

WALTER CAMP AND THE DAILY DOZEN: A LARGELY FORGOTTEN EPISODE IN THE HISTORY OF AMERICAN PHYSICAL CULTURE

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In June of 1914, the fifty-five-year-old football patriarch of Yale University found himself at the Palais de la Sorbonne attending the Sixth Olympic Congress in Paris, France.¹ While Walter Chauncey Camp, who had served as coach, administrator, and as the undisputed *eminence grise* of Yale football since the 1870s, was no doubt engaged by the International Olympic Committee's (IOC) discussions on amateurism and the recognition of national governing bodies for sport, his Olympic enthusiasm waned in the weeks following the meeting amid growing concerns about the volatile political situation in Europe.² Archduke Franz Ferdinand, heir to the Austro-Hungarian Empire, was assassinated just five days after the close of the Olympic meeting on 28 June 1914 and his death quickly plunged Europe into war. Whether Camp was still on French soil, or was shipboard sailing for home when "the war to end all wars" actually began, is not clear. However, like most thoughtful people in 1914, he understood that the Archduke's assassination could only mean a major war in Europe would follow, and that it was highly likely America would become involved.³

Camp, who often wrote articles for magazines and newspapers in addition to his football activities and his "real job" at the New Haven Clock Factory, publicly expressed his concerns about the coming war for the first time in a *New York American* article in September of 1914. In it, he warned that America needed to begin planning to aid its al-

lies by sending American troops overseas, and he also urged the government to think seriously about what would be required of the nation. He included a poem he had written entitled "Americans Awake" that specifically addressed the need to begin preparing men to be fit enough for the coming fight: "Train a field force, rule the wave ... Build the ships...train to arms," he wrote, America, the poem warned, must "make your millions fighting strength."⁴

Camp's concerns about how to make American civilians into fighting men would occupy much of the last decade of his life. However, most sport historians and even Camp's several biographers have paid little attention to Camp's involvement with physical training or physical culture.⁵ Nearly every undergraduate textbook in sport history recounts Camp's role in the evolution of college football, especially his prominent role in defining the rules of the college game.⁶ Almost no scholarly attention, however, has been paid to Camp's work on physical training, even by scholars of World War I.⁷ This essay attempts to fill this void by focusing on Camp's involvement with the Senior Service Corp and the *Daily Dozen* exercise routine that grew from this work. Camp's contributions to fitness *were* significant. He created a system of exercises used by civilians preparing for World War I; he led Navy physical training during the war; and he encouraged thousands of middle-aged and older adults to do daily exercise through articles, books, and the new technology of the Victrola after the war. While Camp never wished to be known as a physical culturist and spoke disparagingly of "ex-trainers of prizefighters and wooly-headed physical culture 'professors,'" he was, nonetheless, a physical culturist, and thousands

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WASHINGTON SAID:

"To Ensure Peace, it must at all times be known that we are ready for War."



AS THEY ENLISTED.



FOUR MONTHS LATER.

Universal Military Training and Service Under Federal Control

THE MOST EFFECTIVE WAY

1. To build up the manhood of the Nation.
2. To distribute fairly the task of defending the Nation.
3. To promote true Democracy.
4. To safeguard the freedom of the Nation and our personal liberties.
5. To develop the idea of personal service which every citizen owes to the United States of America.

THE NATIONAL SECURITY LEAGUE

42 WATER ST., BOSTON, MASS.

Founded in 1914, The National Security League was a citizen-founded group created to help America prepare for World War I. At that time, America had no "standing army," and this group aimed to help prepare young men for what might be coming if America decided to join its allies and fight the Germans. At the end of 1915, more than 30,000 Americans belonged to the League, which made physical fitness a central tenet of military preparedness.

of Americans who would never have thought to buy a fitness or muscle magazine followed his Daily Dozen exercise system.⁸

PREPARING FOR WORLD WAR I

Despite Camp's article in the *New York American*, most Americans paid little attention to the political climate in Europe in the fall of 1914. Solomon Stanwood Menken, however, like Camp, was similarly concerned since the New York lawyer and his

wife were in England when hostilities broke out and he saw firsthand how slow and difficult it was for Britain to raise an army and prepare for battle. Getting back to New York in late August—after being delayed for weeks waiting for passage on a boat brave enough to cross the Atlantic—Menken began talking with his well-connected friends about America's "condition of unpreparedness."⁹ Menken found an ally in U.S. Representative Augustus P. Gardner of Massachusetts, a close friend of the fitness-minded former-president Theodore Roosevelt, who had already given several speeches to Congress about the matter.¹⁰ Together, Menken and Gardner decided to form an organization to educate the public on the need for wartime preparation.¹¹ Menken invited the respected military leader, General Leonard Wood, to join them, and so, in December 1914, the National Security League (NSL) was officially launched.¹² The group's initial mission was to "promote patriotic education and national sentiment and service among the people of the United States, and to promote recognition of the fact that the obligation of universal military service requires universal military training."¹³ Famous for fighting beside Roosevelt in the Battle of San Juan Hill, General Wood's engagement proved a significant factor in the League's rapid growth in the months ahead. As a medical doctor and a military leader his involvement helped the League's stature immensely.¹⁴

By the end of 1915, the NSL had 70 branches and thirty thousand members across the United States. At the end of 1918, membership stood at eighty-five thousand.¹⁵ During its first year, the League primarily concentrated on raising public awareness but, over the next several years, it organized camps and began running physical training programs for boys and men who would later become soldiers. Using a quote from George Washington to

market themselves, the League reminded Americans that the best way to ensure peace was to let it be known that at all times “we are ready for war.”¹⁶ Because America had no standing army at this time, the League played an important role in preparing at least a few young men for the physical demands of combat they would face once American fighting men finally stood beside their allies on the battle lines in Europe in October 1917.¹⁷

THE INTERNAL DEFENSE LEAGUE

According to historian Richard Borkowski, after returning from Paris in the summer of 1914, Camp began to distance himself from Yale’s athletic department as it was becoming clear that the university planned to join the newly formed National Collegiate Athletic Association, which required placing the athletics program (including Camp’s beloved football team) under the control of Yale’s faculty. Camp was not a supporter of the plan.¹⁸ And so, following his article in the *New York American* that fall, Camp resigned his official position with the team and began to think more about what he might personally do to help his country.¹⁹ As president of the New Haven Clock Company, a large manufacturing firm along the coast of Connecticut, one of his worries was the safety of the many mills and factories located in New England, and the fact that there were no military or police forces capable of defending these essential industries if America was attacked from the sea. When exactly Camp joined the National Security League is not known. However, he clearly sympathized with the group’s goals and it is highly likely that the League’s civilian training camps—where hundreds of young men were voluntarily doing physical training exercises to prepare themselves for the military—inspired Camp to begin thinking about what role he could play in preparing for World War I.²⁰ And so, in 1917, while the NSL continued to focus on getting America’s *young* men fit enough to be soldiers and sailors, Camp decided that another group of Americans—middle-aged and older men—should also begin physical training to help defend the home front.²¹

