

## 手書きバンドスコア

### Lazy Stemy

作詞：北村俊雄 作曲：河本宏

#### 解説

北村俊雄が学会長を務めた第9回日本血液学会国際シンポジウムで演奏するために、北村が作詞し、河本宏が作曲した。同シンポジウムは2018年7月27日（金）-28日（土）にグランドプリンスホテル京都で開催され、初日に催されたWelcome Receptionで初演した。この曲は、骨髄の奥深くにある造血ニッチに潜んでいる造血幹細胞が、なかなか自分の出番が回ってこないので、ゆっくりと自己複製を繰り返しているところから始まる。最後によく出番が回ってきた時、造血幹細胞は分化して種々の血液細胞を作り、感染や出血などの危機において役割を果たした。Lazy Stemyというタイトルについてだが、Lazyという言葉は「怠惰な」という意味でよく使われるが、「暇な」とか「やることが無い」という意味もある。「Stemy」は造血幹細胞君の名前で、「暇なStemy君」くらいの意味との事だ。

A song composed for 9<sup>th</sup> IJH International Symposium which was organized by Toshio Kitamura who wrote the lyrics for this song. This video shows the first play of "Lazy Stemy" at the welcome reception of the symposium. This song is about hematopoietic stem cells who are slowly self-renewing in the deep hematopoietic niche of bone marrow. Eventually, "Lazy Stemy" had a chance to generate all blood cells play important roles in protecting the body (world) when the body (world) faced an emergency.

#### 歌詞

Deep in the dark side, just killing time  
Away from the world, he's waiting his turn  
Longing for the outside, slowly self-renewing  
Away from the world, he's waiting his turn

He's got the power to make whole sort of blood cells  
Ready to escape from his freezing marrow niche  
While other guys are working hard for daily routines  
He's just waiting for someone to call him someday

Deep in the darkness, his quiet life  
Away from the world, he's waiting his turn  
Just pretends to do some stem cell work  
Away from the world, he's waiting his turn

He wants to move around, but always standing still  
While the world keeps going on, no one won't call him  
The time goes on, and the end of this world keeps approaching  
His turn may not come to him toward the dark end

Deep in the darkness, he got the power  
Away from the light, he's waiting his turn  
Now he comes to know the time's getting closer  
Starting to proceed to his cell fate

His moments finally come, he takes off from his niche  
In the bright new world, he makes his own progenies  
Some fight with bacteria or viruses to protect this world  
Some carry oxygen and others stop the bleeding

Now he has realized a dream to protect all this world  
Getting into the winter sleep for unlimited time

#### ライブ映像 (Youtube) :

<https://www.youtube.com/watch?v=rqy53LXSpQc&feature=youtu.be>

A tale of a blood stem cells  
 lyrics: Toshio Kitamura  
 music: Hiroshi Iwamuro

2019.

12.19 第一稿  
 12.25 歌詞地  
 改訂

80 BPM

V      G      K1      K2      B      D

V      G      K1      K2      B      D

Em      Bm      Em      G

Deep in the body side. Kill his time in a way, from the womb having 'far' his turn

→ お母さん。お母さん、お母さん。  
 お母さん、お母さん、お母さん。

Gm                      Bm                      Am                      Em  
 V                            G                            D                      E  
 Longing for the outside    while doing his thing a way from the world    waiting for his turn  
 K1  
 K2  
 B  
 D

G                      B?                      Em                      C                      Em  
 V                            G                            D                      E  
 He got the power to make all blood sibling cells ready to escape from the frosty marrow bone niche  
 K1  
 K2  
 B  
 D

Am                      Bm                      Am                      Em  
 V                          G                          K1                      K2                      B                            D  

White others are working hard to

do daily routines

Doing nothing but just waiting for some one's call

Bm                      Dm                      Am                      Am  
 V                          G                          K1                      K2                      B                            D  

