



命をつないだ食パン

地震の時、避難した学校には 600 人ぐらいいて、
なかなか水が引かず、孤立し、水、食料もなかった。
2 日目の夜、
ゴムボートで運ばれてきた、わずかな食料...
私達家族 4 人に、
あたえられたのは 1 枚の食パン
次、いつ食べ物がまわってくるかわからない...
主人に
「オレはいいから子供達と分けて食べて」といわれ、
下の子におっぱいをあげていたので、
少しでも母乳がでるようにと、
パンを口にしました。

うさぎ 宮城県 2012 年 12 月

The Bread That Kept Us Alive

There were about 600 people in the school we evacuated to after the earthquake; the water from the tsunami just wouldn't recede, so we were stranded and had no food or water. On the second night, a life raft showed up with a small amount of food. All that was given to us, a family of four, was a single slice of bread. We had no idea when we'd have food again... "I'm fine. Share it with the kids," my husband told me. I was breastfeeding our youngest, so I ate the bread, hoping it'd give me even a little milk.

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by Usagi*

*Translator's Note: *Usagi* means "rabbit."