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The Zeitgeist that Moves History can be Learned from the Contemporary Novels.

Kimitada Miwa, President Emeritus of MUA and Professor Emeritus of Sophia University

"Please rest in peace as we shall not repeat the same mistake," the words inscribed in the slab to memorialize the atomic bomb victims of Hiroshima, drew critical comments. The official understanding holds that the subject of the sentence is the whole humanity who, convinced of the demonic futility of war, aspires for the annihilation of war, and who thus declared determination. However, is it their not the general understanding that the inscribed message is a committed expression by the Japanese, as being the single responsible party for the war, of their self-criticism and their determination to stand by the indefatigable absolute pacifism?



The severest comment came from a highly regarded common sense publicist. She argued that, because it was the United States of America that detonated the nuclear weapon, the most appropriate signature for the determination should be the American President's.

However no American will buy the idea. As a matter of fact, the retired president Harry S. Truman responded to the Hiroshima mayor's letter that it was an act of chastisement to the Japanese who forgot about their indebtedness to Perry's kind opening of their country to the world that enabled their catching up with the advanced nations of the West. In addition to that, there was the tradition of the veterans of the Enola Gay who, on the anniversary of the Hiroshima day, got together at the Waldorf Astoria Hotel in New York to celebrate the success of their mission. In the year when the hydrogen bomb was successfully tested, they declared in unison that if the command were given to do it again, they would surely do so. "Only," they said, "it would make a greater noise." "Why? After all it was the war they had started." In other words, the indiscriminate man slaughter by the atomic bomb was simply a form of retaliation to the infamous Japanese surprise attack at Pearl Harbor.

But was not there racist prejudice? The question is warranted because a Yale University Japanologist John Hall once asked himself, "Was it possible against the Germans? We could do it simply because it was against the Japanese?" Professor Hall was disturbed with self-doubt and self-criticism as if representing the conscience of the American nation.

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Scaling the World's Highest Mountain Peaks of Everest at the Age of 80 A Lecture by Mr. Yuichiro Miura, Professional Skier, and Schoolmaster of Clark Memorial International High School

Date: April 8, 2014 Place: Azabu Civic Center Hall

Mr. Yuichiro Miura scaled the world highest mountain peaks of Everest, 8,848 meters high, on May 23, 2013 at the age of 80 years and 223 days, the world's oldest living person ever. He opened up the door for a new potentiality and pushed the limits. However, the way for him to get here was not even at all. He attained this prodigious feat after overcoming such physical challenges as erratic heart rhythm, bone fracture, old age, etc.



Profile of Mr.Miura:

- 1932 Born in Aomori Prefecture
- 1964 Participated in the Chilometro Lanciato held in Italy as the first Japanese. Established the world record of 172.084km/h.
- 1966 Skied down Mount Fuji (applied the parachute-brake for the first time in the word)
- 1970 Skied down the South Col of Mount Everest, from the highest point at 8,000 meters, which was officially recognized by the Guinness Book of Record. Documentary movie "The man who skied down Mount Everest" won Academy Award.
- 1985 Scaled and skied down Mount Elbrus in Russia, 5,633 meters high, the highest peaks on the European continent, as well as Mount Aconcagua in Argentina, 6,959 meters high, the highest peaks in the South American continent.
- Conquered the highest peaks in all the 7 continents with his eldest son Yuta.
- 2003 Scaled Mount Everest at the age of 70 with his second son Gota, who is the Olympic Athlete
- 2008 Scaled Mount Everest for the second time at the age of 75 years and 7 months.
- 2013 Underwent surgical correction of erratic heart rhythm by catheter ablation in January, and scaled the world highest mountain peaks of Everest on May 23, thereby renewed the world record of the oldest living summitteer.

Opening Address by Ms. Mitsuko Takai, President of Minato UNESCO Association:

There exist many things senior citizens have to worry about in Japan while it became one of the world's top countries for longevity. Under such circumstance, we are very encouraged by Mr. Miura who takes on challenges in spite of his age and illness. We are most pleased to hear directly from Mr. Miura that dreams, spirit of challenge and courage are important, that dreams could come true if not abandoned, ant that continual efforts with ambition are valuable.

