Had Railroads Paid Their Taxes Amount Would Have Been Larger Than Last Year.

(From a Staff Correspondent.) LINCOLN, Dec. 4 - (Special.) - Governor Mickey refuses to discuss the special sesfriends that he had not given the matter

There is a considerable element which of expense and the difficulty of getting vested permanent school fund. the people to vote for amendments, although it is conceded that much time will be saved by formulating them in a special session. There is a disposition to couple with the demand for amendments the plan pass laws adopted.

Temporary Fund Reaches \$263,000. The temporary school fund for December which there is \$2,900 due to Hitchcock Mortensen will certify to the state supertionment and the latter official will, within partment. twenty days, as provided in the statutes, No Alarm Over Insurance Situation. distribute the money among the school with the provisions of the law.

turned over a portion of the taxes.

The fact that the Hitchcock county warrant is still unpaid is explained as due to the absence of banks in that section of tition for business. the state. At the January settlement between the state and county treasurers the FINED FOR VIOLATING SPEED LAW Hitchcock county official will turn in the warrants on its indebtedness to the state. Union Pacific Engineer and Conductor That plan of procedure meets with the approval of Treasurer Mortensen.

The January settlements are expected to bring large sums into the treasury, since at that period all of the county treasurers settle with the state for the year. In some instances the balances which are allowed to accrue in the counties are considerable and their payment at the time of this annual liquidation makes it possible to reire general fund warrants at a rapid rate

during January. The state superintendent has not had time to receive replies to his circular askwhether or not the enumeration lists had been properly sworn to. Until these replies are received he will be unable to de-

Board Adds to Contract Price Today the State Board of Public Lands and Buildings revised the contract of Howard Burns for heating, lighting and power equipment at the Hastings asylum, raising for which the contractor is to install larger | this case. boilers, generators and other apparatus.

Kerns Did Not Assess Women. Superintendent Kerns of the Hastings asylum did not collect the 2 per cent campaign assessment from the women employes of that institution, according to his friends. The \$500 which he turned over to the state central committee represented his contribution of \$100 and the regular percentage from the male employes. This serves to explain the fact that only \$500 went to the campaign treasury, although the pay roll is \$38,000 and the full amount would have been \$760. It is stated that H. C. Lindsay, the financial solicitor for the committee, was pleased with the showing made by the superintendent of the Hastings institution and told him that \$500 was all that would be looked for there. On the other hand, the adherents of Dr. Kerns state that other institution heads turned in far less than the conventional pro rata amount. Among these is Superintendent Greene of the Lincoln insane hos-

According to this same authority, Dr. Kerns did not make it compulsory on the employes to pay these assessments and left it to their own free will. Neither did he intimate that any of them would lose their positions for nonpayment. Those who



TRE PARMES BEAPS what he has previously sowed. The human body reaps
likewise the natural crop of weakness,
pain and death if the seeds of disease
have been sown by bad habits of carclessness in eating, sleeping and exercising.

KEEP WELL IF YOU CAN and when you
need a little help in keeping well use
Nature's remedies, that do not roughly
stimulate but gently quicken the action
of Nature's functions in a natural way.
Nature's laboratory furnishes the followof Nature's functions in a natural way.
Nature's laboratory furnishes the following plants which enter into the manufacture of Dr. Pierce's Golden Medical Discovery: Golden Seal root, Queen's root, Stone root, Black Cherrybark, Bloodroot and Manufrake root.

and Mandrake root.

If in doubt as to your trouble or needing advice, you can consult free of charge Dr. R. V. Pierce, chief consulting physician to the Invalids' Hotel and Surgical Institute. Buffalo. N. V. All letters are considered confidential and answers bearing correct medical advice returned in securely scaled envelopes. returned in securely sealed envelopes.

"I suffered for nearly eight rears," writes Philip A. Fatch. Esq. of Mobile, Ala. Deputy Sheriff, "with malaris, which poisoned my entire system and deprived me of my visibility. I was cured in three months by using Dr. Pierce's Golden Modical Discovery. I know it was largely due to neglect and I paid little attention to my trouble until I became so run-down and weak that I knew I had to do something at once to regain my health. I began to feel better within four days after I used the Golden Medical Discovery, and after using nine bottles I was restored to my usual health, feeling better than for years."

