



# Eastern–Western Poets in Sympathy: Poetry Reading in Kyoto 2014

Japan Universal Poets Association

# Miyazawa Kenji' Poem

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# 雨ニモマケズ

風ニモマケズ

雪ニモ夏ノ暑サニモマケヌ

丈夫ナカラダヲモチ

慾ハナク

決シテ瞋ラズ

イツモシヅカニワラッテキル

一日ニ玄米四合ト  
味噌ト少シノ野菜ヲタベ  
アラユルコトヲ  
ジブンヲカンジョウニ入レズニ  
ヨクミキキシワカリ  
ソシテワスレズ  
野原ノ松ノ林ノノ  
小サナ萱ヅキノ小屋ニキテ

東ニ病氣ノコドモアレバ  
行ツテ看病シテヤリ  
西ニツカレタ母アレバ  
行ツテソノ稲ノ束ヲ負ヒ  
南ニ死ニサウナ人アレバ  
行ツテコハガラナクテモイヘトイヒ



北ニケンクウヤソショウガアレバ  
ツマラナイカラヤメロトイヒ  
ヒドリノトキハナミダヲナガシ  
サムサノナツハオロオロアルキ  
ミンナニデクノボートヨバレ



ホメラレモセズ  
クニモサレズ  
サウイフモノニ  
ワタシハナリタイ

(青空文庫より転載)

底本:「【新】校本宮澤賢治全集 第十三卷(上)  
覚書・手帳 本文篇」筑摩書房 1997(平成9)  
年7月30日初版第1刷発行

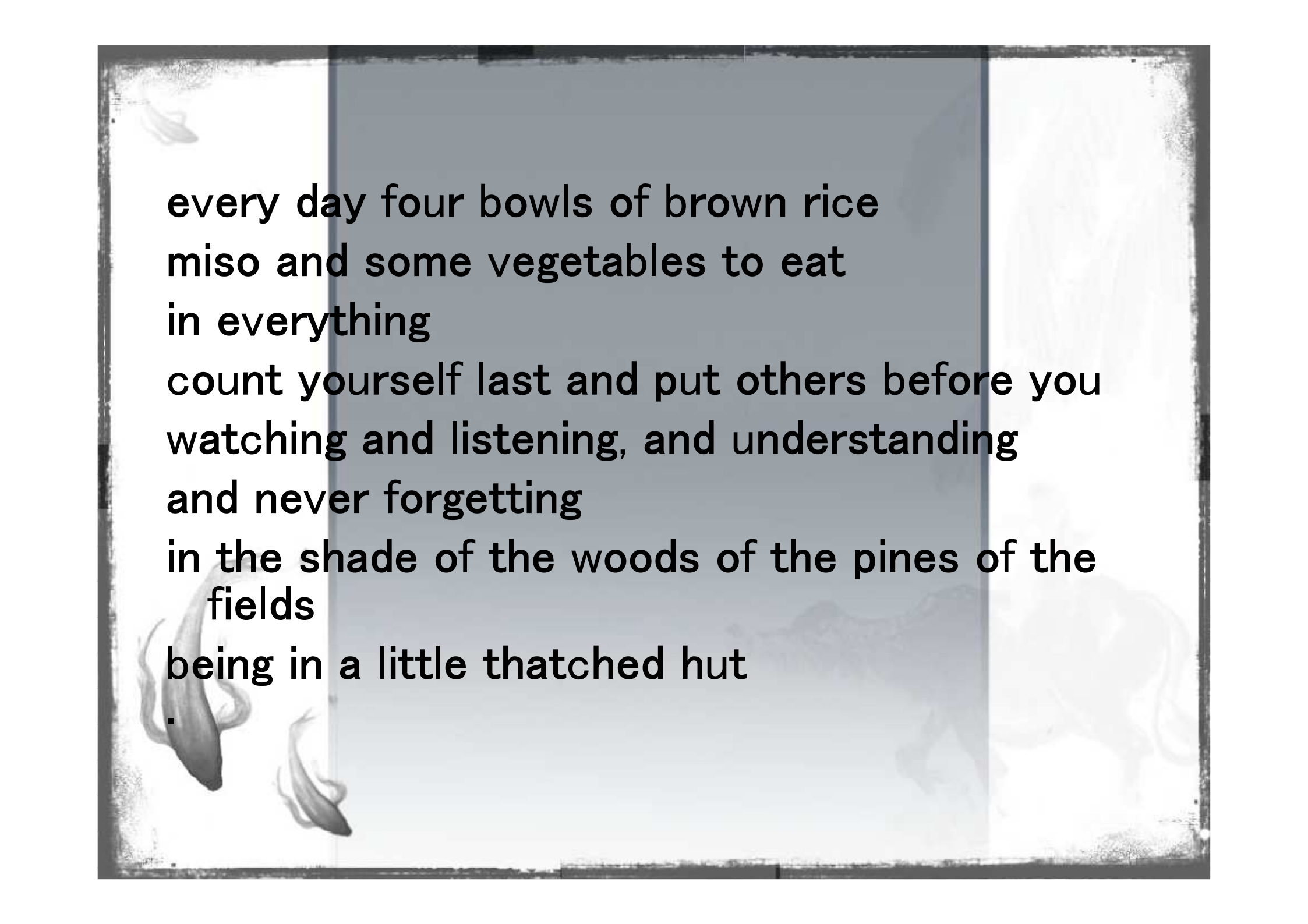
# not losing to the rain

Kenji Miyazawa

not losing to the wind  
not losing to the snow nor to summer's heat  
with a strong body  
not fettered by desire  
never losing temper  
always quietly smiling





The background is a traditional Japanese ink wash painting (suiboku-ga). It depicts a landscape with a thatched hut on the right, pines in the middle ground, and fish swimming in the foreground. The style is minimalist and expressive, using varying ink tones and brushwork to create depth and texture.

