

Drawings

[Fig. 1]

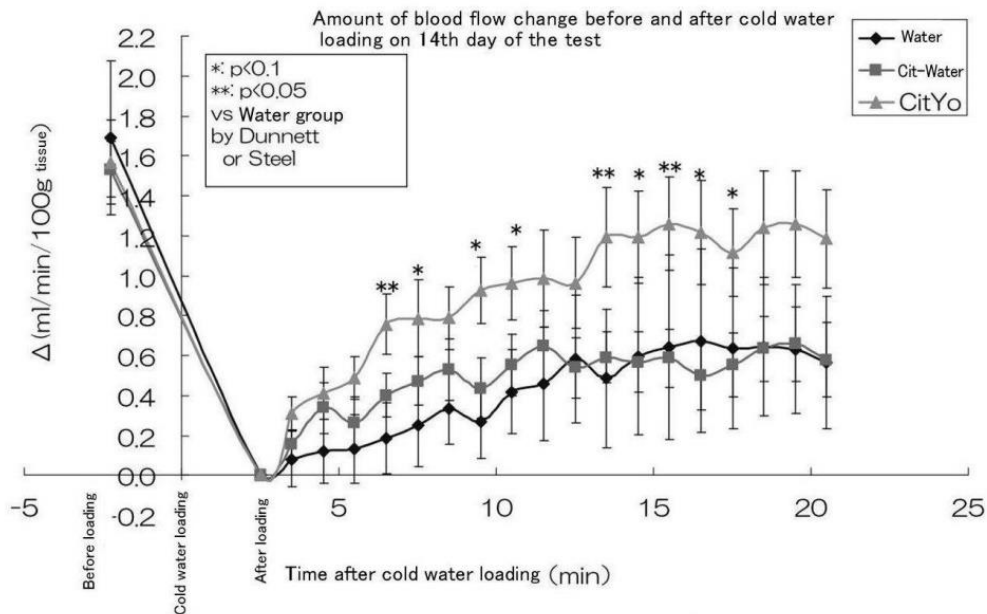


Fig. 1. Changes in the amount of blood flow change before and after cold water loading at the end of the test.

Average $\pm$ standard deviation *: $p < 0.1$, ** $p < 0.05$ vs Water group by either Dunnett's multiple comparison test or Steel's multiple comparison test

[Fig. 2]

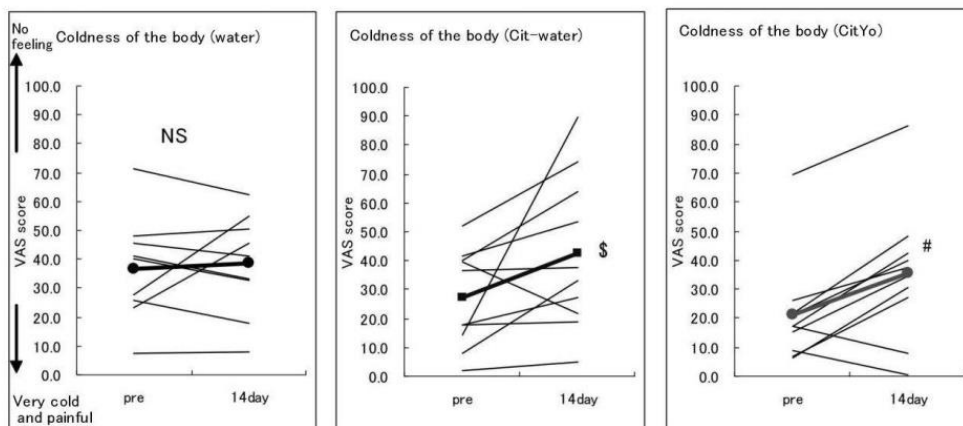


Fig. 2. Results of VAS of "coldness of the body" in each group before and after the test

0: "Body is very cold and painful" 100: "No feeling of coldness" Bold line represents average values

