

お別れの言葉

本日は、日野原重明先生の葬送・告別式にご参列いただき、ありがとうございます。葬儀委員長として、心から御礼申し上げます。

日野原重明先生から直接ご指導を受けた多くの医師の一人として、改めて先生には深甚なる感謝の念を捧げますとともに、ご家族、ご親族の皆様には心からのお悔やみを申し上げます。

日野原先生は、1937年に京都帝国大学医学部を卒業され、大学院での循環器内科領域の研究・臨床訓練を経て、1941年、聖路加国際病院に内科医として赴任されました。そして2014年までの73年間にわたり、聖路加国際病院の院長、理事長、聖路加看護大学の学長、理事長などを歴任され、その後も、名誉院長、名誉学長、名誉理事長として、聖路加国際病院・聖路加国際大学の私たち職員を導いてくださいました。

先生の業績は、医療分野に限っても、一人ひとりの患者さんを全人的に診るためのプライマリ・ケアあるいは総合診療と呼ばれる診療分野を提唱されたこと、人間ドック・検診・健康増進などの予防医療を推進され、その流れの中で「生活習慣病」という病気のカテゴリーを提唱し人口に膾炙させたこと、ホスピス・緩和ケアの導入、優れた医師・看護師の養成カリキュラムの提唱・推進など、実に多岐にわたっております。さらには医療を超えて、非常に多くの一般の方々の人生観・生き方に大きな影響を与えてまいりました。

先生は、大学生の時に罹患した肺結核の後遺症がありましたが、100歳を超えられても、驚異的な健康レベルを保たれ、社会的に重要な活動を続けられました。しかしながら、加齢に伴って避けがたい多くの臓器の機能低下が徐々に進み、本年3月には軽い感染症で入院され、食物や水分を飲み込む能力である嚥下機能が著しく低下いたしました。この折に、ご家族の皆さまの立会いのもと、私から先生に「管を介した栄養補給を希望されるかどうか」「入院ではなく、ご自宅での療養を希望されるかどうか」を尋ねましたところ、先生は、明確に「管を介した栄養補給は望まない」「自宅に帰りたい」との意思表示をされました。

その後、ご自宅にてご家族の手厚い介護と当院の一般内科・訪問看護チームによるケアのもと、療養を続けられ、7月18日早朝、静かに天に召されました。

私は、1976年に研修医として聖路加国際病院に就職して以来、41年間にわたって、人生の節目節目で先生から多くのお教え・ご配慮をいただき、現在の私があります。

聖路加国際病院では、先生の患者さんを受け持ったり、毎週火曜日午前に行われる回診での議論を通じて、あるいは個人的な相談に応じていただいたりして、医学の知識や技量だけでなく、医師としての基本的な価値観、さらには専門職業人としてあるいは人としての生き方についてご指導いただきました。

個人的には、先生にはじめてお会いした頃、先生が 40 歳の時に米国エモリー大学に留学された時の経験を「留学中は、毎日毎日学ぶことが多く、身長が伸びるようだった」と仰ったことが強く印象に残りました。後日、先生のご配慮で米国の病院・大学に留学した折に、私自身、まさに先生が仰っていた通りの経験をし、結果として、帰国後も先生のご指導を仰ぎながら常に新たな分野を開拓する仕事に携わることができたことは、本当に幸運なことでした。

聖路加国際病院あるいは聖路加看護大学にて、先生のお教えやご配慮によって、私と同様、医療の専門職業人としての幸福な人生を歩んだ者の数は数えきれません。

最近の 13 年間は、先生のお側で働く機会をいただき、先生が達成された偉業の背後にある考え方・態度といった、「人生の流儀」をも学ぶことができました。例えば、先生の精神的支柱はキリスト教であり、それを哲学や文学などの人文学的知識体系が包みこんでいることを知りました。先生がたぐいまれな努力家で、好奇心に富み、新しいことには子供のような興味を示されることにも驚きました。また、過去に拘泥することなく、現在から常に未来を見据えること、さらには、医療界のみならず一般の人々に分かりやすく情報を発信することの重要性・卓越性など、学んだ事柄は枚挙にいとまがありません。

105 歳という長寿を全うされ、残された業績がいかに膨大かつ優れたものであるにせよ、日野原先生にはさらにやり遂げたいことが山積していたはずであり、哀悼の意が尽きることはありません。改めまして、日野原重明先生の魂の平安をお祈り申し上げ、私からのお別れの言葉とさせていただきます。

2017 年 7 月 29 日

葬儀委員長

聖路加国際病院院長・聖路加国際大学学長
福井次矢

Farewell Message

To everyone - family, friends and colleagues – thank you for joining us here today at the funeral service for Dr. Shigeaki Hinohara. As chairperson of the funeral committee, I wish to express our heartfelt gratitude to all.

