

Video Script for “Water and Our Life”

(2002/11/18 Version)

	Time (min/sec)	Image	Explanation
1	0:13	Title, etc.	“Water and Our Life” Planned and produced by <u>Iwanami Movie Productions</u> Supported by Ministry of Health and Welfare
2	0:33	Farm scenery	—
3	0:45	Spring water from a waterway	This is a story about water. We might consider water to be as plentiful as air, but is this really so?
4	1:04	A roof. A bird’s eye view of a village.	—
5	1:11	A fishing port. One fishing boat leaves the bay and heads for the open sea.	This small village faces the sea.
6	1:18	Fishing port scenery and buckets.	These shoreline scenes of boats, nets and much dried squid are similar to any fishing village; no matter which house you visit, you will see pails, buckets and carrying poles. These are all tools for fetching water, which is one of the tasks that women must carry out each day.
7	1:37	A woman carrying buckets suspended from both ends of a carrying pole climbs stone steps.	Early in the morning, it is common to see women walking along carrying buckets.
8	1:47	Women gathered in front of an aqueduct through which water flows.	As this is the only place in the village where clean water flows, many of the women have come a considerable distance to get here.
9	1:55	Women lined up on the stone steps, complaining.	—
10	2:00	A woman using a dipper to fetch the water from a stone bucket that the aqueduct fills.	Everyone wants to finish quickly, but because only a little water can be drawn from the bamboo aqueduct as it flows from the mountains, it takes time.
11	2:07	A girl and a woman carrying water by means of poles.	—
12	2:16	A woman carrying a baby on her back returns to her house with water. Setting her bucket down, she puts rice into an iron pot.	The men will be going out to sea, leaving much work for the women.
13	2:38	A woman sits down on the dirt floor and feeds firewood into the cooking stove.	—
14	2:45	Women in sedge hats, working on a steep slope. Close-up of them at work weeding.	Tilling the mountains and preparing the upland fields – these are also women’s work.
15	3:00	A woman with a towel wrapped around her head, walking with a bamboo basket that contains clothing.	However, in between all these works, the laundry must be done. There’s no water for laundry, so a woman must travel to a neighboring village, more than 1 km away.
16	3:13	A girl using her feet to wash clothing where water has pooled. An old woman doing laundry by hand.	—
17	3:26	Arriving home, a woman sets her basket down and takes out a carrying pole and bucket.	At the end of a day’s work, the next thing a woman must do is to fetch more water. She will go to get enough water for the next morning.

	Time (min/sec)	Image	Explanation
18	3:43	With one bucket of water suspended on both sides of her body, the woman walks barefoot along the stone pavement.	One wonders what amount of distance in total a women covers carrying buckets every day throughout her life.
19	3:55	A pedestrian street in a residential area. Telephone poles. A man and woman pass each other on bicycles.	More bustling towns have different problems.
20	4:02	The arcade along the street. Buses pass through in the street..	Here in Niigata, the major problem is the low quality of well-water.
21	4:11	Women and children gathered on both sides of a waterway, as well as someone washing something.	The water flowing on the back streets of this town is known in the local dialect as <i>doh</i> ; it supports the life of the townspeople.
22	4:16	In several steps down on the side of the waterway, there is a washing place under a roof. Two women are doing their washing there.	Places for washing have been made everywhere along this <i>doh</i> .
23	4:24	A woman squatting, washing green onions.	Inside, there are some kitchens that straddle over the stream.
24	4:30	Above and to the side of a woman doing her washing at a <i>doh</i> washing place, a man leads his horse along.	What actually flows as <i>doh</i> , however, is the water leftover from paddy field irrigation.
25	4:40	A waterway next to a paddy field.	A little upstream from the town, there are paddy fields
26	4:46	A man in the waterway, washing his horse.	The water here is thus also used to wash horses.
27	4:51	Men washing their legs in the waterway.	Farmers also wash their muddy feet.
28	4:55	Women washing buckets and hoes.	They also wash the fertilizer buckets.
29	4:58	Waste water flowing into the <i>doh</i> . Above, a tall smokestack is seen.	It is not only paddy field fertilizer and muddy water that flows into this <i>doh</i> .
30	5:05	A man cleans the public bath's washing place.	Dirty water from the public bath also flows in.
31	5:16	A sewage ditch.	—
32	5:25	The <i>doh</i> 's side wall. Waste water flowing in.	Water from school lavatories also mixes in.
33	5:33	At the kitchen door right next to the flowing wastewater, a woman washes rice in an iron pot.	The water is darkly cloudy and filled with sediment, but the people of this town have no other water to use.
34	5:38	A woman arrives at the <i>doh</i> 's washing place to rinse <i>udon</i> . Cucumbers float next to the basket in which the <i>udon</i> is being washed.	—
35	5:45	Something flows near a woman washing dishes.	If dysentery occurs somewhere up in the flow, it will continuously spread downward. Sporadic outbreaks of cholera also attribute to this water.
36	5:58	At the <i>doh</i> 's washing place, girls wash their toys for playing house.	—
37	6:04	Garbage that has accumulated along the edges of the bridge, being shoveled up with a spade.	Discarded garbage from houses all over mixes in and makes the matter worse in the downstream.
38	6:10	Women fetch <i>doh</i> water with buckets and put it through a concrete filter. The filtered water is poured into a kettle.	This is what is done to water for drinking, but although it improves the clarity, it does not remove the bacteria.