NS: $p \geq 0.1$ \$: $p < 0.1$ #: $p < 0.05$ vs pre

Either by paired student's t-test or Wilcoxon signed rank test

[Fig. 3]

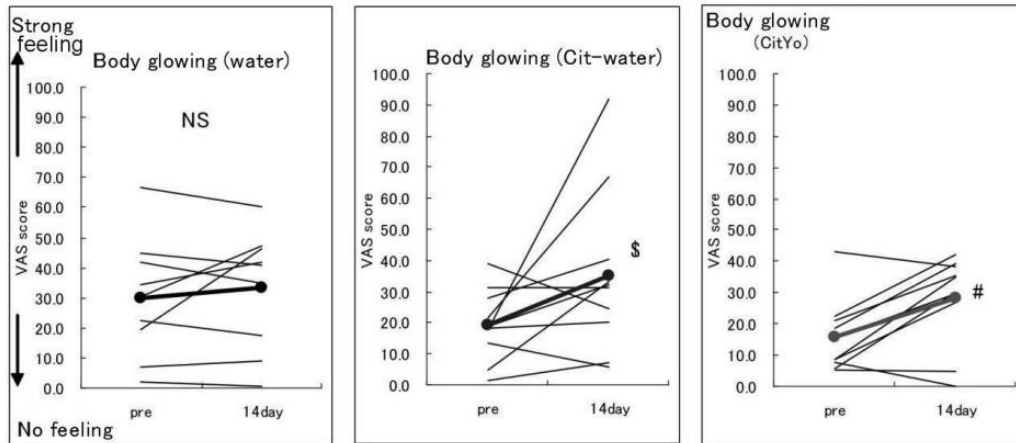


Fig. 3. Results of VAS of "Body glowing" in each group before and after the test

0: No feeling, 100: "Strong feeling" Bold line represents average values

NS : $p \geq 0.1$ \$: $p < 0.1$ # : $p < 0.05$ vs pre

Either by paired student's t-test or Wilcoxon signed rank test

[Fig. 4]

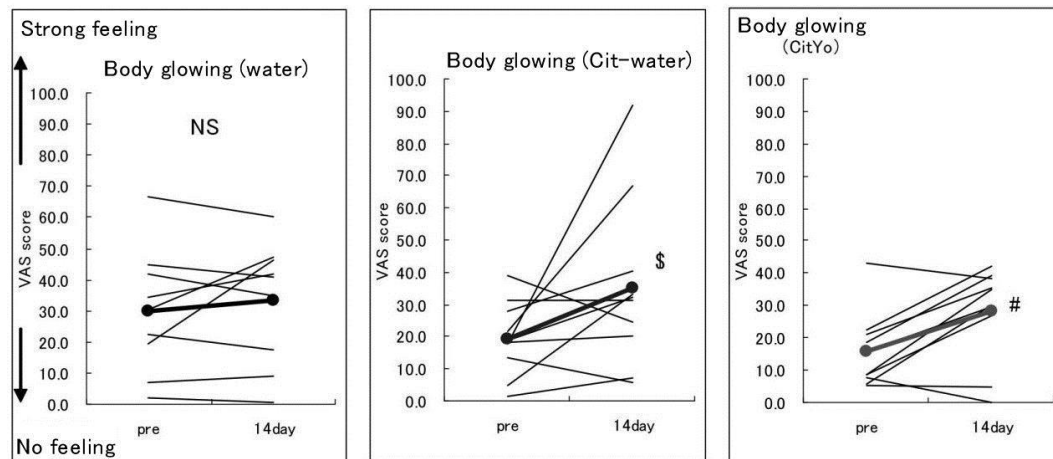


Fig. 4. Results of VAS of "Moist feeling of the skin" in each group before and after the test

0: No moist feeling 100: "Strong moist feeling" Bold line represents average values

NS : $p \geq 0.1$ \$: $p < 0.1$ # : $p < 0.05$ vs pre

Either by paired student's t-test or Wilcoxon signed rank test

[Fig. 5]

