



Let's take a look at changes in the transport of goods and change in diet.

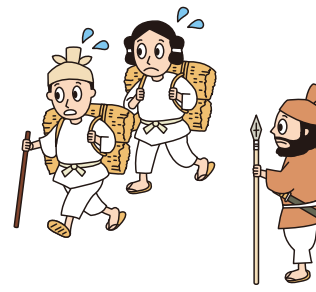
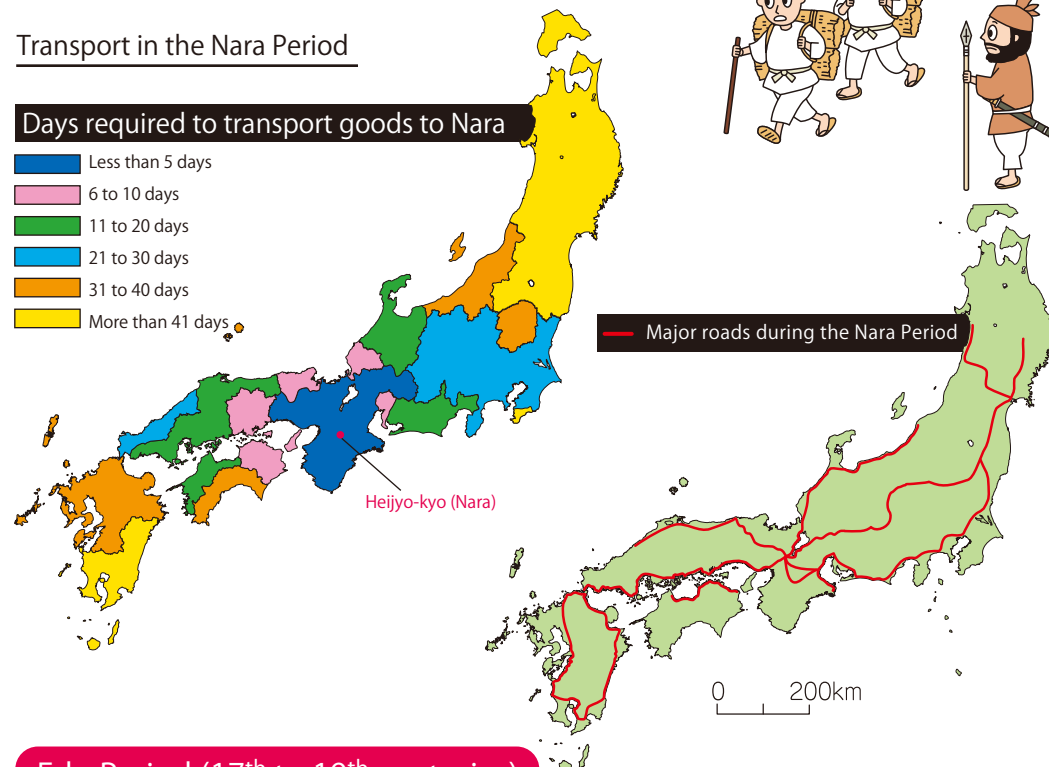
## Nara Period (8<sup>th</sup> century)

Goods were brought from rural areas to the cities.

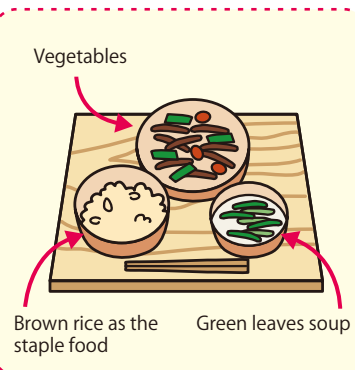
Transport in the Nara Period

Days required to transport goods to Nara

- Less than 5 days
- 6 to 10 days
- 11 to 20 days
- 21 to 30 days
- 31 to 40 days
- More than 41 days



## Common person's diet



Brown rice as the staple food Green leaves soup

The common people led poor lives and the types of food they could eat were limited.

Compared with today, it took much longer to transport goods.