The most valuable book for both men and women is Dr. Pierce's Common Sense Medical Ad-viser. A splendid 1008-page viser. A spiendid lots-page volume, with engravings and colored plates. A copy, paper-covered, will be sent to anyone sending 21 cents in one-cent stamps, to pay the cost of mailing only, to Dr. R. V. Pierce, Buffalo, N. K. Cloth-bound, 31 stamps.

felt that it was not fair to assist in the republican campaign were privileged to refuse without incurring any danger of the

loss of their employment. During the fusion regime the payment of these political assessments was not left to the employe at all, the superintendent deducting the amounts claimed by the

DECEMBER SCHOOL FUND APPORTIONMENT committee from the salaries. All of the women at the state house are bject to assessments, but they are paid much better salaries, none of them getting less than \$79 a month and some as high as \$1,200. The reason for exempting them at Hastings is the fact that the salaries

Dawson County Takes Up Bonds. Today Dawson county took up \$16,000 6 cials also exchanged \$30,000 of 4 per cent sion talk. He is quoted as having told bonds for \$30,000 of 6 per cent bonds held consideration recently, except when it is fund, paying the difference in the interest called to his attention by some inquiring until April, when the bonds became op- eight challenges to which it is entitled. individual. He did not care to talk of tional and could have been redeemed. This Lieutenant Governor McGilton's inter- payment, together with those of Otoe and to both sides are: Howard counties, give the treasurer a little leeway and marks the beginning of objects to a special session on the ground an increase in the amount of the unin-

New Way to Ship Game.

Game Warden Carter has received word from Denver that a trunk full of game, labeled "photo supplies," has been captured. The shipment was made from some to have maximum freight rate and anti- point in Northern Nebraska, but the shipper has not yet been apprehended. The warden has had all kinds of deception to contend with in these shipments, but this apportionment amounts to \$283,000 at the is the first time that anyone has ventured close of business tonight, in addition to to ship under such a guise. Barrels labeled "sauer kraut," trunks billed as "lace, county from the last apportionments, cream can, hay cars, bales of "alfalfa" making the total close to \$200,000 for the and "prairie grass" have been used with furnished them by the bailiff who has them entire fund. Tomorrow morning Treasurer varying success. The ingenuity of persons seeking to escape the provisions of the intendent the amount of the temporary law taxes the watchfulness of the numerfund available for the December appor- ous special deputies appointed by the de-

If the Nebraska underwriters thought districts of the state which have complied that their resolution calling for a special session to investigate Nebraska companies Last year the December apportionment would create much of a stir in official reached a total of \$272,000. Had the rail- circles they miscalculated. Governor ways paid their faxes this year the amount Mickey showed but little interest in the would have been considerably larger, al- matter. He said that he would ackthough the state officials can only approxi- nowledge a copy of the resolution if it is mate the exact shortage due to that cause. sent to him, but that was the extent to The school levy is 1/2 mill and the assessed which he was willing to go. Auditor Searle valuation of the railways is \$46,000,000, mak- coes not regard it as a weighty problem ing the total contributions of the ratiways and Attorney General Norris Brown is will be followed. Mr. English has assoto the temporary fund about \$23,000 a year. skeptical as to the purposes of the movers clated with him Attorney Ritchie, and the Some of the railways have paid, and the of the resolution. The sentiment prevails only question they seemed to emphasize two contesting lines have in some counties in official circles generally that the representatives of the foreign companies may be trying to keep the home companies from securing too great a lead in the compe-

Appeal the Case. SCHUYLER, Neb., Dec. 4.-(Special Teleconductor and engineer of Union Pacific train No. 10, that killed Mrs. Wacha about a month ago, were tried in the police court here today for violation of the city ordinance that limits the speed of trains to ten jurors knew Crowe or Frank Murphy or miles per hour while in the city limits. Owing to the fact that Police Judge Zentmeyer carries a Union Pacific pass, against policemen as such. City Attorney Johnson appealed to Mayor ing county superintendents to inform him pointed V. W. Sutherland and the men under examination, but there were times termine whether any districts will be left plea of "not guilty" and after hearing the big majority of those in attendance were out because of illegal enumeration. He has evidence they were found guilty as charged citizens summoned on the jury panel. Half signified his intention to leave out of con- and a fine of \$50 each and costs imposed. a dozen women were present at one time or sideration those districts in which the This was not paid and they were committed another. habeas corpus from Judge Reeder.