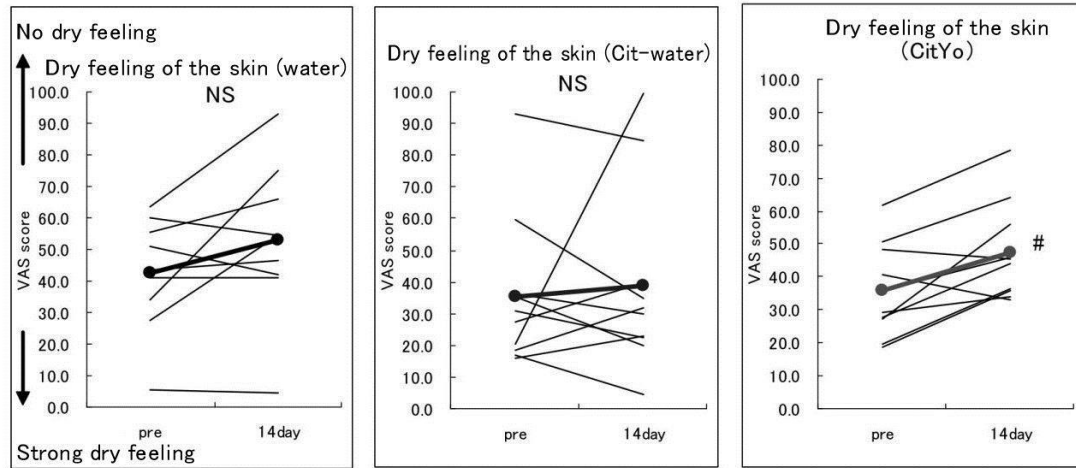


Fig. 5. Results of VAS of "dry feeling of the skin" in each group before and after the test
 0: "No feeling", 100: "Strong moist feeling"; Bold line represents average values
 NS : $p \geq 0.1$ \$: $p < 0.1$ # : $p < 0.05$ vs pre
 Either by paired student's t-test or Wilcoxon signed rank test

[Fig. 6]

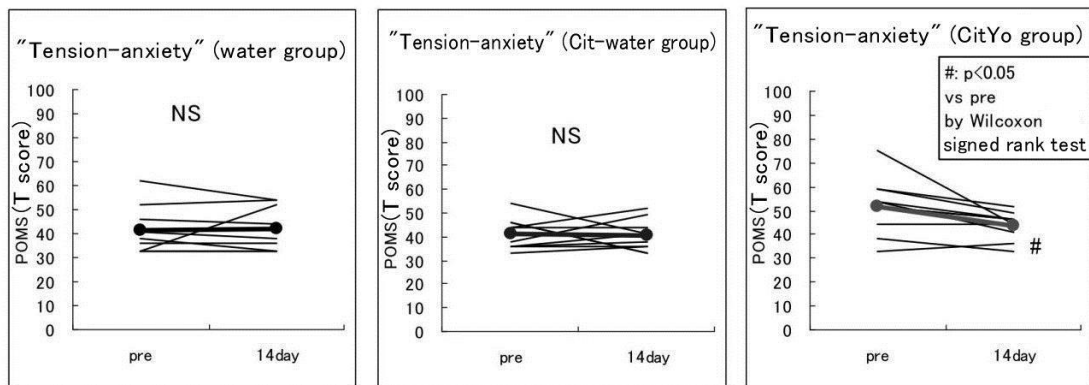


Fig. 6. Results of POMS (T score) of "tension-anxiety" in each group before and after the test
 Bold line represents average values NS : $p \geq 0.1$ # : $p < 0.05$ vs pre
 By Wilcoxon signed rank test

[Fig. 7]

