



**The Natural Food of Man: A Brief Statement of  
the Principal Arguments Against the Use of Bread,  
Cereals, Pulses, and All Other Starch Foods  
(Classic Reprint)**

*Emmet Densmore*

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The following pages, except the Introduction, are a re-publication of essays somewhat hurriedly written, partly in New York and partly in this country, while engrossed with professional and business cares. If there appears needless repetitions, especially in the Introduction, I ask attention to the following lines from Professor Max Muller :Repeat the same things over and over again, undismayed by indifference, ridicule, contempt, and all other weapons which the lazy mind knows so well how to employ against those who venture to disturb their peace by suggesting unwelcome truths. If the central thought that bread is the staff of death rather than life seems preposterous and absurd, I can only urge that many of the accepted teachings of science to-day would not have seemed less so a hundred years ago. After all, no amount of argumentation can settle this question. A few months trial with many, a few weeks will show such results that arguments become quite unnecessary ;and all, I think, must agree that if the main teaching of this little book is based on truth, it is scarcely possible to exaggerate its importance.

(Typographical errors above are due to OCR software and don't occur in the book.)

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