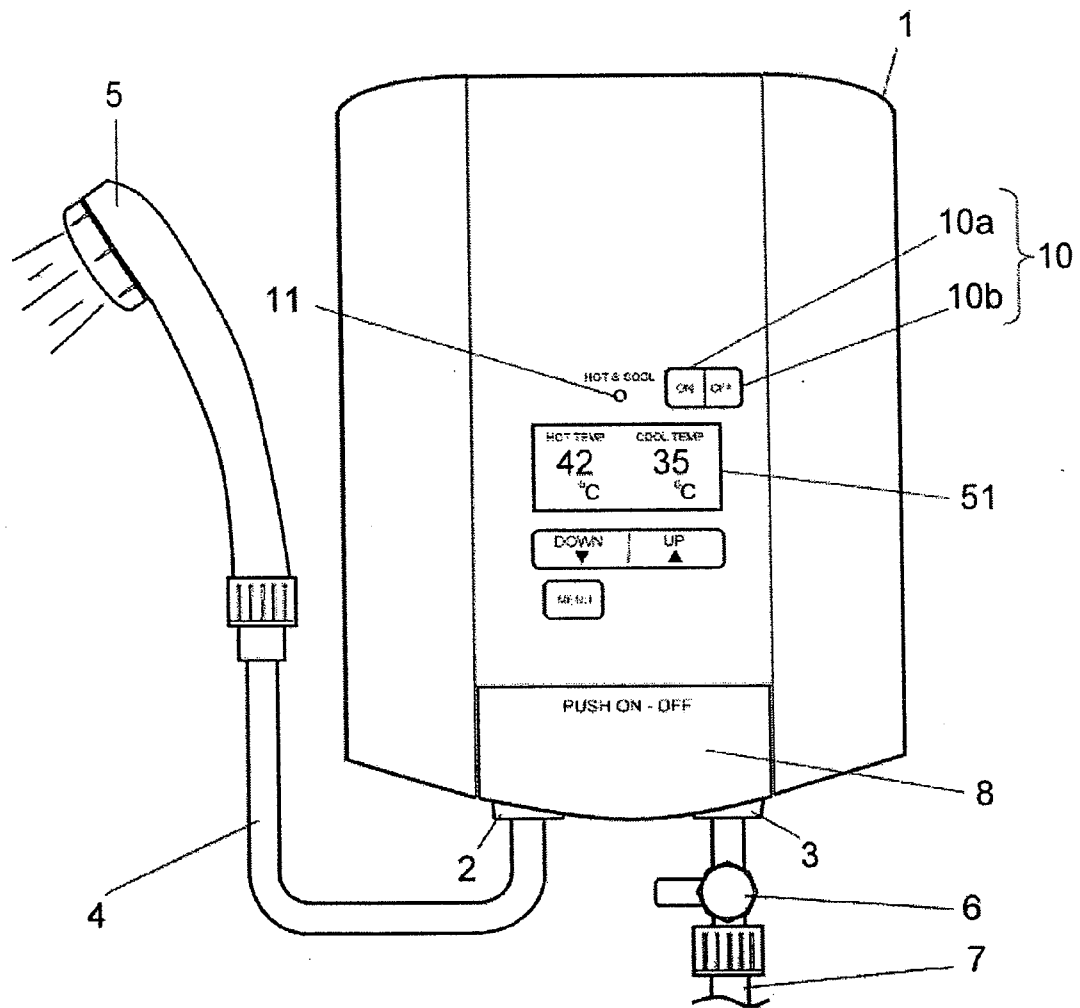
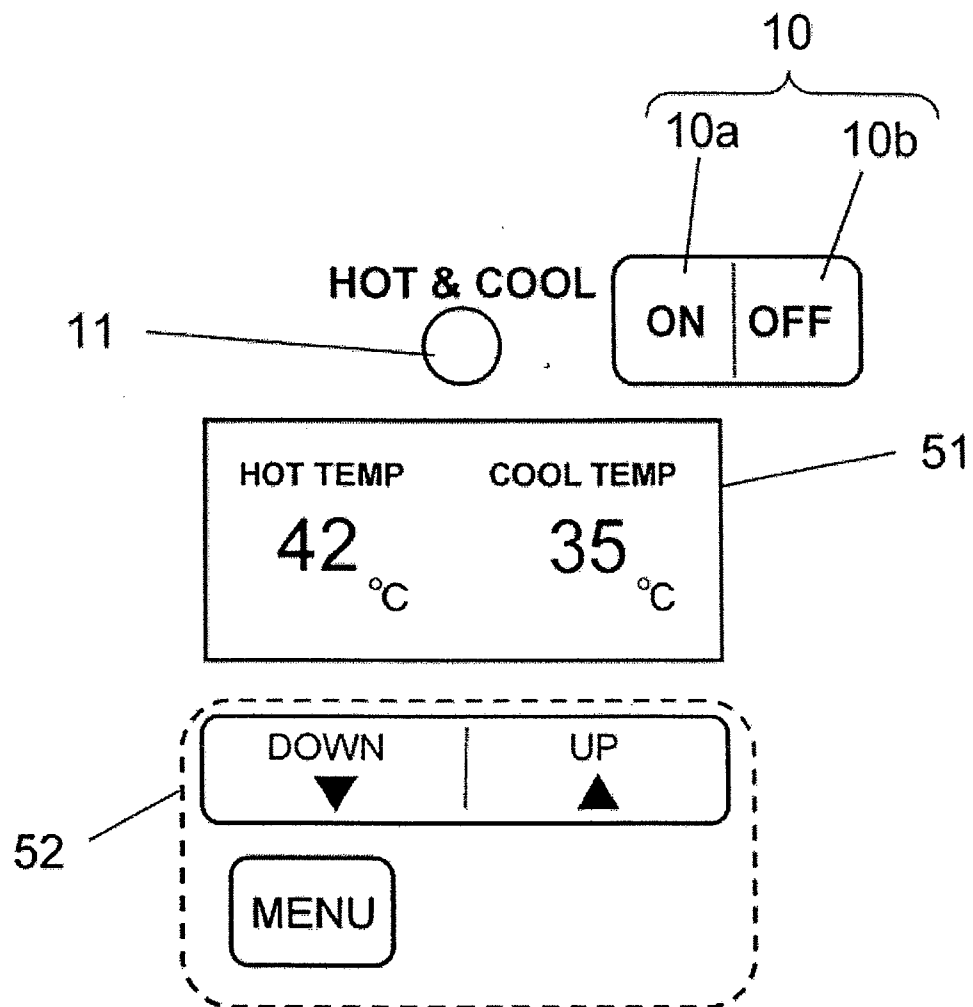