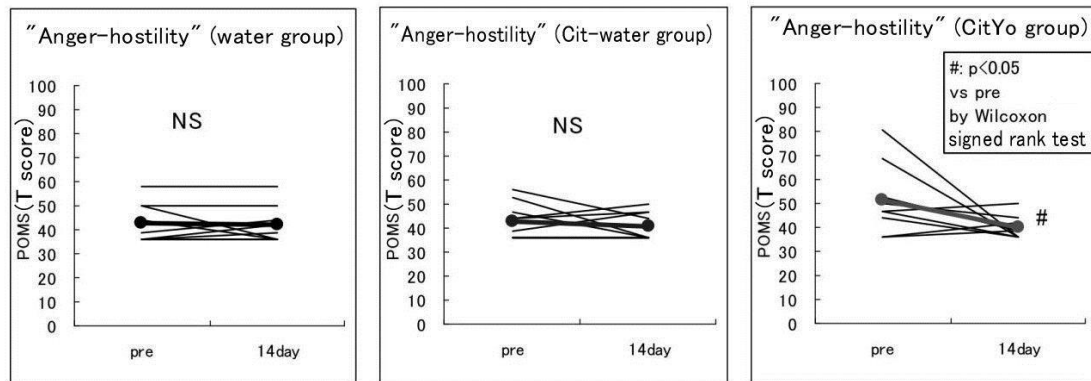


Fig. 7. Results of POMS (T score) of "anger-hostility" in each group before and after the test.

Bold line represents average values NS : $p \geq 0.05$ # : $p < 0.05$ vs pre
By Wilcoxon signed rank test

[Fig. 8]

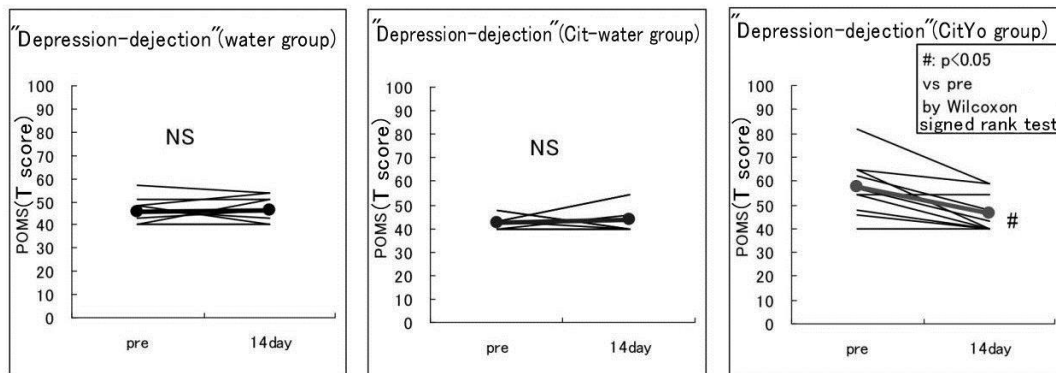


Fig. 8. Results of POMS (T score) of "depression-dejection" in each group before and after the test

Bold line represents average values NS : $p \geq 0.05$ # : $p < 0.05$ vs pre
By Wilcoxon signed rank test

[Fig. 9]

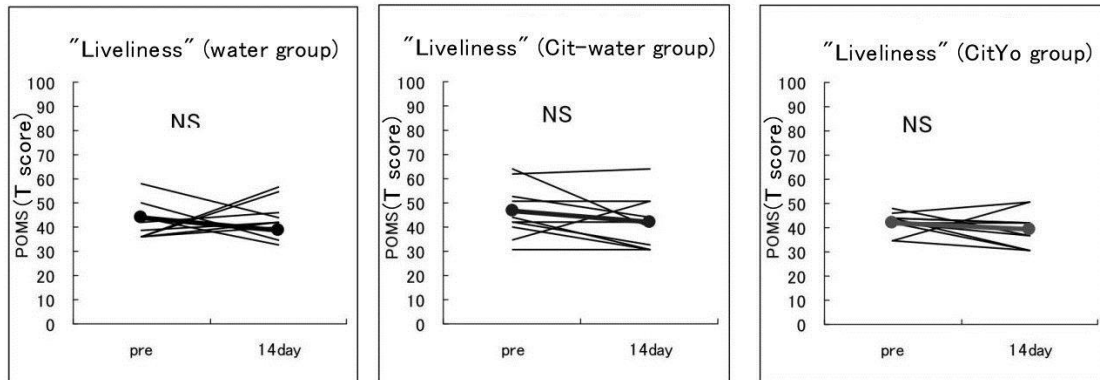


Fig. 9. Results of POMS (T score) of "liveliness" in each group before and after the test

