

Sobriety is recommended to the rich and the poor, to professional men and to workmen. It is a duty for all Christians to love Sobriety.

87. *What are the advantages of Sobriety?*

Like Temperance, Sobriety promotes health by preserving the body from the numberless infirmities caused by the abuse of spirituous liquors; it brings peace to the soul, and helps intellectual activity.

X

HOW TO PRESERVE ONE'S SELF FROM THE HABIT OF DRINKING

88. *By what means may a young man preserve himself from the habit of drinking?*

By acquiring in his early youth the habit of Temperance and Sobriety.

89. *How can these two virtues be acquired?*

By a thorough knowledge of the advantages they procure, by the de-