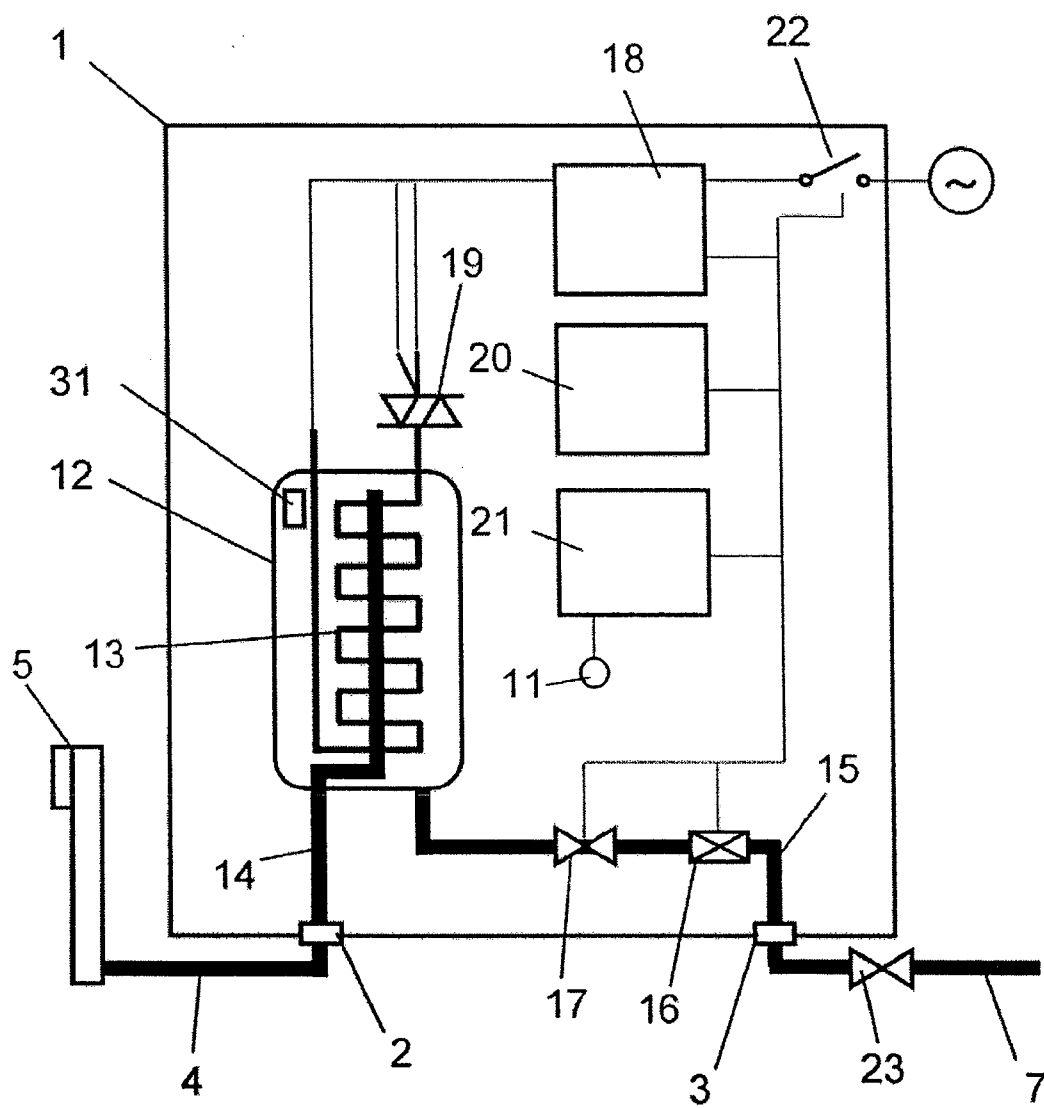
[Fig. 1]



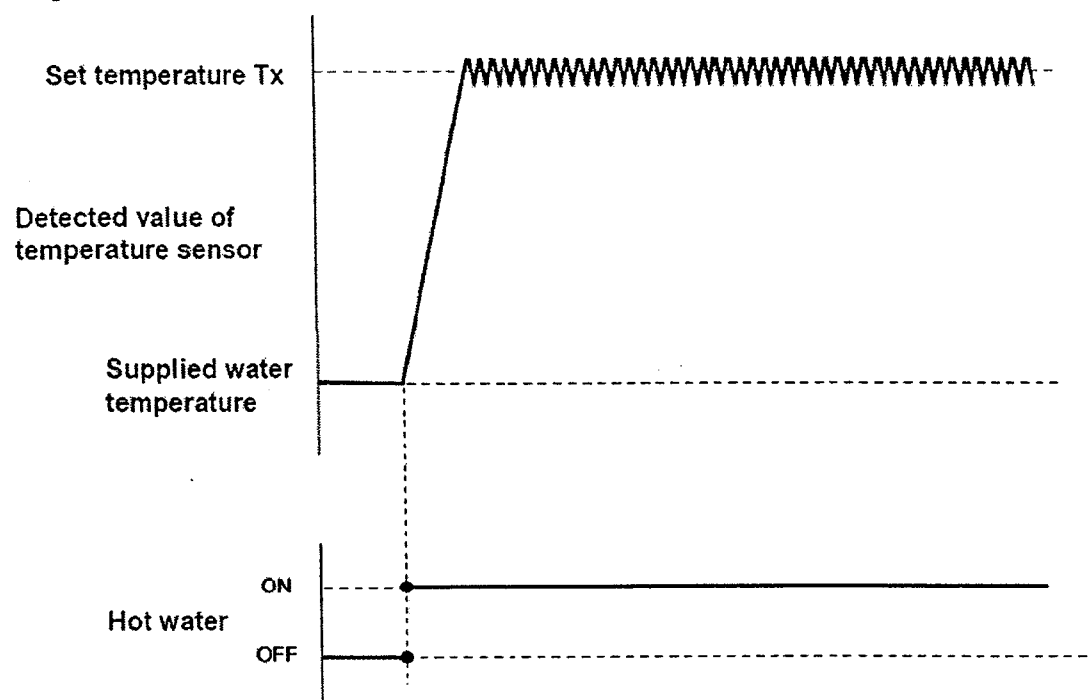
[Fig. 2]