Camp announced his new idea at the prestigious Yale Club where he had set up a special dinner for some of the most important men in New Haven, Connecticut, his hometown. At the dinner, Camp called upon his distinguished, middle-aged, business and political guests to reject the idea that they were too old to defend their homeland. He told them he was starting an exercise program for men above age 45 since he believed there was much

these men could do if war came to America’s shores. Camp invited them to join him in morning workouts at the Yale Gymnasium for the next several months and he encouraged them to invite other men. They became members of what he initially called the “Internal Defense League,” a clear nod to the National Security League.²²

According to *The New York Sun* reporter who interviewed Camp shortly after the new group began their workouts, Camp believed that men aged from 45 to 60 should begin working on their physical fitness so they could “devote themselves to national service.” Camp viewed his New Haven cohort as an experiment and believed—rightly as it turned out—that once others saw what was possible, the Internal Defense League (soon renamed The Senior Service Corps) could spread across America, just as the National Security League had done. Camp’s physical training program, he argued, would mean



With cigarette in hand, Walter Camp stands in his Navy uniform during World War I. Photograph by Bain News Service, undated. Courtesy of Library of Congress

the United States not only had men ready to bear arms and defend the country if it were invaded, but that it would also have fit, vigorous leaders able to make better decisions in wartime. His plan, he told the reporter, was to train his first group of recruits in New Haven for 60 days and at the end of that time, he explained, they should be able to “guard bridges, tunnels, railroads, docks, and factories and be prepared for emergency duty of a more dangerous nature.”²³

WALTER CAMP’S PHYSICAL EDUCATION

Born on 7 April 1859 in New Britain, Connecticut, Walter Camp was the only child of Leverett and Ellen Camp.²⁴ Leverett moved his small family to New Haven when he became principal of a New Haven school and he used his spare income to invest in real estate. Although not wealthy, the Camp family was more than comfortable, and by the time Walter’s father died in 1905, they owned several properties in New Haven and a summer home at Martha’s Vineyard in Massachusetts.²⁵ They were also able to send Walter to the renowned Hopkins Grammar School, one of the country’s best preparatory schools, where he was known as a good student and excellent athlete.²⁶ According to multiple biographies, Camp played football and baseball in high school and also

worked out on his own to build up his slender body.²⁷ The specifics of what he did in training, however, are not clear. His friend and contemporary biographer, Harford Powel, once asked Camp about his boyhood exercise routine and reported that Camp “admitted smilingly, that he was an under muscled, gawky boy. He said he had planned a few body-building exercises for himself, but he did not describe them definitely.” Powel, however, went on to claim that while Camp had been vague, he as his biographer, had a “very clear picture” of how he trained. According to Powel, “Walter Camp must have had his own private gymnasium in his parent’s home. He must have bent forward and back and sideways, patient, half a hundred times each morning. He must have risen dozens of times a day on his toes, before the steel-like tendons in his legs gave him superb power and balance that marked his football running later on. He must have inhaled regularly, before that thin chest of his became deep. He took long runs on the roads around New Haven.”²⁸

Whether this description of Camp’s training experiences is at all accurate, is impossible to say. However, Powel’s description of his early training has been repeated by Camp’s later biographers who tell similar tales of Camp’s jogging through the streets of New Haven in the evening and of him us-



In the summer of 1917, after America entered World War I, Walter Camp led an exercise class for a group of high ranking government officials behind the Treasury Building in Washington, D.C. Among the group were Cabinet members, State Department staff members, and other middle-aged officials. They called themselves unofficially—“The Walter Scamps.” *Courtesy of Library of Congress*

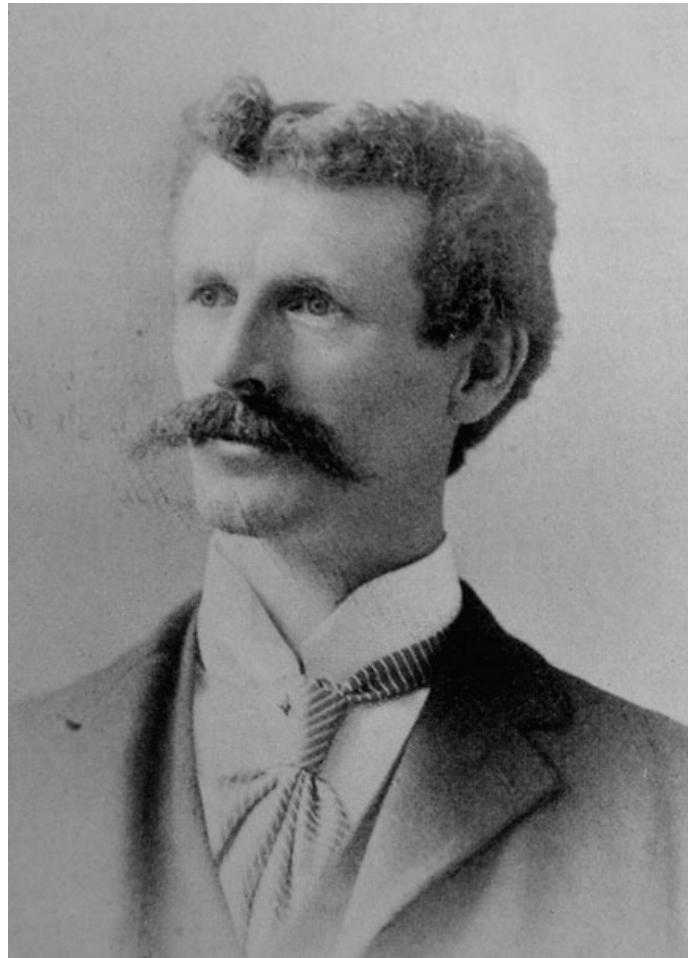
ing some sort of daily exercise regimen to gain agility, speed and endurance.²⁹

Whatever he did, it worked. The gawky boy was gone by the time Camp entered Yale University in the fall of 1876.³⁰ By then, Camp stood 5'10" tall and was an "outstanding pitcher" who also played shortstop and left field in baseball.³¹ He competed on the track team where he ran the hurdles, reportedly coming up with a more efficient technique for clearing the hurdles than seen before in the Ivy Leagues. He rowed on the crew team, won swimming races from "short distances to five miles," was a "fine golfer," and played tennis.³² However, football was his favorite sport. He played half-back, punted, drop-kicked, and served as team captain for three years. He also became Yale's representative to the fledgling Intercollegiate Football Association on which he served in various capacities for the next several decades.³³ Although sport dominated his collegiate experiences, Camp's ability as a writer also became apparent at Yale as he won both the Ivy Ode and class poem competitions as an undergraduate. His "big man on campus" status was certified in his senior year with his induction into the secretive and highly prestigious Skull and Bones Society.³⁴

Following graduation in 1880, Camp entered Yale's medical school but left after two years and took a job selling watches in New York City. Liking the world of business better than surgery (he reportedly could not deal with the sight of blood), he soon moved to the New York branch of the New Haven Clock Company. Camp stayed with the company and soon moved back to New Haven. He rose through its management ranks and ultimately became president in 1903. He served in that post for 20 years and was then made chairman of the Board of Directors.³⁵

