

weight of the body makes for a very heavy pull on the hands. It is the possibility that my hands might slip off that I fear most. To prevent slipping I use chalk on my hands. There is a practical limit to the number of revolutions that it is advisable to attempt. Six or seven revolutions is as much as I have ever tried.

Mr. Allphin

Frank, I saw you put on an individual act once between halves at one of our home basketball games. Will you please tell us what you include in this act?

Mr. Anneberg

Mr. Allphin, this act depends a lot on the type of floor I have and the facilities. Generally I begin this act by doing several types of hand stands in a chair. Then with six wooden bricks I walk on my hands and pile these into different kinds of piles. Then by placing one foot on a rest, I stand on my head and play a trombone or violin solo. This always gets a laugh. My next stunt perhaps is the most difficult. Standing on my head again I drink a quart of water. The difficult part of this trick is to relax the inner muscles of the throat to allow drinking and to tense the outside muscles enough to hold the body in an inverted position. The climax to my act is a tap dance that I do on my hands. Recently I have made some rings to use on my fingers to beat out the taps. Tap dancing up side down is getting to be an easy stunt for me now.

Mr. Allphin

Frank, have you thought of any new stunts that you would like to do?

Mr. Anneberg

Yes, Mr. Allphin, I am working on a roller skating stunt. It is a difficult feat and perhaps will take me several months to perfect it. I have made my own skates and have been practicing two months already. I hope to have it ready for public approval by the end of the school year.

Mr. Allphin, tell us something about the gymnastics you saw during your Physical Education Travel Tour in Europe in the summer of 1936.

Mr. Allphin

The most interesting exhibition of gymnastics that I recall seeing was at Prague, Czechoslovakia. Our hotel joined the exercise field of the largest Sokol Gymnasium in the city. It was here the Olympic Gymnastic Team was practicing and having tryouts to determine who would represent their country in the Games at Berlin. The Sokols work out-of-doors when possible. Covers for the different pieces of apparatus are provided to protect the apparatus when not in use and during inclement weather. The men were working out for five hours, from 8:30 a.m. to 1:30 p.m., and did not seem to be fatigued at the end of their drill. One of the members was 35, another 36, and the balance were between the ages of 22 and 30. This seems to indicate that if an individual wishes to take up gymnastics and practices regularly, he can indulge in this activity a number of years beyond the forty mark.

Mr. Anneberg

That is certainly interesting. Tell me, did you see any exhibitions at the Games?

Mr. Allphin

Yes, I saw several gymnastic exhibitions at the Games in Berlin.