To accomplish the task outlined, which involves running a Rest Consumer app on a container, you'll need to follow a series of steps using Docker. This will include starting a PostgreSQL database in a container, and building images for and running containers for a RESTful app and a REST consumer app. Here's a detailed guide:

**1. Docker Basics: Containers vs Virtual Machines**

First, it's essential to understand the difference between containers and virtual machines (VMs):

* **Virtual Machines (VMs)**: VMs run a full-blown operating system including its kernel, which makes them heavier. Each VM is completely isolated and acts like an independent computer.
* **Containers**: Containers share the host system's kernel and are much lighter than VMs. They encapsulate an application and its dependencies, but not the entire operating system. They are designed to run anywhere, ensuring consistency across environments.

**2. Install Docker**

Ensure Docker is installed on your machine. You can download it from Docker's official site.

**3. Docker Commands and Concepts**

* **Images**: Blueprints for containers. You can build your own using a Dockerfile or pull from Docker Hub.
* **Containers**: Instances created from images that run the actual applications.
* **Dockerfile**: A text document containing all the commands a user could call on the command line to assemble an image.
* **docker-compose**: A tool for defining and running multi-container Docker applications.