

the top of the tongue, which represents the collective index of all the saliva including the saliva from the minor salivary glands. Another set of saliva samples will be taken from each of the local salivary glands: parotid glands, submandibular glands and sublingual glands. These saliva samples will be measured using the human saliva oxidation and reduction potential (ORP) meter that is able to instantaneously acquire the ever-changing information of the human body condition, which quantitatively substantiate the benefits of sun gazing.

【Mental and Other Aspects/Themes and Methods of Quantitative Proof (10)】

As a means for people to live healthy, we will prove, through experiments and investigation, the degree of anti-oxidant action there is as a result of taking bath in bedrock bath¹⁷ of various minerals. The before and after measurements of the bedrock bathing with various minerals will be taken by collecting a sample of the human saliva from the top of the tongue, which represents the collective index of all the saliva including the saliva from the minor salivary glands. Another set of saliva samples will be taken from each of the local salivary glands: parotid glands, submandibular glands and sublingual glands. These saliva samples will be measured using the human saliva oxidation and reduction potential (ORP) meter that is able to instantaneously acquire the ever-changing information of the human body condition, which quantitatively substantiate the benefits of the tested bedrock bathing.

【Mental and Other Aspects/Themes and Methods of Quantitative Proof (11)】

As a means for people to live healthy, we will prove, through experiments and investigation, the degree of anti-oxidant action there is as a result of taking hot bath. The before and after measurements of hot bath experience will be taken by collecting a sample of the human saliva from the top of the tongue, which represents the collective index of all the saliva including the saliva from the minor salivary glands. Another set of saliva samples will be taken from each of the local salivary glands: parotid glands, submandibular glands and sublingual glands. These saliva samples will be measured using the human saliva oxidation and reduction potential (ORP) meter that is able to instantaneously acquire the ever-changing information of the human body condition, which quantitatively substantiate the benefits of hot bath.

【Mental and Other Aspects/Themes and Methods of Quantitative Proof (12)】

As a means for people to live healthy, we will prove, through experiments and investigation, the degree of anti-oxidant action there is as a result of being in the natural environmental phenomena such as, approaching of low atmospheric pressure or high atmospheric pressure, condition under lightning strikes, condition under fallen snow, condition under passing of the typhoons, condition under the appearance of rainbows and condition under a strong wind is blowing. The before and after measurements of being in the aforementioned natural environmental conditions will be taken by collecting a sample of the human saliva from the top of the tongue, which represents the collective index of all the saliva including the saliva from the minor salivary glands. Another set of saliva samples will be taken from each of the local salivary glands: parotid glands, submandibular glands and sublingual glands. These saliva samples will be measured using the human saliva oxidation and reduction potential (ORP) meter that is able to instantaneously acquire the ever-changing information of the

*17- Bedrock Bathing is a sauna type bathing that is done by perspiring as one lies down on a bed that is arranged with warmed natural stones and rocks. It is also called as 'a bath that doesn't need hot water'. The Tamagawa Onsen in Akita Prefecture, Japan is one of the natural bathing spots. ((Cited from the Japanese Wikipedia, the free encyclopedia)

human body condition, which quantitatively substantiate the effect of being in the various natural environmental conditions.



【Mental and Other Aspects/Themes and Methods of Quantitative Proof (13)】

As a means for people to live healthy, we will prove, through experiments and investigation, the degree of anti-oxidant action there is as a result of being in the environments with various natural phenomena such as, the sound of waves hitting the shores of the beach, the sound of the waterfall, the sound of the rustling of the leaves as wind goes through the tree, the sound of the babbling river and the sound of the raindrops on the leaves. The before and after measurements of being in the aforementioned natural environmental conditions will be taken by collecting a sample of the human saliva from the top of the tongue, which represents the collective index of all the saliva including the saliva from the minor salivary glands. Another set of saliva samples will be taken from each of the local salivary glands: parotid glands, submandibular glands and sublingual glands. These saliva samples will be measured using the human saliva oxidation and reduction potential (ORP) meter that is able to instantaneously acquire the ever-changing information of the human body condition, which quantitatively substantiate the effect of being in the various natural sound environmental conditions.

