

**Ten golden rules of health : No.2 explained : ...the importance of wholemeal bread, fruits, and vegetables in a perfect dietary / by Sir W. Arbuthnot Lane, Bart.**

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# TEN GOLDEN RULES OF HEALTH.

## No. 2 EXPLAINED.

Sir William Arbuthnot Lane, Bart., whose statement in *The Daily Mail* on August 23 of ten golden rules for the maintenance of health, deals in the article printed below with the second rule, which emphasises the importance of wholemeal bread, fruits, and vegetables in a perfect dietary.

By SIR W. ARBUTHNOT LANE,  
BART.

*Rule 2.—Never fail to include in your daily diet wholemeal bread or rye bread, some citrus fruit (oranges, lemons, grape fruit) and other fruits, green vegetables, potatoes, and dairy produce (including milk). These supply all the vitamins in combination and the invaluable roughage which ensures proper intestinal action.*

All diet experts such as Gowland Hopkins, McCarrison, Plimmer, McCollum, and Hindhede have shown in the clearest manner possible the supreme advantage which is afforded by the inclusion in the dietary of fruits, vegetables, salads and dairy produce, since they provide all that is requisite for perfectly balanced meals—vitamins and every other element together.

Much misconception has arisen in the matter of fruits, since many have been told that the fruits of the citrus group, such as grape fruit, lemons, and oranges, cause acidity, whereas as has been pointed out in many previous articles, they have precisely the opposite effect and are most useful in preventing acidosis.

The authorities at the Zoo experience much difficulty in providing for the monkeys fruits and vegetables sufficiently coarse to stimulate their intestines into activity, since the diet of the animal living in a native condition is infinitely more coarse, and produces a corresponding evacuation. The gorilla evacuates every day 25 to 30 pounds of material, showing how essential it is in civilisation that "roughage" shall form a fundamental part of the diet.

Too many ignorant people imagine that roughage causes irritation, and this view is held even by men who ought to know better. Much good will nevertheless arise from the most extensive teaching of food science so excellently started by the inauguration of a chair of dietetics for London University by *The Daily Mail*.

As winter approaches the diet may be fortified by adding foods rich in Vitamin B., which helps to keep up the resistance to influenza and other infections. The best of these are wholemeal flour, yeast extract (marmite), and bemax (wheat germ).