2nd part

2nd part

	Gm	Gm	F'	F'
V				
G	*			*
K1	*			*
K2	b		b	*
B	b	b	b	b
D		*		3

	E <sup>m</sup>	E <sup>m</sup>	E <sup>m</sup>	E <sup>m</sup>
V				
G	Piano Chords (A)			
K1				
K2				
B	$\begin{array}{c} \text{J} \\ \text{X} \end{array}$ $\begin{array}{c} \text{J} \\ \text{X} \end{array}$ { { } }	$\begin{array}{c} \text{J} \\ \text{X} \end{array}$		$\begin{array}{c} \text{J} \\ \text{X} \end{array}$
D	$\begin{array}{c} \text{X} \\ \text{J} \end{array}$ x x y x x x x	$\begin{array}{c} \text{J} \\ \text{X} \end{array}$		$\begin{array}{c} \text{J} \\ \text{X} \end{array}$

唱 2 首

Em                      Bm                      Em                      G

V |      |      |      |

Deep in the darkness his forlorn life a way from the world hasty for his turn

G |      |      |      |

K1 |      |      |      |

(アーリルのアーリル)

K2 |      |      |      |

B |      |      |      |

D |      |      |      |

F#m                      Bm                      Am                      Em

V |      |      |      |

Just pretend to some stem work a way from the world hasty for his turn

G |      |      |      |

K1 |      |      |      |

K2 |      |      |      |

B |      |      |      |

D |      |      |      |

V G | B? | E<sup>m</sup> | C E<sup>m</sup>  
 He is destined to keep drawing in his place while the world keeps going on no one won't call him  
 G  
 K1 8#B9 Plwxit  
 K2  
 B  
 D

V Am Bm Am Em  
 He may expand himself when the world gets exhausted but the world ceases to survive leaving him alone  
 G  
 K1  
 K2  
 B  
 D

C#                    E                    G                    B  
 V |                    |                    |  
 G | J A G | D C | F E |  
 K1 | → オ お ト ヨ  
 K2 | |                    |  
 B | #F #D #C #B | #A #G | #F #E | #D #C |  
 D | x x x x x y x 3 x 3 | |

C#                    E                    G                    B  
 V |                    |                    |  
 G | |                    |                    |  
 K1 | |                    | ( ) |  
 K2 | |                    | | |  
 B | |                    |  
 D | |                    |

B5      B5

V

G

K1

K2

B

D

$\text{♩} = 128$

E<sup>m</sup>      B<sup>m</sup>      E<sup>m</sup>      G

V

G

K1

K2

B

D

Deep in the darkness he got the power a long from the light waiting for her turns

(C) 2010, Bono

E<sup>m</sup>                    B<sup>m</sup> ..                    A<sup>m</sup>                    E<sup>m</sup>  
 V                            G                            K1                            G  
 Now he comes to know the time getting closer                    starting to proceed to his own fate  
 G                            K2                            B                            D  
 B                            D

G                      B<sub>m</sub>                      E<sub>m</sub>                      C                      E<sub>m</sub>  
 V                      |                      |                      |                      |                      |  
 The prokaryote finally comes. He moves to the other side. In the bright world now he can make his progenies  
 G                      |                      |  
 K1                      |                      |  
 K2                      |                      |  
 B                      |                      |  
 D                      ♫                      ♪                      ♪                      ♪                      ♪ .                      ♪ .

Am                      B<sub>m</sub>                      Am                      E<sub>m</sub>  
 V                      |                      |                      |                      |  
 Some of them fight with bacterium and parasite attacks. Some repair the hole in the wall or carry oxygen  
 G                      |                      |                      |  
 K1                      ♪                      ♪                      |  
 K2                      |                      |  
 B                      |                      |  
 D                      x x x                      x x x                      |                      x x x                      x x x

G                      B7                      Em                      C                      Em

V                      |                      |                      |                      |

G                      |                      |                      |

K1                      |                      |                      |

( 間奏 )              |                      |                      |

K2                      |                      |                      |

B                      |                      |                      |

D                      |                      |                      |

Am                      Bm                      Am                      Em

V                      |                      |                      |                      |

Now he has the greater power to protect the world but he also has a risk to ruin it by leukemia

G                      |                      |                      |

K1                      |                      |                      |

K2                      |                      |                      |

B                      |                      |                      |

D                      |                      |                      |