	Time (min/sec)	Image	Explanation
39	6:20	The entrance to a farmhouse.	This is, in fact, quite common occurrence.
40	6:29	A farmhouse kitchen. Two men, chatting. One sits in a wooden bathtub on a dirt floor, and the other faces him, waiting his turn. Next door, an older woman cuts pickles (?) on a cutting board, while a young woman places many tea cups on a tray and stands up.	Here, as well, it is difficult to fetch water, particularly to fill a bathtub. Once the tub is filled, all the neighborhood people are invited.
41	6:42	Women sit on the porch, waiting their turn in the bath. The woman from the previous scene brings them tea.	—
42	6:45	Men in a Japanese-style parlor, chatting.	—
43	6:50	A man immersed in the bath, wiping his face with a hand towel.	As many as 30 people come to take a bath, which always leaves it murky.
44	6:59	A woman wiping a baby's face with a hand towel that was wet in the waterway next to the upland field. A man washing his face next to her stands up.	In many villages, in the morning everyone goes to a stream in a paddy field to wash their faces.
45	7:06	Along the stream of the waterway next to the upland field, many people stand in a line, washing their faces.	People prefer the stream water to the scarce well-water.
46	7:10	A stone shrine beside the waterway.	It is said that, by the grace of the water god, the water will become clean after flowing for one meter.
47	7:20	A woman fetching water with a manually operated pump.	In some places, over 30 households depend upon the same well.
48	7:25	Women and children in line with their pails and buckets.	There is a major city nearby. In many places in this country, it can't be said that water is affluent.
49	7:50	A bucket filled to the brim with water.	This fetched water looks clean but actually it is not safe to drink.
50	7:59	A microscope's magnification of parasites (ciliates and eel worms).	A look through a microscope reveals that the water contains organisms that the naked eye cannot detect.
			This is a kind of ciliate.
			These are paramecia.
51	8:30	Colon bacilli.	This colon bacilli is present in excreta. A person drinks this water could become ill.
52	8:44	Lake with a dam, surrounded by hills.	Modern water supply has been created to fight against such misfortune and inconvenience.
53	8:53	Water treatment plant.	Abundant water from reservoirs, rivers and deep wells can be sent to the water treatment plant.
54	9:06	Water treatment plant.	The water treatment plant is where water is made clean so that people can safely use it.
55	9:15	Water treatment plant.	For this purpose, much time is spent removing impurities and filtering the water through sand.
56	9:20	Meters on machinery.	To prevent contamination from the outside, water is stored here. In addition, chlorine or bleaching powder is used to eliminate bacteria.

