

## Preventing Heat Stroke

During Tokyo's sweltering summer season, it's possible to get heat stroke either outdoors or in hot or humid indoor areas. To prevent heat stroke:

1. Avoid hot places. When going outside, wear a cap and stay out of the sun.
2. Wear loose-fitting, water-absorbent clothes made of natural fabrics.
3. Drink plenty of water and sports drinks to replace fluids and electrolytes you lose when you sweat.
4. Avoid intense physical activity when you're tired or low on sleep.
5. Be especially careful when the temperature suddenly increases after repeated cool days.

### Symptoms

Common symptoms include dizziness, lightheadedness, headaches, nausea, fatigue, fever, seizures, and confusion.

### In case of heat stroke

- Move to a cool place immediately. Drink sports drinks to replenish water and sodium.
- Loosen your clothes, and cool down your body with water or ice.
- In case of serious symptoms such as seizures, unresponsiveness, or being unable to drink water on one's own, call an ambulance and seek medical attention immediately.

## Disaster Prevention Drill

September 1st is Japan's national Disaster Prevention Day (防災の日, *bōsai no hi*), and each year around this time Meguro City carries out a "Meguro City General Disaster Prevention Drill". The drill includes handling of equipment and materials, provision of emergency foods, rescue operations, experiences in an earthquake simulation truck and fire simulation house, and other exhibitions. Interpretation will be available. As it may be quite hot on that day, participants should wear a hat and drink plenty of liquids.

### Meguro City General Disaster Prevention Drill:

Date and Time: Sunday, September 2nd, 2018, 9:00–11:30 a.m.

Place: Higashiyama Junior High School (1-24-31, Higashiyama, Meguro-ku)

\*In case of bad weather, the event may be suspended. Please check Meguro City's website to confirm whether it will be held as planned.

## Swimming Pools

Meguro municipal pools are open to the public and can be reserved for groups. Swimming classes are also available

### <North District> Komaba Swimming Pool

\*25m indoor heated swimming pool  
2-19-39 Komaba TEL: 03-3485-7761 FAX: 03-3485-3926

### <East District> Meguro Citizens Center Swimming Pool

\*25m indoor heated swimming pool  
\*50m/Children's outdoor swimming pool  
2-4-36 Meguro TEL: 03-3711-1139 FAX: 03-3711-2594

### <Central District> Gohongi Elementary School Indoor Swimming Pool

\*25m indoor heated swimming pool  
2-24-3 Gohongi TEL/FAX: 03-3714-8511

### <South District> Ishibumi Elementary School Indoor Swimming Pool

\*25m indoor heated swimming pool  
1-18-4 Himonya TEL/FAX: 03-3793-2606

### <West District> Midorigaoka Elementary School Indoor Swimming Pool

\*25m indoor heated swimming pool  
2-13-1 Midorigaoka TEL: 03-3718-3130 FAX: 03-3723-8744

Outdoor pools are open July 1st–September 10th.  
\*Opening hours and fees for each pool are available on the Meguro City website at [www.city.meguro.tokyo.jp](http://www.city.meguro.tokyo.jp).

\*Telephone inquiries at the above numbers can be made only in Japanese. For help in English, please call 03-3715-1111.

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<https://www.lifein.tokyo.jp/en/>

### Foreign Residents Information Desk

Main Building 1F, Meguro City Office 2-19-15  
Kamimeguro Meguro-ku Tokyo  
<http://www.mifa.jp/mifa2/gaikokujinsodan2/2E.htm>

# Kaleidoscope MEGURO

Vol.007 July 2018

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## Star Festival Tanabata Matsuri

On either July 7th or August 7th, we celebrate the Star Festival (Tanabata), by writing wishes, often in the form of poetry, on strips of paper that are in 5 different colors and hanging them on bamboo. In Meguro City, you can see these decorations in public areas such as Suzume no Oyado Ryokuchi Park (スズメのお宿緑地公園), gymnasium and some private houses. Let's enjoy the star festival which marks the beginning of summer!



