Hygienic Study of Afghanistan Life of Japanese People in Afghanistan

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As described before, natural circumstances in Afghanistan for human life is far better than in other countries of Asia except some cases of atmospheric pressure of certain cities of the country. However, human life has both sides of natural and cultural conditions. Japanese people in Japan are accustomed to the very convenient civil life under the conditions of single race, heavy population and uniform living standard and style through the country. For such people to adapt their life to the entirely different living conditions in Afghanistan of complex races, living standard and style and of rather lower culture is naturally rather difficult. However, for both people of Afghanistan and Japan, it is very important to have mutual understanding of the conditions of other country as far as cooperation between these two countries is necessary. The writer is intending in this chapter to introduce the living conditions of Japanese people in Afghanistan and what is thought of them by Afghan people to promote the mutual understanding and cooperation between these nations.

The first article includes a paper prepared by Afghan Government to tell what kind of people is wanted by Afghan Government and hygienic conditions to be considered by the people who are intending to work in Afghanistan (Appendix 1).

The following informations are for the period from July 1956 to June 1959 and are recorded by Japanese people who stayed in Afghanistan.

Appendix 1:

Outline of health conditions to be taken into consideration by the applicant who signs a contract to come to work in Afghanistan

(prepared by Afghan Government)

"Sound mind resides in sound body" is a well known maxim; the Civil Service authorities in every country bar from the service the applicants whose sickness and ailments render them indisposed for the reliable and efficient performance of the tasks, for which they may be engaged. The Afghan Civil Authorities follow this practice in both fields of domestic and foreign employment. The native Afghan and foreigner alike shall pass physical examination taken by a competent medical doctor, in order to be eligible for the position for which he applies. This certificate of health, in each

case, shall be filed with the applicant's contract.

The question of health is extremely important for employer and employee both when the qualified aliens are engaged for technical and advisory positions in this country.

The employer has to know what ailments the potential employee suffers. If the applicant's illnesses decrease his efficiency and hamper his work, naturally he cannot be employed. On the other hand the Afghan Government has deemed it only fair to put all the information necessary to form an opinion by the potential employee about the climatic, health, and working conditions, at his disposal, so that he should know in advance which kind of living and working environments to expect here.

Generally speaking, it is required that only people who are in the prime of their health, and who are able to work energetically and efficiently should come to Afghanistan for the Government service. The applicants who expect to work in this country should be physically and mentally sound, and must possess steady nerves. They should be of quiet temperament, and mentally and emotionally well balanced—not excitable and nervous. Those who suffer from serious heart disease or the disease of blood vessels are absolutely unfit for the work here. Kabul is situated at an elevation of 1800 meters above Sea Level, and some places where the employees may have to work are even higher than Kabul. Such heights for people who suffer serious heart disease will prove fatal. It is not only frequency of heart beats and shortness of breath that the patients of heart disease will suffer at those altitudes, but their disease may be even aggravated.

A part of the Mining Engineer and Consultant Mining Engineer jobs will be surveying and supervision of construction works, consequently at times they will have to live outdoors and a camp life. Outdoor life has its advantages and disadvantages. Therefore, they must be both physiologically and psychologically well prepared to live a camp life and like it.

People who suffer with stomach illnesses are not always discouraged to come and work in Afghanistan. Experience shows that real stomach diseases are rather seldom among both native and foreign population, Europeans and Americans, etc. here. It has been even noticed that old cases of stomach sickness become better very quickly at Kabul, similar to the cases of the European patients in which their improvement was observed on the high lands of Mexico. Europeans very often do suffer diarrhea and flatulence and ill digestion.

According to the accumulated experience, people who suffer of old functional weaknesses of intestines and those who have bad digestion, or those who suffer from the consequences of such disease, should be discouraged from coming to this country for a long period.

Patients who are victims of active tuberculosis should never go abroad, rather they should be treated at home. Asthma, which is frequent in the low land of Europe,

Table 2: Income of Japanese people in Afghanistan

Occupation	Income in \$/month
Trading Firm Staff	
A	400
B	500
C	300
D	400
Technical Specialist of	
Water supply	400
Handicraft (UN)	700
Coal Mining	400
Geology	400
Road construction	
A	450
B	400
C	400
D	400
Ceramic	350
Architecture	300
Gardening	300
Match Manufacturing	300
Sericulture	300
Veterinarian	300
Others	
Judo Teacher	250
Wrestling Coacher	250
Embassy	
A	1,000
B	700
C	300
D	450

is extremely seldom in Afghanistan. Chronic bronchitis is also seldom in Afghanistan. Toerefore, the asthmatics and the bronchitics, if they do not suffer heart disease or contageous and infectious diseases, can safely stay and work in Afghanistan. The dry climate will help them. There are known cases that the health of those who were suffering from those two diseases were considerably improved after they stayed in Kabul for some time.

Married people, necessarily, should bring their families with them. It is observed that the married couples, whose lives are balanced and stabilized in their families, can live here more happily than single persons. The climate is fine and the danger of infection is small. The children who were born in Europe are growing well in Kabul, after they get adjusted to the change in climate. There is also no fear for the delivery of the babies here, because medical help and nurses are available.

