

Dependence on Alcohol in Japanese Rural Areas

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Japan consists of four big islands. Prof. Nukada reported drinking patterns at various areas in Japanese Islands. (Fig. 1) People living at the northern and southern ends of Japan, are fond of alcohol most. Japan Islands lie long from north to south. It is cold in winter at the northern area and hot in summer at the southern area. Prof. Nukada insists that drinking volumes of alcohol are related to "richness or poverty", which involves climate, temperature, amusement, culture, custom, economy, etc..

Dr. Sato classified drinking patterns into 8 types, according to 3 factors-traditional factor, European factor and high alcoholic concentration-factor. The traditional factor means fondness of Japanese traditional rice wine-"Osake" in Japanese. The European factor does whisky, brandy, beer etc.. The high alcoholic concentration-factor does whisky, brandy and Japanese "Shochu". I should like to introduce two typical types from the 8, here. One is rural type and another is great urban type.(Fig.2) The rural type has higher rate of traditional factor. The great urban type which is represented for Tokyo has higher rate of European factor and high alcoholic concentration-factor.

I should like to introduce drinking realities of Toyama Pref. as a representative for the rural type. Toyama Pref. is located at the central part of Japan Islands, facing at the Japan Sea. (Fig. 3) The Japan Alps run from north to south in the middle of Japan Islands. At the opposite side of them, Tokyo is located. North wind which comes from Siberia over the Japan Sea collides against the Japan Alps, and gives abundant rain to the areas facing to the Japan Sea, where are rice producing areas. In Toyama Pref., about 90% of acreage under cultivation is rice field. Toyama Pref. belongs to the rural type classified by Dr. Sato. Modernization is progressing at this area too as well as in the whole Japan or whole world, now.

I want to compare our data with the data on the whole areas of Japan. As for first drinking age, 52.3% in male and 43.9% in female have experience of drinking under 19 years old. (Table 1). I find their first drinking ages are lower than the whole Japan's.

Now, I must explain Japanese traditional alcoholic beverage "Osake" in Japanese. It was found to be made from our staple food rice before 2,000 years, when our ancestors

began cultivating lives at staying near rivers instead of wandering lives. At that time, harvest was more influenced with climate and weather than nowadays. People served the Osake to violent God who caused catastrophe, they believed. They drank and danced for the purpose of consoling the violent God. It was ceremony called "Matsuri" in Japanese. Celebration and traditional events which are originated from the "Matsuri", are often held at the rural areas now. The Osake made from our staple food rice, is thought sacred and precious in our country. Another name of Osake, "Omiki" means "Wine for God". It is necessary to know these historical fact in order to understand my report.

Regarding for first opportunity of drinking, "Social drinking" is the top position and "Celebration and ceremony" the second. (Table 2) It is worthy of special mention that value of "celebration and ceremony" at the rural area is meaningfully higher than in the whole Japan. At the celebration place, drinking by minority is often overlooked, although the law of our country prohibits drinking of minority. The lower drinking age at the rural area is related to the fact. Difference of first drinking age between male and female comes from the history, in which women's drinking was prohibited for a long time.

Drinking frequencies are 40.7% of every day drinkers, 14.0% of 4-6 times per week-drinkers, 22.5% of 1-3 times per week-drinkers and 18.2% of seldom drinkers. (Table 3) Our data show the rural area is higher than the whole Japan.

We have the custom of evening drinking, "Banshaku" in Japanese. Agrarian labor was heavy in our history. Farmers worked hard every day from dawn till sundown. They drank at dinner time at home and recovered their fatigue. Only adult men had preveledge of drinking the "Banshaku", under the name of refreshing and storing energy for tomorrow's labor. Drinking in day time was blamed. Now, regarding for our investigation, drinking volume of "Banshaku" is less than 56 ml of pure alcohol in 80.6% of men. But their volume, in general, is more than the whole Japan's. (Table 4)

Since the end of World War 2., woman drinkers appeared. Their volume at "Banshaku" is less than 28 ml in 83.2% of women, which is almost equal to the whole Japan's data. The drinking volumes at drinking party are these-less than 28ml in 12.1%, 28-56 ml in 21.6%, 56-84ml in 28.0%, 84-112ml in 19.0%, 112-140ml in 11.8% and more than 140ml in 7.5%. (Table 5) The data show that the volume at drinking party is higher than at "Banshaku", and that the volume at the rural area is higher than in the whole Japan. As for the women, their volume at the rural area is almostly equal to the whole japan's.

