

# E3 - Excitement, Expansion, and Emptiness

Source: [Crunchyroll](#)

Translator:

Editor:

Timer:

QC:

(Please feel free to edit the speaker names if incomplete or inaccurate. Names are handled on a best-effort basis depending on the info on the source file. Dialogue is left as is.)

**[00:02]** ---

*In this body, tons of cells are at work.*

**[00:05]** ---

WHITE BLOOD CELL

**[00:06]** ---

*Delivering oxygen to those cells...*

**[00:07]** ---

PLATELETS

**[00:09]** ---

*That's our job as Red Blood Cells.*

**[00:13]** ---

*But...*

**[00:14]** ---

Hey you!

**[00:14]** ---

CELL

**[00:16]** ---

Where's my supply of fresh oxygen?

**[00:19]** ---

S-Sorry! I'll get it to you right away!

**[00:21]** ---

How many times have I heard that line?

**[00:24]** ---

I'm going to complain to your supervisors!

**[00:26]** ---

Please, anything but that!

**[00:29]** ---

*The work environment here is...*

**[00:32]** ---

It's carbon monoxide! Run!

**[00:36]** ---

*It's a Code Black!*

**[02:12]** ---

EPISODE 3:  
EXCITEMENT, EXPANSION,  
AND EMPTINESS

**[02:14]** ---

It's clear...

**[02:16]** ---

that arousal's not far off.

**[02:18]** ---

You're not thinking of going through  
with this, are you?

**[02:20]** ---

We were lucky to just get by  
in the previous mission!

**[02:23]** ---

Due to his deteriorating lifestyle quality,  
conditions are even worse than before.

**[02:29]** ---

Even so,

**[02:31]** ---

we still have to do it!

**[02:34]** ---

There'll be no avoiding some casualties.

**[02:38]** ---

*Attention, all cells.*

**[02:40]** ---

*Attention, all cells.*

**[02:43]** ---

*This body is about to enter a state of arousal.*

**[02:47]** ---

*I repeat.*

**[02:49]** ---

*This body is about to enter a state of arousal.*

**[02:53]** ---

I've come to deliver your oxygen!

**[02:57]** ---

What, that's it? Again?

**[02:59]** ---

Why don't you bring a proper load with you?  
So inefficient!

**[03:03]** ---

I'm sorry. I'll bring you  
some more right away.

**[03:05]** ---

*Red Blood Cells,  
please report to the specified location.*

**[03:08]** ---

Hey, this is...

**[03:10]** ---

I can see that you're all tied up today.

**[03:13]** ---

You can bring it next time.

**[03:15]** ---

I'm sorry!

**[03:16]** ---

Hey, is this your first time?

**[03:18]** ---

Yes.

**[03:19]** ---

Is that right? Well, go on  
and make a man out of yourself, then!

**[03:27]** ---

*I repeat.*

**[03:29]** ---

*Red Blood Cells,  
please report to the specified location.*

**[03:34]** ---

Hey, rookie!

We're being summoned!

**[03:37]** ---

Oh, but I still have  
some deliveries left.

**[03:40]** ---

This mission is more important.

**[03:42]** ---

Come on!

**[03:43]** ---

R-Right!

**[03:47]** ---

*Red Blood Cells,  
please report to the specified location.*

**[03:51]** ---

There's going to be a battle today.

**[03:54]** ---

Good luck, rookie.

**[04:02]** ---

Where are we?

**[04:05]** ---

Hey, what the cell is this place?

**[04:07]** ---

*Thank you for gathering here,  
Red Blood Cells.*

**[04:11]** ---

This body has now entered

a state of arousal for reproductive purposes.

**[04:17]** ---

Whether or not a flourishing posterity  
is achieved depends on how well you do!

**[04:22]** ---

*That's right.*

**[04:23]** ---

*What you're tasked with today is...*

**[04:27]** ---

an erection!

**[04:29]** ---

Erection?

**[04:31]** ---

*Engulf the corpora cavernosa with blood...*

**[04:33]** ---

*and produce an erection!*

**[04:37]** ---

*The corpora cavernosa.*

**[04:38]** ---

*The sponge-like tissue inside the penis.*

**[04:41]** ---

*It becomes engorged with blood  
during sexual arousal,*

**[04:45]** ---

*causing the corpora cavernosa to expand,  
producing an erection.*

**[04:50]** ---

Hey, I see you rookies are here, too.

**[04:52]** ---

Oh, Senpai, good work today!

**[04:55]** ---

Is this your first time?

