

Among the complete foods supplied by nature, none appear more perfect than wheat; but through inconceivable ignorance of his interests, civilized man contents himself with abstracting the whitest part from the grain, which contains only the starch, and makes it the basis of his diet, giving up all the best parts, that do not seem to please him, to the cattle, because they color a bread that he wants to have absolutely white.

Dr Paul NYSENS.

("Culture humaine").

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Of all animals man has the least instinct in choosing the food that suits him.

Dr E. MONIN.

("Digestion et nutrition").

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The legionaries of Caesar learned from our fathers the Gauls to make bread and consecrated the new food to Mercury.

Mercury both the god of bread and the god of robbers, is not this a matter for reflection for the flour magnates and the starvers of the public?

Dr A. MOLLIERE.

("Préjugés en diététiques").