

The Biophilia Journal

Guidelines for Submitting Manuscripts

Manuscripts must be submitted electronically to Takizawa Shigeo: takizawa@biophilia.biz

- (a) As a *Word* document containing the entire manuscript consisting of the following order: title, authors (initials, separated by dots without interspaces, followed by surname (not the other way around), affiliations, abstract, keywords, text, acknowledgements, conflicts of interest statement, references, tables, and figure legends.
- (b) A completed, signed and then scanned Copyright Transfer Form should be sent electronically to takizawa@biophilia.biz
- (c) Scanned written permissions from the copyright holders for quotations or graphic artwork from previously published material; sent electronically as above.
- (d) Never send any pdf files.

Instructions for Preparing Manuscripts

1. Manuscript specifications

- i. The whole of the manuscript should be written single-spaced and submitted as a WORD file only. The text should go continuously; **do not** start a new section on a separate page.
- ii. The manuscript should consist of standard sections: **title, authors, affiliations, abstract, keywords, introduction, material and methods, results, discussion, acknowledgments, conflicts of interest, references**. The sections **are not** numbered.
- iii. Maximum manuscript length = 5,000 words (not including abstract, tables, figures, legends, and references)
- iv. Maximum 5 figures
- v. Maximum 5 tables
- vi. Maximum 30 references

2. Page configuration

- 2.1. Paper size: A4.
- 2.2. All margins = 2.5 cm
- 2.3. Exception: Title margins 5 cm on both sides..

3. Abstract – maximum 200 words

Keywords: minimum five – maximum ten. Keywords come below the abstract, separated from the abstract by a blank line.

4. Manuscript style

- 4.1. Font: Times New Roman
- 4.2. Font sizes:
 - Article title comes first -14 pt bold. Capitalize each word, excluding prepositions, articles, and conjunctions. Maximum 150 characters (including spaces).
 - Authors – 10 pt bold. Use initials of first names only follow by dot (e.g.,

- J.S. Smith). Put a conjunction ‘and’ before the last author’s name
- Affiliations – 10 pt; Use superscripts after the surnames (not letters and not in front of names) to relate affiliations to authors.
- Title, authors, and affiliations should be separated from each other by two blind lines.
- Section Headings - 14 pt bold
 - Numbered
 - 1. 2. etc
 - Capitalize each word
 - Leave two spaces above and one space below headings
- Section Subheadings – 14 pt. bold
 - Numbered
 - 1.1.
 - 1.2. etc
 - Leave one space above and below subheadings
- Body of text – 11 pt
- Acknowledgments come at the end of body text
- Acknowledgments are followed by an **obligatory statement** of competing interests of conflicts of interest; e.g., ‘The authors declare no conflicts of interest in relation to this article’, or you have to disclose any potential conflicts of interest you may have
- Figure legends, table legends, and references – 9 pt

5. Figures

- 5.1. Name your figure files with "Fig" and the figure number, e.g., Fig. 1.
- 5.2. Plots and graphs containing fonts must have the fonts embedded in them
- 5.3. Line art, black and white graphics with no shading. Do not use faint lines, halftones, and/or faint lettering.
- 5.4. Scanned artwork should have a minimum resolution of 1200 dpi.
- 5.5. Keep lettering size consistent throughout all figures, e.g., 8-12 pt font)
- 5.6. Do not include titles or captions into illustrations.
- 5.7. Number figures consecutively (Fig. 1, Fig. 2) and figure panels should be denoted with uppercase letters (A, B, C, D).
- 5.8. Avoid color figures, as they may incur extra costs.

6. Tables

- 6.1. Number tables sequentially with Arabic numbers (e.g. Table 1).
No shades, no colors, no bold in the tables. No internal division lines.
- 6.2. Avoid vertical lines in tables and use horizontal lines as sparingly as possible
- 6.3. Generate tables in Microsoft Word, not in Excel.
Save tables in the same file as text, references, and figure legends
- 6.4. Sample of the Table

Table 1, Subjects and their disease

| Code | Sex | Age | Disease |
|------|--------|-----|--|
| A-A1 | male | 82 | brain infarction |
| B-A3 | female | 78 | brain infarction |
| C-N2 | male | 85 | brain infarction, , angina |
| D-A5 | male | 87 | disuse syndrome |
| E-A6 | female | 79 | The Alzheimer type dementia , , myocardial infarction |
| F-A7 | female | 75 | Dementia, , diabetes, high blood pressure, chronic renal failure |

7. Legends for figures and title for tables

Put a figure legend below the figure and a table title above the table.

Figures and tables with the corresponding legends should be inserted in the text by the author.

8. Expressions

8.1 A numerical value and a unit

The numerical value should use Arabic numerals, using the International System of Units (SI) as a principle.

8.2 Expression

Expression and mathematical characters are the following formulas as independent of the text (1):

$$G = \sum_{n=0}^{\infty} b_n(t) \quad (1)$$

or as $\frac{a+b}{n+1} \cdot C_D \cdot \alpha(t)$ when they come directly into the text. The font for expressions is the same as for other parts of the text.

8.3. Formula numbers must be expressed as (1), (2), and when referring to it

9. References

9.1. References should be cited in text by numbers in superscript (example: ^{1), 3), 8),})

9.2. References in the reference list should be numbered consecutively in the order they appear in the text

9.3. Examples of references in the reference list:

Articles:

Di Giulio, C., J Antosiewicz, J., Walski, M., Petruccelli, G. Verratti, V., Bianchi, G., & Pokorski, M. 2009. Physiological carotid body denervation during aging. *Adv. Exp. Med. Biol.*, 648: 257-63.

Books:

Gilman, A.G., Rall, T.W., Nies, A.S., & P. Taylor (Eds.). 1990. Goodman and Gilman's The Pharmacological Basis of Therapeutics. 8th ed., New York, NY: Pergamon Press, pp. 625-30.

10. Footnotes

Please avoid the footnote and appendix if possible, and use it only when unavoidable.

Attention: Approval from the Ethics Committee to perform the study, as the first sentence in the Methods, and the conflict of interest statement after the main body of text, second to Acknowledgments are a must. Without these statements, the articles will not be considered.