	Time (min/sec)	Image	Explanation
57	9:44	Two beakers, one containing filtered water and one containing the original water.	This is how much the water has changed. The clean water is on the right. The original water is on the left.
58	9:48	Microorganisms magnified by a microscope.	The original water contains various substances.
59	10:00	The original water is extracted from the beaker with a pipette and transferred to a laboratory dish.	—
60	10:08	A group of bacteria.	In just 24 hours, bacteria can increase to a group like this.
61	10:15	Filtered water and a transparent laboratory dish.	With water that has been made clean, substances like these have been removed.
62	10:20	A large motor, pipe and train.	The clean water will be sent swiftly to people's houses.
63	10:35	Beakers, hands, dishes and eggplant washed with water from a tap.	—
64	10:40	Fountains spraying upward, with a smokestack in the background.	Water supply also provides factories with large volumes of water.
65	11:05	A heated iron pipe is cooled with water falling like a shower.	The heated iron pipe is cooled down.
66	11:10	No. of people contracting contagious diseases of the digestive system (per 10,000 people) In cities, towns and villages with no water supply: 17 people in cities, towns and villages with water supply: 7 people	This graph shows how water supply safeguards people's health. In places with no water supply, the number of people contracting dysentery and typhoid is more than double what it is in places with water supply.
67	11:27	A man washing his hoe in the waterway next to a paddy field.	To the present, this type of water supply has been thought to exist only in major cities.
68	11:35	A small water supply room in the middle of a paddy field, a motor and a KM-type simple water supply sterilizer.	Recently, however, several villages have put together water supply, even on small scales.
69	11:48	A well.	Wells that only yield water with a high iron content have been abandoned.
70	11:52	Arriving at home, a woman covers her cheeks with a towel and stands at a tile sink, which has a tap.	In every household, water supply eases women's work.
71	12:00	A girl helping a woman in a kitchen that has water supply.	The provision of water supply gave rise to the opportunity to remake these kitchen facilities so that work can be done more easily.
72	12:05	Straw being fed into an Improved Cooking Stove.	Even the cooking stove was improved so that only a little fuel would be needed for cooking.
73	12:11	A mother carrying dishes to a family seated around a wooden table.	A low dining table is heightened so that people can sit on the chairs comfortably.
74	12:17	A man installing a water heater on a roof. Water is poured into the water heater.	On the roof is a solar-powered device that heats water during a day. People can take hot bath and save fuel for heating.
75	12:33	A thresher. A loom that weaves items like mats. Children weaving things like straw raincoats.	Various things can be made from wheat straw and rice straw, which had been used for fuel until now.
76	12:43	A man turning the water tap to let water into a paddy field.	During the summer, when there is little rain, the piped water can also be used to irrigate the paddy fields.
77	12:52	A poultry house. Water from the piped water flows into a bamboo aqueduct.	In this chicken coop clean drinking water always flows.

	Time (min/sec)	Image	Explanation
78	12:58	A man using water from a hose to wash a cow.	—
79	13:05	A girl filling a bath with water.	For these villagers, who strove to live together in harmony, water supply has definitely been a major advantage.
80	13:19	In Japan, 32 million people live in cities and 52 million live in towns and villages. Of them, 18 million people live in cities that have water service, and 1.5 million live in towns and villages that have water supply.	Our country had few water supplies. The urban population is 32 million. The rural population is 52 million. Those have water supply in the urban area is 18 million. On the other hand, in rural area, only 1.5 million people have water supply.
81	13:51	Drilling and other water supply construction scenes.	However, after the second world war, construction for new water supply has begun everywhere.
82	14:25	On the grounds, people have gathered in the shape of the letter <i>ro</i> .	In this village, pre-work discussion is held in the shrine's cedar grove.
83	14:30	A gathering of men.	Farmers are serious. Because they want to rid themselves of a murky bath which has been the only one available to them.
84	14:40	A gathering of the fire-fighting brigade.	These members of community fire brigade are talking about a fire in which half a village burned down, because of scarce water.
85	14:45	A gathering of women.	Housewives also attend.
86	14:52	Men in white lab coats, arranging test tubes and flasks on a table.	Engineers from the prefecture's department of health and the public health center join the meeting.
87	14:56	A man leaves diagrams and regulations written on white, imitation Japanese vellum on a table.	The central and prefectural government will provide half of the money necessary to install water supply.
88	15:05	The shrine's grove of Japanese cedars.	In order to cover villager's share, they plan to sell some of these cedar trees from the community grove.
89	15:16	A man leaving his home shouldering a shovel and a pickax.	In this village, work has already begun.
90	15:26	The man carrying the shovel and pickax passes women carrying baskets. There is a manually operated pump by the road.	These villagers used to wash their faces in a river in the middle of the paddy field. But with happenings like about 70 people contracting dysentery in successful summers, everyone definitely wants water supply.
91	15:45	The man just shown, walking along a mountain path.	To cover the lacking expense, the villagers try to compensate it by their own work.
92	15:50	Men and women in a line, digging a ditch on a slope.	—
93	16:15	A man squatting in the ditch, tightening the bolt on a joint. A little bit beyond, several people begin the process of covering the water supply pipe over with dirt.	In this village, which is in the mountains of Nagano Prefecture, the work is coming to its completion.
94	16:23	Men and women digging a ditch facing a house.	A fat pipe is laid under the village's main road. From there, water supply pipes are connected to people's houses.
95	16:27	A man welding a tap to attach it, with women looking on. The man in the back is restricting something.	—
96	16:40	A man laying a water supply pipe near a poultry house and attempting to install a tap.	Taps will be installed in houses that draw on a water supply pipe.

