

What's 10 Grains of Caffein Among Friends?

For a neurasthenic—with insomnia, high blood tension an irritable heart, weakened digestion, and an atonic condition of the bowels—to drink tea or coffee is quite as sensible as to pour oil on a fire in order to put it out; or to spur a fractious horse for sedative purposes.

For, while the three to ten grains of caffein that tea and coffee drinkers take into their systems daily may have a perfectly splendid effect in certain indicated conditions, the drug is contra-indicated in subjects who enjoy relatively normal health.

If you have a patient troubled with insomnia, irritability or any of the under-oxydation symptoms that develop from the inhibiting influence of tea or coffee upon digestion and metabolism, isn't it logical to order him to discontinue the use of toxic beverages, and suggest the use of Instant Postum instead?

Postum is the fragrant, aromatic beverage made from skilfully roasted wheat, bran, and a small per cent of molasses. It affords the advantages of a hot drink, without the ill effects of tea or coffee.

Samples of Instant Postum, with full information, for personal or clinical trial will be sent upon request to any physician who has not received them.

Canadian Postum Cereal Co., Limited

Windsor, Ontario, Canada