

SCIENTIST SPENDS MILLIONS IN EXPERIMENTS TO DEVELOP FLAPPER INTO PERFECT WOMAN

Col. Fabyan, Who Deplores "Out of Shape" Modern Girl, With "Strange Gliding Walk," Is Busy With Tests in Laboratories on Vast Country Estate

WIGGLY DANCES TO BLAME FOR "DEBUTANTE SLOUCH;" ALSO TOO LITTLE WALKING

Many Girls at "Riverbank," From All Levels of Society, Being Trained and Studied by Special Staff of Physical Culture Experts

HAIL the super-flapper, the young woman who is physically and mentally perfect!

The German philosopher, Nietzsche, may have gone on an ardent hunt for the super-man, but he did not go about it in the practical way in which Colonel George Fabyan, multi-millionaire country gentleman of Geneva, Ill., has started out to find the super-flapper.

In fact, Colonel Fabyan, a business man who spent a fortune in his efforts to prove through a cipher code that Francis Bacon wrote the works of Shakespeare and whose experiments with peacocks, blooded dogs, prize Jerseys and other animals have gained him widespread interest, has started out to develop the perfect flapper.

On his Fox River estate, which is called by some the "Garden of Eden," Colonel Fabyan has collected nearly a score of young women from every stratum of society. His experiments have been going on for some time.

He has a special staff of physical culture experts from the East, headed by Miss Mary Todd, of New York. They have analyzed the flapper, put her through tests, taken scientific photographs of her, all to find what is wrong with the modern young woman.

The main thing that interests Colonel Fabyan is the elimination of the "flapper" or "debutante slouch." "Some of the young women come to my laboratory with a languorous droop and a strange, gliding walk," says Colonel Fabyan. "They stand in crooked postures, and I find that they are somewhat out of shape."

"I think that a great many of the peculiar slouches and walks of the modern girl are due to the dances through which she wiggles nowadays."

"Then, the average girl grows up never knowing how to walk properly. She is continually riding in street cars, riding in automobiles. If she stops to think, she will find she doesn't walk more than a dozen blocks a day."

"Moreover, she goes to dances, and in order to get through the dance properly she must hold herself in some unusual position—bow her back, throw her hips forward, bend her neck. Finally she begins to walk that way."

"There is breathing, too. The average girl never learns how to breathe. She merely takes air gingerly into her lungs, enough air to keep them going. She doesn't breathe deeply, make the air go to the bottom of the lungs. The result is that she is chicken breasted, and her blood is thin, due to a lack of good, enriching oxygen. The bottom of her lungs soon grows together, and here tubercular and other germs find a nest."

"The carriage of the young woman interests me more than anything else. If she stood properly, she would probably walk properly and breathe properly."

Carriage of Modern Girl Is Criminal, Fabyan Says

"The carriage of the average girl today is criminal."

"In my experiments at Geneva I

Uncommon Sense : Manual Labor

By JOHN BLAKE

THE man who is ashamed of manual labor is merely ignorant.

The man who fancies that manual labor will never lead to anything but more manual labor—perhaps a lifetime of it—is a very poor observer.

No man does his really important work with his hands.

The hands are merely tools—as much as the saw and hammer and plane in the hands of the carpenter—or the brush in the hands of the portrait or landscape painter.

HANDS can be trained, of course, but it is not the difference between the hands that makes the difference between men—it is the difference in the brain that is behind the hands—which directs and controls them.

Watch two men digging a ditch. One of them will do more with less effort than another, although he has the same sort of a spade and the same kind of hands to direct it.

But the better man is using his brains as well as his hands, and is getting more out of the job in consequence.

Not long later that man will be making more money.



Colonel George Fabyan, multi-millionaire scientist and student, who is devoting his vast wealth to the physical and mental development of the "flapper"



Eight Points Must Be Observed by Girls Desiring Proper Posture

THERE is only one correct position in which a girl should stand, says Col. Fabyan, and that is as follows:

"First. Heels together and on a line. If the heels are not on a line, the hips, and sometimes even the shoulders, are thrown out of line.

"Second. Feet turned out equally, forming an angle of 45 degrees. If the feet are not turned out equally, the result will be the same as above.

"Third. Knees extended without stiffness. Muscles should be contracted just enough to keep the knees straight.

"Fourth. The trunk erect on the hips, the spine extended throughout its entire length. The position of the spine and the trunk is most essential. In extending the spine the young woman must feel that the trunk is being stretched up from the waist until the back is as straight as it can be made. In stretching the spine the chest should be arched and raised, without, however, raising the shoulders or interfering with natural respiration.