**every day four bowls of brown rice  
miso and some vegetables to eat  
in everything**

**count yourself last and put others before you  
watching and listening, and understanding  
and never forgetting**

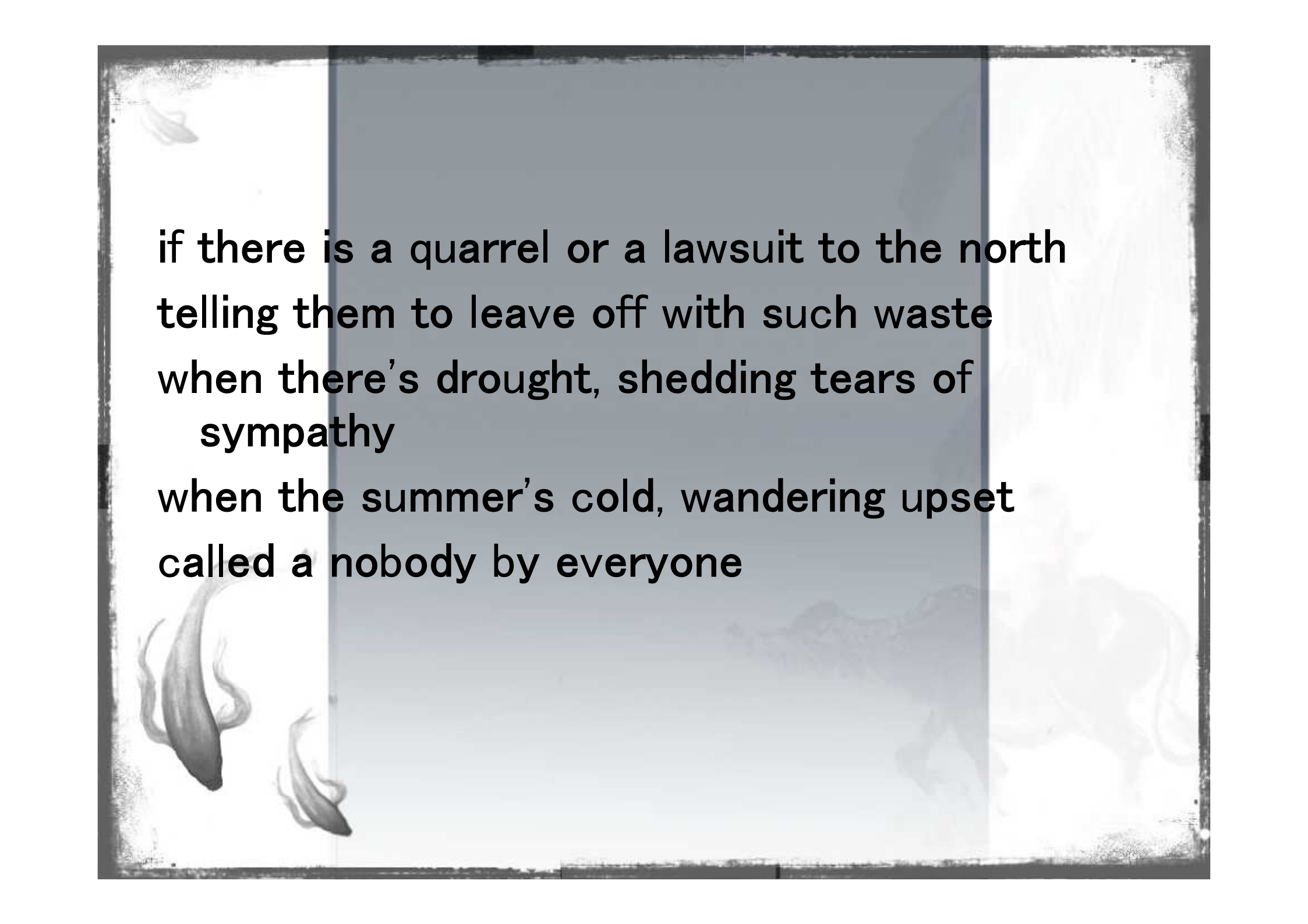
**in the shade of the woods of the pines of the  
fields**

**being in a little thatched hut**

**.**

**if there is a sick child to the east  
going and nursing over them  
if there is a tired mother to the west  
going and shouldering her sheaf of rice  
if there is someone near death to the south  
going and saying there's no need to be afraid**





if there is a quarrel or a lawsuit to the north  
telling them to leave off with such waste  
when there's drought, shedding tears of  
sympathy  
when the summer's cold, wandering upset  
called a nobody by everyone

**without being praised  
without being blamed  
such a person  
I want to become**

