します。石田先生とは、私がまだ奈良先端科学技術大学院大学の院生のころ、派遣大学院生としてお世話になっていた名古屋市立大学医学部第二生理学講座（当時、西野仁雄教授主催）で一緒にさせていただきました。西野先生のお人柄もあり、同じ研究室の一員として、教室セミナーや学会発表、忘年会や草野球大会など楽しく過ごさせていただきました。わずか2年弱の在籍でしたが、今でもその当時いらっしゃった先生方とは年賀状やFacebookなどで交流を続けさせていただいております。

学部で昆虫を用いた電気生理を学んだ私にとって、奈良先端大そして名古屋市立大学で見るものが初めてのものばかりで、マウスやラットを用いた研究の現場とは、かくも多種多様な機器を駆使して行うものなのかと大変衝撃を受けました。幸いなことに、お世話になった先生方は、皆さん大変親切に実験手技、研究の進め方、トラブルシューティングなど様々なことを教えてくださいました。そのようなご指導の中から、何事も一足飛びということではなく、地道に一歩ずつ歩まなければならないことを、この時期に学んだのだと思います。この頃の私は、夜中までクリオスタットで脳切片を作成し、*in situ* ハイブリダイゼーションに明け暮れていました。桜の花びらのような脳の切片を一枚、また一枚とスライドグラスに貼り付けていくたびに、「千里の道も一歩から」という言葉を思い浮かべ、修行にも似た時間を過ごしました。しんどかったのですが、不思議と研究や実験をやめたいと思ったことはなく（まあ、口が悪いので文句は多かったと思いますが…）、いつ

も心の中では「どんな結果が出るかな?」とドキドキしていた記憶があります。

その後、環境にも恵まれ浜松医科大学→ドイツ留学→兵庫医科大学→琉球大学医学部と渡り歩く間に、脳スライス標本を用いた集合電位記録だけでなくパッチクランプ法も学ばせていただき、形態と機能の連関を強く意識するようになりました。現在は、延髄舌下神経核の発達過程における細胞内  $Cl^-$  濃度変化の役割について興味を持っております。胎児から生後1週齢のマウス延髄の急性スライス標本を用いて、舌下神経核で記録できる呼吸様リズム発火の発達変化や、舌下神経核の運動神経細胞の細胞内  $Cl^-$  濃度変化を検討しています。また、本年（平成29年）4月より西南女学院大学保健福祉学部栄養学科の教授を拝命いたしました。新たな環境に身を置くことになりました。異動して間もないので、大学の中のことですら右も左もわかりませんが、研究・教育・生活の立ち上げに忙しい日々を過ごしております。今後は、立派な管理栄養士を育てるべく教育・研究に邁進し、学生さんたちと一緒に勉強・成長していきたいと考えています。華やかなこと、効率の良いことに目を奪われがちになるこの頃ですが、一歩一歩地道に足元を踏み固めながら、ゆっくりでも良いから前進し続けていくことの大切さも学生さんたちに伝えていきたいと思っています。PROFILEと内容が大幅にかぶってしまいましたが、私の取るに足らない雑談に最後までお付き合いいただきましてありがとうございます。この辺で次の先生にバトンを渡したいと思います。失礼します。



## 一 研究生雑記

名古屋大学環境医学研究所神経系分野 II

若月 康次

中部大学生命健康科学部の那須輝顕先生よりバトンをいただきました。

那須先生とは前任教授の水村和枝先生の勉強会等で数年前からお会いしていたのですが、実はお話をさせていただくようになったのはつい最近です。今では研究室で世間話もする仲になりました。那須先生のお陰で寂しい思いをすることなく夜間の実験ができています。

私は柔道整復師（所謂接骨院の先生です）というコメディカル業種で、国家資格取得後、整形外科や接骨院で骨折や脱臼、捻挫の処置や腰や肩、関節の痛みを訴える方へ施術をしていました。多くの患者さんを見る中で、いつの頃からか「痛み」そのものに興味を湧きはじめ、故・熊澤孝朗先生主宰の痛みの研究会に行き衝撃を受けた事が昨日のこのように思い出されます。

それから時は流れて2013年より現在の山中章弘先生の教室に入入りさせていただくようになりました（熊澤先生の元教室だとは知る由もありませんでした。偶然の賜物です）。