TRAINING THE NATIONAL SECURITY LEAGUE

While Camp's personal transformation no doubt allowed him to understand, as Powel asserted, that "Physical development is not a gift. It comes because a man has worked for it, somehow." Camp did not consider himself an authority on physical fitness when he began the Internal Defense League in the spring of 1917.³⁶ Although he had trained to be a football player and later advised athletes on conditioning for the game, Camp turned to Dr. William G. Anderson, head of the Yale Gymnasium, for advice on how to organize the workouts for this older group. Surprisingly, although the archives at Yale demonstrate that the two men worked together to launch the League, Camp makes no mention of An-



Dr. William G. Anderson of Yale worked with Walter Camp in developing the National Security League. Although he played a role in developing the earliest versions of *The Daily Dozen*, he is rarely given appropriate credit for his contributions.

derson or his ideas on how to progressively bring men into better condition in his later books.³⁷ However, Anderson made significant contributions to the evolution of the system as can be seen in his letter to Camp on 30 March 1917. In it, Anderson outlined the kinds of exercises he felt would be appropriate, writing that he did not want the men "to become sore muscularly," yet it was "essential that we 'set-up' the body by posture drills that will widen and deepen the chest, strengthen the action of the heart and lungs, and wash out the somewhat sluggish organs with fresh arterial blood, and in this manner renew their youth."³⁸ Anderson then assured Camp that this "can be done at the Gymnasium, and I will supervise the work, and at times will give personal instruction."³⁹ Anderson's letter went on to discuss the need to also include outdoor work and explained that he concurred with Camp's "views on walking and the carrying of weights."⁴⁰

A surviving typed page (with a few additional handwritten notes) enclosed with that letter

was titled, "A Preliminary and Tentative Schedule of Bodily Exercises for Business Men over Forty Years of Age."⁴¹ Signed by Anderson, it listed ten essential exercises and included several suggestions for Camp to consider at the bottom:

1. A drill in the correct standing position with special attention [*Ed note: This originally said "weight" but that was struck through and "attention" hand-written in its place.*] on the position of the head, neck, shoulders and arms, chest, abdomen, hips, legs and feet.
2. A series of movements for widening and deepening the thorax.
3. Movements for mildly [*Ed note: "mildly" hand-written in here.*] stimulating the action of the heart.
4. Movements for increasing the capacity and endurance of the lungs.
5. Balancing exercises which have their object the performing of work with the least expenditure of effort. Conservation of neuro-muscular energy.
6. A series of exercises for the abdominal muscles and for washing out the vegetative machinery. (Liver, kidneys, spleen, intestinal tract etc.)
7. A series of movements for the muscles of the back.
8. Exercises that give increased stimulation to the heart and lungs.
9. Slow leg work to normalize the action of the heart and lungs.
10. Breathing exercises.

The work is progressive in force, duration and extent of movement.

Can be safely taken by adults. Is attractive and will in an unexpected manner renew a man's youth.

Some of the training includes a few simple marches which call for prompt reaction to command and volition.⁴²

On 9 April 1917, the first day of training for Camp's new recruits, 75 men showed up to work out at the Yale Gymnasium. They began their exercises under the watchful eye of Dr. Anderson and

then went outdoors for a march led by Camp himself. Later that day, in a letter to a politician in Washington, Camp reported that the first day's workout was a great success, and "all are very enthusiastic."⁴³ Throughout March and April in 1917, Camp worked tirelessly to build the league and wrote dozens of letters to governors, mayors, Congressmen, US Cabinet members, and even President Woodrow Wilson telling them about the new group that he began to call the Senior Service Corps.⁴⁴ On 7 April 1917, for example, Camp wrote to H. B. Moss, President of the Sporting Writers Association apologizing for not "being with you tonight but this Senior Service Corps matter has grown so big that I cannot get away." He then told Moss that he had received letters from three Governors that morning, "approving, and wishing to get the detail of the plan."⁴⁵ On that same day, Camp wrote Mr. Rolph Duff, Secretary to Governor Sleeper of Michigan that he was sending details on how to start the organization in their state. Camp claimed, "We should be able to get one hundred thousand men of this age in your state, which would release just so many younger men from more active service."⁴⁶ He wrote Cleveland H. Dodge on 7 April as well, making reference to earlier letters he had written to Princeton officials "about matters of preparedness," and then congratulating the university on being "well to the fore, as always, in the country's service."⁴⁷

By May, Camp and Anderson were inviting other physical educators to become members of an advisory board for the Senior Service Corps. Anderson used his professional connections to sign up Professor Frederick Marvel (Brown University), Dr. Dudley Allen Sargent (Harvard University), Dr. Joseph Raycroft (Princeton University), Dr. James Huff McCurdy (Springfield College), Dr. Thomas Storey (City College of New York), and Dr. Paul Phillips (Amherst College). This distinguished group, Anderson wrote to Camp, gave the Corps more academic credibility with the public and, "a strong backing among the college physical directors."⁴⁸

With the New Haven group off and running, Camp turned his eyes toward Washington where he hoped he could directly train America's leaders and make them role models for the nation. Again, letter after letter went into the New Haven post addressed to Cabinet members, legislators, and even the president himself. Assistant Secretary of Commerce E.F. Sweet, for example, wrote back sympathetically to Camp's query regarding the Senior Service Corps suggesting other men Camp should also write to in this next phase of his quest.⁴⁹ In a letter on 18 May



One member of the 1917 Washington Senior Service Corps group was Franklin Delano Roosevelt, shown here as the second man from the right in the first row. Roosevelt was the youngest member of the exercise squad at age 35 and, according to Camp, he was then a “beautifully built young man, with the long muscles of the athlete.” In 1921, Roosevelt became paralyzed with polio, yet continued his political career and served as our 32nd president. *Courtesy of Library of Congress*

1917 Camp told Sweet more about the New Haven experiment explaining that he had been “having an experimental test along scientific lines upon a corps of 110 men here for four weeks, I know positively what can be done.” Urging Sweet to share his letter and some enclosed materials with the Secretary of Commerce, Mr. Redfield, Camp asked them to begin a training group. “I can assure you,” wrote Camp, “that they will be of at least twenty-five per cent greater efficiency, at an expenditure of only an hour a day three days in the week, and the chances are that they will last out the long strain that is coming.”⁵⁰

