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kind as from their quality, their diversity and their just proportions between each other.

Man does not live only from the production of heat and muscular movements. He has manifold functions each of which, from the most modest up to the intellectual operations, claim some special principles, and for which whole wheat bread with which his flesh is impregnated has fully provided for during thousands of years.

Experience as well as chemical analysis show that it would be illusory to demand this prodigious development of energy from white bread.

Since it is the staple food, the decrease in the strength, endurance, and ardor for work of our people has been noticed everywhere, among whom prevail, with unheard of frequency, diseases which betray the evil of our dietary regimen.

Dyspepsia, rachitis, growth troubles, diseases of nutrition, consumptive affections, spread with white bread among the laboring classes, whom simple and healthy customs defended however against such ravages. Neurasthenia itself, which was the portion of overworked city people, now darkens the atmosphere of our countrysides.

Through being in a position, by the practice of medicine, of appreciating the disastrous consequences of the fallacy of white bread, the author of this work decided to combat it without mercy ; strong in the support of an enlightened Minister, concerned about the interests of public health and who deploras in addition, from an economic point of view, the disappearance of our old mills whose yield of good flour exceeded by twenty five per cent the degraded product of modern flourmills.

He offers the public a work intermixed with an abundant sheaf of rigorous scientific information. Everybody will read with profit these short pages strongly documented, in turn filled with a spirit of raillery, indignation or emotion, according as they have to celebrate the wonders of nature or flagellate shameless fraud and stupid prejudice.

Many, I hope, on reading this, will become active adepts in the sacred cause of good bread. Our national resources and energies are really menaced. Against the formidable forces of the fraud which is ruining us, an unequal battle is being waged. Let us add our effort to that of those good servants of their country who will not rest until they have given to the Canadian home a daily bread which will be what it formerly was : its comfort and its joy. . .

ARTHUR ROUSSEAU.