	Time (min/sec)	Image	Explanation
97	16:45	A tap beside a stable. (A sunken hearth in the back. An indoor stable.)	A tap has also been provided at the sink near the stable.
98	16:50	A tap installed beside a small river.	A tap was also installed above the place along the small river that was originally used for washing.
99	16:58	Water overflowing from a bucket. A tap installed at a washing place (?).	—
100	17:03	A (high) tap installed in an indoor kitchen. Children on swings in a park, and the tap next to them.	When, at long last, water comes out of the taps, our living will definitely be cleaner and daily work be easier to manage.
101	17:11	A man constricting one end (?) of a water supply pipe. A tap attached to a stone bath. A washing place with tile walls and floor.	Some houses are even installing new bathtubs.
102	17:23	Covered by a frame, a water supply pipe runs beside a wooden bridge.	—
103	17:30	People shoveling dirt to cover a pipe at a bottom of a ditch.	At the top of the mountain, construction of a water source is nearing completion.
104	17:46	Spring water from a small river.	Clean spring water is collected here and sent to the water treatment plant below.
105	17:50	Men attaching a wooden lid to a concrete measuring box.	Water will reach the taps of 1,200 villagers and 250 houses.
106	17:57	A man tightening the bolt on a joint of water supply pipe.	For 25 years, the people of this village have hoped for water supply. Some day soon, that hope will become a reality.
107	18:07	Shelving being made around a manually operated pump. The pump enclosed within it. A fire hydrant installed by the side.	Until now, the village only had a hand pump. From now on, this fire hydrant will protect the village from fires.
108	18:13	Women, holding buckets in both hands, gathered to test out the fire hydrant. Water gushing from the hydrant.	Somewhere in the village, water is being passed through the fire hydrant to test it.
109	18:21	Men engaged in water supply construction on a road in the village. Women carrying firewood and buckets on carrying poles pass by their side.	Villagers still have to fetch water from wells. But piped water will reach their houses very soon.
110	18:32	A bird's eye view of the village. A village street. Cloudy water flowing in the waterway. Above the waterway, there is a sign that reads, "For the time being, do not use the water, as there has been an outbreak of dysentery in the upper stream of the water that Yashirocho uses. —Headman of Yashirocho, 1962."	However, many other towns and villages still do not have clean water supply
111	18:46	An ambulance (?) approaching on a wide street. Women with buckets on carrying poles walk by the side.	Every single year, 100,000 people contract contagious diseases caused by water. Money cannot buy health or pleasant daily life. To avoid health risks and improve our livelihood, our time and efforts for installing water supply are valuable investment.
112	19:10	The ambulance driving away along a wide street lined with telephone poles.	—
113	19:17~ 19:27	Title, "The End."	—

Rural Livelihood Improvement Movement in Post-war Japan

~ A Treasury of Lessons for Rural Development ~

SATO Kan Hiroshi

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Rural Livelihood Improvement Movement

- A forgotten Japanese social development experience
- Taking off from absolute poverty
- A prototype of participatory development

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Burned Ruins

□ Japan in 1945



(APO "Agricultural & Rural Development and Population in Japan")