The Star Festival is derived from a romantic myth that God allows the two star-crossed lovers, Altair of Aquila and Vega of Lyra, to meet just once a year on the night of July 7th.

This celebration is customary in many parts of Eastern Asia, such as China, Taiwan, Korea, and Vietnam. In Japan, the Star Festival is thought to have started in the Nara Period (8th century) when Chinese tradition and Japanese faith combined, and later spread throughout the country during the Edo Period.

Today, large scale star festivals are held all over Japan, mainly targeting tourists and shoppers into local stores. Famous ones are in Sendai in Miyagi Prefecture and in Hiratsuka in Kanagawa Prefecture. The following star festivals are held near Meguro City:

### Asagaya (阿佐ヶ谷) Star Festival:

Place: Around JR Chuo & Sobu Line Asagaya Station, Sugunami City  
Access: JR Chuo & Sobu Line Asagaya Station  
Date: Around August 7th

### Shitamachi (下町) Star Festival:

Place: Kappabashi hondori (合羽橋本通り) Taito City  
Access: 10 min walk from JR Ueno Station, 5 min walk from Tokyo Metro Asakusa Station  
Date: Around July 7th

Since July 7th is a rainy season, the festivals are often postponed to August. If you plan on attending, please visit the website in advance to confirm the exact date of the festival.

## Midsummer Day of the Ox Doyo-no Ushi-no Hi

Is there a custom of eating eels or *unagi* (うなぎ) in your country?



Japanese people love eels. It is said that Japan's eel consumption accounts for about 70% of the world's total. Midsummer Day of the Ox is widely recognized as a special day for eating eels, though they are eaten through the year. On this day, various boxed lunches of eel and rice are sold at supermarkets and convenience stores and many eel restaurants are crowded with customers.

*Doyo* refers to the period between two seasons and *ushi* means the day of the ox. Both terms derive from the ancient Chinese calendar. *Doyo* and *ushi* fall on the same

day several times a year.

Then, why has only the day of the ox in midsummer *doyo* become an eel-eating day?

There are many sayings but this is the most famous one. Gennai Hiraga, an Edo-period

genius inventor called Japan's Leonardo da Vinci, wrote the catchphrase "Today is Midsummer Day of the Ox" to advertise an eel restaurant suffering low sales in summer, which received a high reputation amongst the people. In those days, it was already said that eating something with *u* (う) on the day of the ox makes people energetic, which Gennai might have paid attention to. As other eel restaurants copied this catchphrase, Midsummer Day of the Ox gradually became a special day for eating eels, which has continued up to the present.

Eels are cooked in different ways, but Japanese people's most popular style is *kabayaki*. The aroma it gives off from the char-broiled salty-sweet sauce is so stimulating to our sense of smell that we cannot resist the temptation of eating it.



In 2018, Midsummer Day of the Ox comes on July 20th (Fri.) and August 1st (Wed.). Why don't you try it out?



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## Morning Glory Market & Lantern Plant Market

Morning glories or *asagao* are large flowers of various colors that bloom in summer morning. It is also enjoyable to grow and view them in pots. In Japan, many children experience growing them in elementary school. So, morning glories are one of the flowers people feel most familiar with.



These days, more people use them as greenery sunscreen curtains for summer by letting their vines grow on window nets.

### Iriya Morning Glory Festival (Morning Glory Market):

Date: July 6th – July 8th from 5 to 11 a.m.

Morning glories – as the name suggests – bloom early in the morning and wilt in the afternoon.