【Mental and Other Aspects/Themes and Methods of Quantitative Proof (14)】

As a means for people to live healthy, we will prove, through experiments and investigation, the degree of anti-oxidant action there is, as a result of being in each four seasons, in the season of fresh green, in the condition that is covered with green leaves, and also, from the visual aspect of colors and color lights during the season of autumn colors. The before and after measurements of being in the aforementioned natural environmental conditions will be taken by collecting a sample of the human saliva from the top of the tongue, which represents the collective index of all the saliva including the saliva from the minor salivary glands. Another set of saliva samples will be taken from each of the local salivary glands: parotid glands, submandibular glands and sublingual glands. These saliva samples will be measured using the human saliva oxidation and reduction potential (ORP) meter that is able to instantaneously acquire the ever-changing information of the human body condition, which quantitatively substantiate the effect on the body being in the various natural environmental conditions.



【Mental and Other Aspects/Themes and Methods of Quantitative Proof (15)】

As a means for people to live healthy, we will prove, through experiments and investigation, the degree of anti-oxidant action there is as a result of being in a place where one can hear the sound of the creatures that gather and live in each season among the trees, flowers and weeds in Japan, such as, the chirping of the birds, frog croaking sound, the sound of the insects and the cry of horse, cow, sheep and goat. The before and after measurements of being in the aforementioned natural environmental conditions will be taken by collecting a sample of the human saliva from the top of the tongue, which represents the collective index of all the saliva including the saliva from the minor salivary glands. Another set of saliva samples will be taken from each of the local salivary glands: parotid glands, submandibular glands and sublingual glands. These saliva samples will be measured using the human saliva oxidation and reduction potential (ORP) meter that is able to instantaneously acquire the ever-changing information of the human body condition, which quantitatively substantiate the effect of being in the various natural environmental conditions.

【Mental and Other Aspects/Themes and Methods of Quantitative Proof (16)】

As a means for people to live healthy, we will prove, through experiments and investigation, the degree of anti-oxidant action there is as a result of working on various handicrafts, such as, hand knitting, patch works, thread embroidery, needle works, ceramics, tree pruning, handmade woodworking, glass crafts including blown glass, Satsuma Kiriko cut glass and Edo Kiriko cut glass. The before and after measurements of working in the aforementioned handicrafts be taken by collecting a sample of the human saliva from the top of tongue, which represents the collective index of all the saliva including the saliva from the minor salivary glands. Another set of saliva samples will be taken from each of the local salivary glands: parotid glands, submandibular glands and sublingual glands. These saliva samples will be measured using the human saliva oxidation and reduction potential (ORP) meter that is able to instantaneously acquire the ever-changing information of the human body condition, which quantitatively substantiate the effect on the body working on the various handicrafts.

【Mental and Other Aspects/Themes and Methods of Quantitative Proof (17)】

As a means for people to live healthy, the view that getting your body cold is people's worst enemy against health is becoming known. As a measure against getting the body cold, since even keeping a local part warm, such as, the tip of the hand and feet, and around the neck, wrist, around the hip and the stomach area can make it feel warm as wearing a sweater, we will prove, through experiments and investigation, the degree of anti-oxidant action there is as a result of wearing a muffler, wrist warmer and belly band. The before and after measurements of wearing the aforementioned warming items be taken by collecting a sample of the human saliva from the top of the tongue, which represents the collective index of all the saliva including the saliva from the minor salivary glands. Another set of saliva samples will be taken from each of the local salivary glands: parotid glands, submandibular glands and sublingual glands. These saliva samples will be measured using the human saliva oxidation and reduction potential (ORP) meter that is able to instantaneously acquire the ever-changing information of the human body condition, which quantitatively substantiate the benefit of wearing those tested items.



【Mental and Other Aspects/Themes and Methods of Quantitative Proof (18)】

As a means for people to live healthy, we will prove, through experiments and investigation, the degree of anti-oxidant action there is as a result of water sports, such as, swimming, water polo, water basketball, water volleyball, scuba diving, free diving, surfing, yachting, wind surfing, canoeing and kayaking. The before and after measurements of participating in the aforementioned water sports will be taken by collecting a sample of the human saliva from the top of the tongue, which represents the collective index of all the saliva including the saliva from the minor salivary glands. Another set of saliva samples will be taken from each of the local salivary glands: parotid glands, submandibular glands and sublingual glands. These saliva samples will be measured using the human saliva oxidation and reduction potential (ORP) meter that is able to instantaneously acquire the ever-changing information of the human body condition, which quantitatively substantiate the benefit of participation in the water sports.

