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- 表格应该是不言自明的，不应该与文本材料重复。

- 用阿拉伯数字对表格进行编号，按其在文中首次引用的顺序连续排列，并为每个表格提供一个简短的标题。

- 将解释事项放在脚注中，而不是标题中。

- 在脚注中解释每个表格中使用的所有非标准的缩写。

- 所有完全借用、改编和修改的表格都要获得许可，并在脚注中注明出处。

- 对于脚注，请使用以下符号，并按此顺序排列。\*, †, ‡, §, ||,¶ , \*\*, ††, ‡‡

- 表格及其图例应在参考文献之后的文本末尾提供。表格及其编号应在文本中的相关位置引用。

**图片**

- 以JPEG格式上传图片。上传时文件大小应在1024kb以内。

- 图应按照它们在文中首次被引用的顺序连续编号。

- 标签、数字和符号应清晰且大小一致。图的字体应足够大，以便在缩小到适合打印的栏目宽度后仍能辨认。

- 在显微照片中使用的符号、箭头或字母应与背景形成对比，并应以转移字体或以组织覆盖的方式整齐地标记，而不是用笔。

- 标题和详细的解释应基于插图的图例。

- 当提交图表、散点图或直方图时，还应该提供它们所依据的数字数据。

- 照片和图表应进行修剪，以去除所有不需要的区域。

- 如果使用个人的照片，必须附上使用该照片的书面许可。

- 如果数字已在其他地方发表，请注明原始出处，并提交版权持有人的书面许可，以便复制材料。这类数字的图例中应出现一个信用行。

- 插图的图例。用双倍行距打出或打印出插图的图例，用阿拉伯数字与插图对应。当使用符号、箭头、数字或字母来识别插图的部分时，在图例中识别并解释每一个符号。解释内部比例（放大率），并确定显微照片中的染色方法。

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- 提供姓氏和名字，以及中间名的首字母（如适用）。

- 提供通信的作者，并提供电子邮件地址

- 根据指示，限制投稿人的数量

- 除标题页外，论文中不透露身份（例如，方法中的研究所名称，将以前的研究作为 "我们的研究"，图标上的名字，照片中的研究所名称等）

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- 双倍行距

- 四边的页边距为2.5厘米

- 底部有页码

- 标题页包含所有需要的信息

- 提供行文标题(不超过50个字符)

- 摘要页包含稿件的完整标题

- 提供摘要（原创文章的结构化摘要为250字，所有其他稿件的非结构化摘要约为150字，不包括致编辑的信）。

- 提供的关键词（三个或更多）

- 75-100字的介绍

- 标题为标题大小写（非全大写）。

- 文中引用的参考文献应在标点符号之后，用上标加方括号。

- 参考文献按照期刊的说明，标点符号要检查清楚

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- 在标题、摘要、关键词和正文中首次使用时分别写出每个缩写的全称，除非是标准计量单位。从1到10的数字要拼出来

- 句子开头的数字要拼写出来

- 检查手稿中的拼写、语法和标点错误

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- 粘贴在照片背面的标签（不写名字）

- 提供图例（不超过40字）

- 维护病人的隐私（如果没有得到许可的话）

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- 表格中使用的每个缩写的全称都需要写在脚注中

***Frigid Zone Medicine***

 **Instructions for Authors**

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| **General Information** | Top |

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This journal publishes articles on the latest research results and leading developments in the field of frigid-zone medicine, providing an international academic platform for the local and overseas researchers of related fields. It aims at building a qualified international medical bridge for academic communication and development, leading the academic study of frigid-zone medicine, promoting the basic and clinical research levels in frigid zones, and improving the academic impact of China in this field.

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2. Drafting the article or revising it critically for important intellectual content; and
3. Final approval of the version to be published.

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* Source of funding mentioned
* Conflicts of interest disclosed

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