Place: Kototoi-dori Street, centered around Iriya Kishibojin (1-12-16 Shitaya, Taito-ku)

The street is lined with 60 morning glory vendors and 80 stalls. The festival bustles with an average of 400,000 visitors every year



Chinese lantern plants or *hozuki* are also seen in summer. Their orange clusters, which are not flowers but inflated seed pod, contain orange-colored fruits. Lantern plants, just like real lanterns, are decorated during the Bon period (when the souls of the dead are believed to return home). In summer, lantern plant markets are opened in

many places in Japan: In Tokyo, one held at Senso-ji in Asakusa is well-known; another held at Bishamonten Zenkoku-ji in Kagurazaka is tied up with Kagurazaka Festival in the neighboring shopping street.

### Senso-ji Lantern Plant Fair:

Date: July 9th – July 10th from morning to late at night

Place: Senso-ji Temple (2-3-1 Asakusa, Taito-ku) Three minutes walk from Asakusa Station of Tokyo Metro Ginza Line

The origin dates back to the Meiwa Period (1764 – 1772). The date of July 10, called *shiman rokusen nichi* (46,000 days), is the most virtuous one of the twelve merit days set in a year because visitors on this day are said to have 46,000 days' worth of merit.

### Kagurazaka Lantern Plant Market:

Date: July 25th – 26th from 5:30 to 10:00 p.m.

Place: Bishamonten Zenkoku-ji Temple (5-36 Kagurazaka Shinjuku-ku) & around the temple  
Seven minutes walk from West Exit of JR Iidabashi Station

## Marine Day Umibiraki (Opening the Beach)



Recently in Tokyo, swimming has become an all-year-round activity, such as at our local public swimming pools, or at private fitness clubs. However, not too long ago, we used to have to wait until the summer to swim in the swimming pool of our school, in the sea or in the river. Many of us have fond memories of going swimming in the sea with our families. Beaches near Tokyo, such as Shonan Beach or beaches in the Miura Peninsula in Kanagawa Prefecture or Chiba Prefecture, are very popular, crowded spots in the summer. How about creating some fun memories by enjoying swimming in the sea?

**Marine Day** is now recognized by law as a national holiday, observed on the third Monday of July, for the purpose of showing gratitude for the bounty of the sea and wishing for the prosperity of Japan, a maritime nation. This law was passed in 1995, and came into effect in 1996. Marine Day was first enacted to be on July 20th, but in 2003, the date was changed to the third Monday of the month in order to create a three-day weekend in accordance with the "Happy Monday System". July 20th is well-grounded in history, being celebrated as *Umi no kinenbi* (the Anniversary of the Sea) before it became an official national holiday. On July 20th, 1876, the Meiji Emperor returned to Yokohama Harbor, not on his usual warship, but on a lighthouse patrol ship called,



Meijimaru. Thus, "The Anniversary of the Sea", was established in 1941 to commemorate his return.

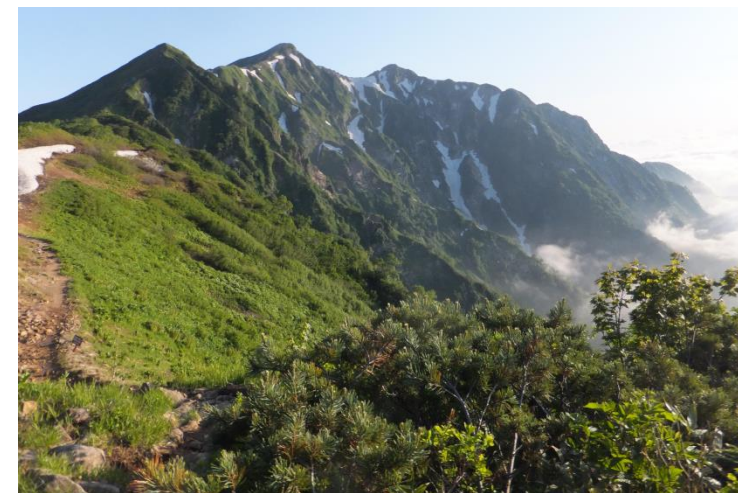
**Umibiraki (opening the beach)** marks the start of swimming season as the ocean beaches open to the public. On *Umibiraki*, religious Shinto rituals are held on various shores, praying for the safety of beachgoers. As the Japan Islands stretch a long way from the north to the south, the day of *Umibiraki* varies from place to place. It is generally held on July 1st in Honshu, but in Okinawa, where the climate is warm, *Umibiraki* is held in March or April.