"Fifth. Shoulders falling naturally and moved back until they are square. Being square means having the shoulder ridge and the point of the shoulder at right angles to a general anterior-posterior plane passing through the body. They should never be forced back to this point.

"Sixth. Arms hanging naturally, thumbs against the middle of the outside of the leg, fingers extended and back of the hand turned out. The arms must not be forcibly extended nor held rigidly; if they are a compensating faulty curve will appear in the lumbar region.

"Seventh. Head erect, chin raised until neck is vertical, eyes fixed upon some object of their own height.

"Eighth. When this position is correctly assumed, the girl is taught to incline the body forward until the weight rests chiefly upon the balls of the feet, heels resting lightly on the ground. When properly assumed a vertical line drawn from the top of the head should pass in front of the ear, shoulder and thighs, and find its base at the balls of the feet.

"Every tendency toward rigidity must be avoided. All muscles are contracted only enough to maintain this position, which is one of co-ordination, of physical and mental alertness, and makes for mobility, activity and grace.

"If the young woman is taught each day to assume this proper position and keep it at all times during the exercises, she will soon have an erect, perfectly balanced posture.

"One of the best exercises is as follows:

"First. Assume the position above.

"Second. At first count bring arms up in front until parallel with the ground, palms together.

"Third. Swing arms swiftly backward as far as possible; in fact, try to touch the tips of the fingers in the back. At the same time rise on the toes.

"Fourth. Snap arms quickly to sides, taking care not to slap the legs. Let down from toes."

Fabyan Asserts Every One Can Become Centenarian

EVERYONE can live to be a hundred years old, says Col. Fabyan, under correct conditions.

He speaks with the authority of one who has achieved triple success in three distinct fields of activity, those of business, letters, and science.

Not only has he made millions of dollars in commercial pursuits, but he is recognized as one of the foremost students of cryptograms in the world, in which connection he rendered valuable services to the Allies in the war, and figured largely in the Bacon-Shakespeare controversy. In addition, he is well-known for his scientific investigations.

"Man started as a wriggling snake," he says. "He became a tadpole, acquired shoulders, grew into an anthropoidal ape. Then he decided to stand up, walk on his hind legs and become a man."

"But our stomachs were made to be carried horizontally, not vertically. Look at the sickness that has come from defying nature."

"We want to see how nature has made revision to meet this. . . . We are working it out."

have laid particular stress on this. We have first shown the young woman how to stand properly, and then we have provided exercises whereby she can strengthen those muscles which will maintain this carriage.

"The position in which the modern flapper should stand is like the position of 'attention' required of the soldier. It is like this:

"First. Heels together and on a line. If the heels are not on a line, the hips, and sometimes even the shoulders, are thrown out of line.

"Second. Feet turned out equally, forming an angle of 45 degrees. If the feet are not turned out equally, the result will be the same as above.

"Third. Knees extended without stiffness. Muscles should be contracted just enough to keep the knees straight.

"Fourth. The trunk erect on the hips, the spine extended throughout its entire length. The position of the spine and the trunk is most essential. In extending the spine the young woman must feel that the trunk is being stretched up from the waist until the back is as

straight as it can be made. In stretching the spine the chest should be arched and raised, without, however, raising the shoulders or interfering with natural respiration.

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"Every tendency toward rigidity must be avoided. All muscles are contracted only enough to maintain this position, which is one of co-ordination, of physical and mental alertness, and makes for mobility, activity and grace.

"If the young woman is taught each day to assume this proper position and keep it at all times during the exercises, she will soon have an erect, perfectly balanced posture."

Daily Exercises Make for Physical Perfection

"One of the best exercises is as follows:

"First. Assume the position above.