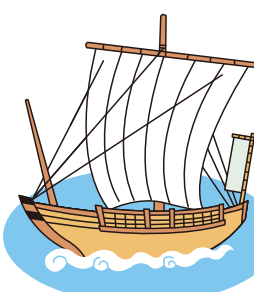
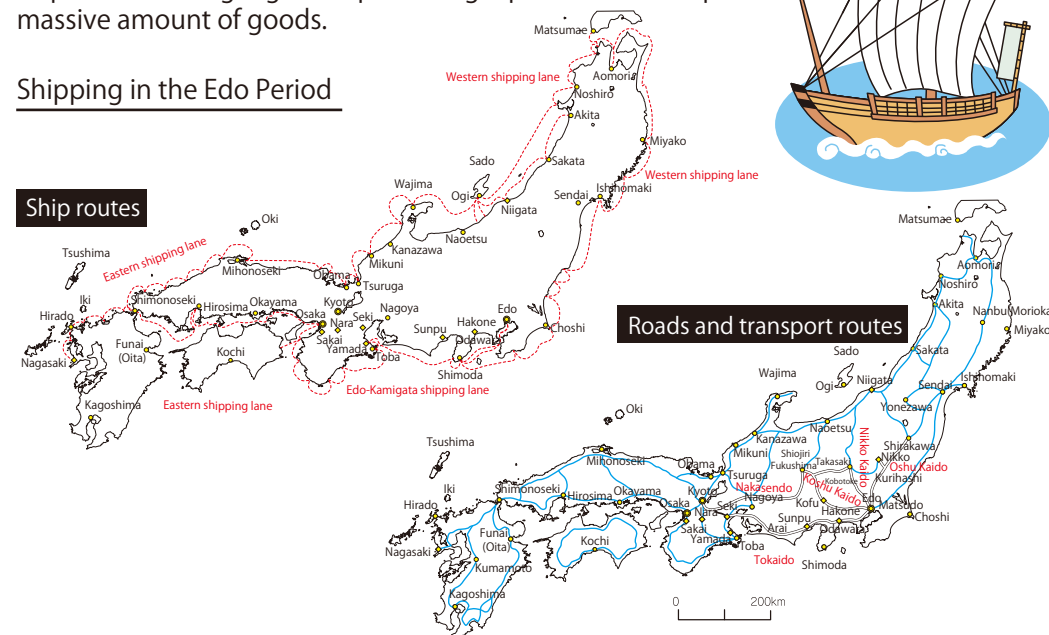


## Edo Period (17<sup>th</sup> to 19<sup>th</sup> centuries)

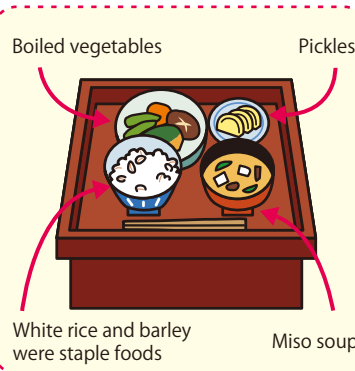
The ship industry developed with a variety of ships—such as hishigaki kaisen ships, taru kaisen ships, and kitamae bune ships—for making regular trips making it possible to transport a massive amount of goods.

Shipping in the Edo Period

Ship routes



## Common person's diet



White rice and barley were staple foods Miso soup

Tempura, soba, eel and other foods came to be eaten by the common people. Outdoor stall eateries appeared and common people came to eat things such as sushi and sweets.

Compared with today, the meals were simple, but the number of eateries increased, the means of transport improved and people were able to eat a greater variety of foods.



Today a number of methods of transporting things have been developed. Let's see just how much this has changed our way of life.

## Modern day

Modern-day shipping and transport



## Modern-day diet

Today it is possible to eat many things from many places. Refrigeration and means of preserving food has improved so that food, such as fish, can be transported from distant places, and enjoyed fresh. As a result of these advancements, today we can enjoy food that is out of season fresh year-round.

Means of transport have evolved that travel on land, over water and in the air, with transport networks growing dramatically. A massive number of transactions take place not only domestically in Japan, but around the world as well.

Let's try to use textbooks and an atlas to see where foods come from and what means of transport brings them to you.

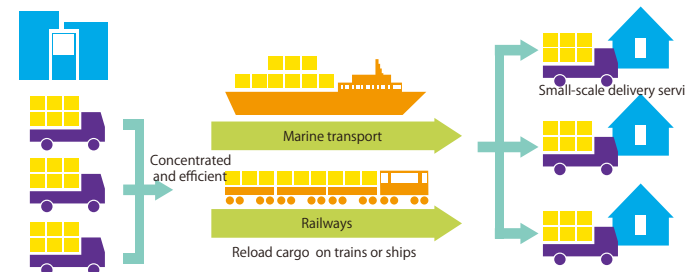


Transport has become very convenient, but how has the environment been affected?

## Distribution from an environmental perspective

### ■ Modal shift (Improving efficiency of transport)

This refers to shifting transport from trucking and other forms of transport and shipping that emit massive amounts of carbon dioxide (CO<sub>2</sub>), to those that emit less, such as rail and boats. Trains and boats can transport in one trip several times the amount of goods that can be moved by trucks. Fewer trucks traveling shorter distances means that energy is saved, that the air stays cleaner and there is less traffic on the roads.



### ■ Promoting eco-driving

Today people are encouraging drivers to stop their engines at streetlights and otherwise drive in ways better for the environment.

For information about the changing global environment see p. 4-5.  
For information about gasoline and carbon dioxide (CO<sub>2</sub>) see p. 16.

### ■ There are a variety of vehicles that run on clean energy.

Development and promotion of low-pollution cars  
Low-pollution vehicles results not only in less carbon dioxide (CO<sub>2</sub>) being released, but also help air quality.

- There are an increasing number of natural gas vehicles.  
These cars and trucks release less carbon dioxide (CO<sub>2</sub>) and harmful substances into the air than cars fueled by gasoline. The number of natural gas delivery trucks has especially jumped.

- Hybrid vehicles  
These vehicles efficiently combine the use of a gasoline engine and an electric motor to run using very little energy.

- Electric vehicles  
These vehicles operate on electricity and therefore are quiet and do not shake or vibrate. In addition, they do not release any exhaust.