It is extremely important that the potential employee should have physical and mental resiliency, and should be able to adapt himself easily to new physical, social and working environments, quite different from those to which he is accustomed. He

Table 3: Family construction of Japanese People in Afghanistan
in July, 1957

() shows at other time

Occupation	Man	Wife	Boy	Girl	Baby (younger than 2ys)
Trading Firm Staff					
A	1	1	1	1	1
B	1				
C	1	1			
D	1				
Technical Specialist of					
Water supply	1				
Handicraft	1	1		2	
Coal mining	1				
Geology					
A	1	1			
B	1				
Road construction					
A	1				
B	1	1			
C	1	1	1	1	(1)
D	1				
Ceramic	1				
Architecture	1				
Gardening	1				
Sericulture	1				
Veterinarian	1	(1)			
Others					
Judo Teacher	1				
Wrestling Coacher	1	(1)		(1)	
Embassy					
A	1	1			
B	1	1	1	1	
C	1				
D	1				

has to be good natured and optimistic, and he should not be discouraged by obstacles. In short, he should possess the pioneer spirit. In conclusion, it is to be repeated that sound and strong Europeans and Americans, who are not too old and feeble, can stay in Afghanistan without any danger to their health. Much sun and dry climate and high altitudes are thoroughly enjoyable from health standpoint, and people who are interested in sports have many opportunities not only to keep their strength but to increase it too.

(1) In and out of Japanese people in Afghanistan is shown in table 1. As known from the table, greater part of these Japanese people works only for one or two years in the country not to have enough time to become familiar with Afghan condition and to have influence on Afghan people.

(2) Family construction and income of Japanese in Afghanistan are given in tables 2 and 3. As seen from table 3, greater part of Japanese people in Afghanistan is single, and single foreigner has much more difficulty than a foreigner with family, and the former has unstable mental conditions always. This condition could be one of the unfavorable factors for Japanese to have good result of his work in Afghanistan.

As these tables show, the income of these Japanese is several times of income in Japan and number of family is very small to have enough money to spend per head. So if comfortability and availability of necessary goods do not come into consideration, the economical life of Japanese people in Afghanistan should be better than in Japan.

(3) Living conditions of Japanese people in Afghanistan.

A) Constitution: Greater part of Japanese people in Afghanistan has constitution of mean value for Japanese. Past anamnesis which needed long term of treatment is rare.

B) Diseases of Japanese people in Afghanistan: The following list shows the diseases of Japanese people in Afghanistan during the period under the survey.

Disease	Age (in year)	Sex	No. of case
1. Natural pneumothorax	40	Male	1
2. Pleurisy	65	Male	1
3. Thoracic fracture	65	Male	1
4. Influenza	35—45 25—40	Male Female	6 2 } 8
5. Intestinal catarrh	35—55 25—40	Male Female	21 7 } 28
6. Pyrexia	2—10 2—10	Male Female	6 2 } 8
7. Skin diseases	25—45 25—40	Male Female	4 9 } 13
8. Pregnancy	23—36	Female	4
9. Parturition	23—30	Female	3
10. Genital bleeding	41	Female	1
11. Irregular menses	24	Female	1
12. Insanity	41 30	Male Female	1 1 } 2

Except cases of natural pneumothorax, thoracic fracture, pleurisy, genital bleeding, and insanity, other diseases are slight, cases recovering in a few days.

The reason for larger number of male cases is considered to be in eating and drinking too much and going to bed too late under quite different climatic conditions

from Japanese one. If these conditions come under consideration to avoid them, disease of Japanese people in Afghanistan may decrease in number to nearly nil.

C) Mental conditions of Japanese in Afghanistan: It is not seldom case to see unstable mental condition in ca. 90% of Japanese people in the country. The reason for this could be as follows:

Little entertainment, little places for refreshment, little chance to have society with other sex, smaller society for Japanese who are usually not so excellent to speak foreign languages, little will to become familiar with and to study something from local conditions etc. If people could adapt themselves to the local conditions to have their own comfortable lives, they might have favorable conditions as follow: 1) splendidly beautiful nature, 2) many ruins with old cultures, 3) far better climatic conditions than Japanese, 4) naive nature of native people, 5) enough nutrition available in local foods at cheaper price, 6) small population in broad area, and 7) free society with native and foreign people with excellent ability to speak foreign languages.

As the country is still controlled severely by Islamic traditions in society, to bring a family with him is the first and most important condition for a Japanese to work in the country. Greater part of the single Japanese men in Afghanistan seemed so crazy for the first month after the arrival of the writer at Kabul. The second condition is to love to learn and study something in the country. The third condition could be to be able to see a matter profoundly. For the people with these conditions, Afghanistan should be very nice place to have comfortable and calm life.

D) Nutrition: As described before in chapters of climate and life, the elevation of the cities in Afghanistan is of high mountain and food of high calorific value and preventing alkalosis is needed. Local foods are entirely suitable for these conditions and are so cheap.

