

(Mashima Toshio (1949-2016), Japanese Music Composer, and Association between His Music Characteristics and Medical Perspective)

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Mashima Toshio (1949-2016) is one of the most important recent Japanese music composer and trombonist. He made a significant contribution to the brass band world. He was born in Tsuruoka, Yamagata, Japan. However, he studied engineering at Kanagawa University but interrupted this to learn music. He then learned music composition under Bin Kaneda and 'jazz' theory under Makoto Uchibori. He graduated in 1971 and went on to play the trombone in jazz and pop bands, following which he worked as an assistant to Naohiro Iwai and started to focus on writing compositions, especially for bands. Some of his notable band pieces included the symphonic poem "Seascape" (selected as a 1985 All Japan Band Competition test piece), a 1991 test piece called "Coral Blue," and the 1997 test piece "Sweet Breeze in May." Others included "Mirage I," "Jacob's Ladder to a Crescent," and "Mirage a Paris." These were eventually published in Europe and also sold in America. He also arranged T-SQUARE (Japanese fusion band)'s pieces "Takarajima" and "Omens of love," which are popular in a Japanese wind orchestra. He was honored with an award in the composition section of the 7th Academic Society of Japan for Wind and Percussion bands competition. Furthermore, "La danse du Phénix-impression de Kyoto," a piece inspired by the Kyoto scene, got the award of the Concours International de Composition Pour Orchestra D'harmonie in 2006. However, Toshio Mashima died from cancer in Japan on April 21, 2016, at the young age of 67 (1).

What characterizes his music is the fusion and balancing of classical, jazz, and pops music. His music style is very diverse. "Coral Blue" and "Seascape" is very scenic music based on the classical harmony method; on the other hand, "La danse du Phénix-impression de Kyoto" is like modern and impression music. "Sweet Breeze in May" is a concert march, but it has many unstable harmonies with fractional jazzy

chords. Therefore, his music productivity is based on various kinds of music like classic, jazz, pops, and various eras. His distinct musicality is what made him so appealing, and it is no wonder so many people mourn his early death due to cancer. The detail of his disease and death is unknown. However, we herein introduce some insights from a medical perspective.

He played the trombone, and trombone players sometimes have hypersensitivity pneumonitis (2) and lung cancer risk (3). In addition to his tobacco use (4), this might affect his pulmonary capacity. Also, trombone players sometimes have back pain (5). This might also affect his activities of daily living in the last years of his life. He loves wine (4). If he was a habitual drinker, the alcohol might affect his disease's outcome because it could contribute to resistance to sedatives and development of withdrawal syndrome, which might affect admission life in the hospital. These compounding factors may have hastened his death.

Music type also affects the health condition. Music types affect lifespan (6,7), cancer prevalence, and alcohol-related diseases (8). Music type also affects glioblastoma's survival status, and classical musicians have a worse outcome than rock-pop musicians (9). Except for the music and glioblastoma's research (9), classical musicians have a good lifespan compared to rock and pop musicians in general (6-8). The rock and pop music work is characterized by regular performances and preparing for them, and the composing is exposed to public criticism, which may cause stress. Therefore, rock and pop musicians may have severe stress compared to classical musicians, which would affect the life span (6-8). However, Mashima Toshio's music characteristics are based on a wide variety,

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including classic, jazz, and pops. His works were, of course, composing music mainly for wind orchestras. However, he played the trombone himself, worked as an owner of his music company “atelier m,” taught band like Kanagawa University, recorded their performance as a director, and had been on television like “Untitled Concert.” Therefore, his music life was not only a composer but also a busy celebrity like a pop musician. We cannot strictly categorize his music type and his works into classical, rock, pop, or jazz, but somehow his music type and his busyness of music life might affect his outcome.

It is not clear if we have managed to improve his prognosis, but we could have encouraged him to quit drinking and smoking as a doctor. His company is a small one and probably did not have an industrial physician. Historical case reports of musicians are important (10). However, we need to think about how medical science can intervene in the music world so that the world does not lose these precious, talented composers living in the now.

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