Where do they drink? Yes, 72.9% in men-drinkers do at home, 19.7% at drinking

house and 4.4% at friend's home. (Table 6) It is supposed that people at the rural area are fond of drinking at home.

We tried a question, "Is alcohol necessary for your life?" -92.6% in men and 82.5% in women think necessary. The values of necessariness at the rural area are higher than in the whole Japan. (Table 7)

I conclude that people at the rural area have higher affinity to alcohol than big cities, because of having so called "drinking culture" centering around celebration and traditional events originated from "Matsuri".

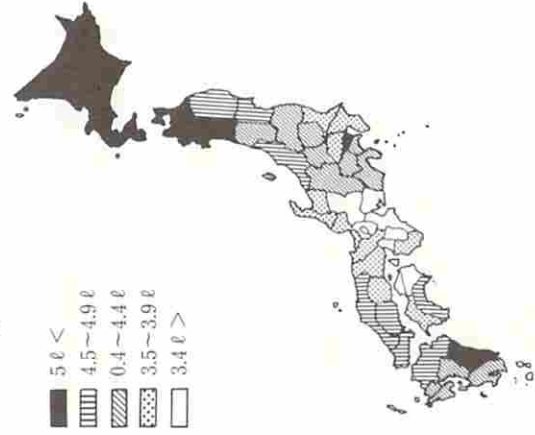
What is the rate of alcoholism at the rural area? Psychotics in 1982 were 188,871 in male and 138,278 in female in our country. Alcoholics in the same year were 19,782 in male and 1,104 in female. So, the rates of alcoholism in our country are 10.5% in male and 0.8% in female. Our rural data are respectively 2,259, 1,553, 226, 11, 10.0%, and 0.7% . The rates of alcoholism between our rural area and the whole Japan are statically not significant.

Dr. Asaka reported death rates of alcoholism at various areas of Japan. (Fig. 4) The result is resembled to Dr. Nukada's map as shown at Fig. 1.-the highest death rates are observed at the northern and the southern end of Japan Islands. The death rates of alcoholism at the areas facing to the Pacific Ocean where are more industrial and commercialized, are relatively higher than the areas facing to the Japan Sea where are rural.

Dr. Asaka compared death rates of alcoholism with various occupations. (Fig. 5) The farm worker's rate was the lowest.

Although higher drinking frequencies and alcoholic affinity to lives at the rural area, alcoholism is not necessarily higher and the death rate of alcoholism is rather lower than the whole Japan's.

Fig.1 Drinking Volume of Various Areas in Japan



Cf.) Pure alcohol/Person/year

(Dr. Nukada, 1967)

Fig.3

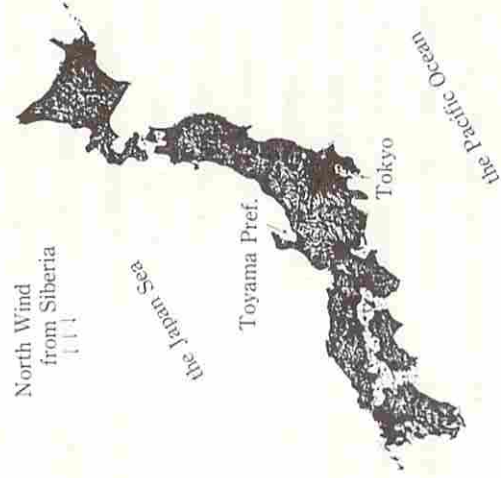
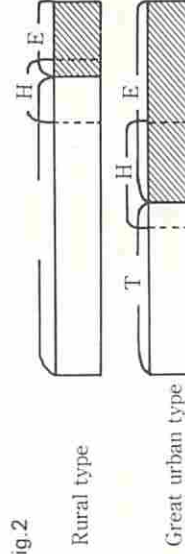