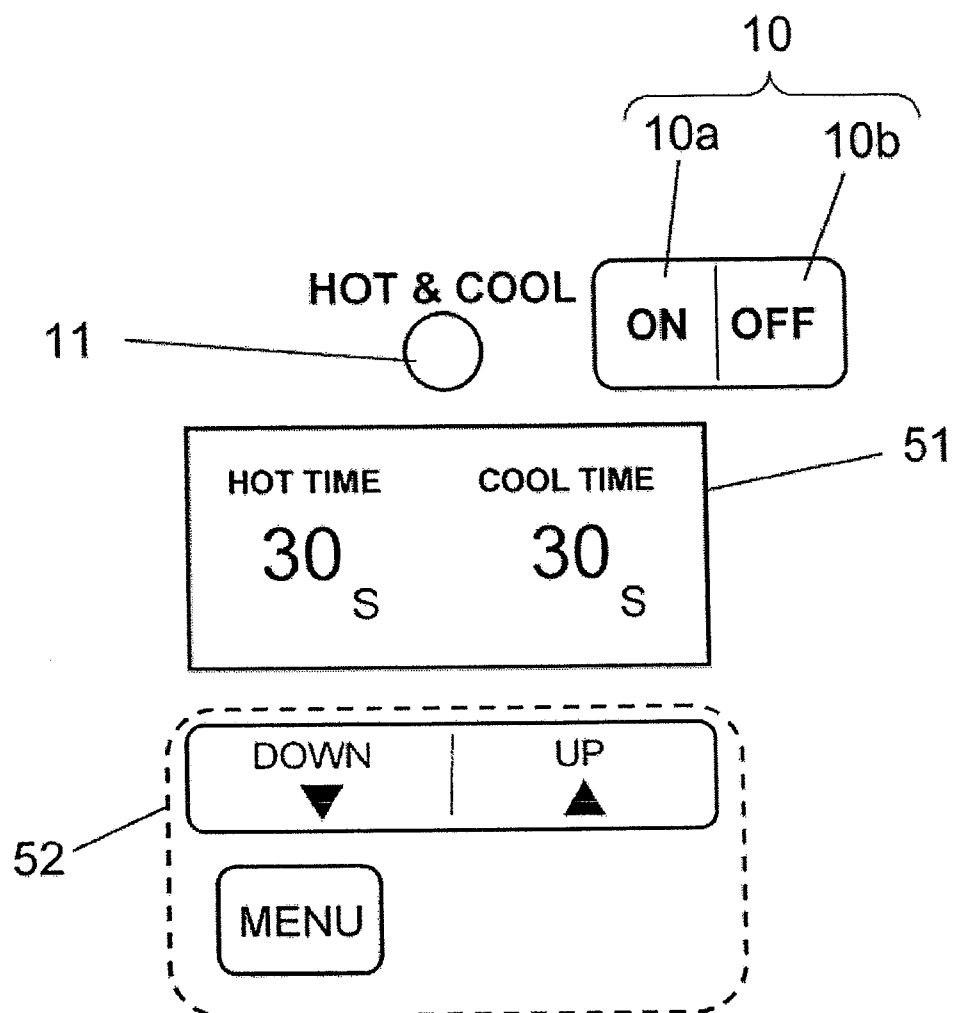
[Fig. 3]



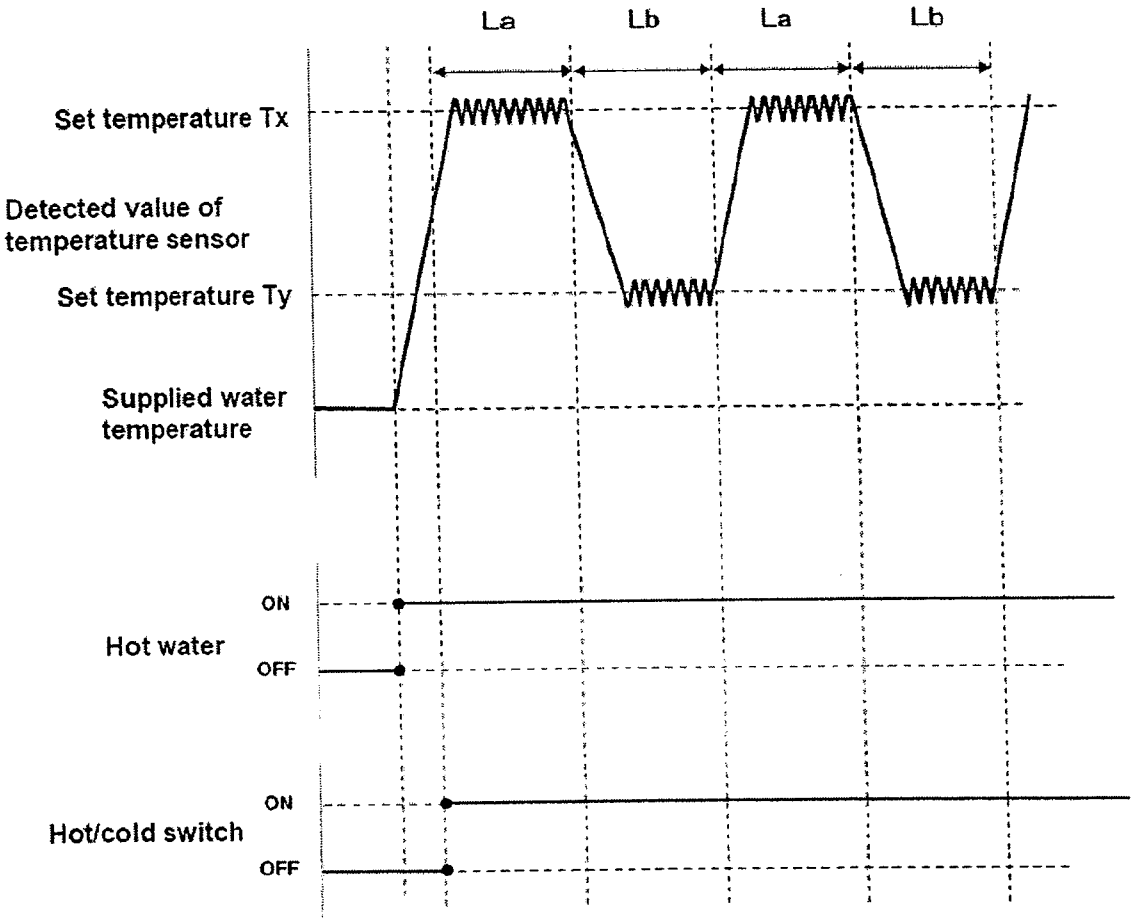
[Fig. 4]