【Mental and Other Aspects/Themes and Methods of Quantitative Proof (19)】

This is for the purpose of people's healthy living. In the atmospheric environment of the highland, the ratio of oxygen concentration in the air is approximately the same as it is on the

lowland and since the atmospheric pressure is $2/3$ of the sea level, the concentration of the air is lower. Therefore, the absolute amount of oxygen on the highland would be $2/3$ of the sea level. We will prove, through experiments and investigation, the degree of anti-oxidant action there is as a result of living on the highland to the human body. The before and after measurements of a person breathing the air in the highland will be taken by collecting a sample of the human saliva from the top of the tongue, which represents the collective index of all the saliva including the saliva from the minor salivary glands. Another set of saliva samples will be taken from each of the local salivary glands: parotid glands, submandibular glands and sublingual glands. These saliva samples will be measured using the human saliva oxidation and reduction potential (ORP) meter that is able to instantaneously acquire the ever-changing information of the human body condition, which quantitatively substantiate the effect of oxygen to the human body living on the highland.



【Mental and Other Aspects/Themes and Methods of Quantitative Proof (20)】

As a means for people to live healthy, we will prove, through experiments and investigation, the degree of anti-oxidant action there is as a result of change of pace effect that comes from karaoke, which was originated in Japan. The before and after measurements of *karaoke* experience will be taken by collecting a sample of the human saliva from the top of the tongue, which represents the collective index of all the saliva including the saliva from the minor salivary glands. Another set of saliva samples will be taken from each of the local salivary glands: parotid glands, submandibular glands and sublingual glands. These saliva samples will be measured using the human saliva oxidation and reduction potential (ORP) meter that is able to instantaneously acquire the ever-changing information of the human body condition, which quantitatively substantiate the benefits of karaoke.

【Mental and Other Aspects/Themes and Methods of Quantitative Proof (21)】

As a means for people to live healthy, we will prove, through experiments and investigation, the degree of anti-oxidant action there is as a result of playing various musical instruments and appreciating the performance of musical instruments. The before and after measurements of playing or appreciating the performances of musical instruments will be taken by collecting a sample of the human saliva from the top of the tongue, which represents the collective index of all the saliva including the saliva from the minor salivary glands. Another set of saliva samples will be taken from each of the local salivary glands: parotid glands, submandibular glands and sublingual glands. These saliva samples will be measured using the human saliva oxidation and reduction potential (ORP) meter that is able to instantaneously acquire the ever-changing information of the human body condition, which quantitatively substantiate the benefits of the tested activities.



【Mental and Other Aspects/Themes and Methods of Quantitative Proof (22)】

This is for the purpose of people's healthy living. In the recent years, ukulele has become popular among children to elderlies for its soul soothing effect. We will prove, through experiments and investigation, the degree of anti-oxidant action there is as a result of playing ukulele or the appreciation of ukulele performances. The before and after measurements of playing ukulele or appreciation of ukulele performances will be taken by collecting a sample of the human saliva from the top of the tongue, which represents the collective index of all the saliva including the saliva from the minor salivary glands. Another set of saliva samples will

be taken from each of the local salivary glands: parotid glands, submandibular glands and sublingual glands. These saliva samples will be measured using the human saliva oxidation and reduction potential (ORP) meter that is able to instantaneously acquire the ever-changing information of the human body condition, which quantitatively substantiate the benefits of the tested activities.

【Mental and Other Aspects/Themes and Methods of Quantitative Proof (23)】

As a means for people to live healthy, we will prove, through experiments and investigation, the degree of anti-oxidant action there is as a result of ballet dancing or appreciating ballet dancing performances. The before and after measurements of ballet dancing or appreciation of ballet dancing performances will be taken by collecting a sample of the human saliva from the top of the tongue, which represents the collective index of all the saliva including the saliva from the minor salivary glands. Another set of saliva samples will be taken from each of the local salivary glands: parotid glands, submandibular glands and sublingual glands. These saliva samples will be measured using the human saliva oxidation and reduction potential (ORP) meter that is able to instantaneously acquire the ever-changing information of the human body condition, which quantitatively substantiate the benefits of the tested activities.

