

INSTRUCTIONS TO AUTHORS

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The manuscript must be accompanied by a cover letter bearing the corresponding author's signature and stating that none of the material (including figures or tables) in the manuscript has been published previously and none is under consideration for publication elsewhere. Previous publication includes publishing as a component of symposia, proceedings, transactions, books (or chapters), articles published by invitations or reports of any kind, as well as in electronic databases of a public nature. The cover letter must also contain the exact mailing address, telephone and fax numbers and email address of the corresponding author.

Ethics

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)

When reporting experiments on animals, the authors should indicate whether institutional or national guidelines for the care and use of laboratory animals were followed. All potential conflicts of interest must be stated within the text of the

manuscript, under this heading. This pertains to relationships with pharmaceutical companies, biomedical device manufacturers, or other corporations whose products or services are related to the subject matter of the article. Please state "None" if no conflicts exist.

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2. **Abstract:** The second page should have an abstract of no more than 400 words and 3-5

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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 2010 ; 340 : 698-702.

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