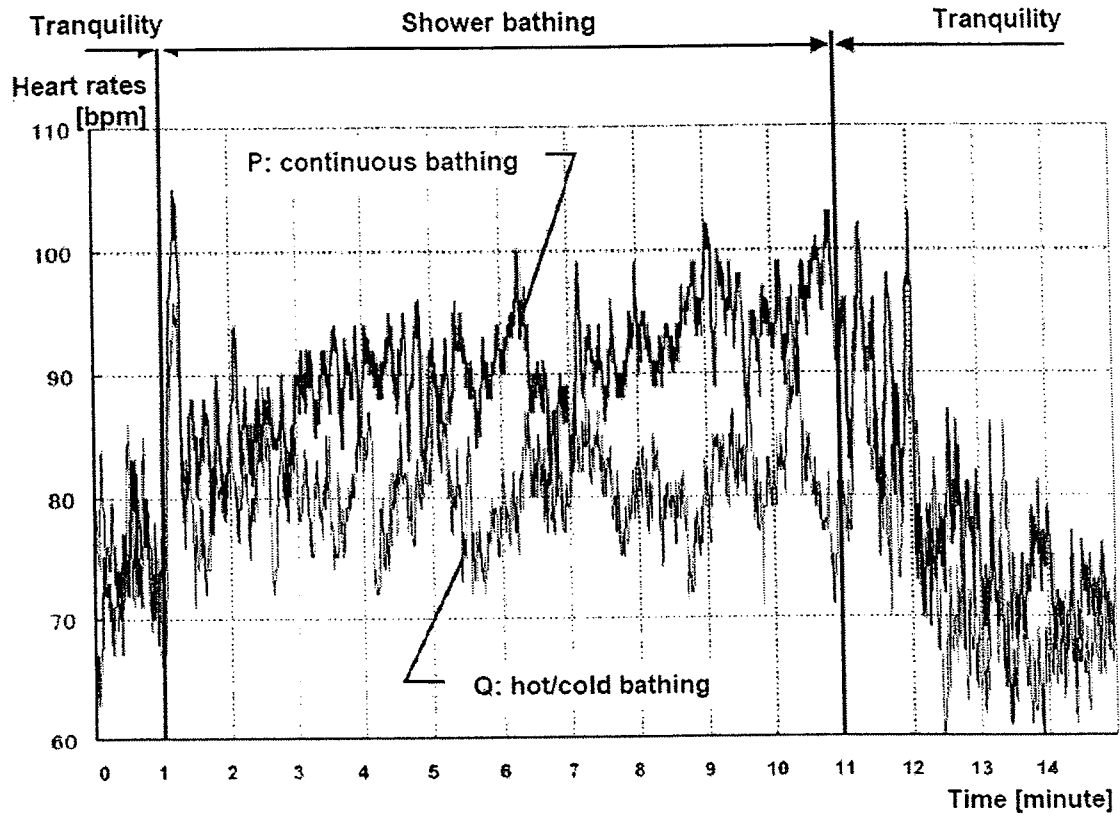
[Fig. 5]



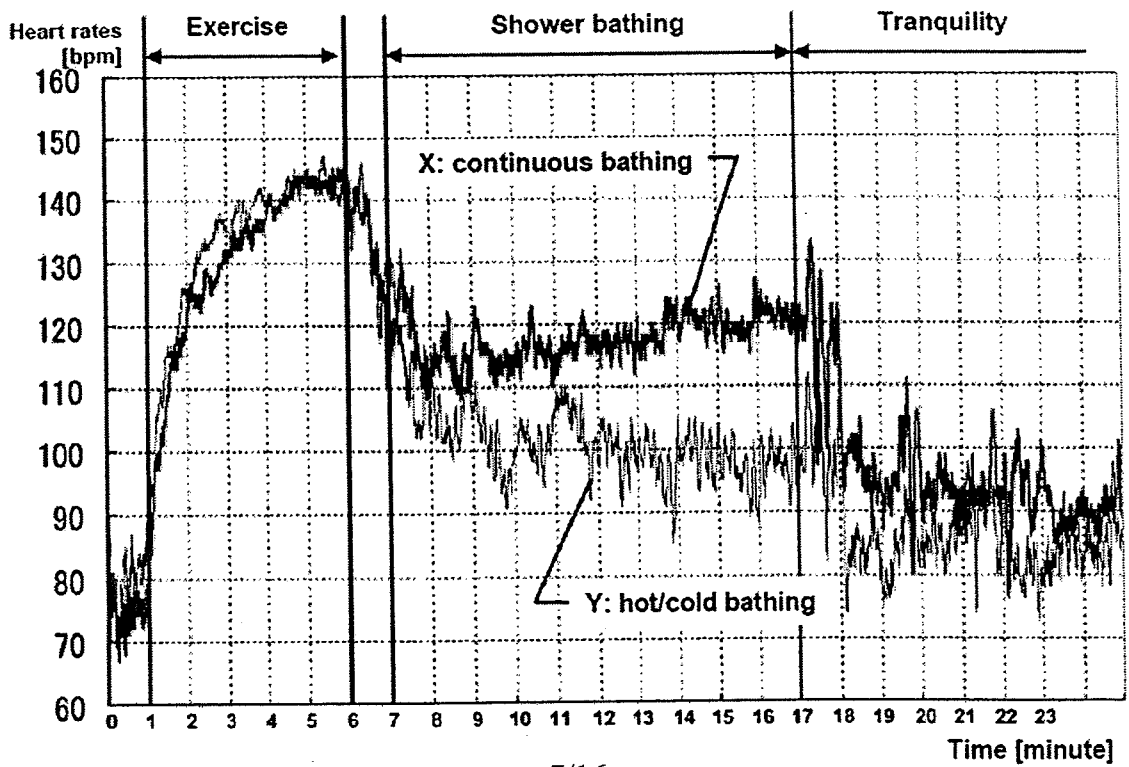
[Fig. 6]