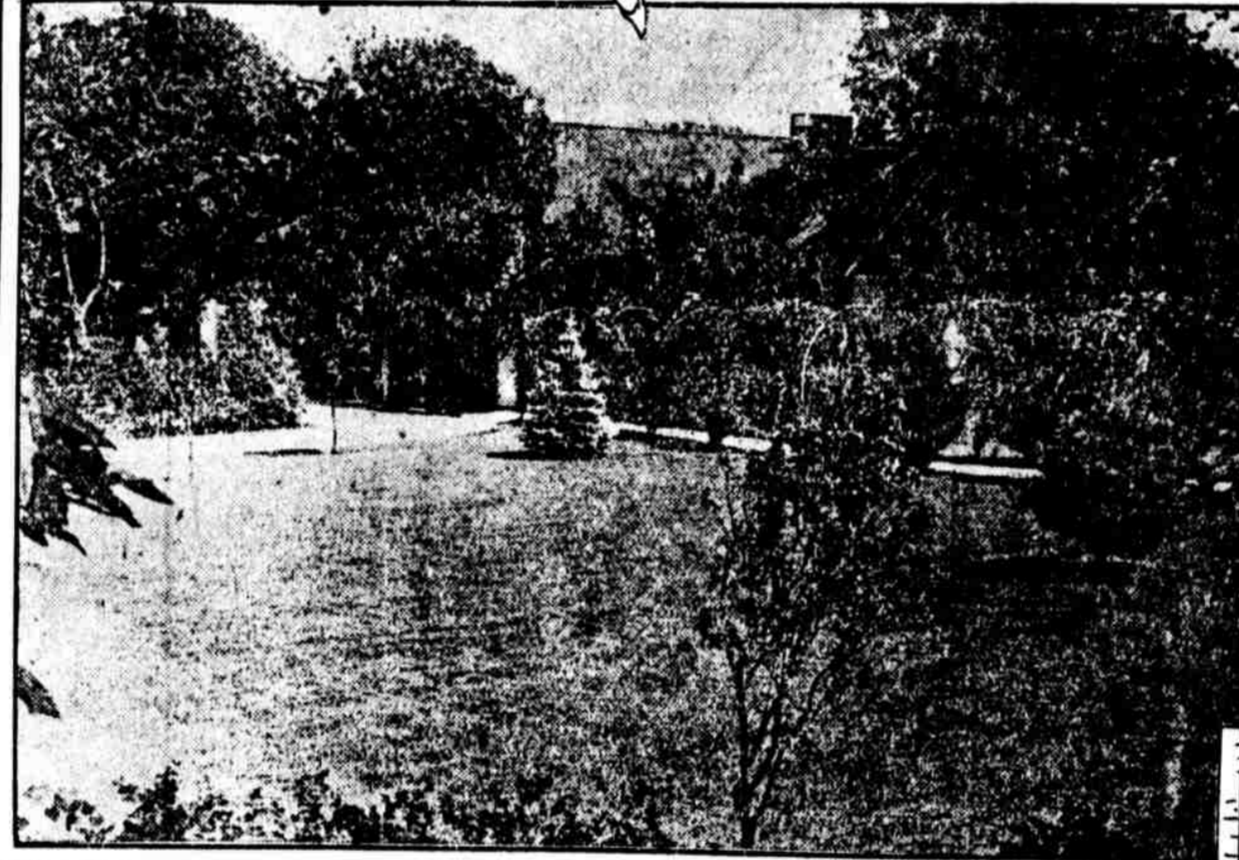
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"Third. Swing arms swiftly backward as far as possible; in fact, try to touch the tips of the fingers in the back. At the same time rise on the toes.

"Fourth. Snap arms quickly to sides, taking care not to slap the legs. Let down from toes."

"The hands placed on the hips, and the trunk bent forward, backward and to the sides is a good exercise for strengthening the spine, Colonel Fabyan says. In fact, all setting-up exercises are good.

"Eating is, of course, a great essential. We are not too strict. The young girl who is growing needs a little exercise and fresh air. We, however, do not tolerate functions consisting of a dill pickle, a piece of pie, a nut sundae and some of the other horrors



"Riverbank," the Fabyan estate at Geneva, Ill., where a special corps of scientists, equipped with elaborate apparatus, is working out methods of improving the condition of man

mixture which the modern young woman indulges in.

"The results of our experiments on the girls at Geneva have been marvelous. Their so-called 'debutante slouch' has disappeared. They are learning to stand erect and not like anthropoid apes just learning to walk."

"An trying to improve the human race, to discover what's wrong with the female figure. What will the next generation be like if all the women of today have hollow chests? The wattle waist has already disappeared, but in its place have come other evils."

In his effort to impress on the young women the terrors of crooked spines, Colonel Fabyan has a laboratory which he calls the "chamber of horrors."

Here he has plaster of paris casts of crooked spines and charts showing the actual structure of these same spines. Other charts show how such postures disarrange the internal organs and affect the general health.

Magnificent Estate Has Full Scientific Equipment

Colonel Fabyan's estate, where he is carrying on his experiments, is one of the most interesting places in the United States. It is called "Riverbank" and a few hours' drive there constitute an unforgettable experience.

Approaching the estate by automobile,

you drive over roads which are flanked on each side by luxuriant farms. Upon entering the place you are likely to come upon a pretty girl, clad in blue overalls. Blue overalls on a slim young figure—one of Colonel Fabyan's colony crowned with a head of bobbed blonde hair. You begin to think at once that Colonel Fabyan has discovered the super-flapper.

