the best antiseptic,

FOR BOTH INTERNAL AND EXTERNAL USE.

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Dose.—Internally: One teaspoonful three or more times a day (as indicated), either full strength, or diluted, as necessary for varied conditions.

LISTERINE is a well known antiseptic agent—an antizymotic—especially useful in the management of catarrhal conditions of the mucous membrane, adapted to internal use, and to make and maintain surgical cleanliness—asepsis—in the treatment of all parts of the human body, whether by spray, irrigation, atomization, or simple local application, and therefore characterized by its particular adaptability to the field of

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allowed of prominted in several of these diseases. These Dietetic Notes have been bound in the form of small perforated slips for Physicians to distribute to their patients. Mailed gratis upon request, together with our latest compilation of cases, reports and clinical observations, bearing upon the treatment of this class of diseases.

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Dictatic Note.—A fruit and vegetable diet is most favorable for patients with chronic rheumatic troubles.

ALLOWED.—Beef and mutton in mederation, with horse radish as a relish; fish and eggs, green vegetables and fruit, especially lemons. The skinnned milk diet has been advocated by some authors.

Avoid.—Starchy and saccharine food; all malt liquors, wines and coffee.

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