[Fig. 7]



[Fig. 8]



[Fig. 9]

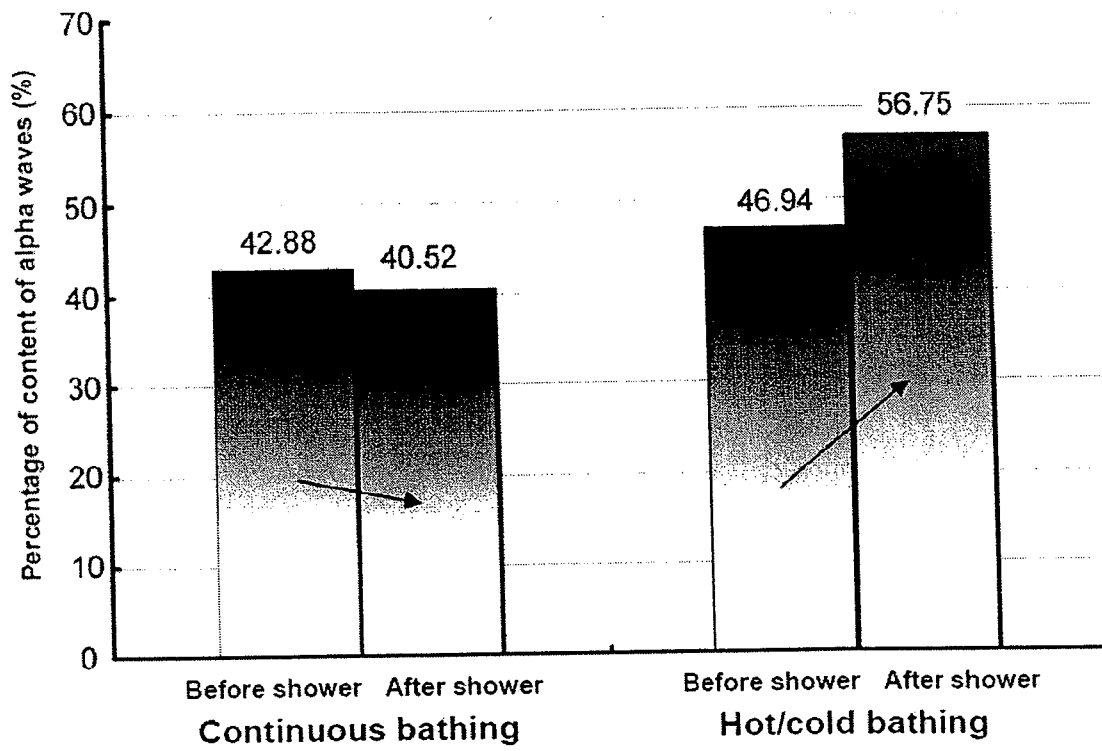
		Average heart rates
(a)	At the time of exercise (before continuous bathing)	140bpm
	At the time of continuous bathing	115bpm

		Average heart rates
(b)	At the time of Exercise (before hot/cold bathing)	140bpm
	At the time of hot/cold bathing	98bpm

