

# **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**

*Edited by*  
**M. MONAHAN**



**NEW YORK**  
**United States Brewers' Association**  
**1909**

Our Boys U.S.

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## 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

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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.