

Say "When!"

My two fists put together
Are just my stomach's size,
And if we are to get along,
Then I need to be wise.
It can't work well if overstuffed,
Or recklessly it's fed.
To stay friends with my stomach,
I will have to use my head!

When my brain
says,
"That's enough!"
I'll stop
eating that
good stuff!

"Let your moderation (self-control) be known to all men.
The LORD is at hand." Philippians 4:5

"Whether therefore ye eat, or drink, or whatsoever ye
do, do all to the glory of God." I Corinthians 10:31



Feeding his pet
pig marshmallows!

Philadelphia
1918