- Value terms
- Var x
 - lambda $\lambda x : A.C$
 - const \mathtt{C}^A
 - unit ()
 - true true
 - false false
- Computation terms
- $-\ \mathrm{If}\ \mathtt{if}_{\epsilon,A}v\mathtt{then}C_1\mathtt{else}C_2$
 - Application V_1V_2
 - Do do $x \leftarrow C_1$ in C_2
 - return returnV
- Type System
- $(Unit)_{\Gamma \vdash ():Unit}$
 - $\ (\mathrm{True})_{\overline{\Gamma \vdash \mathtt{true} : \mathtt{Bool}}}$
 - $\; (False)_{\overline{\Gamma \vdash \mathtt{false} : \mathtt{Bool}}}$
 - $(\operatorname{Var})_{\overline{\Gamma, x: A \vdash X: A}}$
 - (Weaken) $\frac{\Gamma \vdash x : A}{\Gamma, y : B \vdash X : A} (\text{if } x \neq y)$
 - $(\operatorname{Fn}) \frac{\Gamma, x: A \vdash C: M_{\epsilon}B}{\Gamma \vdash \lambda x: A. C: A \rightarrow M_{\epsilon}B}$
 - $(Sub) \frac{\Gamma \vdash v: AA \leq :B}{\Gamma \vdash v: \overline{B}}$
- $(\text{Return}) \frac{\Gamma \vdash v : A}{\Gamma \vdash \mathsf{return} v : \mathsf{M}_1 A}$

 - $(\mathrm{Apply}) \frac{\Gamma \vdash v_1 : A \to \mathsf{M}_{\epsilon} B \Gamma \vdash v_2 : A}{\Gamma \vdash v_1 v_2 : \mathsf{M}_{\epsilon} B}$ $(\mathrm{if}) \frac{\Gamma \vdash v : \mathsf{Bool} \Gamma \vdash C_1 : \mathsf{M}_{\epsilon} A \Gamma \vdash C_2 : \mathsf{M}_{\epsilon} A}{\Gamma \vdash \mathsf{if}_{\epsilon, A} V \mathsf{then} C_1 \mathsf{else} C_2 : \mathsf{M}_{\epsilon} A}$ $(\mathrm{Do}) \frac{\Gamma \vdash C_1 : \mathsf{M}_{\epsilon_1} A \Gamma, x : A \vdash C_2 : \mathsf{M}_{\epsilon_2} B}{\Gamma \vdash \mathsf{dox} \leftarrow C_1 \mathsf{in} C_2 : \mathsf{M}_{\epsilon_1} \cdot \epsilon_2 B}$

 - $\ (\text{Subeffect}) \frac{\Gamma \vdash C : \texttt{M}_{\epsilon_1} AA \leq : B\epsilon_1 \leq \epsilon_2}{\Gamma \vdash C : \texttt{M}_{e_2} B}$