Documentary Movie – Scaling Everest at the age 80 (a 15-minute movie):

It started off with the explanation that the time to climb was scheduled at twice the normal duration of time required. It goes on that Gota reports by air to the base camp with humor of his father's blood pressure, erratic heart rhythm as well as heart-lung condition being in a perfect condition. Then, they crossed-over a deep crevasse by a ladder, they took meals and enjoyed a tea-ceremony, and Mr. Miura made an emotional remark at the summit. It also displayed glacier, bare rock, stadium of stars, and played back voice of the chilly wind. All powerful images were possible only on a giant screen. We felt as if 15 minutes had passed in a second. The room was filled with the air of Mount Everest.

Introduction of the Lecturer by Mr. Hiroshi Matsumoto, Vice President of MUA:

The remarkable accomplishment was attained because of the affection among the family members. His father Mr. Keizo Miura skied down Mont Blanc at the age of 99. His mother was a ski racer and his wife is an alpine skier. This time, his daughter supported him at the base camp, his elder son Yuta checked the

weather as a computer scientist and his second son Gota accompanied him to the summit. Now, let's listen to Mr. Miura on his scaling the world highest peaks at the age of 80, the world's oldest, with the support extended by his family.

Summary of Mr. Miura's Lecture

Mr. Matsumoto kindly introduced that my family supported me. I myself understand that my family carried out the ultimate nursing care on me throughout the process.

Downhill Skiing:

I first skied down Mount Everest in 1970 when I was 37 years old. It was quite unique in the world that I applied the parachute-brake. People are still talking about it. The whole process of this was filmed by Ishihara Production and the film was later nominated as the best documentary feature of the Academy Award. This film was also reviewed by President



Jimmy Carter in White House as many as 20 times in 4 years, and President Carter is said to have been encouraged each time.

When I skied down Mount Everest carrying parachute, I fell down after I jumped over a large crevasse. As I felt like I slipped off the cliffs endlessly, one of the ski plates fortunately stuck in my arm and worked as a brake. I immediately felt that I was still alive and questioned myself what was the meaning of "being alive". I also was filled with joy that I would be able to live as Yuichiro Miura again. When I barely escaped death after I was hit by an avalanche in South Pole, I felt that God saved me and told me to complete my life. I do believe that all of these things did not happen because of my power nor technique, but by the mercy of God.

Looking back to my high-school days, I often recall that I was saved in one occasion and another as well. I am impressed that I survived very fortunately. While Mr. Naomi Uemura, who was one of the boldest adventurers in the world, or other adventurers of my age, passed away one another, I only have been around in spite of my most dangerous challenges. I encountered so many situations in my life where I had to wonder why I could survive or what the death meant to me.

Unspectacular Life:

I retired from my jobs when I became 60 years old. After that point, I redirected my thought to live an unspectacular life, and started to enjoy mutton barbecue or all-you-can-eat–and-drink. Then, I gained my weight instantly, and, therefore, I stopped running either.

As my weight reached 88kg and my body fat increased as well, I had difficulty in going up a few stairs. Then, in one early morning, I felt a pain in my back and heart, and eventually had a heart attack. I hesitated to see a doctor as it was the result of my neglect of health. One day, I accompanied my wife to a hospital, and I was caught by a doctor I knew. The doctor immediately sent me to inspecting room.

Goal setting:

I was told from the doctor that I would not be able to live long. At that time, my father Keizo was aiming to downhill ski the Mont Blanc glaciers at the age of 99. My second son was competing in the Nagano Olympics and the World Cup, so I did not want to lose to them. I decided that "I will climb the Mt. Everest."

If you have metabolic syndromes or heart attacks, you tend to protect yourself. I was only able to walk and do radio workouts. After I had set my goal of climbing "Everest", I thought "I had to do something else", so I changed to a disciplined approach on staying healthy. The numerical value of my body strength, leg strength, and cardiopulmonary functions had to be at least in the 40s and partially in the 20s.

It is generally said that the physical condition of a twenty year old mountain climber, climbing Mt. Everest, would become a 90 year old when he or she reaches the top. When I climbed at the age of 70, my body had become the age of 140 at the top. It had greatly exceeded the survival age of mankind. In any case, I had to be aware of anti-aging and my first goal was to be free from metabolic syndromes and heart attacks.

