

Eliminating Caffein From the System

In many instances, this is not only advisable for clearness of diagnosis but for effectual therapeutics. In other words, there is a train of symptoms attributed to various causes which in reality should be referred to the habitual use of coffee and tea, since both contain and alkaloid, caffein; therein in tea being identical in action with the coffee-drug.

Vague, nervous phenomena—unaccountable irritability; insomnia; headache and other neuralgias; rheumatic pains and stiffness; lassitude or its opposite, undue excitability, etc.—frequently puzzle the anxious, painstaking doctor as to their true cause. But the matter is often cleared up when the "reaction" of caffein on the nervous system is taken into consideration.

In conditions like these

Instant Postum

has come to be relied upon by many physicians who recommend it in place of tea and coffee. It is made of clean, hard wheat and a small per cent of molasses. It, therefore, contains no caffein or other drug-substance.

Postum is a wholesome and agreeable beverage which may be safely given to patients, young or old. The change from coffee to Postum soon shows improvement, not only in the condition of the patient, but a *clearer reaction toward the remedies prescribed by the doctor*. Eliminating caffein at the beginning of a course of treatment is, therefore, often of great importance in the outcome.

Samples of **Instant Postum**, **Grape-Nuts** and **Post Toasties**, for personal and clinical examination, will be sent on request to any physician who has not received them.

Canadian Postum Cereal Co., Ltd., Windsor, Ont.