This delectable milleress will give you the proper directions, which will eventually lead you at the gates of Riverbank itself. Two great stone eagles with outstretched wings hover over the stone gate posts. The gardens surrounding the main house are extensive and varied and in them are cages of monkeys, wolves, coyotes, brown bears, and other wild animals, all used in the Colonel's experiments.

There is a veranda filled with parrots, birds and fishes. One of the most curious effects is produced by a bowl of gold fishes hollowed out in the center so as to make a space for a Japanese sparrow to sit, the whole being a seed on the top of a sparrow's cage, so that he can hop up into his water-enclosed nest and view the world through the aqueous realm of slowly gliding, many-tailed gold fishes.

But all Riverbank is the fruit of imagination and invention.

Finally Colonel Fabyan advances to meet you. He is dressed in a knicker suit, wears a dashing hat with a feather cascade, and in his buttonhole you

Lines to a Saxophone : —By J. P. McEVROY

YOU hear, barbaric beast, I've often heard you moan And passionately pant and sigh; And gurgles, grunt and groan; I've heard you stammer, heard you sneeze; I've listened to you neigh; I've heard you cough and snort and wheeze; But I've never heard you play.

I've heard you crow all night, And gurgles, spit and squeak, I've heard you sneer, heard you bark And squall and scream and shriek;

I've heard you hiss, heard you howl, And listened to your bay, I've heard you gumble, heard you growl, But I've never heard you play.

I've heard your rattling gamut With the rattle on the gutter, And your shrill aspirations, And I hate the noise you utter; I have heard you bleat and blather, I have heard you bawl and bray, Heard you hurraed to a lather, But I've NEVER heard you PLAY.



Says Girls Do Not Know How to Stand or Walk

"THE average girl grows up never knowing how to walk properly," says Col. Fabyan.

"She is continually riding in street cars, riding in automobiles. If she stops to think, she will find that she doesn't walk more than twelve blocks a day."

"Moreover, she goes to dances, and in order to get through the dance properly she must hold herself in some unusual position, bow her back, hold her hips forward, bend her neck."

"Finally she begins to walk that way."

One of the first things taught the score of girls who are being observed and trained at his estate is the proper way to stand and walk.

what is wrong with the human body. Man started as a wriggling snake.

"He became a tadpole, acquired shoulders, grew into an anthropoidal ape. Then he decided to stand up, walk on his hind legs and become a man."

"But our stomachs were made to be carried horizontally, not vertically. Look at all the sickness that's come from defying nature. We want to see how nature's made provision to meet this. Every one can live to be 100 years old—we're working it out."

One of the biggest things, beside the super-flapper, that Colonel Fabyan is working on is a structure which will do away with noise—unnecessary sounds, screechings, yelpings, growlings, clankings—the sounds which annoy city folk.

Buildings within buildings, organs that are played with magnets, without the use of wires or pipes; a telescope through which sound can be seen; a camera to photograph sound; mysterious doors suggestive of bank vaults; musical instruments enough for a jazz band; queer devices requiring a year's toil by a famous scientist; uncanny tunes seeping from far away chambers—these make the Wallace Clement Sabine Laboratory of Acoustics one of the world's weirdest structures.

Fighting Strident Noises Which Shorten Human Life

"We are fighting the noise which shortens the lives of city dwellers," the colonel will explain to you, as he conducts you through this mysterious place, built in honor of his late friend, Prof. Sabine.

"We've been at it five years now, pioneering all the way; carving our own path; slowly unearthing the secrets of nature. It is a humanitarian task. We may soon master the 'racket organ.'"

The Colonel will lead you through heavy doors of the safe-deposit type, into chambers of museum-like stillness. He will sit down to a pipe organ and play. Softly the far-away cathedral chimes will sound. The keyboard has no connection with the organ. It is played by magnets.

In one room you will find F. B. Elmhurst, who invented the phonometer to measure sound mechanically. In another F. W. Kranz, who made a filter for electricity and who invented the only way of calibrating the human ear. In still another Paul E. Sabine, a specialist in acoustics.

You can look through a telescope and see a small flickering light. It is the sound from a tuning fork, and you actually see it, Colonel Fabyan will assure you.

But the Colonel is more interested in the flapper than anything else. She is the mother of the future, he points out, and she must be perfect if the human race is to improve. So amid his noiseless chambers, his prize cattle and other experiments he is carefully developing the prize young women of the age.

"There is nothing as perfect as a perfect woman," he says.

Colonel Fabyan acquired a fortune through investments in Chicago and development of his mercurial business—Bliss, Fabyan & Co., 82 West Washington street. He bought Riverbank sixteen years ago. He is the father of the "Sane-Fourth" idea in Chicago. He received the thanks of the allied Military Intelligence for his work in cryptography during the