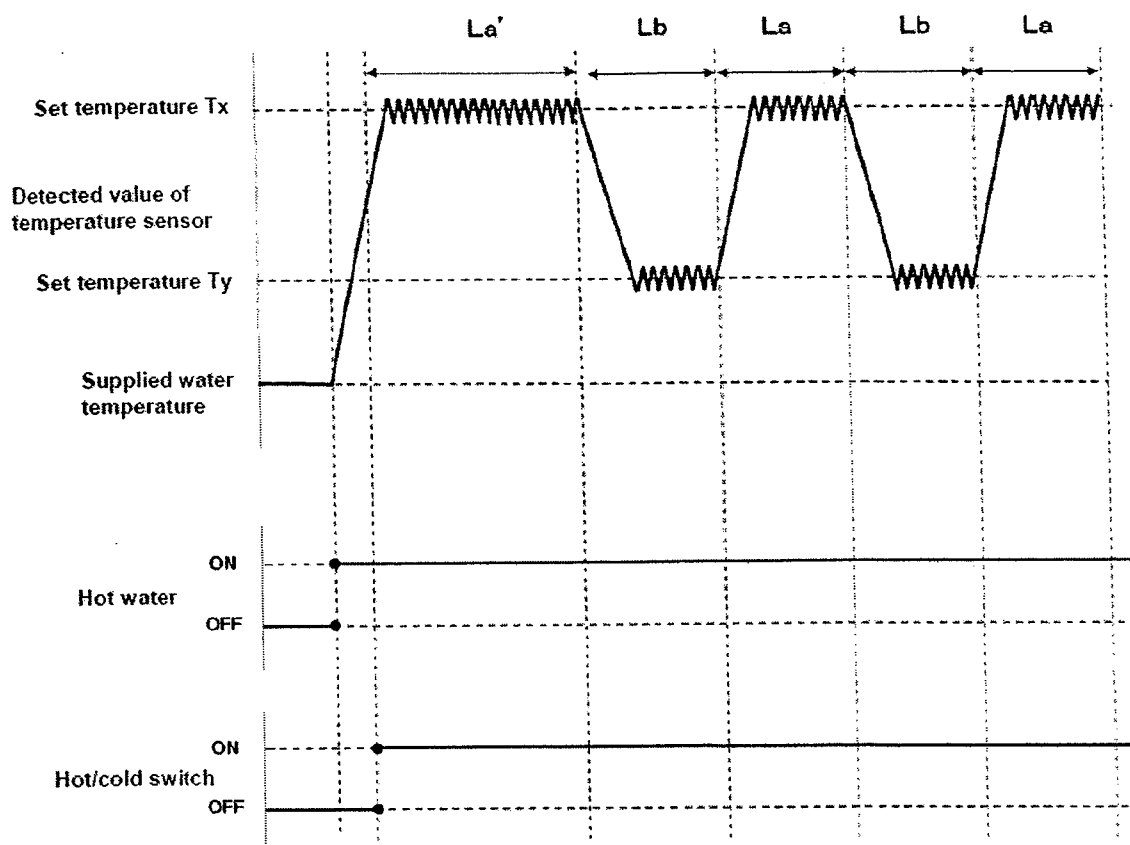
[Fig. 10]

Percentage of content of alpha waves (%)			
Continuous bathing		Hot/cold bathing	
Before shower	After shower	Before shower	After shower
42.88	40.52	46.94	56.75

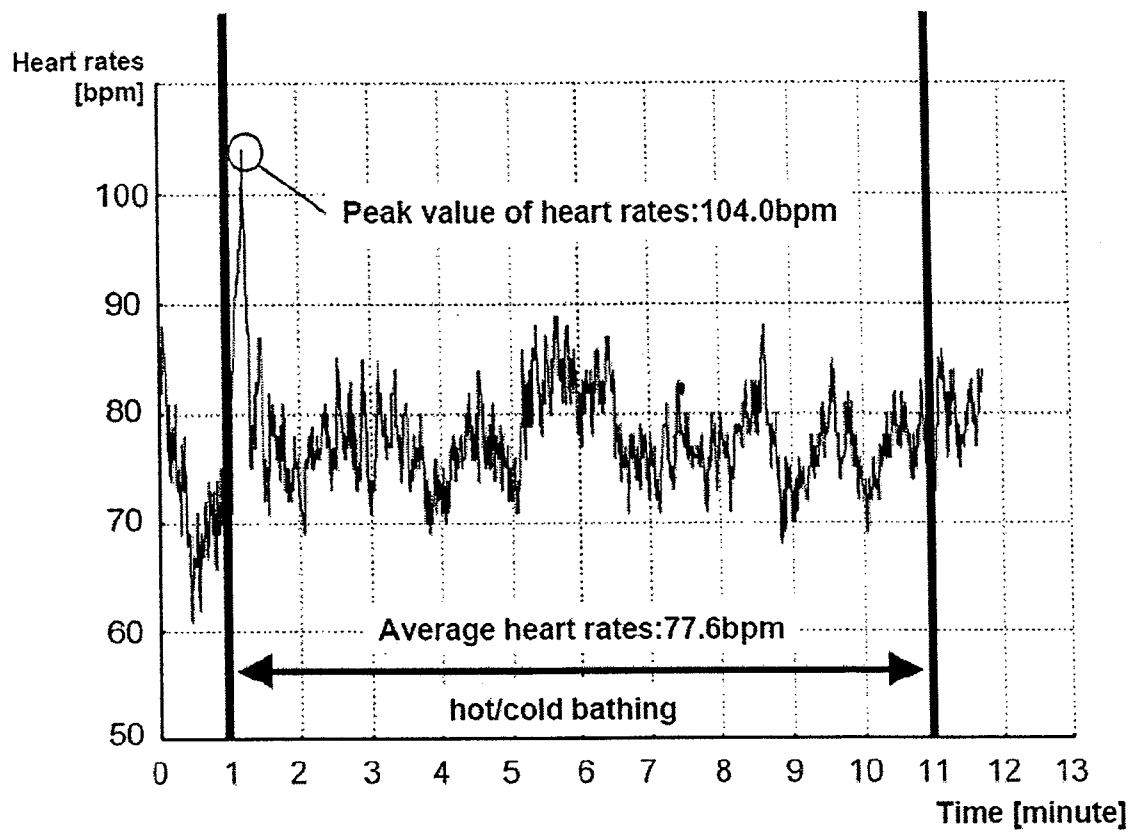
[Fig. 11]



