

## Why Do our Children Die?

Why indeed! Because—

For Bread you have given them stones—talc, sand, gypsum, and granite, which rock-like substances, added to white flour, from which the most important food properties have been removed, to effect its change of colour, forms the staple diet of the larger number of the children of this country.

For Butter—tallow, lard, etc., dyed with anotta and red lead to give it the proper butter tint.

For Milk—a drug-saturated liquid, watered, dyed, and otherwise adulterated.

For Sugar—cotton, sawdust, clay, etc., whitened by the aid of certain constituents detrimental to health.

For Meat—tinned atrocities, whose wholesale exposure are too recent to need recounting.

Listen: For this is the question of the hour. A question not of personal, but of national importance.

A question far more momentous than Preferential Tariffs, or Land Tenure and Free Education Bills. For of what use are all these things to an effete, decaying, devitalised nation.

Of what use is free education to little children, whose vital forces are all being expended in the vain endeavour to assimilate or eliminate the adulterations they have been given in the name of *Food*.

Is it any wonder that the little ones appear dull and depleted; for how is it possible for the brain to work when the system is thus being starved and poisoned.

Can you be surprised that thousands of children die every year, and that those who survive are often rickety, anæmic, or even imbecile.

Can nothing be done? Will not Parliament wake up and stop this wholesale slaughter of the innocents, who are thus being daily sacrificed to what is called commercial enterprise, but is in reality, nothing but pure lust for gold.

"Physical Deterioration and White Bread" should be posted in prominent positions in every town and village throughout the kingdom.

For listen, once more, to the following extract, culled from an article which appeared recently in the *Standard*:

"The official analysis of samples of flour taken by Authorities shows that, besides talc, it contains plaster and powdered marble, substances which, if absorbed into the human body, very likely cause petrification of the intestines.

"English people will be interested to know that a very big traffic in talc goes on between Bordeaux and Liverpool.

"A steamer left for the Mersey yesterday with 150 tons on board, and the average amount shipped monthly to Liverpool and New York is 600 tons."

Evidently we now not only "dig our graves with our teeth," but at the same time are being forced to digest our tombstones also.

Alas! how slowly our lumbering law-making

machinery works, for it is more than 30 years since the Curate-in-charge of the important country parish of Gotham wrote:

"In this parish I found there were extensive mines at work, called 'plaster mines.' . . . This plaster, or, as it is sometimes called, gypsum, is dug out in large lumps, and resembles rock, but softer. It is then broken into smaller lumps, and conveyed by wagons to a building, where it is baked, and then conveyed to the Mill, resembling an ordinary flour mill, where it is ground into a powder so like flour that even an expert by looking at it could not distinguish it from flour. . . . It is then packed in sacks with a peculiar brand, exactly like millers' sacks, and despatched by rail all over the country, chiefly to London and Bristol, to millers, grocers, and sweetmeat manufacturers. . . . It is perfectly tasteless . . . but its habitual use in any form is most deleterious. Bread made from flour with ever so small a mixture of it, is soft and damp when new made, and in twenty-four hours becomes as hard as adamant."

And this! this alum charged, whitened pulp with "all its most nourishing good qualities taken from the wheat to effect its change of colour" is the staple food of our children, our erstwhile "*Staff of Life*."

The rod of death would be a more appropriate title for it.

"Any person who interferes with the purity of food and drink should be punished as one of the worst enemies of the race."

Yet we are told by the same writer that "Frauds in food are the most lightly punished of all crimes. . . . The fines inflicted by law for these terrible offences against public health are so small that the unjust tradesman laughs up his sleeve at them, and continues his evil practices."

But surely in the face of the foregoing facts, these things will not be allowed to continue any longer.

Surely we shall not still tamely submit to the poisoning and devitalising of the whole race; to the spending of our money for that which is not bread, or milk, or meat, or butter, merely to enrich the perpetrators of these frauds.

Such tame lethargy were worse than pernicious, and to thus silently allow these things to continue is apparently to acquiesce in them.

Measures both drastic and prohibitive should be formulated; but, alas, to formulate them takes time, and meanwhile the children are still decaying and dying around us.

However, there is a way out of the difficulty, if we will only take it, and that is to leave almost the whole of our manufactured food stuffs severely alone, and to limit our own, and our children's diet largely, if not altogether to brown bread, fresh uncooked fruits, nuts, vegetables, and salads and plain cakes and puddings, made at home from pure whole-meal flour.

Upon these things the little ones will thrive and grow strong and rosy, and the foundation of a hardier, healthier, nobler race will have been laid.

L.S.L.E.

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