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Pathfinder's Name

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## Temperance

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1. Memorize and sign the Temperance Pledge:  
“Realizing the importance of healthy body and mind, I promise, with the help of God, to live a Christian life of true temperance in all things and to abstain from the use of tobacco, alcohol, or any other narcotic.”

\_\_\_\_\_  
Your Signature

2. Memorize two of the following Bible texts and two of the following quotations from the writings of Ellen G. White:

### Bible Texts

- |                          |                      |
|--------------------------|----------------------|
| a. Romans 12:1-2         | d. Proverbs 20:1     |
| b. 1 Corinthians 10:31   | e. Galatians 5:22-23 |
| c. 1 Corinthians 6:19-20 | f. 3 John 2          |

### Writings of Ellen G. White

- a. “True temperance teaches us to abstain entirely from that which is injurious, and to use judiciously only healthful and nutritious articles of food.” *Temperance*, p. 3.
- b. “The only safe course is to touch not, taste not, handle not, tea, coffee, wines, tobacco, opium, and alcoholic drinks.” *Counsels on Diet and Foods*, p. 428.
- c. “...temperance alone is the foundation of all the graces that come from God, the foundation of all victories to be gained.” *Temperance*, p. 201.
- d. “A pure and noble life, a life of victory over appetite and lust, is possible to everyone who will unite his weak, wavering, human will to the omnipotent, unwavering will of God.” *Temperance*, p.113.
- e. “Tobacco is a slow, insidious, but most malignant poison, in whatever form it is used, it tells upon the constitution; it is all the more dangerous because its effects are slow and at first hardly perceptible.” *Ministry of Healing*, p. 327-328.

- 3. Do four of the following: Refer to Adventist Youth for Better Living (AYBL) Manual for details.**
  - a. Write and deliver a five-to eight-minute speech (oration).
  - b. Write an essay on alcohol, tobacco, drugs, or physical fitness of 150 to 200 words and your commitment to a healthy lifestyle.
  - c. Write a four-line jingle on a Drug Prevention topic.
  - d. Draw/make a poster 22 x 28 inches (55.9 x 63.5 cm) that tells about the harmful effects of a drug, tobacco, or alcohol.
  - e. Make a substance abuse exhibit for a local shopping mall, library, or school.
  - f. Make a scrapbook of at least 20 pages showing various Drug Prevention advertisements.
  - g. Share with at least five other persons (excluding your immediate relatives) what you have accomplished from the above list and obtain their signed Temperance Pledges.

**4. Know and explain:**

- a. The reason behind the warning on the cigarette packet: “Warning—smoking is a health hazard.”

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- b. Seven ingredients of tobacco smoke:

Nicotine \_\_\_\_\_

Arsenic \_\_\_\_\_

Formaldehyde \_\_\_\_\_

Carbon monoxide \_\_\_\_\_

Cyanide \_\_\_\_\_

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Phenolbenzophyrine \_\_\_\_\_

Amonia \_\_\_\_\_

c. Know and explain

Emphysema \_\_\_\_\_

cirrhosis \_\_\_\_\_

addiction \_\_\_\_\_

d. Know the effects of during pregnancy

tobacco \_\_\_\_\_

alcohol \_\_\_\_\_

drugs \_\_\_\_\_

5. Read the chapter “Stimulants and Narcotics” in *Ministry of Healing*. Be able to discuss briefly or provide a written summary approximately two or three paragraphs in length.

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- ❑ 6. After studying the following materials, list three things that contribute to temperance and good health. (Other than abstaining from that which is harmful.)
  - a. *Temperance* page 139 paragraph 1
  - b. *Counsels on Diet and Foods*, page 406 paragraph 1
  - c. *Temperance* page 140 paragraph 2
  - d. *Temperance* page 143 paragraph 3
  - e. *Counsels on Health*, page 127 paragraph 4
  - f. *Temperance* page 148 paragraph 2
  - 1. \_\_\_\_\_
  - 2. \_\_\_\_\_
  - 3. \_\_\_\_\_
  
- ❑ 7. Discuss the following situations and role-play what you would do if:
  - a. Your best friend asks you to try a cigarette.
  - b. A classmate offers you money to sell marijuana.
  - c. An older relative offers you a drink of beer.
  - d. The smoke from a stranger's cigarette is bothering you.
  - e. A friend asks you to smoke marijuana.
  - f. You are at a party with a friend, he gets drunk and insists on driving you home.