

III

1.

One of the problems in the present day that cannot be disregarded is lack of sleep, which is caused by the discordance between an emerging style of our life and the conventional cycle in our society. We have become more and more likely to keep late hours in the social structure which presupposes its members' staying up late at night, and the development of lighting apparatus has brought with it the disorder in our biological clocks, which has accelerated our predilection for night-oriented lifestyles. On the other hand, many social institutions, such as schools or companies, have maintained their starting time. Accordingly people who stay up late have to get up early, which triggers sleep loss and the resultant decline in concentration during the daytime.

2.

During my trip around the southern hemisphere, looking up into the night sky, I found the stars were unfamiliar to me and their formations were quite different from those I see in Japan. I have heard some of these constellations were named after navigation devices or animals living in tropical areas. I do not have a detailed knowledge about where constellation names come from, but even such a superficial knowledge picked up through a bit of listening gives me some idea of what sailors of hundreds of years ago regarded as precious or what they were surprised at.