On 17 May 1917 Representative John Q. Tilson of Connecticut addressed the U.S. House of Representatives and pled the case of the Senior Service Corps.⁵¹ His lengthy speech praised Camp’s work and urged his fellow politicians to become involved. The most important of all our country’s resources, Tilson explained, “is man power.” Young men were “needed for the battle line,” while older men were “just as necessary to provide money, food and material.” The problem, he explained, was that “too little attention” was being paid to “conserving the power of these older gentlemen.”⁵² What was needed was a new approach, he explained, one advocated by Walter Camp, the “great football authority.”⁵³ Camp, according to Tilson, was perfect for the job as he was “not only the father and one of the natural guardians of football, he is also a man of large business affairs, with wide knowledge of business men.”⁵⁴ Tilson then told his fellow members about the New Haven experiment, where Camp was “at-

tempting to lengthen and strengthen the effective years of mature men.”⁵⁵ Looking at the men seated around him, Tilson reminded them that the “most valuable men behind the lines,” were 45 years of age or older.⁵⁶ They were men “upon whom the Government depends,” and they needed to be “made fit and kept at the maximum of their efficiency.”⁵⁷ Camp’s program, Tilson explained, did not ask older adults to train like the young, but to practice a “scientific conservation of ... energy” that would bring America’s leaders to the “highest point of efficiency” for the coming emergency.”⁵⁸

Tilson next told his fellow congressmen of the one hundred men from 45 to 73 years of age—including former President William Howard Taft, university deans, company presidents, judges, and professors—who had participated successfully in Camp’s Senior Service Corps. The men, according to Tilson, became fitter, lost inches from their waists, increased the girth of their chests, and attained better posture.⁵⁹ Their rapid fitness conversion he explained, had also gained the attention of Secretary of War, Newton Baker, who had “given it his unqualified approval as a means of putting in physical condition men past the military age.”⁶⁰ General Electric, Tilson continued, was also trying it. They had “applied for 100 books of instruction to start a squad there.”⁶¹

Tilson closed by reading a letter from Walter Camp himself. “Permit me to come to Washington,” wrote Camp, “and let me have as my football squad for one hour of a prearranged day—from 8 to 9 o’clock a.m.—President Wilson, Secretary Lan-

sing, Secretary McAdoo, Secretary Baker, Attorney General Gregory, Postmaster Burleson, Secretary Daniels, Secretary Lane, Secretary Houston, Secretary Redfield, and Secretary Wilson. I promise not to 'scrimmage' them," he continued, "but to take them through the hour's work. They will not make 'touchdowns,' but will shoulder again the burdens of the state with renewed vigor. What they do they can ask any man of 45 and over to do. It is not as hazardous as testing a submarine or an aeroplane, but it might prove as great a gain for our country in the long run."⁶²

Camp got his wish, and in the early summer of 1917, as the fragrant scent of cherry blossoms drifted through the nation's capital, one could hear the "Father of American Football," Walter Camp, bel-
 lowing military-style commands to a group of exercisers. His trainees were not his boys of fall preparing for another season of football, but, rather, some of the most powerful men in America—Cabinet members, State Department staff, and other high ranking government officials, men of middle age and beyond—who gathered behind the Treasury Building four times a week to train with Walter Camp.⁶³ Although the Washington group unofficially called themselves "The Walter Scamps," the participation of these public figures in Camp's exercise routine, helped spread Camp's system and made adult exercise more acceptable in the eyes of many Americans.⁶⁴

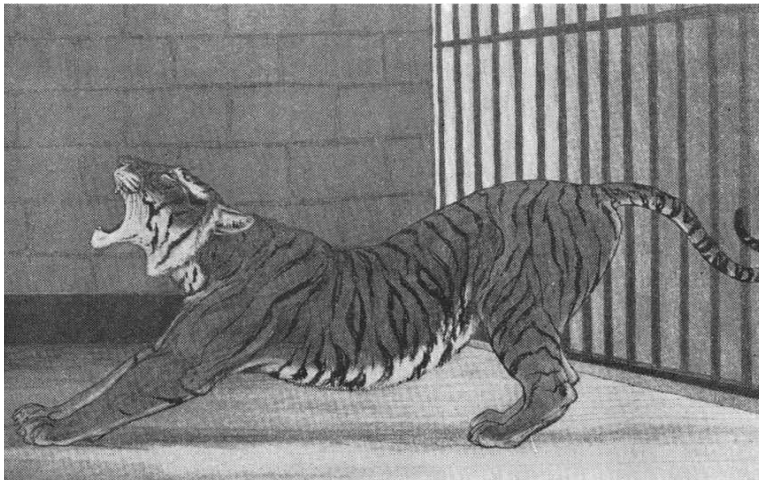
The Washington workouts began with a series of gentle warm-up exercises designed to loosen muscles and joints no longer possessing the suppleness of youth. Camp lined up his trainees for these so-called "setting up" exercises, as if they were a military squad and began the sessions with exercises to expand the chest and improve posture. After taking them through the warmup routine, the men did more strenuous work, walking, running up hills, and even carrying weighted bars to mimic the weight of a rifle.⁶⁵ One of the men in this inaugural group, Camp later wrote, was a "beautifully built young man, with

the long muscles of the athlete." This description referred to future president (and later polio victim) Franklin Delano Roosevelt, then Assistant Secretary of the Navy.⁶⁶ At age 35, Roosevelt was one of the younger men in the group, but he trained alongside other notable figures: Attorney General, Thomas Gregory; Secretary of the Interior, Daniel Roper; Secretary of Labor, William Wilson; Assistant Secretary of Commerce, Edwin Sweet; Solicitor General, John Davis; Frank Polk from the State Department; Paul Warburg from the Federal Reserve Board; and other politicians. The group shared Tilson's and Camp's belief that it was their patriotic duty to be physically fit. Probably, none of them expected that they would don a uniform and engage in battle, but, as America's leaders, they believed that Camp's call to fitness

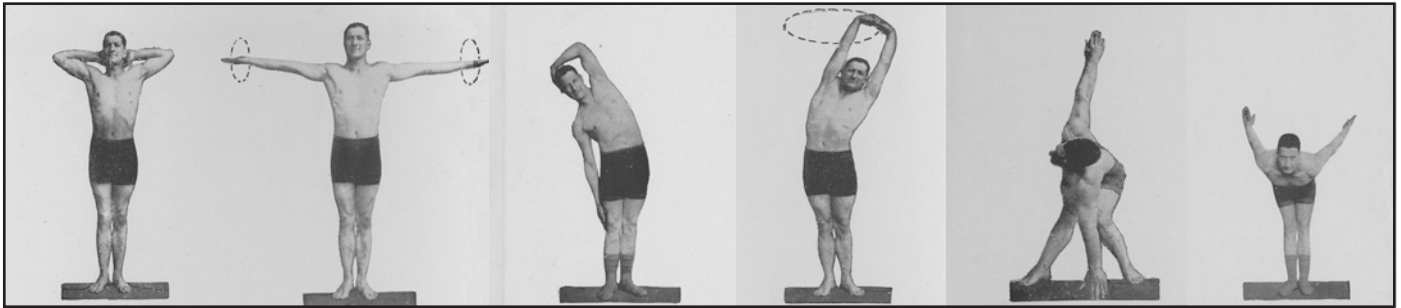
for older Americans made sense; especially when he promised that their increased fitness would help them withstand the tough decisions and increased pressures they would face as they steered America through World War I.⁶⁷ On 24 June 1917 the *New York Times Magazine* gave Camp's Senior Service Corps an incredible boost by devoting an entire page-and-a-half to

a lengthy article praising Camp's work and urging Americans from all walks of life to join in the new national fitness movement.⁶⁸ The support of the *New York Times*, along with the publicity generated by the high-ranking Washington politicians, stimulated dozens of other Senior Service Corps groups to emerge in cities across the nation in the summer of 1917.⁶⁹

Camp's exercise prescription was, at this time, a set of calisthenic exercises followed by rapid marching. He codified the routine into twelve exercises; and, for ease of memorization, the movements were divided into four separate groups of three exercises. Each individual exercise in a particular group started with the same letter.⁷⁰ The starting point for each exercise had the exerciser standing in a "cross" position with the "arms extended laterally and horizontally," with the palms facing down. Each exercise name was a command term given after the prepara-



This stretching tiger image appeared on the cover of the first edition of Camp's *Daily Dozen* book, and then appeared inside most other editions. Camp claimed (as Charles Atlas later did) that watching animals stretch had convinced him that the body alone could provide enough resistance for physical perfection.



