# TOBACCO HABIT EASILY CONQUERED: HOW TO DO IT AGREEABLY AND WITHOUT DRUGS

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Tobacco Habit Easily Conquered: How to Do it Agreeably and Without Drugs by M. MacLevy

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### M. MACLEVY

# TOBACCO HABIT EASILY CONQUERED: HOW TO DO IT AGREEABLY AND WITHOUT DRUGS





yours for Life MacLeny

## Tobacco Habit Easily Conquered

### How to Do It Agreeably and Without Drugs

With Appendix: "Tobacco, the Destroyer"

By

#### M. MACLEVY

Author of "Back to Life" and "The Mac Levy System of Dumbbell Training." Compiler of Special Courses in Physical Culture for Numerous Institutions. Expert in Physical Efficiency.



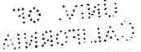
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BIOLOGY

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#### THREE HUNDRED YEARS AGO

"A custom loathsome to the eye, bateful to the nose, harmful to the brain, dangerous to the lungs, and in the brack etinking fume thereof nearest resembling the berrible Stygian smoke of the plt that is bottomies."—James I, King of Great Britain, A. D. 2016, in his "Counterblaste" on tobacco.

#### FOREWORD

This book is humble in makeup, but big—mighty big—with purpose. It teaches self-mastery and health regeneration by that much misunderstood, greatly maligned but supremely important personage—YOURSELF. It tells you in plain, blunt, homely language how the addiction to tobacco in any form can be conquered in one-self by oneself. It tells how to do this without the use of drugs or loss of time. It shows that this end can be easily accomplished within a brief period.

A man who has had a great amount of firsthand contact with the woes of excessive tobacco users, and who not only comprehends the subject but is keenly sympathetic with every person who needs to escape from the thraidom of nicotine, has written this book. He dedicates it to all serious readers—to those who gain inspiration from its contents, and those who gain content through its inspiration.

There are twenty Dictums. All can be easily understood and followed. To the person who is in earnest this book should prove worth its weight in gold very many times, for it means higher vigor, greater efficiency, keener satisfaction and longer life. More than that, it will broaden human interest and develop character; it will place that priceless treasure HEALTH on a rock-ribbed foundation and keep it there so long as the reader minds his "p's and q's," and heeds the Dictums, here laid down, with intelligent interest.

The author's thanks have already been tendered to the prominent medical men, sociologists and others who have aided him in perfecting what is here offered for the first time, inside or outside the realm of therapeutic literature—a practical, efficacious method for conquering the tobacco habit by natural means.

MAC LEVY.

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