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 pray, irrigation, atomization, or simple local application, and therefore characterized by its particular datability to the field of

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

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

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

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