Fig.2

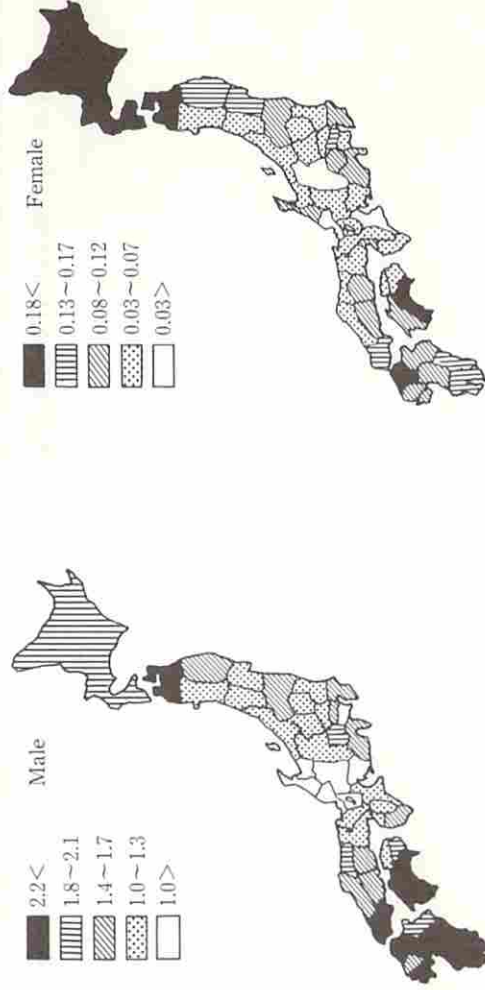


Cf.) T: Traditional factor

E: European factor

H: High alcoholic conc. factor

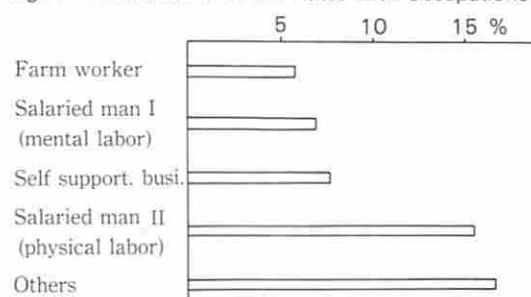
Fig.4 Death Rates of Alcoholism at Various Areas in Japan



Cf.) Death rates per population of 100,000 persons

(Dr. Asaka, 1950-1978)

Fig. 5 Difference of Death Rates with Occupations



Cf.) Death rates: Alcoholism/All Diseases×100

(Dr. Asaka, 1969-1978)

Table 1 First Drinking Age

Age	Male		Female	
	R	J	R	J
-15	10.4**	3.1	4.1	3.3
16-17	10.7**	5.6	4.1	3.8
18-19	31.2	25.4	35.7**	14.9
20-21	36.8	35.6	37.8	27.1
22-23	3.7**	9.1	4.7**	8.1
24-25	5.2**	8.8	6.1**	9.2
26-27	0.5**	2.3	0.7**	2.7
28-	1.5**	1.4	6.8	3.7

**P<.01 %

Cf.) R=Toyama Pref. (Representative of Rural Areas)

J=Whole Areas of Japan

Table 2 First Opportunity of Drinking

Opportunity	Male		Female	
	R	J	R	J
Social drink	42.3**	61.8	37.6**	46.7
Celebration	32.4**	10.8	44.8**	30.7
Without reason	9.9*	6.5	8.1*	11.8
On business	7.1**	1.8	6.0**	2.4
As a grown up	3.8**	1.8	0.9	-
Suggestion of parents	1.9	1.0	0.9	2.7

*P<.05 **P<.01 %

Table 3 Drinking Frequency

Frequency	Male		Female	
	R	J	R	J
Every day	40.7**	30.4	3.0	2.9
4-6 times a week	14.0*	11.7	3.2**	1.3
1-3 times a week	22.5**	26.9	16.0**	6.3
Seldom	18.2	19.8	53.7**	35.5
Abstainer	1.6**	3.5	2.2	1.3
Non-drinker	3.0**	7.7	21.9**	52.7
Total	100.0	100.0	100.0	100.0

