

Prioritizing Sustainable Living

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What does Pacific Island/Oceanic wisdom mean to you?

1. living sustainably given limitations of land and resources (within one's means). This includes sustainable aquaculture and fishing, horticulture and recycling. Island wisdom appears in the sustainable healthy habits that make Japanese and Okinawans among the longest-lived people on earth.
2. overcoming death and disaster (such as typhoons, tsunamis, drowning). Island wisdom enables survivors to psychologically as well as physically overcome recurrent disasters and fatalities.
3. prioritizing social survival/concerns above individual preferences. To live sustainably in the face of natural dangers, islanders depend on community support and cooperation more than atomistic individual initiative (nor is escape an option).

How/why do you bring island wisdom into your scholarship?

I bring island wisdom to my teaching and scholarship on sustainable lifestyles and end-of-life care. (These are connected; most terminal patients die from unsustainable lifestyles including smoking, drinking, unbalanced diet, lack of exercise, and/or loneliness.) My English textbooks such as *Danger in Daily Life*, *After All: Issues of Life and Death*, and *Japan's Wisdom: How it Can Save the Future*, (all Tokyo: Eihosha) extol island wisdom and urge its emulation. My research on caregiver violence, nursing burnout, and funeral effectiveness also highlight community cooperation confronting medical and psychological challenges. The earth too is an island in space, that desperately needs to learn from Pacific Island wisdom for its survival.