

# **A TEXT-BOOK OF TRUE TEMPERANCE**

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A text-book of true temperance by M. Monahan

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**M. MONAHAN**

**A TEXT-BOOK OF  
TRUE TEMPERANCE**



**A TEXT-BOOK**  
**OF**  
**True Temperance**



**Edited and Compiled**  
**by**  
**M. MONAHAN**



**NEW YORK**  
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## CONTENTS

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		PAGE
	What Beer Is and How It Is Made.....	9
	Popularity of Beer.....	16
	What Beer Is in Brief.....	17
	Beer As Nourishment.....	18
	Nutritive Value of Beer.....	21
	Beer Versus Tea.....	22
	Beverages as Foods.....	23
	What the World Drinks.....	25
	The Races that Go Up.....	28
	Social Drinking Abroad.....	29
	Thrifty, Beer-Drinking Belgium.....	30
	Sober Switzerland.....	33
	Our Sober Nation.....	35
	A Lesson From History.....	38
	Beer Good for Baseball Players.....	43
	True Temperance.....	49
	A Russian Official's Report.....	51
	It Does Make a Difference What You Drink.....	53
	How to Get True Temperance.....	55
	Foreign Regulation Systems.....	57
	How Belgium Regards Beer.....	60
	New York "Tribune" Makes Plea for Beer.....	61
	Gary Workmen Demand Beer.....	62
	Prohibition.....	64
	Prohibition Recored Up to Date.....	68
	"A Tree Is Known By Its Fruits".....	69
	Prohibition's Disastrous History.....	70
	Who Pays the Taxes?.....	74
	How Prohibition Brings Law Into Contempt.....	75
	Is Prohibition Good for the State?.....	76
	Prohibition Keeps Maine Poor.....	79
	Evils of Prohibitory Laws.....	80
	Value of the Brewing Industry.....	83

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*Text-Book of True Temperance.*

	PAGE
Menace to Honest Labor.....	90
Shall the Workman Have a Keeper?.....	94
How to Get Inferior Workmen.....	95
Governor Patterson Condemns Prohibition.....	96
Eminent Divines Condemn Prohibition.....	99
Record of Failure.....	103
As the New York "Sun" Sees It.....	105
Responsible Witnesses.....	106
As Is Maine, So Is Kansas.....	109
The Children's "Friends".....	111
Georgia's Losing Experiment.....	112
Mortality in Maine.....	114
Prohibition Increases Crime.....	114
The Cocaine Curse in the South.....	115
Opium and Prohibition.....	115
The Anti-Saloon League and the Milk in the Coconut.....	117
Lutherans Repudiate Anti-Saloon League.....	119
Prohibitionists' Tiptle.....	120
Prohibition and Drugs.....	121
Maine's Divorces.....	122
Virginia Needs No Prohibition.....	123
Drunkenness in Dry Territory.....	125
License vs. Prohibition.....	127
"Wet" and "Dry" in Virginia.....	128
How Dry Communities Affect Near-by License Cities.....	131
Drunkenness in No-License Towns.....	133
Jersey's Excise Commission.....	135
To Punish the Drinker.....	137
Alcohol and Civilization.....	138
Eminent Thinkers Condemn Prohibition.....	139
The Folly of Prohibition.....	142
Mortality, Poverty, Insanity, and Drink.....	143
Gluttony a Probable Cause.....	149
Alcohol, Longevity and Disease.....	151
Prohibition and the Death Rate.....	153
Births Fall Off Under Prohibition.....	158
Local Option by Election.....	159
Lincoln on Intolerance.....	164
What Local Option Should Be.....	165
As the People Want It.....	167
A Plea for Local Optionists.....	168

*Text-Book of True Temperance.*

	PAGE
Anti-Prohibition Pointers.....	169
The Saloon and the Brewer.....	171
Pharisees Rebuked.....	175
The Dean Law.....	176
Committee of Fifty on the Saloon.....	177
French School Canteens.....	179
Brewers as Patriots.....	181
Restore the Canteen!.....	181
Lower License for Beer Favored.....	183
True Functions of Alcohol.....	185
False Science in the Schools.....	188
Alcohol and Physiological Effects.....	192
Drinkers and Abstainers.....	193
Physiological Effects of Alcohol.....	194
The Best Temperance Beverages.....	197
Great Men as Moderate Drinkers.....	198
Wine the Civilizer.....	199
Cornaro, the Centenarian.....	200
Sanctioned by Religion.....	201
Drinking Races in the Lead.....	202
Prohibition Impossible.....	203
Lincoln No Prohibitionist.....	203
Scotland and Whiskey.....	205
The Lonely Drinker.....	205
A Fallacy Refuted.....	206
Truth from a Man of Science.....	206
Committee of Fifty.....	207
Blue Laws.....	209
Religious Status of the States.....	212
The Summing Up.....	215





## TEXT-BOOK OF TRUE TEMPERANCE.

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THE desire of stimulants is one of the strongest implanted in the breast of man. It is coeval with humanity and is no more to be disputed or condemned or repudiated than human nature itself. It is written in the earliest legendary records of the most ancient races; no human tradition carries the mind back to a time lost in the twilight of remote ages, when the heart of man was not solaced with the product of the vine or some kindred stimulant.

Wine has been happily and justly called "a precious gift of God," and such it is to those who know how to use it. But all human experience teaches that the best gifts of life and nature are easily abused. There are many sins of the appetite in which wine has no share, but for this reason the practice of eating cannot be generally condemned or abandoned. The old adage, that *we should use but not abuse*, seems to hold the best solution of the problem so far discoverable by human wisdom. *Right use, not abuse*—in other words, *true temperance*—is as compatible with regard to wine, beer and other fermented beverages as with any article of the daily diet. Physiologists know well that there is a peril attending gluttonous indulgence in food, which is even more dangerous and hurtful than intoxication resulting from alcoholic excess.

In beer we have a mild stimulant supplying one of the most imperative needs of man's nature yet rarely

*Text-Book of True Temperance.*

leading to excess; in short, what appears to be the predestined and most rational medium of temperate indulgence. In saying this we by no means intend to discriminate invidiously against the milder wines, the moderate, seasonable use of which is to be unreservedly commended; yet it is indisputable that beer, if not actually supplanting wine, is growing ever more popular, even in the favorite countries of the grape.