山中先生をはじめ、多くの先生方にご指導して

いただけるという幸運のもと、現在も日々研究をさせていただいております。

私は普段、夕方まで専門学校で講師をしており、夕方から深夜まで実験をするというスタイルなので、なかなか思うように進まない事もあります。私の後から入ってくる大学院生もどんどん実力をつけていき、先に卒業してしまいます。果たして仕事と研究の両立は可能なかと落ち込んでいた時期もありましたが、当時、当教室で講師をされていた田口徹先生が、若い医療従事者対象の講演時に「石の上にも三年」と言われているのを聞き学生時代に熱中した空手の師範が「三倍努力」と言っていたのを思い出しました。それからは、「石の上にも9年！10年！」と前向きに考えるようになりました。決してゆっくり研究していけば良いという甘えた意味ではなく、出来の悪い私は他人の3倍努力して、10年頑張っただけで初めて分かることもあると思ったのです。

幸運な偶然に恵まれて始めた研究活動なので、楽しみながらコケの一念で歩み続けていこうと思っています。



## A brief reflection: my experiences in Japan

鳥取大学医学部医学科生理学講座適応生理学分野

Ezomo Ojeiru Felix

I believe I must start with a self-introduction. I was born on the 10th day of the 3rd month of the year almost 4 decades ago into the Royal family of Ezomo. I was given the name “Ojeiru” meaning

“I am a King”.

I grew up in a family of eight, father, mother and 5 siblings but there was never a time when the population of my home was less than 15. This

was because we always had relatives staying with us for many different reasons, ranging from holidays, school or work. The number usually rose to about 20 during the holidays.

I had my basic education, secondary and part of my tertiary education in my home country (Nigeria). As a child growing up in Nigeria, I always dreamed of becoming a medical doctor in the army. I have always loved the military. I like the command structure, the way the soldiers carry themselves, the air of confidence, pride and sometimes arrogance that they exude thrills me. I mustn't forget to note that I love the finely pressed uniform too.

I tried had to join the military but alas! No matter how had I tried, I was never able to join for someone without connections it is rather difficult especially if you are trying to go in via the short officers' course rather than through enlistment. So, no matter how hard I tried I was never able to become either or both. I guess I wasn't fated or destined to be either.

Owing to my upbringing which was especially rooted in the core African belief that "children are to be seen but not heard", I rarely and even up till date express my opinion on issues unless expressly asked. African children like soldiers obey orders and scarcely question authority.

This culture permeates our daily lives to the point where even as university scholars, we don't and cannot fully and freely interact with most of our lectures and professors like I have seen happen here in Japan. A number of times, I am filled with envy when I see the level of interaction between teachers and students and this has me always hoping that things back home would change so that students have better and freer access to their teaches.

So, far the educational system (I am been honest but not unpatriotic) we have can be likened to a caste system involving the Staff and the stu-

dents. The Staff cadre is divided into academic and non-academic, senior and junior. Even housing allocation is done in such a way that you can scarcely have junior staff living in the same area as senior staff or non-academic staff in the same area as academic staff. Unlike Japan where students can use the same toilet facility(ies) with lecturers, the toilet facility(ies) is/are reserved for the staff and they are under lock and key with only the staff having access to the key(s). Students can't and don't use the same recreational facility(ies) as the staff.

In fact, we have what is known as the senior staff club and of course only the senior staff makes use of it. The same goes for the parking lot. Students do not have any parking lot as they are not expected to; or rather, it is assumed that they do not own cars. Looking at this system carefully, you can clearly deduce that it is all about power and this is the system that was bequeathed to most if not all British colonies in Africa.

Enough about the system and back to me!

I am naturally a quiet, timid fun loving shy person. In the past I have been described by various individuals as "an introvert", "a hermit", "a social recluse", "melancholic" and "proud". I must however state, that all these descriptions were based on first impressions and from points of view of persons who never really truly knew me but once they got to know me, all their fears were disabused and the descriptions changed to "very engaging", "prophetic", "interesting", "playful", "friendly", "witty", "funny", "respectful", "understanding" and "kind" amongst others but I would leave you to make your own judgment (smile).

I arrived in Japan some 12 years ago and if you ask me, "how is life in Japan?" I believe my response would be, "I cannot complain". I am by nature a happy person.

I have had quite a number of experiences

though and to describe them I would have to borrow a title from the famous Hollywood actor, Clint Eastwood. I would describe them as “The good, the bad and the ugly” and then “the funny”.

The ugly experiences, I think I would do well to keep out of here!

The bad, I think involves wondering why some folks in the same building and or on the same campus who I have known since I was a student, have for almost twelve years never once responded to my salutations which I mostly, if not always, express in Japanese. I tell myself that such individuals are so busy that they are lost in thoughts and did not notice rather than allow myself to believe that they are just being naughty (where naughty = racist).