The journey to scaling Everest as a 70 year old and overcoming metabolic syndrome and angina pectoris:

I slept steadily 9 hours while doing a variety of work. I did not do risky early morning running. So I thought of walking with weight on my ankles and in my backpack. I first put 1 kg on both ankles and 5 kg in my backpack. I sometimes walked from my house in Harajuku to the entrance gate of the Shinkansen passing Miyakezaka, the Imperial Palace, and Marunouchi with sweat all over my body. With that I continued training with low impact on my body. After one to three months had passed, my body weight had decreased 5 kg. Subsequently, within 6 months I got used to the training, little by little, and increased the weight on both of my ankles to 5 kg.



As the training effects became visible, I deliberately felt that "It would be fun to climb Everest", and in 3 years I increased the weight on both of my ankles from 5 kg to 10 kg, and increased the weight on my backpack to 30 kg. With my devotion to this "Ankle weight and backpack weight" training, my physical strength and leg strength improved, and I was able to be free from metabolic syndrome and angina pectoris, and above all my bones became stronger. At last I became the oldest person to scale Mt. Everest at the age of 70 years and 7 months.

My second attempt at the age of 75 and preparation for scaling Everest at the age of 80:

After I returned home at the age of 70, I had the task of curing arrhythmia which worsened while I was climbing. I was refused to get cured from a variety of doctors, but I was able to meet an excellent doctor in Tsuchiura and the doctor let me have a surgery. It normally takes 3 to 4 hours for this surgery, but the doctor spent 6 hours for my surgery. As a result, I achieved scaling Everest at the age of 75. Above all, the sights from the summit were better than when I scaled at the age of 70.

After that, I had a serious injury in which I fractured the joints of my left thighbone and four parts of my right pelvis into pieces. I became bedridden and my wife told me to "Give up scaling Mt. Everest at the age of 80" but I had the enthusiasm that "I will cure this injury." After that, I ate every day the heads and backbones of salmons with my wife's seasoning. I also ate meat and a variety of supplements. As a result, in two and a half months my bones began to stick normally and quickly like a middle and high-school student after I was not able to turn over in my sleep. I think walking with weight had given a good effect on my joints, meniscus, and lumber vertebra. So I have continued this disciplinary training.

My third attempt:

During the process of my third attempt, I cut a day's distance into half. I halved a day's burden by "Departing in the morning and reaching the camp at noon.", so I was able to reach the 5300m base camp in a one month mountain climbing distance. In addition, I was able to rehabilitate from the heart surgery I had just took before, and at last I was able to reach the 8500m point. And that's when I enjoyed a tea ceremony at the world's highest place: a "tea ceremony at the 8500m point" which neither Rikyu nor Nobunaga had experienced. I was able to sleep even after taking caffeine and it enabled me to draw out my final high spirits.

Maintaining a dream:

If I had not had a goal of scaling "Mt. Everest," I would have probably been bedridden for the rest of my life. I think it is important for a person to maintain a "Dream" or a "Wish", and continuously think "By all means I should turn those dreams or wishes into action." When I ran into trouble, I revived by "The power of dreams." I think that is the way how I was able to achieve my final goal of scaling Mt. Everest. Even if you hear the voice of the god of death, it is important to pep up yourself by thinking that "By all means I will return alive 100 percent, 120 percent. I will definitively return alive." After I have overcome a total of six heart and arrhythmia surgeries, my next goal is to "Ski down the summit of the world's sixth highest (8201m) mountain." In order to achieve that, I have to overcome my seventh surgery. Even if I face a new disease or injury, I will overcome it by filling my heart with the "Scale Mt. Everest" spirit.

Question and answer session with the participants:

Question: After having a heart transplant operation and an injury, how could you maintain a strong desire?

Answer: You will face challenges, for example, when you establish a venture company or when you start a project which requires a tremendous amount of money. What you need is to constantly convince yourself, saying "Never give up" or "Your dreams will come true." To do that, you need preparation or training. In any case, I think "mental strength" plays a critical role.

Question: Since my elementary school days, I had maintained admiration for Mr. Miura. May I suggest an idea that you establish a facility like a "National Adventure Memorial Museum" where people can get together?

Answer: This isn't a direct answer to your question but I hear that people are now working to establish a "Yuichiro Miura Adventure Award ".

