

時間内科学・時間医学に関する著者の論文

著者は幸運にも、時間生物学研究の進歩とともに歩み、歳を経ることができた。本書は1973年以降の、その40年間の著者の時間内科学研究を詩的にまとめ、物語として紹介したものである。以下に、その研究の足跡を紹介しておく。本書に書き及ばなかったところは、原著を参照いただきたい。

古の人は、時空の流れを読むことが得意であった。

古今集に見える 紀友則の歌を偲びつつ、ここに筆を擱くこととする。

色も香もおなじ昔にさくらめど 年ふる人ぞ あらたまりける
ひさかたの光のどけき春の日に しづ心なく 花の散るらむ
とりもあへぬ年は水にや流れそふ 老いの心の 浅くなりゆく

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