

PREFACE

This pamphlet, which is worth a whole book, opportunely raises the capital question : What bread should we eat ?

The bread problem concerns the well-being of man to such an extent that it is difficult to understand how it has not been solved long ago. In truth, our carelessness and apathy have made us take it for granted as being solved, when we had not as yet put down its terms ; and we have in fact, if not in principle, forsaken good for bad bread.

Good bread was known and appreciated in the most ancient times. It is only since a half century that the knowledge of it has been obscured in the mirage of industrial progress. Modern industry — wholly applied to increasing rather than improving production — has substituted for the olden time millstones in the preparation of flour, roller machines, which through excessive grinding and bolting, change or eliminate certain of the most precious elements of grain. The product thus obtained, while deplorably impoverished, all at once recommended itself to public favor, by its fineness and whiteness.

There was from then on a flour in vogue which was the only one deemed to be good : the white flour ; there was a nice bread : the white bread, which was put in opposition to brown bread, soon given over to the grosser appetites by the arbiters of fashion. And it was thus for the sake of appearing elegant and genteel, more than the preference of the consumers, which caused the triumph of white bread in nearly every household.