food retailers has shown that the market." There is no effect on Actonians' shop-

Andy Thomson, manager of Foodland, says that he has noticed more ten being sold, but very few people hoarding

Charlie Auger, manager of I.G.A. Foodliner said "It's not really affecting sales," but he has also noticed some hoarding. "One lady bought six two pound tins," he said.

Of the four managers asked, only Mr. Thomson said he would post signs advising customers not to buy coffee, as some American food chains have done.

Mr. Auger said "No, I don't think so. We're in business to sell groceries. If everyone in Ontario were going to do it, then we would go along with the majority.'

Not sheep Ingrid Bendicks, manager of the Acton Delicatessen, and Don Lindsay, manager of A-B Super Market, both felt that it was up to the people to decide. "People aren't sheep, that we have to tell them what to do," asserted Mr. Lindsay.

Mrs. Bendicks feels that the rising prices could hurt her business more than it would a larger store, because she is selling coffee by the cup. "I can't see charging 50 or 60 cents for a cup of coffee. People just won't buy it," she

Speculators

Mr. Lindsay feels that the reason that coffee prices are so high is that "Speculators are making money on it.



COFFEE PILED high on shelves is being priced even higher. This week the Free Press presents a special feature on coffee.

Actonians would boycott coffee

survey last Thursday, asking continues to rise, will you



FAYE DAWKINS

Faye Dawkins Faye Dawkins isn't stopping her buying, but she is looking for ways to economize. "I couldn't say that everyone in my house would boycott. I'd probably have to buy anyway. I haven't bought any for two weeks. I've stopped buying instant. If you buy a tin of drip coffee you get

support a boycott of coffee?"

The answers showed that

some Acton residents are

strongly in favor of a boycott.

"The best thing, which I don't do, is to buy the beans.

"I wish people wouldn't buy up and board it. That just makes the price go up."

Mrs. J. W. McKnight "Yes, we're not much for coffee drinking. We mostly drink tea," said Mrs. J. W.

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The Free Press conducted a people "If the price of coffee McKnight. She continued, "My sister-in-law, in Guelph, that's a different story. It would be like cutting her right arm off!"

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husband and son drink coffee. My husband feels if we don't buy it, then it won't sell and the price will go down. This is what happened with sugar. We can do without coffee." John Dennis

Mrs. W. Paterson

definite. "Yes, I would. My

Mrs. W. Paterson was

John Dennis was also 'strong in his support. He drinks quite a lot of coffee right now, but is still willing to support a boycott, Martha Kelly

Martha Kelly is in the same position. She also drinks a lot of coffee, "especially instant". However, she also supports the boycott idea.



MRS. W. PATERSON

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MRS. J. W. McKNIGHT

Caffeine: a mild stimulant but possibly dangerous So, coffee is a mildly addic- drunk to excess, be very

cup of coffee in the morning to wake you up. Caffeine, of course, is the reason for the ment of asthma and mi-

Theine, was discovered in synthesized. 1820, in tea leaves. It is also found in cola products. "Coffee ordinarily contains

about 100 mg of caffeine per cup, although higher values are found. Instant coffee contains only two thirds as much, and "caffeine free" products only 3-6 mg. Tea, especially if prepared from tea bags, rarely contains 100 mg per cup. Cola drinks contain 50 mg caffeine per 12 oz. can."

This information comes from the Review of Medical Psychology issue of July,

Caffeine's main effect is the irritation and stimulation of the Central Nervous System In this it is the opposite of alcohol, which blunts and depresses the central nervous system.

Many people drink coffee and smoke a cigaret at the same time. This actually has very little effect on the central nervous system, beyond perhaps confusing it. The stimulant of the coffee and the depressant of the alkaloid nicotine act against each other and balance out.

The blood system is another matter: "A single cup of coffee can elevate pulse rate and systolic blood pressure slightly. Larger amounts may cause ventricular ectopic beats. Other arrhy thmias (irregularities in heartbeat) usually appear only when the caffeine effect is reinforced by tobacco and fatigue," according to the Re-



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> A lot has been written about caffeine addiction. It is, in fact, addictive, but not tremendously so. "The habitual coffee drinker may experience mild headaches about 18 hours after being deprived of caffeine. The occurrence of such headaches has been verified in controlled experimental situations," says the Review of

Medical Psychology.

you are asthmatic or suffer the morning. from migraines. It can, if

Caffeine is used occastive stimulant. Its use could harmful. In the meantime, it ionally in clinics in the treat- be helpful, if only slightly, if is still a nice way to get up in

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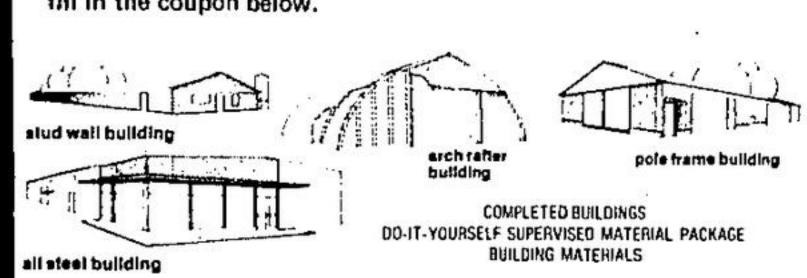
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