

The Stone School of Scientific Physical Culture,

*Frederick W. Stone, Director. 1609-10 Masonic Temple,
Chicago.*

May 8, 1902.

Mr. Edward B. Emory,
Centreville, Md.

Dear Sir:-

Your favor at hand and we take pleasure in sending you under separate cover our booklet, as per your request. If you should not receive it within two days, please so advise us and we will send another.

Mr. Stone is the best known instructor in the United States today, and has had more experience in physical training. He has been an athlete and an instructor for 32 years. He was formerly athletic instructor of Columbia College and the Knickerbocker Athletic Ass'n, New York, and he is at present athletic instructor of the Chicago Athletic Ass'n, where he has classes daily from 12 to 1, and from 4 to 6. No man could hold such positions unless he were thoroughly capable.

Individual instruction is given in every case, according to the particular requirements of each pupil, and all exercises are under the personal direction of Mr. Stone. The instructions are fully illustrated and are plain and easily understood. The exercises may be practised by anyone, any time, anywhere. No apparatus whatever is used, and only 10 to 20 minutes time is required each day, in your own room, just before retiring, or upon arising. Intelligent exercise under a competent instructor will overcome ailments of the stomach, bowels, lungs, heart, nerves, etc., as surely as sunrise and taxes.

Our home endorsements are from the most substantial business men of Chicago--men of brains and intelligence. These and the other