

THE PLEDGE



HEALTHREFORMER.ORG

For my own good and the good of others,
I hereby pledge my word and honor,
GOD HELPING ME,

To abstain from flesh meats, tea, coffee, and all injurious foods: from the use of all intoxicating liquors, including wine and beer, as a beverage: from the use of tobacco in any form, and I will use all honorable means to induce others to abstain.

Signed,