**[04:56]** ---

I've delivered oxygen  
to the corpora cavernosa a few times,

**[04:59]** ---

but I've never experienced an erection.

**[05:01]** ---

Is that right?

**[05:03]** ---

This place is full of narrow capillaries, right?

**[05:07]** ---

The corpus cavernosum is a sponge-like mesh of  
tissue made up of fibrous veins and cave-like spaces.

**[05:15]** ---

When it reacts to the nitric oxide  
released during arousal,

**[05:19]** ---

it secretes a substance called cyclic GMP

**[05:22]** ---

which causes the arteries to dilate,  
filling the corpus cavernosum with blood.

**[05:26]** ---

Once we're inside,

**[05:28]** ---

our job is to push the wall open and increase  
pressure so the penis will achieve an erection.

**[05:33]** ---

Not only that, but we also have to use  
pressure to keep the blood trapped inside.

**[05:38]** ---

It's a totally grueling task.

**[05:40]** ---

You must be kidding me.

**[05:41]** ---

Don't let your guard down or it'll come back to  
bite you in the butt. Keep that in mind and be tough.

**[05:46]** ---

Okay!

**[05:46]** ---

Okay.

**[05:48]** ---

Hey, what's up with you?  
You're so gung-ho.

**[05:52]** ---

It's really important for living creatures  
to leave behind descendants.

**[05:57]** ---

Don't you think it's an honor  
to get to take part in a mission like that?

**[06:00]** ---

Huh? Well, yeah, I guess.

**[06:04]** ---

*We have to succeed no matter what!*

**[06:09]** ---

We're sorry for the inconvenience!

**[06:12]** ---

The passageway is narrow,  
so please proceed one by one!

**[06:24]** ---

Whoops, sorry.

**[06:26]** ---

Excuse me, but we're lining up here.

**[06:29]** ---

Yeah, we're lining up, too.

**[06:31]** ---

Would you mind waiting your turn?

**[06:35]** ---

Shut up, you! You're a rookie, aren't you?  
Just shut up and let your senpais go first!

**[06:39]** ---

"Senpai" has nothing to do with it.  
I deliver oxygen, too!

**[06:43]** ---

Huh? Look, you sure talk big, but  
have you ever experienced an erection before?

**[06:49]** ---

Well...

**[06:51]** ---

not yet, actually.

**[06:52]** ---

Embarrassing, much?  
So, you're still just a wittle boy!

**[06:56]** ---

Little brats who have zero experiences with  
erections shouldn't shoot off their mouths!

**[07:02]** ---

Whether you have experience or not  
isn't a big deal at all.

**[07:06]** ---

White Blood Cell?

**[07:08]** ---

What really matters  
is how you take on the task before you.

**[07:12]** ---

Um, this is between us Red Blood Cells,  
so would you mind not butting in?

**[07:17]** ---

What do you know about erections anyway?

**[07:29]** ---

What the... Hey, stop!

**[07:34]** ---

Please stop!

**[07:43]** ---

It's a Pseudomonas.  
A little one, but still...

**[07:55]** ---

Oh, did I frighten you? Forgive me.

**[07:59]** ---

Thank you very much.

**[08:01]** ---

I don't think  
there's anything to thank me for.

**[08:04]** ---

Hey, it's Glasses!  
Where are you headed to now?

**[08:07]** ---

To the testes.  
I've never been there before...

**[08:10]** ---

Oh, really? We're on our way  
to patrol that area now. Wanna come?

**[08:15]** ---

Uh, sure!

**[08:17]** ---

Is something the matter?

**[08:19]** ---

I'm concerned about this body's  
lowered resistance.

**[08:27]** ---

So, these are the testes.

**[08:30]** ---

*The testes.*

**[08:31]** ---

*Where sperm is produced and formed.*

**[08:35]** ---

*When fully-formed,  
the sperm is stored in the epididymis.*

**[08:40]** ---

Um, I've come to deliver your oxy—

**[08:47]** ---

What's this?

**[08:48]** ---

The spermatogonia.

**[08:50]** ---

*Spermatogonia.*

**[08:52]** ---

*Male reproductive cells  
that mature into sperm.*

**[08:57]** ---

So tiny.

**[08:58]** ---

Cute!

**[09:05]** ---

Thank you for your hard work.

**[09:09]** ---

If you could sign this, please...

**[09:11]** ---

Is this your first time  
seeing spermatogonia?

**[09:13]** ---

Yes.

**[09:14]** ---

When these babies mature,  
they become sperm.