Camp's Daily Dozen were calisthenic type exercises that carried unusual names. The first image depicts The Head exercise. This arm circle exercise (second image) was called The Grind. The third image shows a side stretch called The Crawl. The fourth image illustrates The Wave. The fifth image shows a toe-touch called The Weave. The final image shows Camp's exercise called The Wing. They all appear as illustrations in Camp's 1925 book, *The Daily Dozen*.

Table 1. Walter Camp's Daily Dozen from the November 1918 *Outing Magazine*

- 1) Hands – At the command of 'hands' the arms were brought down to the side from "cross" position. They should not be allowed to slap against sides.
- 2) Hips – At this command, arms are dropped from "cross" and hands "placed on the hips with shoulders, elbows and thumbs well back.
- 3) Head – Hands from "cross" to behind neck, index fingers just touching and elbows forced back. In this exercise and the proceeding, the commands, "head," "hips," "hands," etc. are sometimes given in quick succession or varied on the chance of catching the unwary napping.
- 4) Grind – Command is "cross" command and then "turn." Palms are turned up with backs of hands down and arms back as far as possible. Leader orders "grind" and counts from one to ten. Movement is a twelve inch circle with finger tips. A complete circle is described at each count. On backward movement of circle, arms are forced back to limit. At command 'reverse,' same circles are described in opposite direction. Ten circles are described in each direction.
- 5) Grate – Arms are raised from horizontal to an angle of forty-five degrees a deep breath being taken. Also heels are raised from ground. Then arms are returned to horizontal, breath exhaled, and heels back to ground. Arms should be raised and lowered ten times.
- 6) Grasp – Command is "cross" "grasp," then "head." Hands behind head. Leader counts one to four. Body is bent forward from the waist as far as possible. Return to upright in same number of counts. Then at slow "one," body is bent backward far as possible and returned upright at "two." Repeat entire movement five times.
- 7) Crawl – "Cross," then "crawl." Leader counts one to four while right palm is turned up and arm raised and left arm at sides; an upright position. Then leader counts one to three and body is bent sidewise from waist, left hand slipping down below knee and right hand over head and fingers touching left ear. At "four," position of "cross" is resumed. Repeat entire movement five times.
- 8) Curl – Feet about twelve inches apart. As leader counts one to four, forearms drop from "cross" and are bent down from elbows which are kept pressed back. At "three," fists are curled into armpits; at "four," head and shoulders have been forced back. Then leader counts one to four again. At "one" arms are extended straight forward from shoulders, palms down. At "two" arms fall and body bends forward at waist. By time "four" has been reached, trunk of body is horizontal and arms are well back and in air. Then leader counts one to four as body is straightened to upright position with arms straight forward at "three." At same time a full breath is taken. "Cross" is resumed at "four." Start over again, holding breath through the first part of movement. Repeat entire movement five times.
- 9) Crouch – Heels twelve inches apart. Leader counts, one, two. At "one," body is lowered nearly to heels, keeping trunk erect. At "two," upright again. Repeat movement ten times.
- 10) Wave – Arms straight above head, fingers interlaced. Leader counts one to four as complete circle about twenty-four inches in diameter is described with hands, body bending only at waist. Same count for reverse. Five circles should be described in each direction.
- 11) Weave – Body turns to right, the right arm swings up and left down, body being bent at waist so that the left hand touch ground midway between feet. Position of cross is resumed then reverse is gone through, body turning to left. The entire movement is repeated ten times.
- 12) Wing – Arms are extended straight upward from horizontal. Then arms fall forward and body bends forward from waist. The arms pass the sides and are forced back. Leader has counted one to four. Same count is repeated as body is straightened upright position, arms up and then to "cross." Very slow counting in this exercise. All air is forced from lungs as body bends forward. Lungs are filled to capacity as body is straightened. Entire movement is repeated five times.

tory command of “cross” that brought the exerciser back to the starting posture.⁷¹ In a 1918 article for *Outing* magazine, Camp described the exercises as outlined in Table 1 on the previous page.⁷²

At some point in late 1917 or early 1918, Camp published this set of exercises, which he had begun to call “The Daily Dozen,” in a small pamphlet under the auspices of the National Security League. It is not exactly clear just how, or if, the Senior Service Corps was absorbed into the National Security League at this time but there is clear evidence of multiple editions of Camp’s booklet, for in a report by the NSL it stated that “over 2,500 copies of Walter Camp’s Manual of Physical Exercises have been distributed” to their members in 1918.⁷³

While Camp was in Washington and making exercise converts out of his aging politicians, the Navy also began to look to him for advice on training their recruits. When America entered the war in April 1917, the Navy consisted of only fifty-six thousand men. In less than 18 months, there were more than four hundred thousand men on active duty.⁷⁴ In order to prepare the sailors for their new duties, the Navy had to quickly standardize physical training, which became a serious problem since the new recruits possessed radically different levels of fitness.⁷⁵

Camp claimed in his 1925 book, *The Daily Dozen*, that his work with the Navy began following a letter of request from an unnamed officer:

At the beginning of the war, when such a heavy percentage of our young men were found unfit for military service, the government was faced with the stupendous problem of training the millions of men who were found sufficiently accepted. A letter came to me from the commandant of one of the great naval training stations. He was disgusted with the old-fash-

ioned setting-up drill prescribed in regulations. He said that when the men followed it faithfully, they were tired out, and left without the zest or energy for their other duties. Also, it was easy for the man who wasn’t conscientious to go through the motions without doing any real work. The officer asked me if I could suggest some better kind of drill.⁷⁶

According to Camp, he examined numerous training systems and methods including those of experts like Doctor Dudley Sargent at Harvard who had written that “more than one-half of the male population between the ages of eighteen and forty-five years are unable to meet the health requirements of military service.”⁷⁷ These stunning statistics, Camp wrote, had “opened our eyes.” He felt that there needed to be a far “broader comprehension of what physical condition and physical education really mean.”⁷⁸ Also cited as inspiration by Camp was a vis-

it he made to a naval training station where he saw men living closely together in squalid conditions who were unable to resist such diseases as meningitis, measles and scarlet fever. “The camp surgeons were keenly on the alert to prevent the spread of such diseases,” he explained, “but their efforts were