The case will probably be appealed. It as it is a sort of "test case" and the future innocence from his talks with Jackson or action of the city in enforcing the ordin-

Railroad Surveyors in Field. Eastern Keya Paha and Rock counties are aroused about the prospects for a new railroad. It is supposed to be an independent company building to the northwest. It will run in a northwesterly direction, says a Bassett report, Chambers, in Helt county, crossing the Northwestern at Newport, thence to Carns and Springview. A corps of surveyors is reported in the field between Newport and Carns, and many regard the road as a certainty. It is said that the immense hay business of these countles would furnish a large traffic.

News of Nebraska. Yorkshire,

tates in 1849.

TEKAMAH—C. Johnson, merchant, and leorge W. King, barber, have moved into he new brick building recently built by the new brick building recently built by Stout Brothers.

TEKAMAH—An adjourned term of the district court is in session here, with Judge Sutton presiding. There will be nothing but civil cases heard, as the criminal docket was disposed of at the last session.

TEKAMAH—The Farmers State bank recently organized at this place opened for business this morning, with the following officers in charge: C. W. Conkling, president; A. D. Nesbit, vice president; R. G. Nesbit, cashier.

Nesbit, cashler.

HUMBOLDT—John W. Bash, a localblacksmith and woodworker, this morning
suffered the loss of the two smaller fingers
of his right hand by accidentally throwing
the members in the track of a rapidly
moving planing machine.

moving planing machine.

HUMBOLDT - Numerous friends and neignbors of Fred Fankhauser and wite, ploneer residents of this section, gave them a pleasant surprise in honor of their golden wedding anniversary. A number went out from the alternative section of their golden wedding anniversary. golden wedding anniversary. A number went out from the city to join in the fes-

NORFOLK-The three children of Mr. and Mrs. E. A. Ross of Chadron, formerly of Norfolk, have succumbed to scarlet fever within two days. Two died within an hour of each other. They were the entire family of Mr. and Mrs. Ross. Mr. Ross is a locomotive engineer on the

forthwestern. HUMBOLDT-Clare Coleman, a young HUMBOLDT—Clare Coleman, a young farmer living several miles east of this city, was united in marriage to Miss Florence Trimmer of this city, the coremon being performed by the Presbyterian minister of Auburn, to which place the couple were accompanied by Mr. and Mrs. Ben Atwood of this city.

OSCEOLA—The following women have been elected to preside over the destinies

OSCEOLA—The following women have been elected to preside over the destinica of the Woman's Belief corps here and will look after the wants of the old soldiers. President, Mrs. H. P. Shore; senior vice president, Mrs. Hile Vanhoosen; junior vice president, Mrs. M. J. Brown; chaplain, Mrs. William Vanhoosen; treasurer, Mrs. Josiah Locke; secretary, Mrs. M. J. Conklyn; conductor, Mrs. John Bense; guard, Mrs. H. F. Bense; delegate, Mrs. Scott; alternate, Mrs. M. J. Conklyn.

alternate, Mrs. M. J. Conklyn.

FREMONT—The man found dead alongslite the railroad tracks yesterday has been
identified from papers found on his person
as James White, a former resident of
Pulladelphia. His relatives were notified
by wire this morning. He had been a
blacksmith by trade and, Judging from
the papers on his person, had been earning
good wages. The cause of his death is
still unknown, and it is not known whether
he fell from a train or was struck by a
moving train white in the yards. Coroner
Overgnard will hold an inquest tomorrow.
LEIGH—The Maple Valley State bank Overguard will hold an inquest tomorrow.

LEIGH—The Maple Valley State bank held its annual meeting of stockholders in the banking rooms Saturday afternoon. At this meeting the institution was practically reorganized. The capital stock was increased from \$0.000 to \$15.000. Vice President Charles E. Beaty and Cashier V. W. Graves tendered their resignations. Mr. Graves had been cashier for fourteen years. The old president, J. H. Wardeman, was re-elected. I. J. Nichols, a wealthy farmer, was elected vice president and Ed Wurdeman was advanced from assistant to cashier, while John T. Tully, the bookkeeper, was made assistant cashier.

TWELVE MEN FOR CROWE JURY

anel Not Exhausted, Though Any Draw-

Shot is in Panel, but Defense Lets Him Out.

