

INSTRUCTIONS TO AUTHORS

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When reporting experiments on human subjects, the authors should indicate whether the procedures followed were in accordance with ethical standards of the responsible committee on human experimentation (institutional or regional). The participants' informed consent should be obtained and should be indicated in the article. Research studies that include clinical trials are to conduct CTRs (clinical trial registry). Research studies that include RCTs (random controlled trials) must comply with the CONSORT statement (<http://www.consort-statement.org/consort-statement/>). (See Reference)

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editorial office. We cannot accept any additional co-authors after the manuscript has been accepted. Please make sure that you add all co-authors in the revision process.

PREPARATION OF MANUSCRIPTS

The entire manuscript, including references and tables, should be typed, double-spaced on one side only of A4 paper with margins of at least 25mm. Number all pages in sequence, beginning with the title page as 1, summary as 2, etc. The manuscript should be presented in the following order: (i) title page, summary and key words, (ii) text, (iii) acknowledgements, (iv) references, (v) figure legends, (vi) tables (with title and footnotes), and (vii) figures. Each of sections from (i) to (vii) should begin on a separate page. Start each figure and table at top of new page.

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2. Abstract: The second page should have an abstract of no more than 400 words and 3-5 key words. Regarding the abstracts for regular papers and rapid communications, use the following headings: Background (rationale for study), Methods and Results (brief presentation of methods and presentation of significant results; note that both categories are included under one heading), and Conclusions (succinct statement of data interpretation).

3. Text: The text should consist of INTRODUCTION, MATERIALS AND METHODS (SUBJECTS), RESULTS and DISCUSSION. Indicate in the right margin of the manuscript, appropriate position of figures and tables.

4. References: In the text, references must be less than 30 and be cited using superscript in order of appearance [ex. ^{2,4-5}]. In the list, references must be listed numerically. Cite the names of all authors (up to 3); when there are more than three only the first three followed by et al. Japanese papers with English abstract are available but indicate (in Japanese) at the end of cited reference.

Sample references are as follows:

1) Noro H, Takayama S, Agishi Y: Effects of the stellate ganglion radiation by polarized light on the autonomic nervous system and electroencephalogram. *J Jpn Assoc Phys Med Balneol Climatol* 1997; 60: 93-199.

2) Agishi Y, Ohtsuka Y, Watanabe I, et al.: Present features of medical balneology in Japan. In: *Recent Progress in Medical Balneology and Climatology*, Agishi Y, Ohtsuka Y (eds), Kokoku Printing, Sapporo, 1995; p1-10.

3) Moser M, Buchberger W, Mayer H, et al.: Influence of an iodine-drinking cure on the antioxidative status of diabetic patients. *Wien Klin Wochenschr* 1991; 103: 183-186 (in German with English abstract).

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7. Figures: Identify figures on back by number and first author's name and indicate top of each figure.

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Reference

Schulz KF, Altman DG, Moher D, CONSORT Group: CONSORT 2010 statement: updated guidelines for reporting parallel group randomized trials. BMJ 340: 698-702, 2010.

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