Frederick W. Stone
Athletic Instructor of The Stone School
Formerly Director of Athletics of Columbia College and the Knickerbocker Athletic Association, New York.

At present athletic instructor of the Chicago Athletic Association, where he has classes daily from 12 to 1, and from 4 to 6. Held the world's record for 100 yards sprint (9-45 seconds) until 1902. As he is a physically perfect man himself at 52 years of age, it will readily be admitted that he is capable of teaching others the science of self-development.

Does not overtax heart
Requires no apparatus

WE are successfully teaching men and women in every part of the world how to get well and how to stay well, how to broaden the shoulders, deepen the chest, and increase the lung capacity; how to improve the circulation; how to correct defective nerves, and to increase the vitality of the body. We teach the natural art of a sound, pleasant sleep; how to increase the weight or reduce it. We teach them how to obtain all this physical wealth by exercising only 10 to 20 minutes each day, just before retiring or upon arising. The Stone Method is a system of concentrated exercise, by which more exercise is actually obtained in 10 minutes than by the use of apparatus two hours, and embraces a thorough course in deep breathing without extra expense. The exercises are rational, moderate, and are taught by an instructor thoroughly versed in physiology. Individual instruction is given in every case according to the particular requirements of the pupil.

It is impossible, in this limited space, to convey an adequate idea of the importance of The Stone Method of physical culture in attaining and maintaining perfect development and good health. We have prepared a booklet for men and one for women which explain the system in detail, our plan of individual instruction, and the best booklets contain many thousand letters and answers letters of a private nature. Confidential letters may be addressed "Mrs. Ellen Walker, care The Stone School."