

1. 旅は内なる自分の存在に気づかせてくれる。それは大げさなものでなくていい。電車やバスの車窓から町並みを眺めるとき、自転車で大草原の一本道を走るとき、静まり返った木立の中を歩くとき、人は何かもごもごと独り言をつぶやく。その相手が自分の中のもう一人の自分だ。それはまさに内なる自分と出会う瞬間だ。(by qanda hayashi)

A travel makes me notice the presence of another myself in me.

Any trivial travel will do.

Viewing street and houses through a window on the train or bus,
riding a bike on the road without branches,

and walking through the quiet woods, people sometimes tweet something to themselves.

The person for them to talk to is surely another themselves in them.

It is at the moment that you encounter another "You".

2. 法律や規則のようなルールは人間の生活を円滑なものにするために作り出される一種の技術だ。しかし、そのルールが蓄積し、制度にまで高まってくると、ルールのためのルールが作り出され、ルールが自己増殖するというような現象を引き起こす。そして、その塊は人々の上へのしかかる重しのようになる。ルールは本来の目的に立ち返り、時代の変化に対応する、シンプルでしなやかなものであるべきだろう。(by qanda hayashi)

Rules such as laws and regulations are a kind of technology
created to make our life work more smoothly.

However, when more and more rules are accumulated (piled) and turned into the system,
it itself comes to make rules, which looks as if it produced itself based on its will.

Moreover, it begins to place a weight upon people.

Rules should be returned to the original purpose and be simple and flexible
so that they can be adapted to the change of the time.