

The Stone Method

..I S a system of exercise which requires no apparatus, and only 10 to 20 minutes time each day, in your own room, just before retiring. **Does not overtax the heart.** Systematically follow our instructions and we promise you a fine, strong, well-developed physique, **and good health.** All ages—5 to 85 years—are alike benefited.

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24-Page Booklet **FREE**
with photos from life

..W E have prepared one for men and one for women, which contain many photos from life, showing what others have accomplished by **The Stone Method**, and what you may accomplish if you will. We are glad to send them **FREE**.

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