【Mental and Other Aspects/Themes and Methods of Quantitative Proof (24)】

This is for the purpose of people's healthy living. The various artisan skill holders, such as, carpenters, gardeners and scaffold constructors traditionally take breaks at 10 am and 3 pm to drink Japanese tea with some sweet confections; we will prove, through experiments and investigation, the degree of anti-oxidant action there is as a result of having such breaks. The before and after measurements of will be taken by collecting a sample of the human saliva from the top of the tongue, which represents the collective index of all the saliva including the saliva from the minor salivary glands. Another set of saliva samples will be taken from each of the local salivary glands: parotid glands, submandibular glands and sublingual glands. These saliva samples will be measured using the human saliva oxidation and reduction potential (ORP) meter that is able to instantaneously acquire the ever-changing information of the human body condition, which quantitatively substantiate the benefits of taking such breaks.



【Mental and Other Aspects/Themes and Methods of Quantitative Proof (25)】

This is for the purpose of people's healthy living. In the airplane flight of the high altitude, when flying in the altitude of over 10,000 meters, the pilots have been using supplementary oxygen (includes cabin pressurization) to prevent from hypoxia problems. For the general public, it is difficult to sense the initial stage symptoms of low oxygen condition; in order to know the details of the low oxygen symptoms, it is necessary to be specially trained by using low air pressure chamber.

During the training that is done using the low air pressure chamber, depending on the person, people start feeling good and the sense of happy feeling will appear so it makes the people hard to even write their own name or doing intricate things becomes dull. Because of this, it becomes difficult to realize the initial symptoms of hypoxia since the sense/consciousness of irregularity and acute danger have been numbed in the situation.

For the pilots, these are the measures to cope with hypoxia.

- (1) The inspection of the oxygen devices and inhalation of the oxygen. The oxygen masks should be set up for the civilian aircrafts so that it will automatically come down when the altitude becomes over 12,000 feet (3.7 km).
- (2) Descend the aircraft immediately to the safe altitude of 10,000 feet (3km).
- (3) After flying in the safe altitude for 15 min. or more, and the symptoms from hypoxia is recovered, then, land the plane. These things are indicated on the manual of the Aeromedical Research Center.

Because of these things, we will prove, through experiments and investigation, the degree of anti-oxidant action there is as a result of high altitude flying. The before and after measurements of high altitude flying will be taken by collecting a sample of the human saliva from the top of the tongue, which represents the collective index of all the saliva including the saliva from the minor salivary glands. Another set of saliva samples will be taken from each of the local salivary glands: parotid glands, submandibular glands and sublingual glands. These saliva samples will be measured using the human saliva oxidation and reduction potential (ORP) meter that is able to instantaneously acquire the ever-changing information of the human body condition, which quantitatively substantiate the effect of high altitude flying.

【Mental and Other Aspects/Themes and Methods of Quantitative Proof (26)】

As a means for people to live healthy, we will prove, through experiments and investigation, the degree of anti-oxidant action there is as a result of the muscle pain, sprain, ligament damage, fracture and etc. during the training of various sports. The before and after measurements of these aforementioned injuries will be taken by collecting a sample of the human saliva from the top of the tongue, which represents the collective index of all the saliva including the saliva from the minor salivary glands. Another set of saliva samples will be taken from each of the local salivary glands: parotid glands, submandibular glands and sublingual glands. These saliva samples will be measured using the human saliva oxidation and reduction potential (ORP) meter that is able to instantaneously acquire the ever-changing information of the human body condition, which quantitatively substantiate the effect of these tested sports injuries.

【Mental and Other Aspects/Themes and Methods of Quantitative Proof (27)】

As a means for people to live healthy, we will prove, through experiments and investigation, the degree of anti-oxidant action there is as a result of being in a condition employees are not able to disagree with the one-sided reprimands of the superior or higher officer in the various corporations and in communal living. The before and after measurements of the aforementioned conditions will be taken by collecting a sample of the human saliva from the top of the tongue, which represents the collective index of all the saliva including the saliva from the minor salivary glands. Another set of saliva samples will be taken from each of the local salivary glands: parotid glands, submandibular glands and sublingual glands. These saliva samples will be measured using the human saliva oxidation and reduction potential (ORP) meter that is able to instantaneously acquire the ever-changing information of the human body condition, which quantitatively substantiate the effect of these tested conditions.

【Mental and Other Aspects/Themes and Methods of Quantitative Proof (28)】

As a means for people to live healthy, we will prove, through experiments and investigation, the degree of anti-oxidant action there is as a result of extremely thrilling experiences such