My personal impression of Mr. Miura:

In his introduction of Mr. Miura at the outset, Matsumoto touched on the fact that "Mr. Miura could not have achieved scaling Mt. Everest without his family's warm support." Mr. Miura told us specifically about his experiences during his 60's, including "love within his family," his conviction that "Dreams can be fulfilled if you don't give up," and his mindset to ask "Well then, how should I do this?" I was deeply moved to hear Mr. Miura's detailed stories on his "Will" and "Action" power which had lasted over the past 20 years or so.

After Mr. Miura scaled Mt. Everest, we have seen him appearing in many media such as TV, newspapers and magazines, highlighting his great achievement. But it was something very special to listen directly to his lecture and feel his embracing personality, good sense of humor, and gentle look in his eyes. An audience of about 150 people expressed their utmost thankfulness by clapping their hands, which echoed throughout the hall.

During the lecture, the audience received Mr. Miura's advice on "How to solve your metabolic syndrome by using ankle weights." Those who are interested can obtain such weights at Tokyu Hands but they should not exercise excessively. The almost 90 minute-long lecture came to a close after we enjoyed the two Q&A dialogs. For our readers' information, reporters from "Fuji Television" and "Cable TV JCN Shinjyuku," reporting on behalf of "Minato Koho Topics," were at the hall to cover Mr. Miura's lecture.

(Written by T. Kobayashi, the International Science & Culture Committee, and translated jointly by Y. Suda and Y. Kiribuchi, the PR, Bulletin & Internet Committee)

The 31st Diplomats Lecture Current Japanese Foreign Policy

Date: February 13, 2014 Place: International House of Japan

We had the pleasure of having Mr. Kenji Hiramatsu, Deputy Vice-Minister for Foreign Policy & Director-General, Foreign Policy Bureau, the Ministry of Foreign Affairs, as the speaker for this lecture series. We had a turnout of 36 ambassadors and 40 diplomats from Tokyo-based embassies this time. This program has been MUA's flagship annual event since its inception. We hope it will provide a good opportunity for foreign ambassadors and embassy staff to further their understanding of Japan's foreign policy. We select candidate speakers from MOFA and related circles and ask them to deliver their messages in English.



MUA's President Takai gave an opening address, which was followed by a brief introduction of Mr. Hiramatsu's career record by Mr. Matsumoto, Vice President of MUA. Mr. Hiramatsu gave an overview of Japan's foreign policy, combined with a briefing of major plans formulated for 2014 and 2015.

Through his speech, Mr. Hiramatsu emphasized his belief that Japan is a peace-loving nation as evidenced by its post-war track record, and that Japan will continue to seek opportunities where it can make contributions to the promotion of security and stability in the world. During the Q&A session, many questions were raised from the floor.

I personally hoped that MOFA professionals, including Mr. Hiramatsu, will strengthen Japan's presence in the international arena, and that the said objectives will be realized through wise, moderate and proactive manners.

(Written by Y. Miyashita, the International Culture & Science Committee, and translated by S. Tanahashi, the PR, Bulletin & Internet Committee)

(Continued from Page 1) The Zeitgeist that Moves Hisotory

American mistrust of the Japanese can be supported historiographically. For historical investigation, the official documents are important. But for their analytical appreciation, it is indispensable for the historian to be versed with the intellectual milieu. One effective way to get to know it is through reading contemporary novels. For example, around the 1910's, there arose in the U.S.A. a hysteria toward the disturbing issue of the hordes of Japanese immigrants. The spirit of this age can be gained simply by reading works of Scott Fitzgerald. In those masterful novels which now stand as classics of American literature, leading characters are elitist young gentlemen from Harvard, Yale and Princeton. Seriously they are concerned with what they see as impending Japanese invasion, and their conquest of U.S. territory. In their mind Pear Harbor attack was its proof, and an inevitable passing event in history. No matter how this sense of inevitability may appear vile, it is never acceptable for the Americans to critically reflect about the atomic destruction and hold themselves guilty of crime against humanity. (May 19, 2014)

World Cooking Workshop Home-made Dishes in Sri Lanka

Date: March 9, 2014 Place: Minato Gender-equality Center

We had the pleasure of having Mr. Gamage as the instructor for this workshop. He came to Japan during the years when Mr. Takeshita was Japan's prime minster. Since then, he has lived in Japan for over 20 years. He has a friendly, active and enthusiastic personality. He is a member of MUA.

