

**THE TEMPERANCE LESSON  
BOOK. A SERIES OF SHORT  
LESSONS ON ALCOGOL AND  
ITS ACTION ON THE BODY.**

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The Temperance Lesson Book. A Series of Short Lessons on Alcolgol and Its Action on the Body.  
by Benjamin Ward Richardson

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**BENJAMIN WARD RICHARDSON**

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TEMPERANCE LESSON BOOK.  
A SERIES OF SHORT LESSONS

ON  
Alcohol and its Action on the Body.

DESIGNED FOR  
READING IN SCHOOLS AND FAMILIES.

BY

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## CONTENTS.

LESSON	PAGE
I. ARTIFICIAL DRINKS, - - - -	9
II. NATURAL DRINKS, - - - -	13
III. THE WATER OF THE BODY, - -	18
IV. USES OF WATER IN THE BODY, - -	23
V. THE WATER-CURRENT IN THE BODY,	27
VI. NATURAL FOOD, - - - -	31
VII. WATER-DRINKERS, - - - -	35
VIII. WINE AND STRONG DRINK, - -	39
IX. WINE AND BEER IN ANCIENT TIMES,	43
X. WISE MEN ON WINE, - - - -	47
XI. DISTILLATION, - - - -	51
XII. SPIRIT OF WINE, - - - -	55
XIII. ARDENT SPIRITS, - - - -	59
XIV. ALCOHOL, - - - -	63
XV. ABSOLUTE ALCOHOL, - - - -	67
XVI. COMPOSITION OF ALCOHOL, - -	71
XVII. PROPERTIES OF ALCOHOL, - -	75
XVIII. ALCOHOLIC DRINKS, - - - -	79
XIX. ALCOHOL IN STRONG DRINKS, - -	83
XX. ALCOHOL IN WINES, - - - -	87
XXI. ALCOHOL IN SPIRITS AND BEERS,	91
XXII. THE ALCOHOL FAMILY, - - - -	95
XXIII. THE ALCOHOL FAMILY, CONTINUED,	99
XXIV. THE ALCOHOL FAMILY, " - -	103
XXV. CONSTRUCTION OF THE ALCOHOLS,	107
XXVI. ALCOHOL AND ANIMAL LIFE, - -	111
XXVII. ALCOHOL AS A FOOD, - - - -	115
XXVIII. ALCOHOL IN THE BLOOD, - -	119
XXIX. ACTION OF ALCOHOL ON THE BLOOD, -	122

LESSON	PAGE
XXX. FURTHER ACTION OF ALCOHOL ON THE BLOOD, - - - - -	126
XXXI. DISEASED BLOOD FROM ALCOHOL, -	130
XXXII. RESPIRATION AND ALCOHOL, -	134
XXXIII. STANDARD ANIMAL WARMTH, -	138
XXXIV. ANIMAL LIFE UNDER ALCOHOL—THE FIRST STAGE, - - - - -	142
XXXV. THE FEELING OF WARMTH FROM AL- COHOL, - - - - -	146
XXXVI. ANIMAL LIFE UNDER ALCOHOL—THE SECOND STAGE, - - - - -	150
XXXVII. ANIMAL LIFE UNDER ALCOHOL—THE THIRD STAGE, - - - - -	154
XXXVIII. ANIMAL LIFE UNDER ALCOHOL—THE FOURTH STAGE, - - - - -	158
XXXIX. THE STAGES OF ACTION OF ALCOHOL,	162
XL. ALCOHOL AND COLD, - - - - -	166
XLI. ALCOHOLIC CHILL, - - - - -	170
XLII. THE HEART UNDER ALCOHOL, -	174
XLIII. HEART-WORK UNDER ALCOHOL, -	178
XLIV. ALCOHOLIC FATIGUE, - - - - -	182
XLV. ALCOHOL AND MUSCULAR STRENGTH,	186
XLVI. ALCOHOL AND THE SMALL BLOOD- VESSELS, - - - - -	190
XLVII. ALCOHOL AS A STIMULANT, - -	193
XLVIII. STIMULATION AND DEPRESSION, -	197
XLIX. ALCOHOL AS A POISON, - - - - -	201
L. DISEASES OF THE BODY FROM AL- COHOL, - - - - -	205
LI. DEATH FROM ALCOHOL, - - - - -	208
LII. INSANITY FROM ALCOHOL, - - - - -	212
SUMMARY OF LESSONS, - - - - -	216



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## PREFACE.

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THE "Temperance Lesson Book" has been written at the suggestion and by the request of the Committee of the National Temperance League.

The chief object of the League is to promote temperance in communities by the simple process of diffusing knowledge on the nature and effects of alcoholic drinks. The members of the League consider that such method of teaching is soundest. They believe that people are intemperate from ignorance rather than from choice, and that if the facts relating to the great agent of all the evils of intemperance were fully known, the common sense of the people would introduce a reform, upon such knowledge, that would lead to the most important and lasting benefits to the nation.

Every effort made by the League has confirmed its Committee in these views. It has appeared to the members of the Committee, therefore, that at the present moment, when the youths of England are being trained, *volens volens*, to become a community of edu-

cated men and women, the time has arrived when a book of lessons on alcohol and its physiological action on the body may, with advantage, be put into the hands of teachers and advanced learners.

The book, being an experiment, is a small book. If it succeeds in attracting attention, and secures for itself a demand as an educational work, it can easily be enlarged, or supplemented by a new and less elementary treatise. As it is, it will, it is hoped, meet the intention under which it is published.

Engaged for many years of my life in teaching lessons of science amongst different sections of the community, I have ventured to draw on my experience, as a teacher, in designing the plan of the work. I have made the lessons short, and I have tried, as far as possible, to make each lesson convey an independent point of knowledge, without being in any way disconnected from the rest of the lessons. By this method the pupil, coming into a class where the book is being regularly read, may break in at any part and progress with the class, a few words from the teacher being sufficient to supply any missing link and to carry on the study with steadiness of progression.

Naturally, the book professes to be elementary, and that only. At the same time, I have

avoided making it trivial. I know, as a fact, that school-books are the books of a man's and of a woman's whole life, and that every one cherishes a book that he or she can read with profit when school-days are past. As a consequence of this feeling respecting school-books I have striven, on the one hand, to avoid labored details, and, on the other hand, so to maintain the interest as to ensure an abiding friendship between the book and its reader.

With these few explanations, and with my best thanks to the Committee of the National Temperance League for the confidence they have reposed in me in inviting me to be one of their spokesmen to the youth of the kingdom, and to its indefatigable secretary, Mr. Rae, I let this little venture go forth, hoping no better fate for it than that as a spark, which has lighted a beacon, it may be lost speedily in the greater light that shall spring from it.

B. W. R.