*P<.05 **P<.01 %

Table 4 Drinking Volume at "Banshaku"

Vol.(ml)	Male		Female	
	R	J	R	J
< 28	32.1**	53.3	83.2	79.4
28- 56	48.5**	36.1	11.5	13.5
56- 84	16.0**	8.1	4.4	4.3
84-112	2.9**	-	0.9	-
112-140	0.4*	-	0.0	-
140<	0.1	-	0.0	-
Total	100.0	97.5	100.0	97.2

*P<.05 **P<.01 %

Cf.) "Osake" 1 Go (Japanese unit) = pure alcohol 28 ml

Table 5 Drinking Volume at Party

Vol.(ml)	Male		Female	
	R	J	R	J
< 28	12.1	10.9	61.7	61.2
28- 56	21.6	22.7	24.2	18.4
56- 84	28.0	29.2	9.6	10.7
84-112	19.0**	11.3	3.3	2.4
112-140	11.8**	19.8	0.8	2.0
140<	7.5**	-	0.4	-
Total	100.0	93.9	100.0	94.7

*P<.01 %

Table 6 Place for Drinking

Place	Male		Female	
	R	J	R	J
Home	72.9**	65.1	67.7**	46.7
Public house	19.7**	27.8	20.1**	13.3
Friend's home	4.4**	7.9	12.2**	40.0

**P<.01 %

Table 7 "Is Alcohol Necessary for Your Life?"

	Male		Female	
	R	J	R	J
Yes	37.1	36.8	13.7**	8.3
Sometimes	55.5**	50.0	68.8**	47.8
No	2.6**	8.3	3.8**	28.1
Unknown	4.8	4.9	13.7	15.8
Total	100.0	100.0	100.0	100.0

**P<.01 %

日本の農村における アルコール依存について

富山市民病院神経精神科 草野 亮

日本列島は4つの大きな島から成っている。額田教授は、日本列島の地域別飲酒量マップを作成したが、気候・風土や住民の気質・習慣・文化・経済状況などが飲酒パターンの相違として現われているという。

日本の伝統的風習の比較的残っている農村地帯の飲酒パターンはどのようであろうか。

今回、私の調査した富山県の住民の飲酒実態を、日本の農村地帯の代表として紹介する。日本列島の中央を日本アルプスが南北に縦走しているが、そのほぼ中央部の日本海側に、この富山県が位置している。日本アルプスの反対側の太平洋側に首都東京がある。シベリアから日本海の上を渡って来た湿気を帯びた空気が、高いアルプスにぶつかって、この地方に豊かな雨をもたらすため、昔から農業県として名高い。耕地面積の90%が田で、わが国有数の米どころである。近年は、近代化の波が他の地方と同様にすすみつつある。

Dr. 佐藤は、日本人の飲酒嗜好パターンを、伝統因子・洋風化因子・高アルコール因子の

3因子にもとずいて8型に分類している。伝統因子とは日本の伝統的な清酒嗜好であり、洋風化因子とはウイスキー・ブランディー・ビールなどの洋酒嗜好、高アルコール因子とは高アルコール濃度の焼酎・ウイスキー・ブランディー嗜好である。東京は洋風化因子・高アルコール因子の高い大都会型であるのに対し、富山県は伝統因子の高い農村型をしている。

さて、私どもの調査から、この農村地帯の特徴をいくつか発見できた。それは、全国平均と比較して初飲年令の低いこと、飲酒頻度の高いこと、飲酒量の比較的多いこと、つきあい酒の多いことなどであったが、それにも拘らず農村のアルコール症の発病率は必ずしも日本全体の平均より高くないことである。しかも、アルコール症の死亡率は、農村では、他の地域よりもむしろ低かった。飲酒と関係の深い冠婚葬祭の盛んな農村地帯であるが、健全な風俗・習慣がアルコール症や死亡率をコントロールしているように思われた。