

"The Daily Dozen" for Physical Fitness

The following article is a summary of three talks on physical culture given by Mr. J. D. Baybutt from 3YA Christchurch. Many listeners who appreciated those talks have desired illustrations of the exercises given, and these are now given. The exercises are only a selection, and can be used by men or women, and will be found particularly valuable for those beginning systematic exercise. They are easy for that purpose.

ONE of the most prominent features of modern life is the remarkable drift of people to the towns, and their consequent complex and sedentary existence. The normal result of such a life is a tendency towards poor physique, as the organs of circulation, respiration, digestion, and excretion become impaired because of that inactivity. These organs are expected to cope with certain demands. If the demands we make on them be too small or too large, disorders ensue and our life processes proceed at a lowered pitch, and as the muscles are the power by which they work, the only means of stimulating the organs to proper function is by muscular exercise. Special systematic exercise, then, will increase to the correct amount the demands which should be made on the body, and so overcome the dangers or defects of our sedentary life—a life which is contrary to that for which the body was designed.

WHAT PHYSICAL CULTURE REQUIRES.

First of all it requires a determined effort of will to take regular and systematic exercise. Five to ten minutes a day should be spent at home in this form of exercise, and as procrastination is one of the most marked characteristics of human nature, the tendency is to take our "daily dozen" only at odd times instead of regularly.

No apparatus is required, and the old form of chest developers and the heavy bar-bells, while serving a useful purpose when used correctly and at the right time, should never take the place of the free standing exercises such as those illustrated here.

WHEN TO TAKE THIS EXERCISE.

The best time is in the morning, immediately after rising from bed. The chief object of home exercise is to tone-up one's system. On waking in the morning, few of us feel at our best, and we need to brush away the cobwebs of a night's sleep and set ourselves up for the day. If we take proper exercise immediately after rising, this object will be achieved and the effect will be one of a feeling of physical buoyancy with which to face the day.

If morning exercise is not practicable, the enthusiast will find will find some convenient time during the day, or just before going to bed at night. Do not, though, take exercise too soon after a meal—one and a half to two hours at least should elapse.

Some people find that exercise before bed at night brings about sleeplessness. This, however, will pass, as the nerves get steadier and stronger with the exercise.

No developmental effect should be sought for with this kind of exercise. It is purely a "setting-up" effect that is to be aimed at, and no very vigorous or intense effort should be made.

THE ARRANGEMENT OF THE EXERCISES.

These exercises have been selected to give good results, and should be taken in the order shown. They are not in any way final, and many modifications can well be made. But they form a foundation for a system, and will prove of value.

The first principle of "setting-up" exercise is that a steady, complete, rhythmical respiration must be co-ordinated with the larger movements of every exercise. In ordinary breathing the whole of the cells of the lungs are not used, and even those which are used are not expanded to their fullest extent. Full expansion of these cells occurs only during the extraordinary breathing, when the lungs are filled to their utmost capacity. This is a most important effect, and is the chief factor in bringing about the beneficial results of "brushing away the cobwebs" already mentioned.

HOW TO BREATHE CORRECTLY.

Breathing is largely under the control of the will, and so correct breathing can be gained by practice. We should always aim at expanding the lower part of the chest, where the cross-section is greatest. The lower ribs should be expanded sideways, and so as to get some degree of vertical expansion as well, the trunk should be stretched upwards. This allows the whole of the lungs to be filled.

When exhaling, let the ribs and breastbone sink inwards and downwards, and the upper part of the trunk downwards.

The most common fault in deep breathing is that of drawing in the abdomen and arching the chest, with the shoulders forced down and back. Nor is it of use trying to draw in a large amount of air by sucking or sniffing through the nose. Correct breathing is almost noiseless, and if any effort is made, the nostrils tend to close slightly and no added benefits are obtained.



Fig. I—First exercise.



Fig. II—Second exercise.



Fig. III—Third exercise.

The illustrations accompanying Mr. Baybutt's article have been kindly supplied by Messrs. Standish and Preece, photographers, Christchurch.



Fig. IV—Fourth exercise. Full explanations of the movements involved in these exercises are given in the text of the accompanying article.