First, we were all impressed with the efficient way Mr. Gamage prepared many kinds of spices. We also appreciated his informative talk on the importation into Japan of tea from Sri Lanka.



The day's menu was as follow:

\cdot Sri Lankan chicken curry

First we roasted spices on a fry pan and crushed them by a mixer. This way we produced the so-called curry roux. We could feel that this is the way of life in ordinary homes in Sri Lanka.

Lentils-based curry

This curry is called Parippu which is unexpectedly combined with cabbage. With the addition of coconut milk, it turns into an extremely tasty curry.

• Sri Lankan salad

We use steamed, flaked chicken, crushed cucumber, lemon, and olive oil. It produces a simple taste.

• Stir-fried komatsuna a la Sri Lanka style

It's a simple stir-fried komatsuna (leafy green vegetable) and pork. The Sri Lankan red pepper gives an optimal coordination and produces an exotic taste.

• Papadam

We just fry ordinary dry papadam sold in the market. You'll never get bored with the taste.

• Milk tea

The knack is in the usage of unprocessed milk and elaborate fixing of tea.

We learned that any family in Sri Lanka grows some trees which produce spices. So it's a way of life to pick those spices and use them in home cooking. We were honestly concerned about a possibility of hand burs while watching Mr. Gamage manually mixing food on the fry pan. Actually hands are also used for eating cooked dishes.

While we Japanese have a stereotypical collective image of curry dishes, we became aware that, depending on the variety in the use of small quantity of spices we use, the final curry dishes taste completely different.

We were also impressed with the way Mr. Gamage so easily predicts the final taste of tea made from different leaves. Our hearty thanks go to Mr. Gamage for letting us spend a most pleasant and rewarding cooking time.

(Written by Y. Kanazawa, the World Cooking Committee, and translated by S. Tanahashi, the PR, Bulletin & Internet Committee)

A Visit to the Embassy of Mongolia in Tokyo

Date: March 19, 2014

Place: Kamiyama-cho, Shibuya-ku, Tokyo

It is customary for us, the MUA, to visit a different embassy each year. This year, we chose to visit the Embassy of Mongolia. Although mid-March, it was still a chilly day. All members who had applied (15 members) to this event showed up ahead of time at the gate of the embassy located in a quiet residential area.

As scheduled, Ms. S. Bolorchimeg (right photo) appeared at the gate at 14:30 and gave us a broad smile of welcome. She is the First Secretary and Cultural Attache who is also concurrently serving as the secretary of the ambassador. After guiding us to a respectable



drawing room on the second floor, she began speaking in fluent Japanese, describing Mongolia in a quiet but clear voice.

"It has been 42 years since diplomatic relations between the two countries (Japan and Mongolia) began in February of 1972. The Embassy was first established in a hotel in Ginza; two years later we moved to the current location. The ambassador's residence is in a separate building, but this four-story building houses all of the embassy staff and its functions. There are 10 staff members who work for any one of three main sections: the Political & Culture Section, the Economy & Commerce Section, and the Consular Section. A total of about 40 individuals, including the ambassador, the embassy staff, and their families, all live here and are all able to speak Japanese. The Consular Section is tasked with taking care of approximately 4500 Mongolian residents in Japan. Since 2010, individuals with Japanese citizenship have been allowed to enter Mongolia without visas for a maximum of 30 days."



In a far corner of the drawing room, items such as a national flag of Mongolia, a portrait of Genghis Khan, a horse-head fiddle, and a saddle were prominently displayed. The colors of the national flag were explained thus: blue, for the azure sky and therefore the indigenous worship of heaven; red, for passion; and yellow, for fire, the sun, the moon, the earth, water, bows, fish, and so on. We were particularly fascinated by the Haddukku of blue and white silk which decorated the forehead of the portrait of Genghis Khan. The blue represents heaven, respect, and the mythical, while the white symbolizes purity. Even in urban areas, Mongolians prepare milk, representing the color of purity, every

morning as an offering for their deity. In addition, the famous horse-head fiddle has been included in UNESCO's intangible cultural heritage.