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Urgent Issues

- Increase food production
- Accommodation for repatriates and returned soldiers
- National reconstruction
- Maintenance and stabilisation of social order

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Imposed Objectives by the Winner

- Democratisation
 - ◆ Establishment of a new constitution
 - ◆ Renunciation of armaments
 - ◆ Enactment of law of democratic education
 - ◆ Dissolution of the Zaibatsu (financial combine)
 - ◆ Enfranchisement of women
- Modernisation of agriculture

Nurturing "A Thinking Farmer"

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Three Major Agricultural Reforms

- Enfranchisement enactment of women (1945)
- Land reform (1946)
- Establishment of agricultural cooperatives (1947)
- Agricultural Improvement Promotion Law (1948)

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Agricultural Extension office

- Completion ceremony (Kashiwa, Chiba)



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Green Bicycle of Extension Worker

Agricultural Extension Workers
(Farm Advisors) &
Livelihood Extension Workers
(Home Advisors)

(APO "Agricultural & Rural Development and Population
in Japan")



Livelihood Extension
Worker

("A Day in the Life of a Livelihood
Extension Worker")



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Searching for the Home-Life Approach

- Listening to rural women's voices
- Encouraging them to find out their own problem
- Assisting them to start improvement

*Japanese exploratory
Participatory Rural Appraisal*

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Identifying and Utilising Various Local Resources (1)

- Existing women's associations



("A Day in the Life of a Livelihood Extension Worker")

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Identifying and Utilising Various Local Resources (2)

- Exhibitions during off-farm season



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Identifying and Utilising Various Local Resources (3)

- Presentation at

"Discussion Session of the village"



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Identifying and Utilising Various Local Resources (4)

- Public Health Nurse



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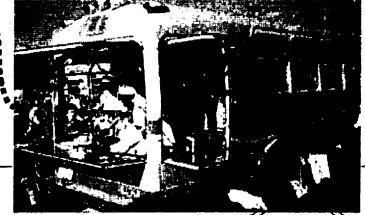
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Identifying and Utilising Various Local Resources (5)

- A Kitchen Bus



(Both photos from "Kitchen Bus")



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Problem Identification and Proposal of Solutions

- Long working hours
- Unhealthy kitchen environment
- Time and motion survey
- Inefficient and unhealthy cooking stove

→ "Improved Cooking Stove"

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Improved Cooking Stove



("A Day in the Life of a Livelihood Extension Worker")



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Training of Livelihood Extension Workers

- ◆ Extension methods and techniques
- ◆ Thinking process of the "Three Layers, Five Stages"
- ◆ Cooking stove workshop (carpentry, plasterer works)
- ◆ Cooking practice
- ◆ Sewing practice



(From Ms. Homma, Yamaguchi)



("Rural Life Improvement Service Exhibition")

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Health Issues during Farming Seasons

- Over load of farming activities
- Cooking for farm helpers in addition to family members
- Insufficient attention to baby caring

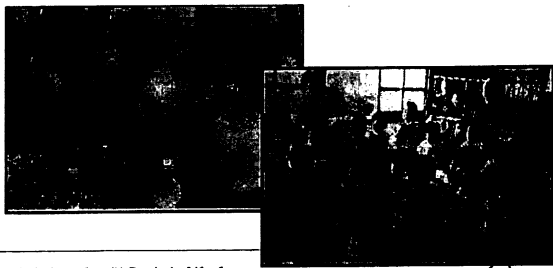
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Farmers' weight loss during busy farming seasons

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Communal Cooking, Communal Nursery



(Both photos from "A Day in the Life of a Livelihood Extension Worker")

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Every Aspect of the Home-Life

- Renovation of cooking stove/ kitchen
- Futon (bedding) airing, Straw mat making, refurbishment of Futon
- Improvement of working clothes
- Campaign for housewives to return home one hour earlier
- Nutrition improvement
- Family planning
- Keeping household accounts



("Group for Household accounts")

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Various Activities

Cooking Class (Yamaguchi, 1950s)

Futon making (Kagoshima, 1950s)



(From Ms. Honma, Yamaguchi)

