## MOUTH, CANKER OF THE / TONGUE, ULCERS OF THE

Treat these by a careful and abstemious diet, free from all grease and condiments. Use gargles of \*borax, or cover the ulcers with borax and glycerine, or touch them with sulphate of copper (blue vitriol), or sulphate of zinc (white vitriol). Gargle hot and cold water alternately, and take a warm bath daily.

\* Purchase from a reputable Herb Company that has a grade of sodium borate that does not contain surfactants and detergents, which are commonly found in commercial borax products.

The Hygienic Family Physician: A Complete Guide for the Preservation of Health, and the Treatment of the Sick without Medicine, pg. 308-09 by M. G. Kellogg