Bold line represents average values NS : $p \geq 0.05$ # : $p < 0.05$ vs pre

By Wilcoxon signed rank test

[Fig. 10]

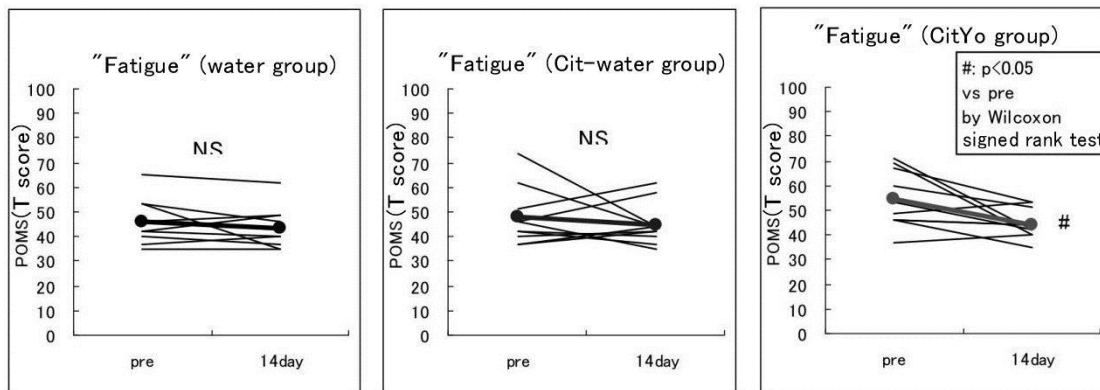


Fig. 10. Results of POMS (T score) of "fatigue" in each group before and after the test

Bold line represents average values NS : $p \geq 0.05$ # : $p < 0.05$ vs pre

By Wilcoxon signed rank test

[Fig. 11]

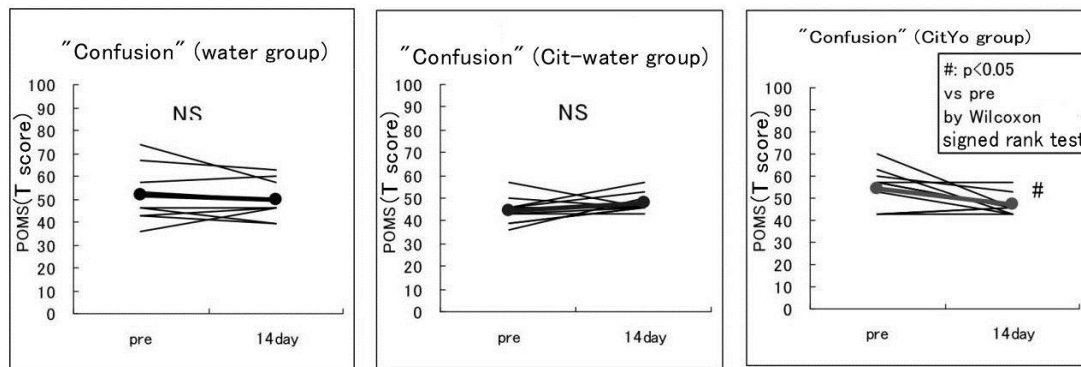


Fig. 11. Results of POMS (T score) of "confusion" in each group before and after the test
 Bold line represents average values NS : $p \geq 0.1$ # : $p < 0.05$ vs pre
 By Wilcoxon signed rank test