Walter Camp’s Daily Dozen exercise routine found popularity with the general public with the rise of the home phonograph. Camp’s advertisements were found in publications such as the *New York Times* and *Collier’s Magazine* as well as local newspapers.

largely negative,” because the camp’s daily “setting-up drill” left the sailors tired and physically vulnerable.⁷⁹ Camp did not turn to “weight training” to build the resistance the men needed, however. Camp had little regard for barbells and dumbbells and the large leg and arm muscles they created. Sandow and his ilk might be “built like giants,” he wrote, but they were “rotten inside” and lacked the “suppleness, chest expansion, resistive force, and endurance” that a military life required.⁸⁰

The full story of Camp’s involvement with the training of men who served in the Navy and other branches of the military during World War I

is beyond the scope of this paper.⁸¹ However, that his work with the Navy further established him as a physical culture expert in the eyes of the public cannot be disputed.⁸²

A RELUCTANT PHYSICAL CULTURE ENTREPRENEUR

Camp's foray into commercial physical culture began in 1919 with the publication of a small book titled *Keeping Fit All the Way: How to Obtain and Maintain Health, Strength and Efficiency*.⁸³ The book was similar to manuals distributed by the National Security League earlier, and like those, provided instructions for group leaders. The following year, 1920, he released *The Handbook of Health and How to Keep It*, a book that included two Daily Dozen routines—the first a copy of what the Navy men used during the war and a second aimed at older civilians.⁸⁴ He then published several articles in *Colliers* magazine that were combined into a small booklet sold by the Reynolds Publishing Company titled *The Daily Dozen for Men and Women*.⁸⁵ The soft cover of the book contained an illustration of a stretching tiger and the admonition, "Take a Tip from the Tiger and Stay Young."⁸⁶ Camp claimed in the book that it was watching his dog rise and stretch in front of his fireplace as well as thinking about the vitality of circus and zoo animals that had inspired the Daily Dozen. He told his readers that animals do not lift weights but they do twist and stretch, and in doing those activities, "the lion and tiger and dog keep fitter than you do."⁸⁷

In 1921, a new technology allowed exercisers not just to read about the Daily Dozen—but to exercise "with Camp" through the release of a five-record set of instructional recordings to be used in the privacy of their homes. According to music historian Tim Gracyk, between 1916 and 1920 most record players sold in large wooden cabinets making them expensive and cumbersome. In the early 1920s, however, several companies began marketing smaller, more portable "talking machines" that became increasingly fashionable. The arrival of these less expensive Vic-

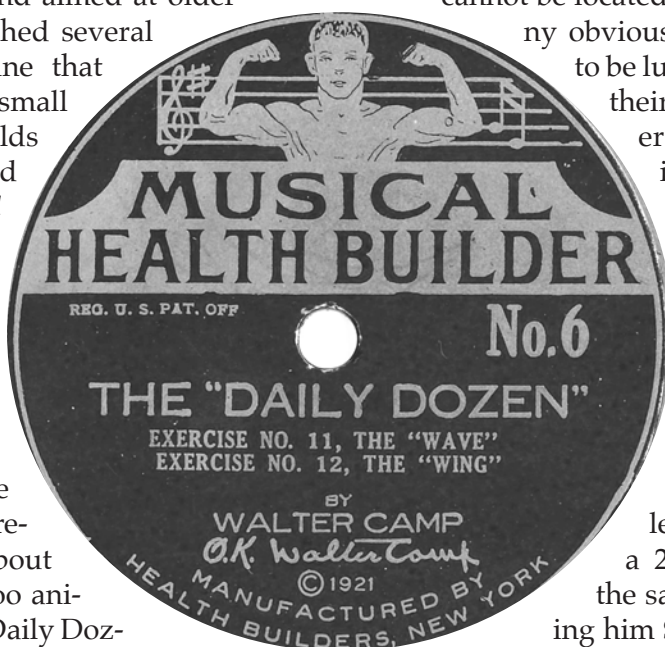
trolas, as they were commonly called, "created new markets for musical recordings and allowed a few physical culture entrepreneurs to experiment with a new way to deliver exercise."⁸⁸ Wallace M. Rogerson, a Chicago-based physical culturist who specialized in weight loss for women, copyrighted the first physical fitness records in 1920.⁸⁹ Wallace's first set of exercise records were pressed by the Columbia Phonograph Company and sold via mail order. Camp's record set, marketed by the Health Builders Company in New York, appeared almost immediately after Rogerson's and sold by both mail order and in stores. The five records consisted of rousing band marches over which Camp shouted exercise commands.⁹⁰

Camp's *Daily Dozen* records were marketed for the next several years, and although sales figures cannot be located, the Health Builder Company obviously found the Camp records to be lucrative, as they began selling their own portable record player called the "Camp-Fone" in April 1923.⁹¹ Weighing only 15 pounds, the small Victrola sold for \$25. An ad for the new machine claimed, "The Camp-Fone appeals both to the Walter-Camp 'fans,' and to all outdoor camp enthusiasts, as well."⁹² In 1921, the first year the records were released, Health Builders paid a 20-cent royalty to Camp on the sale of 4,182 record sets, earning him \$836.40. That figure is hard-

ly insignificant when one considers that the average American man earned just over \$3200 annually in 1920.⁹³ Following the release of the records, a revised edition

of the *Daily Dozen* book appeared, although this time, Health Builders held the copyright. In 1922, Health Builders renewed the copyright suggesting that the book remained popular, requiring new editions.⁹⁴

Camp published his final book on physical culture, also called *The Daily Dozen* in 1925. It appeared just after his unexpected death of a heart attack that same year, and so Camp's friend and biographer, Harford Powel completed the final editing. In an Editor's Note, inside the greatly expanded, hard-cover edition, Powel tried to distance Camp from



This record label is from one of the five records in the set sold by the Health Builder Company in 1921. Records one through three had two exercises on each side as this one illustrates. The last two records had routines involving three different exercises. Camp advised that if the normal 78 rpm speed was too fast then one could simply slow it down using your record player's speed regulator until proficiency was gained.

other physical culturists, and from the idea that he might have made money from his exercise system. *The Daily Dozen*, Powel claimed, was “not developed as a money-making idea.” Camp put out the *Daily Dozen*, Powel argued, “as his personal contribution to winning the war.” He had turned to publishing after the war only because of the incredible growth of his ideas and the fact that people “from small towns and big cities” were imploring Camp to come and visit them in order to “demonstrate the amazing new system which was easy to do, and which was accomplishing so much for its devotees.”⁹⁵

Powel’s attempt to distance Camp from physical culture entrepreneurs like Macfadden and Sandow reveals more than it convinces. While it does not appear that Camp ever took out any kind of patent or copyright on the idea of the Daily Dozen itself and *Colliers*, in 1920, wrote that Camp’s system “has never been commercialized,” the truth is that Camp did receive money from magazine articles, books and even record sales related to the Daily Dozen, and he, or Powel on his behalf, copyrighted the 1925 edition of *The Daily Dozen*.⁹⁶

While Camp’s exercise methods and his desired type of fitness were quantifiably different than those espoused by either Sandow or Macfadden, it was Camp’s upper-class upbringing, Yale University training, government connections, and most importantly, the fact he published his ideas in “mainstream” magazines like *Colliers*, that made him stand alone in early-twentieth-century physical culture as an unstigmatized expert.

