

INTRODUCTION

I am preparing something on the error of white bread, I recently said to an educated friend of mine...

—What ?... The error of white bread, what can you say against it ?... Is it not everybody's bread ?

As this apostrophe clearly shows the mentality of almost the whole people of this country, I thought fit to engrave it on the frontispiece of this work.

This subject, of weighty importance, for the vitality of the individual and of the race, is a question totally ignored by us. Good bread versus nice bread, that is the problem not one of us has tried to solve.

When any one is told that good bread, real bread does not necessarily mean nice bread, in so far as nice and white are synonymous, he is dumbfounded. If we add that it is precisely the niceness of the white bread which constitutes its poverty and causes our misfortune ; that this whiteness is obtained by sacrificing all the most nutritious and precious wheat constituents, our interlocutor is strongly contraried and appears to be frustrated of many fine illusions. Then and there the innovator is classed as a man "with ideas of his own".

White bread has to-day permeated our customs to the exclusion of all other. Propagated here with the increase of ease and wealth, it symbolizes, according to our ideas, progress and comfort, whilst brown bread recalls the periods of misery and hardship of the early days of this country.

The most wide-awake and discerning, among old people especially, have a rather vague idea that white bread is not very nourishing, that it is not the faultless food, that it contains "ingredients", etc. This last fault is certainly not the least as we shall endeavor to demonstrate.