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Limit for word (main text, abstract, introduction); numbers of references (modified Vancouver style of JPAHS, cited in text after the full stop and before coma in superscript), numbers of table and figures

Single spacing margins 2.5 cm from all four sides

The title page contains all the desired information

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Running title/subtitle is provided and is not more than 50 characters including space

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Language and grammar uniformly American English (mention if British but do not mix up)

Abbreviations spelled out in full for the first time when it appears in the text

Numerals from 1 to 10 spelled out

Numerals at the beginning of the sentence spelled out

No repetition of data in tables/graphs

Figures necessary and of good quality (color)

Table and figure numbered in Arabic letters (not Roman) and cited in the main text

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