

*sufficient is a little wine for a man well-taught; and in sleeping thou shalt not be uneasy with it. Challenge not them that love wine, for wine hath destroyed very many."* (ECCLI. XXXI, 19, 22.)

83. *What is Sobriety?*

It is a virtue that confines drinking within the limits of necessity.

84. *Has Sobriety been practised in all times?*

Sobriety was practised in the days of the Patriarchs, among the Hebrew people and even among Pagans.

85. *Are we obliged to practise that virtue?*

As Christians, we are particularly obliged to practise Sobriety. Saint Paul, the Apostle, tells us that Our Lord Jesus-Christ came on earth to teach us to live soberly. (TIT. II. 11.) He advises men and women advanced in years, as well as young people, to be sober.

86. *Is, then, Sobriety generally recommended to every one?*