

**THE TEMPERANCE PRIMER. AN  
ELEMENTARY LESSON BOOK, DESIGNED  
TO TEACH THE NATURE AND PROPERTIES  
OF ALCOHOLIC LIQUORS, AND THE  
ACTION ALCOHOL ON THE BODY**

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The Temperance Primer. An Elementary Lesson Book, Designed to Teach the Nature and Properties of Alcoholic Liquors, and the Action Alcohol on the Body by J. James Ridge

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THE NATURE AND PROPERTIES OF ALCOHOLIC  
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ON THE BODY.

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## PREFACE.

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It is not without careful consideration that it has been determined to publish this Primer. There are now to be found in many school-books reading lessons which give information on the manufacture, composition, and effects of Alcoholic liquors; there are also primers or elementary books of anatomy and physiology: there is, moreover, the excellent Temperance Lesson Book of Dr. Richardson. It would therefore seem at first sight that the field was sufficiently covered. A brief outline of the aim and scope of this Temperance Primer will, however, best indicate the gap which it is intended to fill. It is hoped that the book will be self-explanatory on the subjects treated of.

As Alcohol is a complex chemical substance, containing the elements Carbon, Hydrogen, and Oxygen, an attempt has been made first of all to give the learner an idea of the nature and uses of these elements in relation to the subject under consideration. In this way it is hoped that he will obtain an intelligent idea of the origin of Alcohol by means of fermentation. Again, in order that it may be understood in what way Alcohol affects the digestion, the circulation of the blood, and the mental processes, chapters on these subjects are inserted—as far as is necessary to explain the changes produced. Thus it has been supposed that the reader knows little or nothing of the subject, but may by attentive reading, both alone and in the family without a guide, and especially with the assistance of a qualified school-teacher, gain such an insight into the action of Alcohol on the system as to enable him to understand and appreciate more advanced works.

A word or two on the special features of the

plan may be desirable. It is so arranged as to form a series of reading lessons, and questions for examination are appended to each chapter. When it is read for the first time some portions may, if desired, be omitted without interference with the continuity of the plan, and these portions (sometimes only words) are enclosed in square brackets. On this first perusal, too, it may be found well to omit the more difficult examination questions, reserving these for another time.

The value of an early acquaintance with the action and tendency of that which has so great an influence on human life and happiness is now all but universally granted. I trust that this little book will be a means of removing some of the difficulties which at first seem so formidable to a young beginner in endeavouring to understand terms and facts about it which more advanced students and educated people are apt to forget that they do not know. By thus learning the non-necessity and injurious