When Judge Day adjourned court Mon per cent bonds due next April. The offi- day evening, shortly after 5 o'clock, twelve men were in the box who may constitute the jury to try Pat Crowe. The state has by the treasury for the permanent school exercised two of its three challenges and the defense has exercised seven of the The men who so far appear satisfactory

L. P. Fox, 2835 North Fifteenth,
P. F. Croetschel, 131 North Thirty-eighth,
wimam W. Long, 2922 Frederick,
H. Borsky, 1812 North Nineteenth,
Joe Dopina, 1/12 South First,
John Sautter, 593 North Twenty-first,
South Omsha.

South Omaha.

W. C. Huber, 705 South Thirteenth. Isaac Levi, 314 North Twenty-sixth, South Oniaha. Joseph Wolf, 2320 South Twelfth. John Lewis, 4662 Cuming. Hugh Dougherty, 617 South Thirty-third. Merchoir Leis, 1943 South Twentieth.

After a consultation with the attorneys, Judge Day decided to keep the jurors to gether during the night. He also cautioned them against talking of the case with outsiders and forbade them to read any papers or to buy any except such as might be in charge Before the selection of the twelve mer

now sequestered twenty-two men were examined. Of those excused one could not endure smoking. On his prejudice against the weed being made known Judge Day asked those on the panel who did not smoke to stand up. As only seven or eight of the 100 or more responded the court excused the juror. A second juror was excused for deafness, three or four for set opinions as to guilt or innecence and the balance on direct challenges or by being scratched by either side.

Ritchie and English. By its questions to jurors the defense indicated little or nothing of what line was:

"Can you, if chosen as a juror, carry with you into the box and all through the trial the presumption that the defendant is innocent of the crime charged in the indictment beyond a reasonable doubt?"

Evidently the hour of the night, the un certain knowledge of Crowe's personality possessed by the officers and any doubt as to identification are to be utilized to discredit the testimony that may be given gram.)-Fred Peterson and John Glynn, to connect Crowe with the shooting of Officer Jackson on the night of September 6 last.

County Attorney Slabaugh directed his principal questions to finding out if the the old coffee slavery. any other of the prisoner's relatives and

Crowe was an interested observer most Arnold to appoint a local justice of peace of the time and occasionally conferred with to act as police judge. The mayor ap- either English or Ritchie about the man were tried before him. Attorney Phelps when he was plainly bored by the tedious representing the railroad company advised ness of the formal legal questions. The them not to plead. This was taken as a court room was fairly well filled, but a

> was shot. Mr. Knapp insisted that he could be a fair and impartial juror; that he had formed no opinion as to guilt or others. Mr. English challenged for reand the court overruled the challenge. The famous insult to our business. authorities had only mention of an inhibition against relatives to the fifth degree and the state statutes were silent on the point. Knapp was afterward scratched by

the defense. Clement Chase, editor of the Excelsior, was one of the citizens drawn on the jury panel. Mr. Chase got himself excused, being too busy a man to serve on a jury. In this connection County Attorney Slabaugh recalled with some alight merriment the fact that a few weeks ago Mr. Chase, in his paper, gave vent to considerable indignation over the slow progress of the preparations to give Mr. Crowe a trial. Mr. Chase rather gave the impression there was likely to be a miscarriage of justice unless-"but AINSWORTH—John Shaw died Decem-ber 2. He was born February 18, 1820, in forkshire, England; came to the United know better than those handling came into know better than those handling cases just what should be done. Still, we cannot yet

resort to trial by newspaper." Detective McDonald was drawn on the jury, too, but he was at once excused when he presented himself. Eugene Duval of the Mirwaukee railroad is also on the panel, as is Charley Townsend, the gun man. Both will put up a strong fight for liberty, even against the warning of Judge Day that business excuses will not avail, except possibly for temporary leaves of

Watches-Frenzer, 15th and Dodge.

FORECAST OF THE WEATHER Fair Today and Tomorrow in Nebrasks, Iowa and South Dakots-

Warmer in Iowa Today. WASHINGTON, Dec. 4 .- Forecast of the weather for Tuesday and Wednesday; For Nebraska, South Dukota and Colorado-Fair Tuesday and Wednesday. For Iowa and Missouri-Fair and warmer

Tuesday; Wednesday, fair. Local Record. OFFICE OF U. S. WEATHER BUREAU.
OMAHA, Dec. 4.—Official record of temperature and precipitation as compared with the corresponding day of the last three years:

	25 25 II
١	Minimum temperature 5 90 to
	Mean temperature 17 26 21 5
i	Precipitation
ì	100 100 100 100 100 100 100 100 100 100
ł	Temperature and precipitation depar-
1	tures from the normal at Omaha since
١	March 1 and comparisons with the last
l	two years:
1	Normal temperature
ì	Deficiency for the day
1	Deficiency for the day
ł	Excess since March 1 50
l	Province precipitation
١	Deficiency for the day
	Precipitation since March 1 27.39 inches
	Deficiency since March 1 1.97 inches
1	Deficiency for cor. period. 1904 5.17 inches
	Evenes for our period tone
ì	Excess for cor. period, 1903 2.74 inches
J	Reports from Stations at 7 P. M.
1	Continuous distances on the con-

Bismarck, clear Rapid City, clear St. Louis, clear St. Paul, cloudy Sait Lake City, ei Valentine, cloudy Williston, clear COFFEE

The Coffee Importers and Roasters Are Attacking

POSTUM FOOD COFFEE

All Along the Line.

"THERE'S A REASON"

Many people have found out the truth about old-fashioned coffee.

They have overcome disease caused by it.

The plan was easy and sure.

Quit coffee and use Postum.

Proof with one's self is stronger than theory.

The Postum army grows by hundreds of thousands yearly. The old-fashioned Coffee Magnates are now deriding Postum through the

Because their pocketbooks are hurt they would drive the people back to

One coffee prevaricator says: "It (Postum) has lately been exposed and as to whether they hold any prejudice found to contain an excess of very ordinary coffee."

> Another that "it (Postum) is made from a small amount of parched peas, beans, wheat, dried sweet potatoes and paste of wheat middlings.

Here's to you, oh, faithful followers of the tribe of Ananias.

\$100,000.00 CASH

will be deposited with any reputable trust company (or a less amount if desired) against a like amount by any coffee roaster or dealer. If the charges the total from \$9,230 to \$10,650, in return ance will be governed by the decision of lationship, but the county attorney objected prove true we lose, if not, we take the money as partial liquidation for the in-

> The Postum Pure Food factories are the largest in the world, the business having been built upon absolutely pure food products, made on scientific lines, "for a reason" and the plain, unvarnished truth told every day and all the time. These factories are visited by thousands of people every month. They are shown into every cranny and examine every ingredient and process. Each visitor sees Postum made of different parts of the wheat berry, treated by different mechanical methods, and one part blended with a small part of pure New Orleans molasses. So he knows Postum contains not one thing in the world but Wheat and New Orleans molasses. It took more than a year of experimenting to perfect the processes and learn how to develop the diastase and properly treat the other elements in the wheat to produce the coffee-like flavor that makes suspicious people "wonder." But there never has been one grain of old-fashioned or drug coffee in Postum, and never will be.

> Another thing: We have on file in our general offices the original of every testimonial letter we have ever published. We submit that our attitude regarding coffee is now and always has been absolutely fair. If one wants a stimulant and can digest coffee, and it does not set up any sort of physical ail-

But if coffee overtaxes and weakens the heart (and it does with some).

Or if it sets up disease of the stomach and bowels (and it does with

Or if it causes weak eyes (and it does with some).

Or if it causes nervous prostration (and it does with many).

Then good, plain, old-fashioned common sense might (without asking permission of coffee merchants) suggest to quit putting caffeine (the drug of coffee) into a highly organized human body, for health is really wealth, and the happiest sort of wealth.

Then, if one's best interest urges him to study into the reason, and "There's a reason," he will unearth great big facts that all of the sophistries of the coffee importers and roasters cannot refute. Take time to read the following from the famous Dr. B. F. Underwood in The American Physician:

Coffee as a Factor in the Production of Gastric and Cardiac Disorders.

BY B. F. UNDERWOOD, M. D.

The pathogenetic properties of coffee have received but scant attention from medical authors, although, it is not doubtful, I think, that, more than any other single substance, coffee is responsible for the great prevalence of nervous, gastric and cardiac diseases at the present time, and that the great increase in sudden deaths from heart affection in recent years may be justly set down to the use or abuse of coffee as a beverage.

Shoemaker, in his "Materia Medica," treating upon coffee, says: "Used in excess it disorders digestion and causes functional disturbance of the nervons system, shown by headache, vertigo, mental confusion and palpitation of the heart. It increases secretion, blunts sensation, exalts reflex excitability, increases mental activity and may produce insomnia and great nervous restissness," and this is as much as any medical author has to say upon the

In my case it may be merely the zeal of the recent convert which inspires me, but I feel strongly, both from my personal and professional experience,

that there is so much more that could and should be said about the deleterous effects of coffee and its potency as a factor in the production of disease. This has been so strongly impressed upon me the past winter that I am impelled to make a contribution to the subject by reporting a few cases in which coffee was so manifestly causing or continuing the disease that it could not be ignored.

