**Template of Papers for HSTD 2023**

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**Abstract:** This is the paper style requirement for the HSTD. The authors of papers should and must provide normalized electronic documents in order to search and read papers conveniently for readers.

***Keywords:*** *Paper; Formatting Instructions; HSTD*

1 Introduction

Papers must be formatted according to the Springer instructions to be found here (https://www.springer.com/gp/authors-editors/book-authors-editors/your-publication-journey/manuscript-preparation#c3324). Instructions are provided for preparing the document using MS Word. The length of the article should be 6-8 pages, including figures and references.

2.1 Getting started

• Open Word and from the Tools menu select the options Macro→Security. Click the “Medium” radio box and then OK. Exit Word.

• Copy the template T1-book.dot into the directory where you want to save your manuscript.1

• Open My Computer or Windows Explorer and double click on the template to create a new document. If a warning appears to tell you that the template contains macros, click on “Activate macros”.

Note Do not open the template out of Word via File→Open.

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• To use the template with a document you have already created, copy the existing text into the new document. Then select Tools→Templates and Add-Ins,. click the "Automatically update document styles" check box and OK.

2.1 Toolbars

Generally, after attaching the Springer template, three additional toolbar items automatically appear. If this does not occur, select View → Toolbars and click "TitlePage", "TextTools" and "ListsCaptions".

1. Equations, Tables, Figures…

If you want to insert equations, please use the button *Equation* in the toolbars. Detailed operations are as follows. *Press the Tab key, then insert the equation, which will be centered. To insert the equation number, press Tab again. Number the equations consecutively*. For example,

 (1)

If you want to insert tables, please use the buttons *Table Title*, *Table Footnote*, and *Format Table* in the toolbars. *Only the table number and the heading. need to be entered*. For example,

**Table 1. Title of the table.**

|  |  |
| --- | --- |
| Parameters | Value |
| Parameter 1 | 0.4 |
| Parameter 2 | 0.45 |
| Parameter 3 | 5 |
| Parameter 4 | 2 |

If you want to insert figures, please use the button *Figure Legend* in the toolbars. *Only the figure number and the caption need to be entered*.

**Figure Size**

• When preparing your figures, size figures to fit in the page width.

• For most books, the figures should be 78 mm or 117 mm wide and not higher than 198 mm.

For example,



**Fig. 1 Title of the figure**

5 Conclusion

The conclusion of your paper is here.....

Acknowledgements

This work is partially supported by ...... The authors also gratefully acknowledge the helpful comments and suggestions of the reviewers, which have improved the presentation.

References

References should be cited in the text by putting author name/s and year of publication in parentheses: one author: (Miller 1991), two authors: (Miller and Smith 1994), three authors or more: (Miller et al. 1995);

**Journal article**

Gamelin FX, Baquet G, Berthoin S, Thevenet D, Nourry C, Nottin S, Bosquet L (2009) Effect of high intensity intermittent training on heart rate variability in prepubescent children. Eur J Appl Physiol 105:731-738. doi:10.1007/s00421-008-0955-8

Ideally, the names of all authors should be provided, but the usage of “et al” in long author lists will also be accepted:

Smith J, Jones M Jr, Houghton L et al (1999) Future of health insurance. N Engl J Med 965:325–329

**Journal article only by DOI**

Slifka MK, Whitton JL (2000) Clinical implications of dysregulated cytokine production. J Mol Med. doi:10.1007/s001090000086

**Book**

South J, Blass B (2001) The future of modern genomics. Blackwell, London Book chapter

Brown B, Aaron M (2001) The politics of nature. In: Smith J (ed) The rise of modern genomics, 3rd edn. Wiley, New York

**Online document (no DOI available)**

Marshall TG, Marshall FE (2003) New treatments emerge as sarcoidosis yields up its secrets. ClinMed NetPrints. http://clinmed.netprints.org/cgi/content/full/2003010001v1. Accessed 24 June 2004

**Dissertation**

Trent JW (1975) Experimental acute renal failure. Dissertation, University of California