As one of the numerous physicians who have been directly tutored by Dr. Shigeaki Hinohara along our career paths, I realize anew, in deep gratitude, how much I am indebted to this giant of our profession, and I hereby wish to express my sincere sympathy to his family and relatives, with your loss.

After Dr. Hinohara graduated from the Faculty of Medicine at Kyoto Imperial University in 1937, he entered the graduate school for clinical training and research in the field of cardiovascular medicine, and was appointed as an internist at St. Luke's International Hospital in 1941. Until 2014, over a period of 73 years, he served in such positions as president and chairperson of the board of trustees of St. Luke's International Hospital, president and chairperson of the board of trustees of St. Luke's College of Nursing, and later continued to lead the staff of St. Luke's International University and Hospital as honorary president of both the university and the hospital, and honorary chairperson of the board of trustees.

Dr. Hinohara's legacy, even if the focus is only on the field of medicine, lies in the emphasis he put on treating every single patient by a holistic approach, his pioneering work in the fields of primary care, or general medicine, and the way he succeeded in promoting preventive medicine through a system of comprehensive medical checkups and health promotion. He furthermore distinguished himself in carving a new disease category called "lifestyle-related diseases," which has come to be a phrase on everyone's lips, introducing the concept and facilities of hospice and palliative care, and actively supporting educational and training curricula for first-class doctors and nurses. Surpassing medicine, he also touched a huge number of people by influencing their view of life and way of living.

Although Dr. Hinohara suffered sequelae of tuberculosis he had contracted as a medical student, he lived beyond the age of 100 years, and – until quite

recently - was in exceptionally good health and performed important social activities. However, his organs had been weakened by age, and he was hospitalized in March this year for a relatively mild infection. His ability to swallow was affected and he could no longer eat or drink enough. With his family present, I asked him whether he wanted to have an artificial nutritional supplementation through a tube, and whether he wished to return home. He clearly answered, "I don't want to receive a tube feeding. I just want to go home."

He returned home where he was lovingly taken care of by his family and a team of devoted general internists and home-visiting nurses from St. Luke's. He passed away peacefully early in the morning of July 18th.

Since 1976, when I started as an intern at St. Luke's International Hospital, I was molded by Dr. Hinohara's teaching and guided by his attitude and behavior.

At St. Luke's International Hospital, during Dr. Hinohara's grand rounds every Tuesday morning where we presented his patients, in discussions and through personal advice he gave on numerous occasions, he not only taught medical knowhow and skills, but also shared insight into the basic values expected of a physician, and the way of life of a professional caregiver.

On a more personal note, I can clearly remember when I met Dr. Hinohara for the first time, he was describing his study experience at Emory University in the United States, at age 40, saying, "I was learning so many new things there every day, it felt to me as if I was growing taller from absorbing all the information." And surely, when I later studied at a hospital and university in the United States, thanks to Dr. Hinohara's arrangement and encouragement, I had exactly the same invigorating experience. After my return, I continued working with Dr. Hinohara on a variety of occasions, very special experiences that provided me invaluable opportunities of pioneering into new fields.

There are many, many more medical professionals who had similar experiences here at St. Luke's International Hospital and St. Luke's College of Nursing. They were able to learn from Dr. Hinohara, and grow in their professions. He was instrumental in enhancing all of our lives.

For the last 13 years I had the opportunity to work side-by-side with Dr

Hinohara, and had the chance to understand the thought and attitude behind his “way of life.” I learnt, for example, that his spiritual pillar was Christianity, and that this embraced all the humanities - from philosophy to literature. I was amazed by the unrelenting energy with which he worked, his unashamedly endless curiosity, and his childlike excitement about new advances. He did not forget the past, though he was always living in the present, and always ready for the future. He was passionate about the importance of making high-quality information available, in an easy, understandable way, to all people - and this was not limited to the field of medicine. I will forever find myself a part of a wide arc Dr. Hinohara strove to create.

Dr. Hinohara lived to be 105 years. However long that is, and however great he was, he must have dreamed of many more accomplishments.

We will miss him. Dr. Shigeaki Hinohara, please rest in peace!

Tsuguya Fukui
Chairperson of the Funeral Committee
President, St. Luke’s International Hospital/
St. Luke’s International University
July 29, 2017