One measure of how the public viewed his physical culture advocacy can be seen the various obituaries in which the Daily Dozen and his advocacy of fitness and exercise were discussed as among his most important contributions to American life. As the *Bridgeport (Connecticut) Telegram* put it:

As a successful business man Mr. Camp was well known in his own community but not so well known outside. As a football mentor, and the author of one of the classics on football, he was known to all followers of that greatest of college sports. But perhaps his greatest bid to national fame came when, toward the close of a well-rounded life, he set the whole nation [to] daily bending and bowing, kneeling and rising to the schedule of the ‘daily dozen. . . . The preaching of the gospel of fitness will long be asso-

ciated with the name of Walter Camp. The schedule which he originally invented as a substitute for regular exercise in the war days has come to be adopted in hundreds of thousands of American homes. If we are to believe the insurance companies, he has surely been the means of bringing a higher degree of personal fitness and good health to countless people, and perhaps has been the means of prolonging many lives as well. Surely a useful service, and entitling him to nation’s grateful remembrance as he passes into the beyond.⁹⁷

Clearly, he was recognized as one of the most significant physical culture experts of the early twentieth century.

While this essay has attempted to provide the proverbial big picture of how Camp’s Daily Dozen emerged as a favored form of exercise during World War I, and to examine Camp’s endeavors in rousing Americans of all ages to pursue greater fitness in the years after the war, the authors fully acknowledge that only part of this tale is told here. Further work is warranted on nearly all the topics referenced in this essay—the Senior Service Corps, Camp’s Navy work, his physical culture articles and books, and even Camp’s own feelings about the field of physical culture and his involvement in it. Future scholars will, hopefully, more fully unpack Camp’s physical culture legacy and explore, for example, the impact his antithetical views on weight training may have had on coaches and the greater world of sport. Camp’s reliance on animals as models for fitness and sources of inspiration also bears further investigation in light of Charles Atlas’s citing his visits to the zoo to watch the tigers and lions as the inspiration for his training course—which appeared after Camp’s first Daily Dozen books.⁹⁸ Finally, it would also be interesting to track the hundreds of uses of the term Daily Dozen since Camp’s time—particularly in the fitness industry where it has been used again and again by those selling books and training courses. York Barbell most notably appropriated it in 1958 for the title of their new training guide—*Bob Hoffman’s Daily Dozen*.⁹⁹

NOTES

1. The Olympic Congress ran 15-23 June 1914. Bill Mallon, Ian Buchanan, Jeroen Heijmans, *Historical Dictionary of the Olympic Movement* (Lanham, MD: Scarecrow Press, 2011), 255. See also: International Olympic Committee, *Olympic Congresses: Overview of the Content of the Archives Concerning the Organization, Running and Decisions of the Congresses between 1894 and 1981* (Lausanne, Switzerland, 18 April 2011), 18-21.
2. For discussion on Camp's trip to Paris, see: Richard P. Borkowski, "Life and Contributions of Walter Camp" (Ph.D. diss., Temple University, 1979), 234-236.
3. Ibid.; and "World War One," viewed at: www.history.com/topics/world-war-i/world-war-i-history#section_1.
4. The poem was first published in the *New York American*, 29 September 1914. Camp also included it in *Walter Camp, Keeping Fit all the Way* (New York: Harper & Bros. Publishers, 1919), 40-41.
5. Harford Powel only briefly mentions Camp's work with The Daily Dozen in Harford Powel, Jr., *Walter Camp: Father of American Football* (Boston: Little, Brown and Company, 1926), 163-165. Kathleen Valenzi makes brief mention of his wartime work and the Daily Dozen, but does not frame the work in a physical culture context in Kathleen D. Valenzi, *Champion of Sport: The Life of Walter Camp, 1859-1925* (Charlottesville, VA: Howell Press, Inc., 1990), 81-99. Julie Des Jardins frames Camp's Daily Dozen as an alternative to the "German Turners, physical culturists, and Swedish drillers" in a brief passage in Julie Des Jardins, *Walter Camp: Football and the Modern Man*, (New York: Oxford University Press, 2015), 296-297. Borkowski briefly covers many of Camp's accomplishments, concluding that Camp was a "Promotor of Physical Fitness," but not in a physical culture context in Borkowski, "The Life and Contributions," 293. Finally, Roger R. Tamte, author of the most recent biography of Camp, also focuses on his football exploits and spends only a few pages discussing Camp's wartime physical fitness work in Roger R. Tamte, *Walter Camp and the Creation of American Football* (Chicago: University of Illinois Press, 2018), 292-298.
6. Between 1888 and 1912, Walter Camp served at Yale University as football coach, as athletic director, and as a special advisor. John J. Miller, *The Big Scrum: How Teddy Roosevelt Saved Football* (New York: Harper, 2011), 65-90. To see how sport history textbooks cover Camp, see: Betty Swanson and Richard Spears, *History of Sport and Physical Education in the United States*, 3rd ed. (Dubuque, IA: Championship Books, 1988): 139-140; Gerald Gems and Gertrud Pfister, *Understanding American Sports* (New York: Routledge, 2009), 142; and S.W. Pope, *Patriotic Games: Sporting Traditions in the American Imagination 1876-1926* (New York: Oxford University Press, 1997), 90. See also: Michael Oriard, *King Football: Sport and spectacle in the Golden Age of Radio and Newsreels, Movies and Magazines, The Weekly and The Daily Press* (Chapel Hill, NC: University of North Carolina Press, 2001), 130-131.
7. Steven W. Pope briefly refers to Camp supervising President Wilson's Cabinet and Camp's naval work in a short paragraph in S.W. Pope, "The World War I American Military Experience," in *Sport in America: from Colonial Leisure to Celebrity Figures and Globalization*, vol 2, ed. David K. Wiggins (Champaign, IL: Human Kinetics, 2010), 207, 209. Camp is not mentioned at all in David M. Kennedy, *Over Here: The First World War and American Society* (New York: Oxford University Press, 2004) even though the book references the National Security League, military preparedness and other aspects of preparing for World War I.
8. Walter Camp quoted in Powel, Jr., *Walter Camp*, 164.
9. Quoted in Special Committee of the House of Representatives, *Hearings on H.R. 469 and H.R. 476 to Investigate and Make Report as to the Officers, Membership, Financial Support, Expenditures, General Character, Activities, and Purposes of the National Security League, A Corporation of New York, and any of Associated Organizations*, 65th Cong., 3rd session, Part IV, 1918, 204. Viewed at: hdl.handle.net/2027/nyp.33433004204792.
10. Ibid. Robert D. Ward, "The Origin and Activities of the National

Security League: 1914-1919," *The Mississippi Valley Historical Review* 47, no.1 (June 1960): 52.