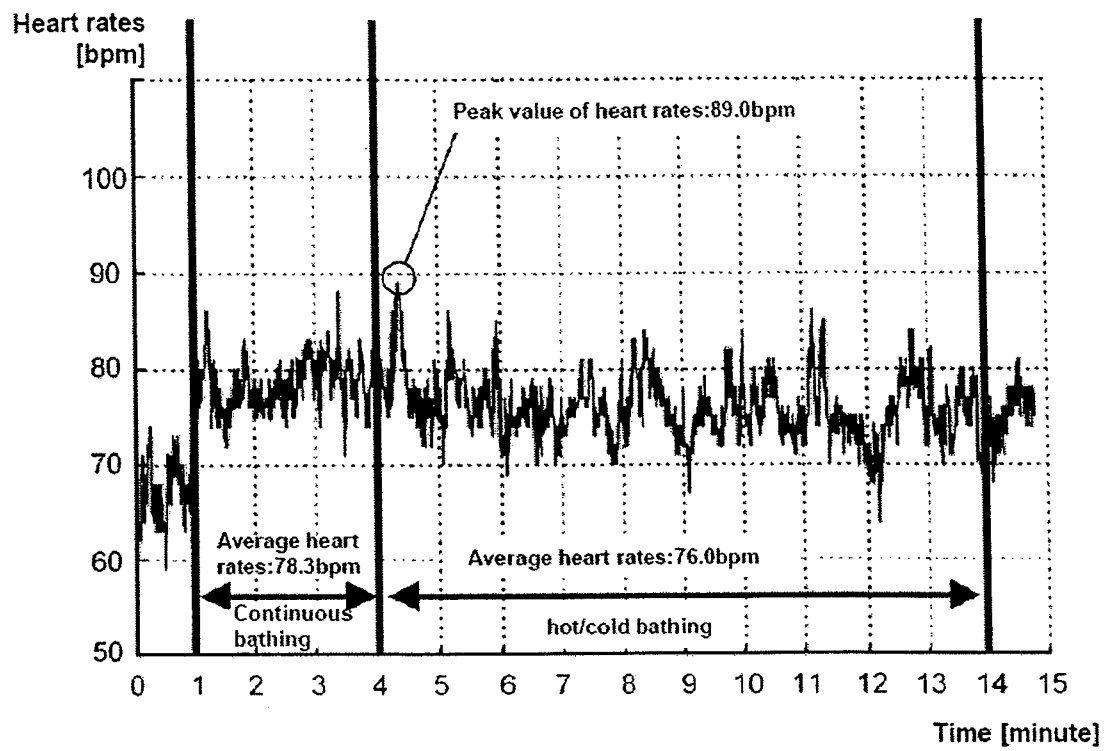
[Fig. 12]



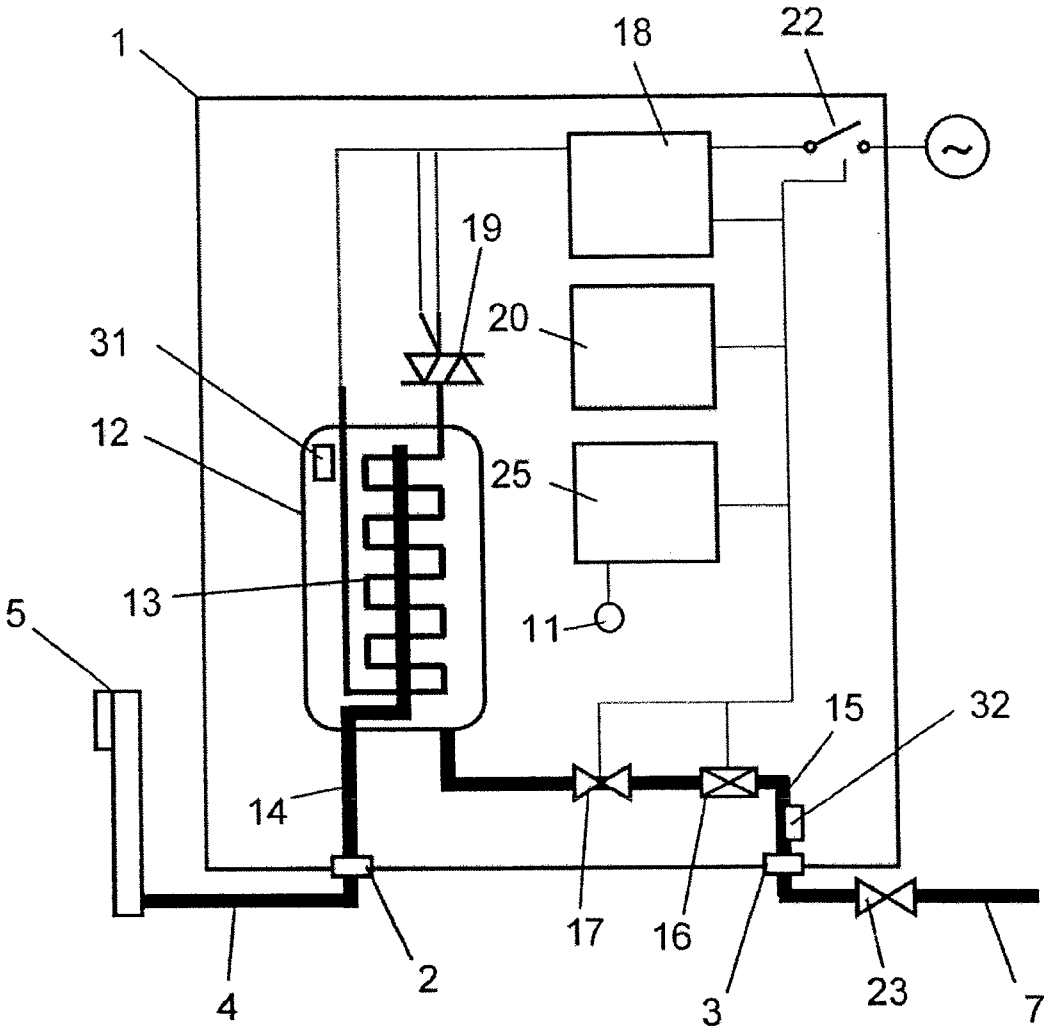
[Fig. 13]