**[09:18]** ---

And it's our job as Sertoli Cells  
to take care of them.

**[09:23]** ---

*Sertoli Cells.*

**[09:25]** ---

*They support and provide nourishment  
to the spermatogonia in the testes.*

**[09:32]** ---

Eventually, the sperm encounter ova,  
and new lives are born.

**[09:39]** ---

These tiny babies become the basis  
for us cells being born later on, right?

**[09:45]** ---

That's how we keep life going.

**[09:49]** ---

But unless you Red Blood Cells  
trigger an erection to ejaculate them,

**[09:53]** ---

these children can never set off  
to find the ova.

**[09:58]** ---

So, we're counting on you, Red Blood Cell.

**[10:04]** ---

Right.

**[10:08]** ---

We're going this way.

**[10:10]** ---

Right, I'm heading back to the lungs.

**[10:13]** ---

I owe you one.

Thanks for showing me the way.

**[10:16]** ---

See you, Glasses!

**[10:18]** ---

Catch you later!

**[10:22]** ---

About what you asked me the other day...

**[10:25]** ---

Whether our jobs are worth  
risking our lives for.

**[10:30]** ---

Right.

**[10:32]** ---

If it's to protect a new life,  
then risking your own isn't such a bad thing.

**[10:38]** ---

That's what I think.

**[10:41]** ---

Of course, there's a lot more  
to my answer than that.

**[10:45]** ---

Right!

**[10:46]** ---

Thank you very much!

**[10:51]** ---

*For the sake of new lives,*

**[10:54]** ---

*I'm going to make sure...*

**[10:56]** ---

*this mission succeeds!*

**[10:58]** ---

When the nitric oxide spreads,  
that's the signal!

**[11:01]** ---

Charge, full speed ahead!

**[11:04]** ---

*Everyone, prepare to charge!*

**[11:06]** ---

*Five seconds before charging.*

**[11:09]** ---

*Three, two, one...*

**[11:14]** ---

Charge!

**[11:20]** ---

Charge!

**[11:30]** ---

Line up!

**[11:31]** ---

Single file!

**[11:32]** ---

Push together now!

**[11:34]** ---

Expand the helicine arteries!

**[11:36]** ---

*The helicine arteries of the penis.*

**[11:38] ---**

*Arteries that serve as valves  
to pump blood into the penis.*

**[11:43] ---**

*When these are relaxed,  
there's a massive inflow of blood.*

**[11:53] ---**

Let me handle this.

**[11:56] ---**

R-Right!

**[12:03] ---**

It moved!

**[12:04] ---**

All right, it expanded!  
Everybody head to the back!

**[12:12] ---**

Blood levels are at 50%!

**[12:15] ---**

We've cleared Stage One!

**[12:18] ---**

All right, everybody,  
let's get ready to go!

**[12:21] ---**

Okay!

**[12:24] ---**

Those Red Blood Cells  
are really working hard!

**[12:27] ---**

And we're going to work  
just as hard, aren't we?

**[12:37] ---**

Look at that!

**[12:37] ---**

The corpora cavernosa veins are normally closed,  
but now they're loosening up!

**[12:44] ---**

He's right! I think we can do this!

**[12:46] ---**

- Now keep going, all the way to the back!  
- All right!

**[12:50] ---**

They may be loosening up,  
but these things are super heavy!

**[12:56] ---**

*We have to get this job done!  
For the sperm's sake, as well!*

**[13:01] ---**

Blood levels in the corpora cavernosa are at 70%!

**[13:04]** ---

He's reached the erection state!

**[13:06]** ---

Good job! Keep it up!

**[13:09]** ---

Wait, something's wrong.

**[13:11]** ---

What's the problem?

**[13:13]** ---

The corpora cavernosa's cyclic GMP levels  
are taking a nosedive!

**[13:16]** ---

Are you serious?

**[13:18]** ---

The smooth muscle  
is no longer in a relaxed state!

**[13:20]** ---

What do you mean?

**[13:22]** ---

He's not producing enough cyclic GMP!

**[13:25]** ---

At this rate, the blood vessels  
are going to start constricting!

**[13:34]** ---

What's going on? The wall...  
It's being pushed back!

**[13:40]** ---

What the...

**[13:41]** ---

It's the corpora cavernosa!

**[13:45]** ---

The Red Blood Cells have been pushed back  
by the corpora cavernosa!

**[13:48]** ---

The erection rate is down to 50%!

**[13:50]** ---

45... 40... It's not stopping!