The earliest *Umibiraki* is held on January 1st, and has been held on that day since 1982, in the Ogasawara Islands, small southern islands in Metropolitan

Tokyo. When the beaches open, various safety measures are taken, such as stationing safety guards and lifeguards and setting shark or jellyfish-detering nets. Crowds of happy beachgoers congregate in temporary cottages, or what we call, *Umi-no-ie*, to rest, change clothes, and to purchase and enjoy food and drinks.

## Mountain Day Let's Enjoy Japanese Nature!

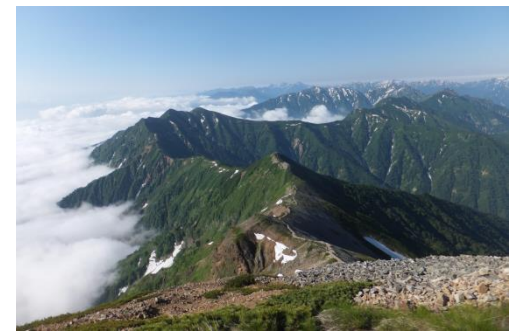


Kashima Yurigatake

August 11th, do you know what day is it? It's a national holiday in Japan called "Mountain Day". It started in 2016 to provide opportunities to come close to and appreciate blessings from the mountains.

Mountain hiking can maintain and enhance your overall health; it is also believed that immersing oneself in nature has a relaxation and stress reduction effects. In Japan, around 70% of the land is mountainous, which means just a short trip away from downtown, you can find yourself in the heart of nature and enjoy mountain hiking.

If you're a beginner, it is recommended to go for a walk at the country side, or go on a hike in mountains with a lower altitude. Then you could challenge



Ushiro-Tateyama-Renpo

climbing higher mountains. Even for people who are not confident with their stamina are able to approach the summit by ropeway; enjoy a hot spring and local gourmet food after the hike. You can definitely feel the great mother nature when you are standing in front of the magnificent view of mountains and beautiful alpine plants.

Here we would like to introduce Mt. Fuji which we believed many people would like to climb at least once in their life. It is located near Tokyo and can be seen from Meguro City in good weather condition. Mt. Fuji has been a symbol of Japan for a long period time, as it is the highest mountain in Japan with an altitude of 3,776 meters (12,388ft) above the sea, and has the most beautiful shape of a composite volcano.

Mt. Fuji attracts around 250,000 to 280,000 climbers each year and is also the most popular mountain in Japan. Since altitude between the starting point and the summit is more than 1,200 meters (3,937ft), it is necessary to have sufficient physical strength and beware of mountain sickness. Climbing Mt. Fuji without the proper equipments and a climbing plan is extremely dangerous, please prepare well in advance

As there is a 20°C (68F) temperature gap between the ground and the summit, the temperature on the summit may fall to 0°C (32 F) at night time in August. Therefore, cold protection is mandatory even in summer. Before departure, make sure you have all you need to survive, such as trekking boots, rainwear, alpine hat, head lamp, water, easy-to-take snacks, etc.

Mt. Fuji is accessible in 2018 as follows:

### Yoshida Trail:

Period: from July 1st to Sep 10th

### Fujinomiya/Subashiri/Gotenba Trails:

Period: from July 10th to Sep 10th

\*The above may change subject to weather and trail conditions. The trails and huts are closed for the remaining of the year and climbing is prohibited.

For further details and latest information, please access the website below.

<http://www.fujisan-climb.jp/en/index.html>

Mt. Fuji is not the only mountain in Japan. There are a lot more attractive mountains all the way from Hokkaido to Kyushu. Use this opportunity and enjoy hiking on "Mountain Day!"