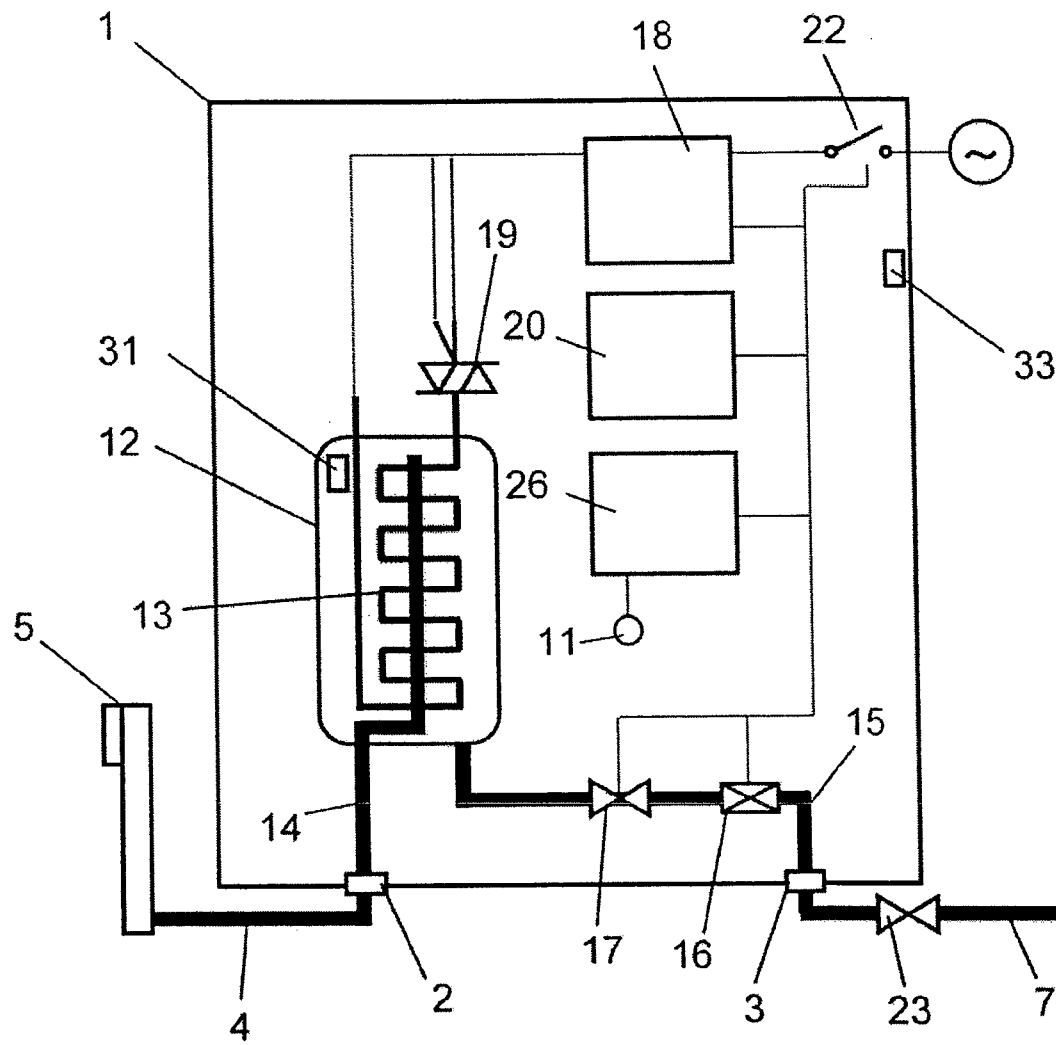
[Fig. 14]



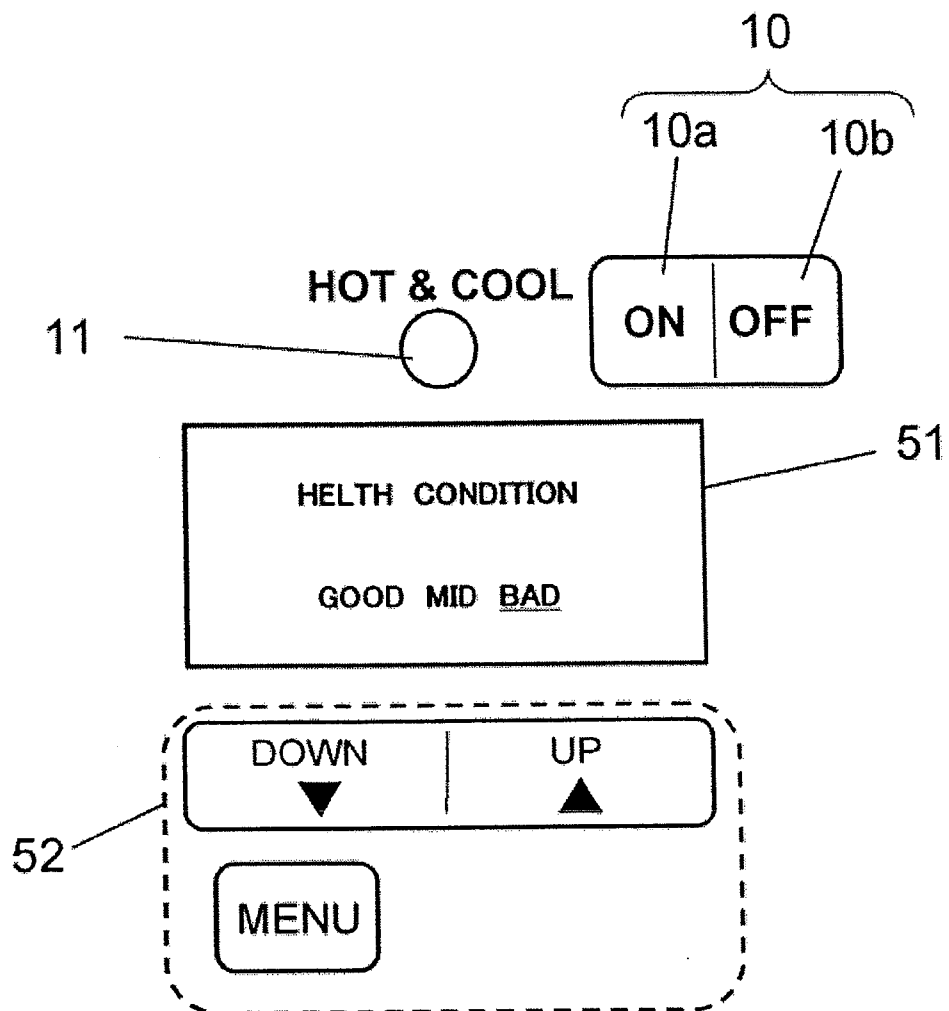
[Fig. 15]



[Fig. 16]



[Fig. 17]



[Fig. 18]