I have met quite a number of naughty people though, ranging from the folks who cross over to the opposite side of the road, to avoid walking on the same path with me, to folks who just stare ceaselessly and then ignore me when I express some salutations at them or the overly anxious waiters or waitresses who insist on taking my order in English when I have already clearly indicated in Japanese my choice of meal or drink.

I take all these events and happenings with an open mind; it's not my place to judge anyone. The world is complicated enough already and my mind is just too busy to accommodate any further turmoil.

Anyway, another on the list of bad; involves being bilked up till date by someone for a minor accident that did not even result in any form of damage. I was given to understand that not going (with some sweets and biscuits) to further express apology at his home or office for the accident is the reason why he is claiming to be suffering from neck pains from an incident that did not result in any form of whiplash.

I am a patient person who strongly believes in the law of Karma and retributive justice. I al-

ready know Karma is going to get him! What goes around comes around!

Yes, I have met some weird people but I am glad that from an early age, I was taught the difference between “a man and a people”. One bad man doesn't make all men bad and of course, one good man doesn't make all men good. I therefore do not judge nor generalize on a race of people based on the actions of an infinitesimally few number of persons.

The good includes meeting so many great, friendly and caring people over the past twelve years; top of the list is my beautiful wife and the wonderful children that God has given on this island country.

Learning to count in Japanese, can and I guess should also be chalked up on this list also. Permit me to share a short story about this.

I had gone shopping on my own for the very first time, at the Yayoi Supermarket in Yonago and after picking up all the items I needed, I approached the counter and the clerk in very brisk Japanese told me how much I had to pay.

I must confess; I was completely lost! So, I did what I guess anyone in my shoes would do, I took out my wallet and handed it over to the lady who in turn felt not only shocked but uncomfortable. She however, upon my insistence took the purse and proceeded to bring out all the bills and coins while I pulled out my ever-ready note pad and pencil and took notes, as she showed me each bill and coin and told me their respective names before finally taking out the due payment, not a yen more, not a yen less.

This completely blew my mind, “this definitely, can only happen in Japan”.

Also, imagine walking into a roadside shop and asking for directions only to have the person put his/her work on hold and then guide you all the way to your destination!

Again, this can only happen in Japan. I make

bold to declare that the Japanese are very kind people 本当に優しい人々です。

As for the funny, I guess, the questions I have been asked over the years since arriving in Japan. I would limit this to questions asked by nursery school pupils.

- 1) Why are you black?
  - 2) Have you ever seen a TV before coming to Japan?
  - 3) Have you ever seen a car before coming to Japan?
  - 4) Do you have a tail?
  - 5) Do you live with lions and elephants?
  - 6) Did you get sun burned?
  - 7) Can you climb trees?
  - 8) Did you wear clothes before coming to Japan?
  - 9) Why is your hair not like mine?
- And most recently,
- 10) You are black! Is your \*\*\*\*\* also black?

Children are indeed very curious aren't they? I got the feeling that more books introducing children to other races need to be written.

I have worked in the educational system in Japan from the nursery school level to the junior high school level and whilst I love how children are given the opportunity to express themselves, I have also noticed that there is no real academic competition in the schools and yet these children are expected to compete in the real world! I feel the children are been kept from the basic truth of life which is that "Life is a race".

I spent about three years teaching English with the mindset of giving back to a community that has given so much to me. In the course of

this activity, I came to realize how disjointed the English curricula is. There is neither a connection between the nursery and the elementary nor between the elementary and the junior high in terms of the English curriculum thus making the study of the English language unnecessarily difficult and uninteresting to pupils and students alike.

A teacher at one of the schools told me he had no understanding why the students were having difficulty with the English language and I responded that the curriculum was faulty. He trying to defend the curriculum (I guess out of loyalty) said that it is the same curriculum that has been used for many years, to which I responded quoting the renowned Albert Einstein "doing the same thing over and over again and expecting different results is the definition of insanity".

Although, I have many other stories about life in Africa and of course, life here in Japan, I guess I'll do well to save them for another day.

However, I would like to let you know just a tiny bit about my beliefs. Well, I believe in God (but not in religion and definitely not in the big bang theory nor in evolution), hard work, discipline, friendship and a host of other things I wouldn't want to bore you with.

I also believe that "all work and no play makes Jack a dull boy". Believe me, it would be nice to have a beer with you and discuss about a host of topics someday.

Please be yourself, feel free not to respond to my salutations as this piece is not intended to compel you to respond [(-)].

I hope you enjoyed your tea.