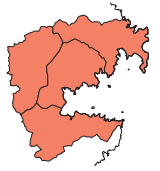


## Daily Life Support That Offered a Moment of Peace



▲ A makeshift large bathtub in Numata, Shizugawa provided by the Ground Self-Defense Force Western Army 8th Division.  
People felt body and soul warm up in the large tub.

A makeshift large bathtub set up by Kumamoto-based Self-Defense Forces who came to the rescue filled up with warm steam. Washing their bodies all over and warming themselves in the bathtub, people felt their fatigue fade away. Forgetting the harsh reality of their rubble-filled town for a moment, everyone smiled.



▲ Food distribution by the Ground Self-Defense Force Western Army 4th Division.

Photo courtesy of Ground Self-Defense Force Northeastern Army

At first, the only food available to the evacuees was cold food. Warm meals prepared by the Self-Defense Forces gave people the strength to carry on. Emergency food preparation and distribution was set up so that as many people as possible could enjoy warm and nutritious meals, the welcome taste of which lives on in the memory of the people of Minamisanriku.