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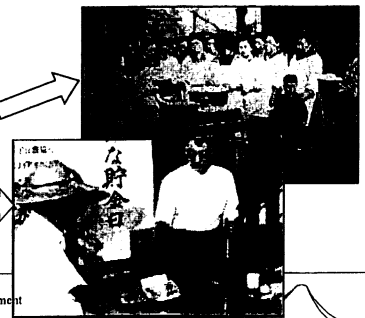
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(From Ms. Matsuda, Kagoshima)

Fund Raising

- Firewood collection
- Rotating credit system
- "Egg Saving"
- "Imaginative Saving"
- Saving at agricultural cooperative window



(APO "Agricultural & Rural Development and Population in Japan")

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Promoting Group Activities

- From individual approach to group approach
- Farmer-to-farmer approach
- Effective extension and efficient work
- Intensive guidance for the pilot area
- ◆ Application of model projects

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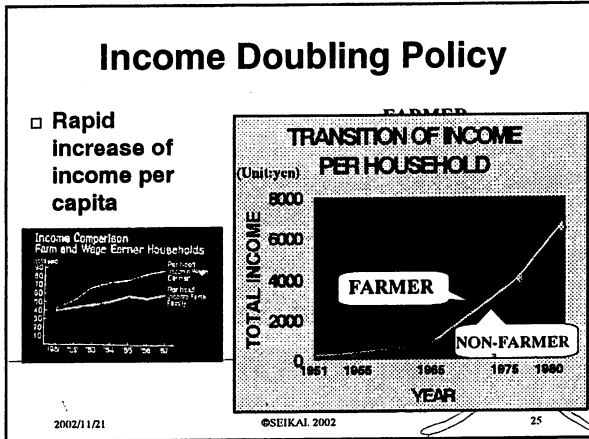
Group activities

- "Egg Saving"
- Cooking class
- Exhibition of new dishes, working clothes, and so on at Harvest Fairs
- Reading club
- Cultural activities
- Processing the harvest

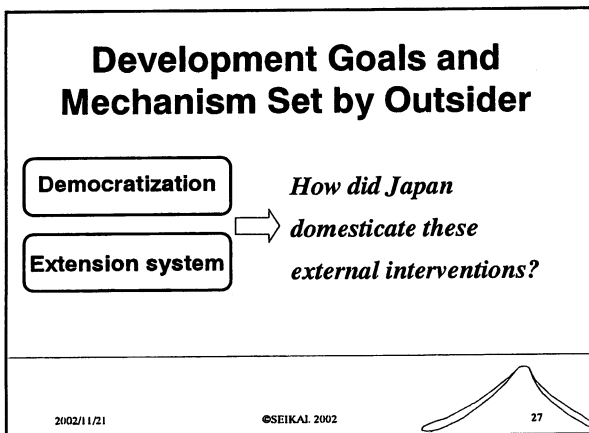
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- ### Rapid Economic Growth in the 1960s
- Income generation from non-farming jobs
 - Renovation of farmhouse
 - From wood stove to gas stove
 - From handmade to ready-made clothes
 - Nutrition improvement (oil intake, food variety)
- ↓
- ### “Escape from Poverty”
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- ### Japanese Experience being Aided
- Post-war Japan was an “aid-recipient country”
- ◆ UNICEF milk
 - ◆ Licensed Agency for Relief of Asia goods
 - ◆ Christmas presents from a Christian Organisation
 - ◆ World Bank Loans
 - ◆ Found from US Public Law 480

