

## “Wisdom of Tsurezuregusa”



"Tsurezuregusa" by Yoshida Kaneyoshi, written about 700 years ago during the Kamakura period, is said to be one of the three greatest essays in Japan. There are 242 long and short stories, and two of them have medicine as their theme. These are the 96th and 149th dan. This is the content.

### [96th step]

"There is a grass called memonami. If someone gets stung by a beak, if they rub the grass and apply it, it will heal them. You should know it and leave it there." A "beak" refers to a pit viper, and if you are bitten by one, rubbing a memonami leaf and applying it will instantly cure the poison. This is a medicinal herb introduced from China as a hemostatic, detoxifying, swelling and bruise remedy.



### [149th step]

"You shouldn't put deer mushrooms up to your nose and smell them. There are small insects that can enter through your nose and eat your brain." "Deer mushroom" is the dried velvet that grows after a buck's antlers fall off in the spring, and is used as a blood booster, analgesic, and a tonic, according to the official gazette. In addition, the "small insects" are thought to be ticks, but unfortunately the insects that were scooped into deer mushrooms transfer to people and bite into their skin, causing what is now called severe fever and thrombocytopenia syndrome (a deadly viral infection) is thought to have developed. It is surprising that there was already an understanding of the anatomy of the brain back then.

By the way, the pit vipers mentioned in step 96 and the ticks mentioned in step 149 still live in our school district, but their numbers have decreased significantly through mass cleaning and volunteer mowing activities. That's a blessing.