

**It is Easy to Quit Smoking**

AN ENGLISHMAN'S INTERESTING INSTRUCTIVE EXPERIENCE.

What I like about this smoking is the ease with which it may be done. Many vices, such as opium eating, whiskey drinking, lying or reading newspapers, once acquired obtain a certain hold on a man that is difficult to shake off. Not so with smoking. The most inveterate smoker can quit without the slightest trouble, and—often. I have been in the habit of ceasing to smoke about once every two months, and I always swear off on New Year's day. I think the smoker does not occasionally resolve never to touch tobacco lacks some of the noble qualities which have made nations so bright and good and caused us to be the envy of foreigners.

This commendable resolution should be made frequently, and with constant practice the abjuring of tobacco becomes an easy and pleasant exercise of will. Neither is the resumption of smoking attended by any serious difficulty. I have often quit smoking ever in the forenoon and begun again the afternoon without the slightest feebly or inconvenience. Once I ceased tobacco for a week. I wish I could record for the satisfaction of those who purpose a like desertion the effect of the absence of the narcotic had on me; the fact is I did not feel well that week and so neglected to notice whether I suffered from the abstinence or not.

My impression is that I did not, then I was hardly myself that week and it was scarcely a fair test. I worried aimlessly about like a lost spool. I constantly felt in my pockets in an absent-minded way and lit matches merely in to blow them out as if these unexplainable symptoms disappeared when I "took on" tobacco again and so I am forced to the conclusion that smoking is good for the health. To enjoy tobacco thoroughly you must moderate in its use. Put a limit on yourself and see that you don't exceed that limit. This exercises the will and makes a resolute man of you. I never allow myself to exceed the limit, no matter how strongly tempted I may be. If I find myself yearning to smoke more than my allowance I merely "raise the limit," which phrase is, I am told, always used in the wicked but fascinating game of poker. This is a simple and easy thing to do. Say your limit is two ounces of tobacco a day, and you find by constant experiment that duty impels you to use two and a half ounces, then raise the limit to three ounces. Will leave a margin for accidents.

Every man—patriotic man—has his responsibilities to his country, and if everybody suddenly stopped smoking and drinking what would become of the revenue? Looking at the matter, then, from the lofty standpoint of love of country, every man should fix his limit as high as his conscience will let him. I place my limit at 135 cigarettes a day, and never exceed it. I have, however, been gradually compelled to raise the limit from the simple box of ten, at which I began, to the number just mentioned, as I acquired greater facility in the use of the cigarette.

This shows what may be done by constant practice and assiduous attention to the task undertaken. I set down these simple facts with no desire to boast. It is not genius on my part at all, but simply dogged perseverance. Any able-bodied man may accomplish the same degree of moderate perfection merely by putting his mind to it.—Robert Barr, in the Idler.

**Canadian Order of Foresters.**

The Canadian Order of Foresters is a fraternal benevolent society, incorporated in 1879, and registered under the insurance corporation act, 1892, of Ontario. The objects of the society are to furnish its members with sick and funeral benefits and an insurance of one or two thousand dollars. The payment of these benefits range from about one dollar to one dollar and fifty cents per month, according to the age of the member, and the amount of insurance carried. The membership is composed of men only, and when admitted they must be between the ages of eighteen and forty-five. The present number of members is over 16,000, and the society has a cash surplus on hand for the payment of the insurance of over \$215,000, \$50,000 of which is in Dominion of Canada bonds, and the balance is invested in the best monetary institutions of the Province. In addition to these courts have about half a million of dollars in their treasuries for the payment of the sick and funeral benefits. The high secretary of the Order is Mr. Thomas White of Brantford, and it is expected that a court of this popular and purely Canadian society will shortly be organized here.—49-3m.

A man in Maine lost nearly 6,000 lobsters lately that he had confined in a pond, by a quantity of fresh water flowing into it and killing them.

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As a cure for every class of Nervous Diseases, no remedy has been able to compare with the Nerve Tonic, which is very pleasant and harmless in all its effects upon the youngest child or the oldest and most delicate individual. Nine-tenths of all the ailments to which the human family is heir are dependent on nervous exhaustion and impaired digestion. When there is an insufficient supply of nerve food in the blood, a general state of debility of the brain, spinal marrow, and nerves is the result. Starved nerves, like starved muscles, become strong when the right kind of food is supplied; and a thousand weaknesses and ailments disappear as the nerves recover. As the nervous system must supply all the power by which the vital forces of the body are carried on, it is the first to suffer for want of perfect nutrition. Ordinary food does not contain a sufficient quantity of the kind of nutriment necessary to repair the wear our present mode of living and labor imposes upon the nerves. For this reason it becomes necessary that a nerve food be supplied. This South American Nerve has been found by analysis to contain the essential elements out of which nerve tissue is formed. This accounts for its universal adaptability to the cure of all forms of nervous derangement.

CRAWFORDSVILLE, IND., AUG. 20, '88. **DEAR GENTS**—I desire to say to you that I have suffered for many years with a very serious disease of the stomach and nerves. I tried every medicine I could hear of, but nothing done me any appreciable good until I was advised to try your Great South American Nerve Tonic and Stomach and Liver Cure, and since using several bottles of it I must say that I am surprised at its wonderful powers to cure the stomach and general nervous system. If everyone knew the value of this remedy as I do you would not be able to supply the demand. J. A. HANDEE, Ex-Treas. Montgomery Co.

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**The Great South American Nerve Tonic**

Which we now offer you, is the only absolutely unerring remedy ever discovered for the cure of Indigestion, Dyspepsia, and the vast train of symptoms and horrors which are the result of disease and debility of the human stomach. No person can afford to pass by this jewel of incalculable value who is affected by disease of the stomach, because the experience and testimony of many go to prove that this is the ONE and ONLY ONE great cure in the world for this universal destroyer. There is no case of unalloyed disease of the stomach which can resist the wonderful curative powers of the South American Nerve Tonic.

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