**[13:54]** ---

Dammit! Why aren't the cyclic GMP levels rising?

**[13:59]** ---

It seems like the nerves aren't sending  
sufficient arousal signs to the penis.

**[14:05]** ---

We believe it's caused by accumulated stress.

**[14:11]** ---

What the cell is...

**[14:15]** ---

So, the erection isn't going to last long enough for ejaculation.

**[14:19]** ---

This is...

**[14:21]** ---

ED!

**[14:24]** ---

No way...

**[14:28]** ---

*ED.*

**[14:29]** ---

*Erectile dysfunction.*

**[14:30]** ---

*Possible causes include poor blood flow to the penis,*

**[14:34]** ---

*or nerve signals from sexual arousal failing to reach the penis.*

**[14:42]** ---

Are you all right?

**[14:45]** ---

You guys, we're retreating for now!

**[14:49]** ---

Hey, there you are. So, you're okay.

**[14:53]** ---

Let's get out of here.

**[14:55]** ---

Otherwise, we're going to get crushed by the constricting blood vessels.

**[15:00]** ---

No.

**[15:01]** ---

Huh?

**[15:02]** ---

I'm not running.

**[15:05]** ---

I can't allow myself to run away!

**[15:07]** ---

What are you talking about?

Things are going to get ugly unless we run!

**[15:10]** ---

I'm telling you, our job is done now!

**[15:13]** ---

If we run away, who's going to trigger the erection?

**[15:16]** ---

Protect new lives and keep life going.

**[15:20]** ---

Right now, we're the only ones  
who can make that happen!

**[15:25]** ---

*So, we're counting on you, Red Blood Cell.*

**[15:29]** ---

*If it's to protect a new life...*

**[15:32]** ---

*then risking your own isn't such a bad thing.*

**[15:35]** ---

*That's what I think.*

**[15:40]** ---

I'm not giving up.

**[15:42]** ---

No matter what!

**[15:43]** ---

No matter what!

**[15:46]** ---

We're triggering that erection!

**[15:49]** ---

Chronic stress on top of poor circulation  
caused by lifestyle factors...

**[15:55]** ---

There's no way that a decent erection  
can be achieved under these conditions.

**[16:04]** ---

I guess there's no way around it!

**[16:07]** ---

Count me in, too.

**[16:09]** ---

Huh? Are you sure?

**[16:10]** ---

If I go back, I'm only going to get yelled at  
while I deliver oxygen.

**[16:15]** ---

I think I'd rather be doing this.

**[16:20]** ---

Thanks.

**[16:23]** ---

Hey...

**[16:24]** ---

Seems like it's looser than before,  
don't you think?

**[16:31]** ---

What should we do? Should we order  
the Red Blood Cells to withdraw?

**[16:36]** ---

It's not like we have any options here.

**[16:44]** ---

Attention, all Red Blood Cells.

**[16:47]** ---

Today's mission has fail—

**[16:49]** ---

Hold on a second!

**[16:52]** ---

The cyclic GMP levels  
in the corpora cavernosa...

**[16:55]** ---

are rising!

**[16:57]** ---

What?

**[16:58]** ---

What's this? Something's inhibiting  
the PDE5 function?

**[17:02]** ---

PDE5...

**[17:04]** ---

The enzyme that breaks down cyclic GMP.

**[17:08]** ---

What's going on here?

**[17:10]** ---

Found it!

**[17:11]** ---

It's because of this!

**[17:14]** ---

It seems to have been administered  
from outside!

**[17:16]** ---

Is this... sildenafil?

**[17:20]** ---

*Sildenafil.*

**[17:22]** ---

*A medication used to inhibit PDE5,  
making it easier to achieve an erection.*

**[17:27]** ---

*Used to treat ED.*

**[17:29]** ---

*Best known as the product "Viagra."*

**[17:32]** ---

What's this?

**[17:34]** ---

The vessels are still relaxing.  
If we go now...

**[17:37]** ---

All Red Blood Cells who can still move,  
follow me!

**[17:41]** ---

We're going to charge once again!

**[17:48]** ---

You guys!

**[17:49]** ---

Keep going until you reach the glans!

**[17:51]** ---

Okay!

**[17:56]** ---

Hey, Sertoli Cell, can't we go yet?

**[18:01]** ---

It won't be long now.

**[18:02]** ---

Hey, do you think  
we'll really get to meet the ova?

**[18:06]** ---

The Red Blood Cells  
are giving it their all right now.

**[18:10]** ---

Let's believe in them and wait!