Fig. V—Fifth exercise.

When deep breathing is combined with muscular exercise, it is much easier to breathe correctly than when trying just a formal breathing exercise.

THE PROGRAMME TO FOLLOW.

Paste the photographs illustrating the exercises in a prominent place so that the illustrations can be followed while exercising.

Wear as little clothing as possible, and all garments loose.

Begin to exercise without delay after rising from bed.

Have the windows wide open and stand in front of them, so as to inhale the fresh air.

No pause of length should be made between exercises or a chill may result.

Do not exercise so vigorously that a pause is necessary to give yourself a rest. Gradually work up to more vigorous effort as more practice is gained, and this progress will show the results of the exercise.

After exercise, a short, brisk rub, then the usual bath or shower.

SOME GENERAL HEALTH RULES.

Drink plenty of fresh water daily. Rise regularly at the same time each day.

Take the "Daily Dozen" (these exercises) after rising.

Have meals at regular hours and masticate the food thoroughly.

Give the body plenty of rest by having seven to eight hours' sleep every night.



Fig. VI—Sixth exercise.

TABLE OF EXERCISES.

First Exercise.—Fig. I.

1. Rise slowly on toes and raise arms forwards to position shown—inhaling.
2. Lower heels slowly and lower arms—exhaling.

Second Exercise.—Fig. II.

1. Lunge forward (alternate legs) and raise arms forwards and sideways to position shown—inhaling.
2. Bring foot in and lower arms forwards and downwards—exhaling.

Third Exercise.—Fig. III.

1. Bend trunk to right and bring left hand under armpit with right arm stretched down (reverse to photo.)—inhaling.
2. Bend trunk to left, similar movement with arms—exhaling.

Fourth Exercise.—Fig. IV.

1. Commence in bottom position—trunk forward bend, feet apart.
2. Raise trunk and arms (through middle position) to upright position—inhaling.
3. Lower trunk forwards and downwards and turn hands and lower arms behind body to starting position—exhaling.

Fifth Exercise.—Fig. V.

1. Raise knee—inhaling.
2. Lower knee—exhaling.

(Alternate legs.—Modify by raising leg forward, straight from hip. Hold arms forward in line with shoulders and bring foot to meet hand.)

Sixth Exercise.—Fig. VI.

1. Trunk circling.
2. Circle trunk on hips—forwards, sideways, backwards, sideways, forwards—inhaling.
3. Circle trunk again—exhaling.

Seventh Exercise.—Fig. I.

Repeat first exercise to finish table.

General Instructions.

Make all movements strong. Combine arm movements with trunk movements.

Full and deep breathing in every exercise.

Stretch chest fully in exercises I, II, IV, and VII.

Exercises III, V, and VI to be done both slowly and quickly.

RADIO IN SUMMER

MANY HAPPY HOURS.

Now that we New Zealanders have summer with us, radio enthusiasts find an additional way of indulging their hobby. In winter, they sit over the fire and listen-in, but now that the time of the year calls to the open air, radio plays a new part.

You find a radio set on a yacht or a motor-launch, the aerial hung between the masts. Or perhaps, the latest loop aerial is employed, being merely a few turns of wire round a frame a couple of feet in diameter. Perhaps even a battery for the set is dispensed with, the picnickers using the battery of the launch.

RADIO AT SEASIDE.

At seaside cottages and in the week-end camps radio sets are beginning to appear. Some are the specially designed portables, which with batteries and aerial complete, are packed in a case about the size of a typewriter. These are highly efficient receivers, but many listeners who do not care to purchase a special set for carrying about, simply take their ordinary set with them, rig up an aerial from a convenient tree, and enjoy the pleasure of an open-air dance to radio music as received from a convenient station.

Many a pleasant hour is being spent this summer in a bush or seaside camp with the help of a radio set, although there is usually some person in the party who wants to keep the set going until the Australian stations close, despite the protests of the early birds, who wish to have a night's rest before an early start in the morning.

"Six million homes in the United States are now equipped with radio sets, while 21,000,000 homes are yet to be supplied before the saturation point is reached," Frank A. Arnold of New York, director of development of the National Broadcasting Company, said recently.

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