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Miles H. Robinson, M.D.:

ON SUGAR AND WHITE FLOUR

... the dangerous twins!

How, with the best of intentions, we have managed to process natural foods into appetite-tempting, disease-breeding trouble-makers . . .

PUBLISHER'S NOTE: *Dr. Robinson, who has served as Medical Advisor on the staffs of two United States Senators during six years of their investigations of the Food and Drug Administration, here documents in fascinating detail the research that has led to realization of the damage we have done to important foods during their processing . . . and what the resulting lack of their dietary fiber and excess of sugar is doing to our health.*

—Richard Stanton

The importance of fiber (roughage) in the food we eat has been much in the news lately, mostly in connection with new evidence that a lack of it in the diet causes cancer of the colon. Less well known is the evidence that fiber also protects against other important diseases found principally among people who eat the Westernized diet of refined foods low in fiber.

Around 1920, when the startling epidemic of coronary heart attacks began, it soon became clear that

some factor in our environment or life style had broken through our resistance to this disease. In recent years, it seemed to be an excess consumption of saturated fat and cholesterol accompanying an affluent diet of meat and dairy products, but this has turned out to be highly controversial, and at best only a partial answer.

There are now strong indications that fiber deficiency has been a major missing link in our understanding, not only of coronary thrombosis, but also of a strange

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