As the source of supplying nutrition, imported foods are available. They are milk products, canned foods, and other finished foods. The price of them is several (3-7) times of local one, and these imported foods take long time in transportation from factory to market, Kabul to be inferior in freshness. They are not necessarily suitable foods for natural conditions in the country.

E) Some feelings and voices of Afghan people to Japanese people and government: The writer got the following voices and feelings of Afghan people to Japanese people and government, and to inform these in this chapter may be something to promote better friendship and cooperation between these two countries:

- 1) Afghan people has more familiar feeling to Japanese than to other foreigners.
- 2) They have little political fear for Japanese.
- 3) They can employ Japanese with cheaper salary than European and American, and they have no feeling to be inferior than the former.

These three items are reason why Japanese people are welcome in the country.

4) Japanese government, including Japanese Embassy at Kabul, is so dull for the action by Afghans.

Afghan people and their government have good feeling for Japanese people and are hoping to have cooperation with Japanese in technical and economical development of the country. However, the actions in the past shown by Japanese people and their government were not necessarily satisfactory for desire and demand of Afghans. On the other hand, European countries are so earnest and active to have intimate cooperation with Afghanistan and to keep the market in future in their hands. If Japanese government continues to keep the same attitude as before, a possible friendly country and probable market in future could be lost.

Conclusion :

Natural conditions of Afghanistan are entirely healthy. Salary of Japanese people is ca. 4—10 times as salary in Japan. They can keep servants and have enough spare time to utilize. So if they can utilize these favorable conditions to be useful personnel for Afghanistan, their lives could be ideal. To accompany family is necessary to have good society with Afghans and foreigners and home entertainments.

The writer wishes to express her hearty thanks to Afghan Government and Japanese people stayed in Afghanistan who kindly gave her valuable informations, and also she wishes to thank Dr. K. Uchiyama who kindly read through this paper to give appropriate advices to her.

アフガニスタンの衛生学的研究 在留邦人の生活

諏訪久

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摘 要

理想的な気候、安価で栄養の多い食物、高給は在留邦人のもつ好条件であるが、大部分の邦人はこれらの好条件を有効に使つて楽しむ能力がなく、能率を下げている場合が多い。又多くは1, 2年の短期間の滞在のため、この国の事情に通じアフガン人に対しよい影響を与えるには至らない。

肉体的にはこれら邦人は大部分健康であるが、精神的には極めて不安定で精神異常を呈するものもある。日本人は家族を伴うべきであり、強い意志をもち、この国に於ける生活を楽しむことが出来て、個人の生活を互いにみだすことなく、物事を本質的に考えることが出来る日本人を送るべきである。英語、独語、仏語、ペルシヤ語等が自由に話せることは望ましく、精神衛生上から言つても必要なる条件である。

2. Constitution: Afghans show superior value of stature height, body weight, girth of chest, and sitting height than Japanese. Of mean first menstruation age, Afghan case is earlier by ca. 2 years than Japanese. The uppermost class has earlier first menstruation by 11 months than the lowest. Physical development after first menstruation is little. Specific gravity of blood is nearly same in both of Afghans and Japanese, the former approaching to the maximum value already at 12 years and showing smaller variation by age.

Among Afghan social classes, specific gravity of blood and serum, and hemoglobin increase to the upper class. High blood pressure case occupies more percentage in the upper classes than in the lower.

Physical marasmus in the month of fast, an Islamic custom, is clearly seen with no difference by age.

3. Medical situation: Kabul, the capital, has several national well-equipped hospitals and public and private clinics to be enough facilities for the citizens. Kabul University sends out about 40 Afghan physicians every year. Some local cities have well-equipped hospitals, national and/or private. A training school for nurses is attached to a maternity hospital, training several ten nurses every year. No medical charge is requested for patients in all national hospitals and clinics.

4. Population problems; the country has very small density of population at present. However, high birth ratio and mortality which is decreasing very sharply with popularizing national healthiness and new medicines of cheap price may suggest remarkable increase in population in near future. Mean value of marriage age is 17.0 years. Birth frequency is 7.1 at mean value. Mean number of children per a couple is 6.8.

(From the Shitaya Hospital, Tokyo)

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Life of Japanese People in Afghanistan

By

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Japanese people in Afghanistan has favorable condition as ideally healthy climate, cheap and nutritious foods, and higher salary, but greater part of the people has no ability to enjoy and utilize these favorable conditions and lives single and miserable life with much difficulty and smaller efficiency. Also they stay usually only for one or two years not to become familiar with Afghan conditions and not to have influence on Afghan people.

Greater part of them is healthy physically, but mentally unstable and some of them even of insanity. It is necessary to send Japanese people with their families, strong will to love and enjoy life in the country and to keep each individual life comfortable and undisturbed by others, and ability to see a matter profoundly. Their fluent foreign languages as English, German, French, Persian or Pashton are desirable.

Present attitude of Japanese Government for the country seems not to satisfy Afghan people. As they have friendly feeling to us, when Japanese Government could take appropriate policy for Afghanistan, the relation between these two countries might be improved so much.

(From the Shitaya Hospital, Tokyo)