

**TOTAL ABSTINENCE;  
A COURSE OF  
ADDRESSES**

Published @ 2017 Trieste Publishing Pty Ltd

ISBN 9780649615551

Total Abstinence; A Course of Addresses by Benjamin Ward Richardson

Except for use in any review, the reproduction or utilisation of this work in whole or in part in any form by any electronic, mechanical or other means, now known or hereafter invented, including xerography, photocopying and recording, or in any information storage or retrieval system, is forbidden without the permission of the publisher, Trieste Publishing Pty Ltd, PO Box 1576 Collingwood, Victoria 3066 Australia.

All rights reserved.

Edited by Trieste Publishing Pty Ltd.  
Cover @ 2017

This book is sold subject to the condition that it shall not, by way of trade or otherwise, be lent, re-sold, hired out, or otherwise circulated without the publisher's prior consent in any form or binding or cover other than that in which it is published and without a similar condition including this condition being imposed on the subsequent purchaser.

[www.triestepublishing.com](http://www.triestepublishing.com)

**BENJAMIN WARD RICHARDSON**

**TOTAL ABSTINENCE;  
A COURSE OF  
ADDRESSES**



# TOTAL ABSTINENCE

*A COURSE OF ADDRESSES*

BY

BENJAMIN WARD RICHARDSON

M.D., F.R.S., M.A., LL.D., F.S.A.

FELLOW OF THE ROYAL COLLEGE OF PHYSICIANS AND HONORARY PHYSICIAN  
TO THE ROYAL LITERARY FUND



London

MACMILLAN AND CO.

1878

*The right of translation and reproduction is reserved*

151. n. 322.

LONDON: PRINTED BY  
SPOTTISWOODE AND CO., NEW-BYRNLY SQUARE  
AND PARLIAMENT STREET

TO THE  
REV. CANON FARRAR, D.D., F.R.S.

ELOQUENT TEACHER AND FELLOW-WORKER IN THE  
GREAT REFORMATION OF THE PRESENT AGE,  
THE LIBERATION OF MAN FROM THE  
SLAVERY OF INTEMPERANCE,

*These Addresses are*

WITH SINCERE ADMIRATION

*Inscribed*





## INTRODUCTORY NOTE.

THE FIRST of these Addresses on Abstinence was delivered before the Hunterian Society of London, at the request of the President and Council of that learned Medical body.

The remaining four Addresses were prepared at the instance of the National Temperance League, and were delivered, before the members of the League and their friends, during the past session.

The Addresses as they are now collected form a sequel to the Cantor Lectures on Alcohol, which have received so favourable a reception from the reading public.

12 HINDS STREET, W.

*August 6, 1878.*

5

4

3

2

1

—

## CONTENTS.

	PAGE
ADDRESS I.	
ON THE PRACTICE OF TOTAL ABSTINENCE IN HEALTH AND DISEASE . . . . .	1-37
ADDRESS II.	
ON DIFFICULTIES, GENERAL AND MEDICAL, IN THE WAY OF TOTAL ABSTINENCE FROM ALCOHOL . . . . .	38-73
ADDRESS III.	
ON HEREDITARY AND ACQUIRED DIFFICULTIES IN THE WAY OF TOTAL ABSTINENCE . . . . .	74-109
ADDRESS IV.	
PHYSICAL DIFFICULTIES IN THE WAY OF TOTAL ABSTI- NENCE . . . . .	110-141
ADDRESS V.	
MENTAL AND SOCIAL DIFFICULTIES IN THE WAY OF TOTAL ABSTINENCE, AND ON SUBSTITUTES FOR ALCOHOL . . . . .	142-180