

ANP content in rat myocardium during and after swimming

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Abstract

It is known that plasma ANP concentration increases during exercise. ANP plays a role in maintaining animals' body condition by diuresis and distension in blood vessels. But it is not known how much ANP contents in the myocardium reduce during exercise and how long it takes for the myocardium to recover to the basal level. We investigated ANP content during and after swimming. Plasma ANP concentration increased during swimming. ANP content in right atria significantly reduced during exercise and did not recover four hours after swimming. Twenty-four hours after swimming, ANP content in right atria did not differ from the rat without exercise. These results suggest that increased plasma ANP content in right atria recovers in about one day in this study.

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健康増進活動と運動処方

碓井 外幸

Health Promotion Activity and Exercise Prescription

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Abstract

An exercise prescription is exercise guidance appropriate for the age, sex, physical condition, lifestyle, and exercise environment of the individual in consideration of the safety, efficacy, and continuity.

The idea of exercise prescription has been increasingly recognized by society as it has been made safer by adding orthopedic data concerning exercise-induced effects on the body to physiologic data collected before, during, and after exercise by exercise-loading tests. However, in recent years, the necessity to use techniques of behavioral science as incentives "to encourage improvement in the lifestyle by behavioral modifications" for "those who understand the necessity of exercise but cannot put it into action" has been recognized. Mutual support activities within the family, school, community, and workplace are also becoming necessary to secure time for exercise in advance by incorporating it into the daily schedule. Furthermore, the advancement of research concerning diseases and genetics and the development of "tailor-made exercise prescriptions" are anticipated for the prevention of lifestyle-related diseases in the future.

Thus, reconstruction of conventional exercise prescription to "tailor-made exercise prescription based on behavioral medical science" incorporating the latest research results and continuation of its improvement are required in future health-promotion activities.

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A study of Raymond Carver's collection of poems in his later years
—Where Water comes Together With Other Water and Ultramarine—

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Abstract

The theme of Raymond Carver's collection of poems in his later years will be studied, focusing Where Water Comes Together With Other Water and Ultramarine. Where Water Comes Together with Other Water and Ultramarine is finally a sort of remembrance of pain and humiliation about his alcoholic daughter and father that is the succession of genes, and his family's the most miserable economic situation in the spiritual barrenness that America had in the late 20 century.

His most poems, heightened versions of his stories, offer us fugitive glimpses of ordinary lives on the edge of poverty. As Carver's poetry developed, his verse became more prosaic, culminating with "The Phone Booth". That is one of his usual amalgamations of prose, poetry, and prose poems. The emotional impact of his scenes and slices of life is imparted without strain; the voices speak with such an uncanny directness and ease. The reader may wonder at poem's end how such simplicity can carry such power.

There is a severity of language, and an understatement of emotion. We trust him because of the plainly conversational diction. Narrative is a key technique, yet positioning of words and lines, stanzaic structure, and most importantly, imaginary symbolism create an impressive poetry that deserves recognition on his own poetic technique.

No one's brevity and simplicity are rich and complete, as Raymond Carver's. Carver's gifts as storyteller shine through his poetry with all its elements—character, diction, place, event—compressed intact into the brevity of verse. Carver is heir to that most appealing American poetic voice.

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