

BY THE WAY



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Keeping Fit the Wodehouse Way

An article in the Colliers issue of June 5, 1920, entitled Keeping Young at Forty, by Walter Camp, is believed to have been the source of inspiration for the daily exercise routine which Wodehouse went through for most of his life. It seems that Mr Camp was appointed to take charge of athletics on the Commission on Training Camp Activities in the US, shortly after it entered the first war. He apparently achieved remarkable success building up men at naval stations and aviation fields with a new and 'simple' system of set-up drill, far easier to learn and use than the old-fashioned Swedish exercises. We therefore bring you :

THE WODEHOUSE DAILY DOZEN

1 Hands

Stand erect, arms hanging at sides, heels slightly separated, feet pointing straight ahead.

2 Hips

As before, but with hands on hips.

3 Head

Arms up, hands meet with fingers just touching each other at back of head.

4 Grind

Arms outstretched from shoulders – called the 'cross' position. Turn palms upward and make six-inch circles with hands; five times forward, five backward; keep arms stiff.



5 Grate



Arms at 'cross' position; palms down. Lift arms very slowly to angle of about 45°, inhaling; bring them down slowly to shoulder position, exhaling. Repeat ten times.

6 Grasp

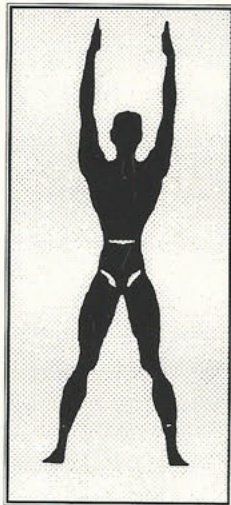
Let fingers of both hands meet at back of neck. Bend neck back. Bend body forward very slowly from waist, keeping head up, neck bent back; eyes fixed on object height of man's eyes. Come back slowly to first position; then bend backward. Repeat ten times.

7 Crawl

Stand at 'cross' position. Raise right arm; let left drop at side. Then let left crawl slowly down toward the knee, at same time curving right arm over head until fingers touch left side of neck. Return to 'cross' position. And let right hand crawl and left curl over head. Five times with each hand.

8 Curl

Stand at 'cross' position. Clench fists. Begin to inhale deeply while lowering arms and bringing them slowly forward, bent at elbow; curl arms around until fists come under armpits. Bend head and shoulders backward as inhalation is completed. Loosen hands and push straight forward, beginning to exhale. Bend forward from waist, exhaling, and letting hands come back across hips; continue movement until, as you remain bent, the arms are raised behind you. Begin to inhale again as you return to 'cross' position, ready to repeat. Ten times.



9 Crouch

'Cross' position, feet 18 inches apart. Raise on toes; keep arms out. Squat slowly down as far as you can, inhaling. Come up

slowly, exhaling, and letting heels touch floor as you rise. Five times.

10 Wave

'Cross' position. Raise arms, bending wrists until fingers touch above head. Bring both arms against head with snap movements. Moving *only from waist*, bend forward slightly, then to right, then backward, then to left, and continue until you are making a circle with your clasped hands extended above head. Repeat five times in each direction, reversing circle after first five.

11 Weave

'Cross' position, feet apart. Raise right arm, keeping eyes on it as it goes up; bend left knee and lower left arm until fingers touch floor between feet. Back slowly to 'cross' position and reverse. Five times for each hand.

12 Wing

'Cross' position. Exhale, bringing arms straight out before you. Continue exhalation, swing arms down and back, bending forward slowly from waist. Continue bending forward, pushing your arms back and letting breath out as movement is completed. Keep head up and eyes forward. Now inhale as you go back slowly to 'cross' position. Repeat ten times.