Case I. In the latter part of December, 1903, I had under treatment an old lady, 74 years, who was convalescing from an attack of pneumonia. She had responded favorably to the treatment and was doing nicely, except for a peculiar rise and fall of the temperature and an irregular action of the heart. She had been troubled more or less with weakness of the heart, and at this time its action was giving me a good deal of concern, its beat being irregular and feeble, at times much more so than others. A study of conditions and causes threw no light on the case, until I found that the irregularity was more marked on the mornings when she had coffee, which she did not have every morning. As I could not discover any other cause, I advised that she should not take the coffee. After some demur on the part of the patient, she acceded, and Postum Cereal was substituted for the coffee. A favorable effect was almost immediately apparent; the irregular action gave place to a steady, regular beat, the pulse became fuller and stronger, the temperature became normal and the case went on to uninterrupted recovery.

Cas II. The result in case one set me thinking. For some years I had been troubled with nervous dyspepsia, with cardiac irritability, and at times great irregularity in the action of the heart, intermittent beat of the pulse and much nervous depression, all of which, in spite of treatment, was steadily getting worse. I had had light thrown on the cause, if I had not been so blinded by prejudice that I could not see. As, for instance, on one occasion, when the cook did not believe that coffee was any good unless it rivated in color her ebony face, gave me a cup of coffee one morning that was fully up to her ideal, and which, although I noticed that it possessed nearly the strength of Samson, I drank without consideration.

I had been feeling rather better than usual for a day or two, but soon after breakfast I was attacked with such peculiar sensations that I was unable to go out and was obliged to call upon a colleague for treatment. Singularly enough, although I had the feeling that I was under the influence of some drug, it was not until some time afterward that I realized that I had been poisoned by the coffee. Under strong tonic treatment I grew better for a time, but in December, 1903, I began to grow worse again, and treatment failing to effect any improvement, it began to look as if I was in danger of a complete break-down.

The colleague who was treating me was suspicious of kidney disease, but urinary analysis cleared up that point, but I did not improve. It was at this time, as I have said, the result in case No. 1 set me thinking, and I found from a study of the modalities that I was worse and more depressed after taking coffee, and it finally penetrated into my inner consciousness that possibly coffee was the cause of my condition. I took my own prescription and gave up coffee, with the result of an almost immediate change for the better. The depression disappeared, the cardiac disturbance ceased and the dyspeptic symptoms lessened and a steady improvement set in.

Case III. Abouse the same time I had under treatment a young lady suffering from chronic nephritis, who presented an almost endless variety of symptoms, which would yield to treatment for a time, only to return in an aggravated form. Among the more persistent and annoying of these was a gastric irritability, with an absolute refusal of the stomach to digest or absorb any food, progressive emaciation with great weakness, and a constant sensation of hunger, with nausea and frequent spells of vomiting, when the food taken would be returned unchanged; palpitation of the heart, oedema, hectic fever, colliquative sweats, etc. Under treatment and a most rigid diet the mitigation of the symptoms was very slight.

I had advised her that coffee was injurious and should be given up, but it was not until her condition was almost hopeless that she could be induced to follow my advise and refrain from coffee. The beneficial effect of this was apparent at once; the stomach began to recover its tone, the irritability ceased, the vomiting stopped and the food taken was digested and absorbed; the sensation of continual hunger disappeared, the emaciation lessened and her strength slowly returned. Of course, the disease has not been cured, but a cure which seemed hopeless before has been made possible.

As a result of these experiences, to which more could be added, in all cases of intractable nervous or gastric diseases I have come to regard coffee as an incitant, and an important, if the not the chief, factor in the production of the disease, and to insist upon its discontinuance as a part of the treatment, and, I may add, with uniformly good effect. I have found also that although the giving up of coffee has been in many cases done only under protest and with great reluctance, it has been attended with but little dimculty when a palatable and satisfactory substitute was provided. In my, own case and in that of the others described I used the Postum Cereal and found it entirely satisfactory. Even the most inveterate coffee drinkers after a short use of the Postum seem to lose all desire for coffee and to be perfectly satisfied with the Cereal.

Study the subject and apply the facts to yourself.

There's a Reason for

POSTUM