



# JOURNAL OF THE ACADEMIC SOCIETY FOR QUALITY OF LIFE (JAS4QoL)

2018 Vol. 4(I) 4:1-1

## A Grandmother's Heritage

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Citation: IKEGAMI, C. A Study of Modern Healthcare for People by Analysis of the Kampo pathological theory on "Ki-kyo" and "Ki-utsu" *JAS4QoL* **2018**, 4(1) 4:1-1.

Online: <http://as4qol.org/?p=2084#art4>

Received Date: 2018/04/01 Accepted Date: 2018/04/01 Published: 2018/04/01

### **2018 International Conference and Cruise**

- The 2018 International Conference on Quality of Life will be a **5-night Genting Dream Cruise** leaving **Sunday, Sept. 2nd, 2018** from Singapore, visiting Malaysia, Cambodia, Laem Chabang in Thailand, and returning to Singapore on **Friday, Sept. 6th, 2018**.
- We are now calling for papers. Proceedings as well as photos and other information from past conferences can be found at <http://as4qol.org/icqol/2018/>

*By special arrangement with the cruise operators, Conference attendees will receive a one-time special discount. Full details to be [as4qol.org/icqol/2018/accomodations/](http://as4qol.org/icqol/2018/accomodations/).*

24 Jun & 2 Sep 2018

### **Palau Redang – Sihanoukville – Bangkok Cruise**

(5 nights, Sun – Fri)

DAY	DESTINATION	ETA (Local)	ETD (Local)
Sun	Singapore	–	1800
Mon	Pulau Redang	1100	2000
Tue	Sihanoukville	1100 (1000)	2000 (1900)
Wed	Bangkok (Laem Chabang)	0900 (0800)	2100 (2000)
Thu	Cruising Day	–	–
Fri	Singapore	1200	–



**Wisdom (Philosophical) Note:  
As I Was Passing ...**

## A Grandmother's Heritage

Sako IKEGAMI

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My late mother once shared some advice she received from her aunt, my great-aunt.

Morita had been born the daughter of a famous physician in Shinshu, Nagano and went on to marry my maternal great-uncle Toshiro, an otorhinolaryngologist, or ear-nose-and-throat (ENT) doctor. They started their family in Manchu, China. After Japan's defeat in WWII, the Russians invaded their region and my great-uncle was carted off to Siberia along with other prisoners of war—a physician was a valuable commodity—leaving Satoko with two young daughters, one a toddler and the other a mere babe-in-arm, to find her own way home to Japan.

Despite her delicate upbringing, Satoko persevered, returning safely with both daughters to war-torn Japan where she single-handedly supported her small family with one of the few useful skills she had been allowed to acquire as the privileged daughter and later wife of a doctor, sewing.

Several years later, Toshiro was finally released and arrived home where he opened a practice and continued to serve his community in Nakano, Tokyo. Their daughters went on to become a physician and a medical researcher, both strong, independent, and headstrong women, clearly reflecting their mother's genes.

Satoko's heritage to us were these words:

When you feel that you are finally at a dead end, that you are facing the impossible, that there is no choice but to give up.

When you finally do give up your dream, your hopes, your desires—at that very moment, the world shifts, your fate changes. Suddenly, a path opens and your heart's desire is granted.

Sometimes, it is important to give up and acknowledge utter defeat because that is what leads to victory.

Her words support me through thick and thin to this day.

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