"Mongolia is currently a country of three million people with 40 million livestock which consist mainly of horses, cattle, sheep, goats, and camels. They are considered "terrestrial resources" in contrast to the resources that lie underground. Each family is housed in a traditional nomadic residence called a "gel". Because Mongolians are constantly moving in accordance with the change of seasons, a gel is built without using any nails, can be folded up in no more than an hour, and is carried by cattle, camels, or carriages.

Ms. Bolorchimeg said, "Geographically, the northeastern part of the country is wooded, the west has 4,000 meter class mountain ranges, the east is a huge plateau, and the south is dry grassland that occasionally yields bones of dinosaurs. Area-wise, Mongolia is more than four times the size of Japan. There is no rainy season, and the temperature drops to -20 to -40 degrees Celsius during winter. The best time for a visit is June through August. A direct flight connects Tokyo and the Mongolian capitol of Ulaanbaatar twice a week. One could arrive in Ulaanbaatar in mere four and half hours to admire the wonderfully starry sky." Such vivid description of the country stoked the enthusiasm of MUA members in attendance, who voiced their eagerness to visit Mongolia.

"Until democratization in 1991, Mongolia was a socialist country that belonged to the former Soviet Union. The current relationship between Japan and Mongolia is very good. The Mongolian people are grateful for the ODA from Japan. Mongolians approve of Japan as the most likable foreign nation," said Mr. Bolorchimeg. We noted that the feeling is mutual, given that current and recent grand champions of Sumo wrestling are Mongolians. She also mentioned that word order and grammar are the same between Mongolian and Japanese, which explained why Mongolian sumo champions speak such beautiful Japanese. All in all, Ms. Bolorchimeg's clear explanation enabled us to achieve a deeper understanding of Mongolia and the lives of her people, which in turn strengthened our sense of connection with this wonderful country.

Last but not least, we would like to thank MUA director, Ms. Yoshiko Nagato, from the bottom of our hearts, for her prodigious efforts in arranging this visit.



(Written by S. Naruse, the Membership Committee, and translated by Y. Sakashita, the PR, Bulletin & Internet Committee)

The 2014 MUA General Meeting

Date: April 25, 2014 Place: Minato Lifelong Learning Center

With the attendance of 25 MUA members, the annual general meeting was kicked off by an opening speech by Mr. Matsumoto, Vice President of MUA. It was followed by a manifesto statement by MUA President Ms. Takai. She stated that, over the past 33 years since its foundation in 1981, MUA has accumulated concerted efforts toward the realization of world peace and human wellbeing. These efforts were based on the UNESCO mission and local advantages which Minato City could offer. She also expressed thanks to both Minato City for its continued support and MUA members for their proactive participation in different programs.

We had the pleasure of having Mayor Takei, along with our counterparts at the Minato City office, as guests at this annual meeting. Looking to the future, Mayor Takei stated that Minato City will play important roles during the 2020 Tokyo Olympic Games, including a plan to offer the Daiba area for hosting triathlon competition, while also offering publicity services in four languages including Chinese. The city will also step up its efforts to promote face-to-face



hospitality where MUA's cooperation would be highly appreciated.

All agenda items were duly approved at the meeting, including the 2013 business report, financial statements, the auditor's report, and the 2014 business and annual budget plans. Regarding the tenure of officers, President Takai will serve another term and the number of Vice Presidents was reduced to two, namely Messrs. Matsumoto and Nagano. Mr. Kikuchi will continue to work as Auditor while Mr. Aono was newly appointed as Auditor.

(Written by H. Tomita, MUA Secretary-General, and translated by S. Tanahashi, the PR, Bulletin & Internet Committee)

Personnel changes in the MUA secretariat office:

At the end of May 2014, Mr. Haruo Tomita resigned from the office of secretary-general and was succeeded by Mr. Yasushi Suda from July 1. Also, Ms. Akie Kasai, administrative staff, resigned from the office at the end of June and was succeeded by Mr. Yasuo Kiribuchi from July 1. All of us at MUA would like to extend our hearty thanks to Mr. Tomita and Ms. Kasai for their dedicated services during their tenure which lasted about two years. We welcome on board Mr. Suda and Mr. Kiribuchi.

Minato UNESCO Association is a citizens' voluntary membership organization that promotes Japanese traditional culture, holds cross-cultural workshops and presents multicultural events and international symposia for world peace. For any questions or comments about our articles, please contact our secretariat office at:

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