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Utilisation of these external resources
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- ### Life Improvement Program as social development
- Improved all aspects of communities including sanitary environment, health and even awakened/stimulated rural women
 - Empowerment
 - Approach that respected women’s autonomy
 - Participatory Development
 - Cooperation of residents and local government
 - Synergy
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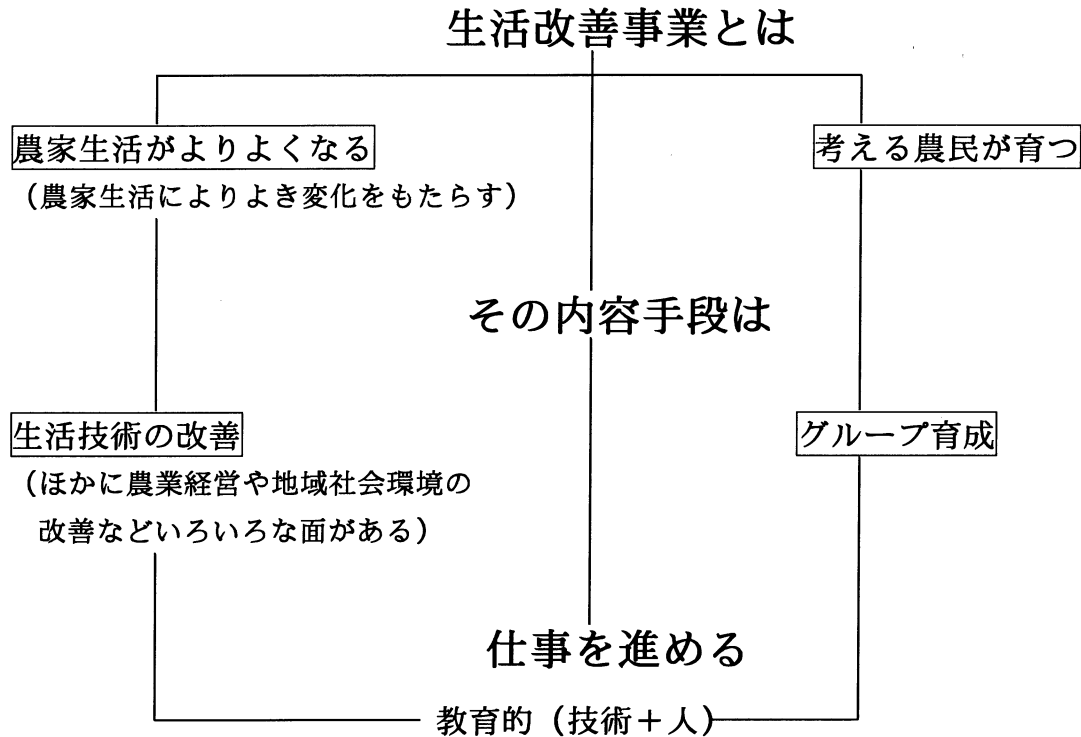
Joint Community Workshop on Livelihood Improvement Programme

18 October 2002, at Vangkhi Village, Hinheup Vientiane Province

Name card color: (FAO: Green, JICA: Pink, JVC: Blue, Other: Yellow)

Time Guide	Agenda	Facilitation tips
9:00-9:20	Reception	
9:20-9:40	Opening remark 1. Introduction 2. Opening speech 3. Explanation of schedule 4. Game	
9:40 10:50	Video presentation and discussion	(7min→pause, 7min→pause, 7min→pause) • Asking about Time, Place, Understanding
10:50-11:00	Break	
11:00-11:30	Group discussion by groups	Group of <u>women & man</u> (Focus on the past and present): problems, self-help, helping system in the community
11:30-12:00	Presentation by each group	
12:00-13:00	Lunch	
13:00-13:10	Ice break: Game	
13:10-13:30	Presentation by Huaihok villagers	Using OHP
13:30-14:20	Group discussion by groups & presentation	Group of <u>each project village</u> , discuss about Opportunity, Area for improvement, Dream, Way to reach the dream (Focus on the future)
14:20-14:40	JVC villager 's volunteer	
14:40-14:50	Break	
14:50-15:30	Ms. Yamada presentation	
15:30-16:20	Exchange ideas	About dream and limitation
16:20-16:35	Closing ceremony	
16:35	Close	

農業（生活）改良普及事業における生活改善



農村生活とは

農業（生計）・家庭生活・地域環境の三つの面から成り立ち、それらは密接に結びついている。

三つの面がバランスよく充実しないと豊かな生活ができない

*収入がなければ良い生活ができないが、収入があっても良い生活が送れるとは限らない

*健康が維持されなければ、生産のための労働ができない

*農業用の農機具や種子、収穫した農産物が家の中に置かれ、生活を妨げることもある

*家庭用の排水やゴミが農業生産を妨げる場合もある

概念図

ウビ農家の生活・生産の向上（フィリピン ボホール州の活動事例）