**[18:11]** ---

Okay!

**[18:13]** ---

*To send the sperm to the ova...*

**[18:17]** ---

New lives!

**[18:19]** ---

Let's keep the chain going!

**[18:22]** ---

Blood levels, 98... 99...

**[18:25]** ---

They've now reached 100%!

**[18:27]** ---

I'm closing the veins to trap the blood in!

**[18:29]** ---

The penis has achieved a full erection!

**[18:35]** ---

*Can we just take this  
as good news, though?*

**[18:38]** ---

*He had to take sildenafil  
to get that erection.*

**[18:42]** ---

*That just shows*

*how desperate this body is now.*

**[18:47]** ---

*Receiving signal from the neurons  
to ejaculate.*

**[18:49]** ---

*Everyone, please prepare for ejaculation!*

**[18:52]** ---

*So, we can finally head out now, right?*

**[18:57]** ---

*All clear for ejaculation!*

**[18:59]** ---

*Constrict the urethral sphincter muscle!*

**[19:02]** ---

*Now constricting  
the urethral sphincter muscle!*

**[19:04]** ---

*How ejaculation works.*

**[19:06]** ---

*The urethral sphincter muscle constricts to prevent  
the simultaneous release of urine and semen.*

**[19:12]** ---

*The entrance and exit of the urethra  
below the prostate are sealed shut,*

**[19:15]** ---

*and by opening only the exit, semen can be  
released with great force thanks to pressure.*

**[19:22]** ---

*Constriction complete!*

**[19:23]** ---

*Countdown!*

**[19:25]** ---

*Ten seconds before ejaculation starts.*

**[19:29]** ---

*Eight... Seven...*

**[19:31]** ---

*Six... Five... Four...*

**[19:34]** ---

*Three... Two...*

**[19:36]** ---

*Go!*

**[19:36]** ---

*One...*

**[19:37]** ---

*Fire!*

**[19:42]** ---

*Yahoo!*

**[19:43]** ---

I'm first out of the gate!

**[19:45]** ---

- I'm coming after you!

- I won't lose!

**[19:47]** ---

Wait for me, Ovum!

**[19:50]** ---

I'm coming to see you now!

**[20:02]** ---

*Ejaculation complete.*

**[20:06]** ---

*Red Blood Cells, please exit  
the corpora cavernosa. No pushing, please.*

**[20:11]** ---

Looks like they made it, huh?

**[20:13]** ---

I wonder if that made Glasses a man.

**[20:16]** ---

The Red Blood Cells did an impressive job,  
completing their task as Red Blood Cells.

**[20:20]** ---

Now, let's complete our own task.

**[20:23]** ---

- Right!

- Right!

**[20:27]** ---

What?

**[20:35]** ---

Man, I can't move.

**[20:37]** ---

Good work! You did great, rookies.

**[20:40]** ---

This is the first time I've ever done  
anything so fulfilling.

**[20:44]** ---

Those sperm will make it  
to the ova all right, won't they?

**[20:48]** ---

Well, I don't know about that.

**[20:52]** ---

It's not like all sexual activity  
is for reproductive purposes.

**[20:56]** ---

What?

**[20:58]** ---

You can never rule out ejaculation  
purely for relieving sexual desire.

**[21:02]** ---

Actually, that's the more likely scenario.

**[21:05]** ---

Purely for relieving sexual desire?

**[21:07]** ---

Then, does that mean  
all our work was for nothing?

**[21:12]** ---

It can't be helped.

**[21:14]** ---

In this body, there are jobs we have to do  
even if it seems futile.

**[21:19]** ---

Then, what about those sperm?

**[21:31]** ---

Why were they ever born  
in this world, then?

**[21:34]** ---

What did we and the Sertoli Cells  
work so hard for?

**[21:39]** ---

You'd better get out of here now.

**[21:43]** ---

White Blood Cell?

**[21:45]** ---

That sexual intercourse  
just let in some gonococci!

**[23:19]** ---

PREVIEW

**[23:20]** ---

This is an all-out war!

**[23:21]** ---

Annihilate every last one of the enemy!

**[23:23]** ---

FRONT LINE

**[23:24]** ---

I'm lonely, see?

**[23:25]** ---

GONOCOCCI

**[23:27]** ---

This is our chance to strike back!

**[23:28]** ---

CONFLICT

**[23:30]** ---

We're going to show them  
how powerful we White Blood Cells are!

**[23:31]** ---

# FRONT LINE, GONOCOCCI, AND CONFLICT

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