

# TEMPERANCE PLEDGE

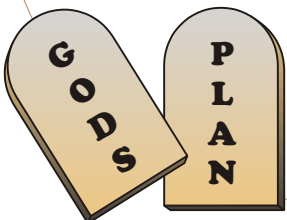
**I Do Solemnly Promise  
to Obey the Laws of:**

**T** RUST IN GOD  
**E** XERCISE  
**M** ODEST DRESS  
**P** URE WATER  
**E** NOUGH SUNLIGHT  
**R** EST  
**A** IR  
**N** UTRITION  
**C** ONTROL OF SELF  
**E** ARNEST PRAYER AND STUDY

**I Do Solemnly Promise  
to Abstain From:**

**I** NDULGENCE  
**N** EGLECT OF PRAYER AND STUDY  
**T** OBACCO (IN ALL FORMS)  
**E** XCESSIVE EATING/BETWEEN MEALS/DRINKING WITH MEALS  
**M** EAT/FLESH FOODS/ANIMAL FAT (MILK, BUTTER, SOUR CREAM, ETC.)  
**P** ASSIONS/LUST  
**E** XTREMES IN DRESS  
**R** EFINED FOODS (WHITE FLOUR/SUGAR, CHEESE MUSTARD, VINEGAR, ETC.)  
**A** LCOHOL (COUGH SYRUP, FOODS, BEVERAGES, ETC.)  
**N** ARCOTICS (PRESCRIPTION DRUGS, OVER-THE-COUNTER, STREET, ETC.)  
**C** OFFEE AND TEA (COLAS, CHOCOLATE, ETC.)  
**E** VIL INFLUENCES (MECHANICAL DEVICES, LITERATURE, WORLDLY AMUSEMENTS)

**And do all I can to encourage others to do likewise**



\_\_\_\_\_  
*Signature*

\_\_\_\_\_  
*Date*

