



**Health and Fitness:**

**Two requirements from the Temperance Honour**

Pathfinder Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date Completed\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Club Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Class \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Checked by:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Signed:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Drugs, Alcohol and cigarettes**

1. **Memorize and sign the Temperance Pledge**

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

**Bible Texts –**

Romans 12:1-2 ………………………………………………………………………………………………

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1 Corinthians 10:31

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1 Corinthians 6:19,20

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Proverbs 20:1

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Galatians 5:22,23

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3 John 2

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**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:

a. Write and deliver a five-to eight-minute speech (oration).

This speech should be about some aspect of temperance.

b. Write an essay on alcohol, tobacco, drugs, or physical fitness of 150 to 200 words and your commitment to a healthy lifestyle.

This is not a very long essay (roughly a half page). A good essay is divided into three main sections:

1. Introduction: This section presents an overview of the topic you are going to cover. You may find it helpful to begin by recounting some event in your life that led you to choose your topic. The introduction should make some statement of fact or opinion (this is your thesis), and then briefly introduce several reasons you believe this statement to be true. Each of those reasons will be discussed in the next section.
2. Body: This section is often divided into multiple sections. It is usual to present three main points in the body. This is where the main portion of the essay will be covered, and it is where you flesh out your reasoning.
3. Conclusion: This section wraps up the essay. It would be a good place to talk about your commitment to a healthy lifestyle.

c. Write a four-line jingle on a Drug Prevention topic.

Jingles are fun! Some people find it helpful to come up with a tune first, and then set it to words. Others prefer to come up with words first and then set them to music.

A good jingle may consist of four phrases, with the second and fourth phrases rhyming. Sometimes the first and third also rhyme, but this is not critical. The number of syllables in each line should be pretty close to equal, as this will give the jingle a pleasant meter.

One approach is to write the first two lines, stating or introducing your main point. Then key in on the last word of the second line, and try to find a good rhyme for it. Some find it helpful to go through the alphabet when looking for a rhyme. For instance, if your second line ends with "drug", replace the beginning of the word with each letter of the alphabet and see if you come up with a word. Make a list of the rhyming words: aug (no), bug (yes!), chug (yes!), dug, (yes!), etc. When searching for a rhyme, concentrate on the sound the word makes rather than the spelling. Also, try coupling that first letter with another (like we did with "chug") such as L, R, or H.

d. Draw/make a poster that tells about the harmful effects of a drug, tobacco, or alcohol.

**4. Know and explain: a. The reason behind the warning on the cigarette packet: “Warning—smoking is hazardous to your health.”**

**b. Seven ingredients of tobacco smoke:**

(1) Nicotine

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(2) Arsenic

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(3) Formaldehyde

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(4) Carbon monoxide

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(5) Cyanide

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(6) Phenolbenzophyrine

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(7) Amonia

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**c. Emphysema, cirrhosis, addiction**

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**d. The effects of tobacco, alcohol, drugs and pregnancy**

Tobacco

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Alcohol

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Drugs

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Pregnancy

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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.

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 142 paragraph 3

e. Counsels on Health, page 127 paragraph 4

f. Temperance page 147 paragraph 3

7 Write down 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