

**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

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AND WITHOUT DRUGS**



Yours for Life
MacLevy

Tobacco Habit Easily Conquered

How to Do It Agreeably
and Without Drugs

With Appendix: "Tobacco, the Destroyer"

By

M. MAC LEVY

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



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TO THE
ALBRO SOCIETY

THREE HUNDRED YEARS AGO

"A custom loathsome to the eye, hateful to the nose, harmful to the brain, dangerous to the lungs, and in the black stinking fume thereof nearest resembling the horrible Stygian smoke of the pit that is bottomless."—*James I, King of Great Britain, A. D. 1616*, in his "Counterblaste" on tobacco.

LBC

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 oneself 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 first-hand 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 thralldom 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,

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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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