11. Ibid.

12. "The National Security League and Preparedness for War," *The Advocate of Peace* 77, no. 7 (July 1915): 158-159.

13. Ibid.

14. John S.D Eisenhower, *Teddy Roosevelt and Leonard Wood: Partners in Command* (Columbia: University of Missouri Press, 2014). See also: Jack C. Lane, "Wood, Leonard," *American National Biography Online* (2000) viewed at: www.anb.org/view/10.1093/anb/9780198606697.001.0001/anb-9780198606697-e-0600730.

15. Dues for regular membership were one dollar a year, life members paid twenty-five dollars, and founding members one hundred dollars. Several large donors helped keep the group running, including Cornelius Vanderbilt, Mortimer Schiff, George W. Perkins, and Bernard Baruch. Harold T. Pulsifer, "The Security League Conference," *Outlook* 111 (8 December 1915): 853-54. See also: Ward, "The Origin and Activities," 53-54; and House Subcommittee, *Hearings*, 5.

16. Ward, "The Origin and Activities," 55. Poster, "Washington Said," for National Security League, circa 1916, Pritzker Military Museum and Library viewed at: cdm16630.contentdm.oclc.org/cdm/ref/collection/p16630coll2/id/2044.

17. Hew Strachan, *The First World War* (New York: Penguin Books, 2003), 222-230. See also: Edward M. Coffman, *The War to End all Wars: The American Military Experience in World War I* (Lexington: University of Kentucky Press, 1986), 7. One of the most important precipitating factors for America to enter the war was the discovery of the "Zimmermann Telegraph," a secret diplomatic communication issued from the German Foreign Office proposing a military alliance between Germany and Mexico should the United States enter World War I, including the annexation of Texas by Mexico. The cable was intercepted and decoded by British intelligence. The information was presented to the American public who became enraged, especially after German Foreign Secretary Arthur Zimmermann publicly admitted the telegram was genuine. It galvanized Americans to begin thinking of the European situation as "their" war too.

18. Borkowski, "Life and Contributions," 237-238.

19. Ibid., and Powel, Jr., *Walter Camp*, 150-5. See also: Jardins, *Walter Camp*.

20. By 1918, Camp was clearly involved with the NSL as he appears in House Subcommittee, *Hearings*, 395. The first appearance reads: "February 27 (1918), committee on physical reserve organized with Walter Camp of New Haven, Conn., as chairman, letters were sent to the principal cities, requesting the formation of local physical reserve committees, and over three hundred of these committees were appointed by these local authorities," (p. 395). The second appearance reads: "February 27 (1918), over 2,500 copies of Walter Camp's Manual of Physical Exercises have been distributed," (p. 395). Camp also published a pamphlet with the League in 1917: *Walter Camp and the National Security League, "What the Victory or Defeat of Germany means to Every American,"* (New York: National Security League, n.d.).

21. Ibid.

22. Although he initially called his new program the Internal Defense League, it was almost immediately renamed The Senior Service Corps. "Walter Camp Head of Home Defenders: Noted Yale Athlete to Condition Men Beyond Military Age as Guards," *New York Sun*, 25 March 1917. See also: Borkowski, "Life and Contributions," 237-238.

23. He wanted to develop them into men able "to make the nineteen-mile march from New Haven to Bridgeport and then be ready for duty," quoted in "Walter Camp Head of Home Defenders."

24. Jardins, *Walter Camp*, 9-38. This is also well documented in Valenzi, *Champion of Sport*, 24, 96-99. Borkowski, "The Life and Contributions." See also: "Biographical Sketch," *Walter Chauncey Camp Papers* (MS 125) Manuscripts and Archives, Yale University Library, New Haven, CT., at: hdl.handle.net/10079/fa/mssa.ms.0125. (Hereafter, Camp's collection

will be referenced as –WCC).

25. Borkowski, “The Life and Contributions,” 3.

26. New Haven Museum 2010 Exhibit, “Hopkins in the 19th Century,” *Hopkins School: Celebrating 350 Years*, online exhibit narrative viewed at: www.hopkins.edu/ftpimages/82/download/Narrative%20History.pdf.

27. As pointed out by Borkowski, multiple biographers state that Camp worked to build muscle and often ran through the streets of New Haven training his small physique, however there is practically no primary source information to corroborate the story. Borkowski, “The Life and Contributions,” 6. Valenzi’s biography makes the same claim but no source is cited in *Champion of Sport*, 16. Jardins makes the same claim in *Walter Camp*, 15.

28. Powel Jr., *Walter Camp*, 4-5.

29. See for example: Jardins, *Walter Camp*, 9-38. Valenzi, *Champion of Sport*, 16.

30. Yale University, “Yale University, University Catalogue, 1876,” paper 65, *Yale University Catalogue* (1876), 33, 57, viewed at: elischolar.library.yale.edu/yale_catalogue/65. Camp is listed as a freshman in the “Undergraduate Academical Department,” 33. The catalogue sets forth all required academic courses for each department without a reference for any physical education requirements. The only mention of the gymnasium states: “The Gymnasium is designed to provide all students with opportunities for exercise. Those who use the bath-rooms pay a small fee for tickets,” 57. The 1880 catalogue makes the same reference to the gymnasium and lists Camp as a senior.

31. *Obituary Record of Yale Graduates, 1924-1925*, Bulletin of Yale University, Twenty-First Series, Number Twenty-Two (New Haven: Yale University, 1925), viewed at: mssa.library.yale.edu/obituary_record/1859_1924/1924-25.pdf; and Biographical Sketch. See also Powel Jr., *Walter Camp*; Jardins, *Walter Camp*, 9-38; Valenzi, *Champion of Sport*.

32. Ibid.

33. Camp is credited with introducing the idea of playing the game in 15-minute quarters, instituting the eleven player limit, creating the ‘safety’ as a scoring play, creating the line of ‘scrimmage,’ and inventing the quarterback position. He also created the “downs system,” and suggested the field be divided by white lines, which resulted in the moniker “gridiron.” Pamela Grundy and Benjamin Radar, *American Sports: From the Age of Folk Games to the Age of Televised Sports*, 7th ed. (New York: Pearson, 2015), 73-75, 154.

34. Valenzi, *Champion of Sport*, 24.

35. Ibid. Although his job at the New Haven Clock Company was demanding, Camp still had enough energy to supplement his income by writing more than 250 popular articles for magazines and newspapers and publishing 30 books. Some of Camp’s non-football titles include: *Handbook on Health: And How to Keep It*, (New York: D. Appleton Co., 1920); *Walter Camp’s Book of College Sports* (New York: The Century Company, 1893); *Athletes All: Training, Organization, and Play* (New York: Scribner, 1919); *Keeping Fit All the Way: How to Obtain and Maintain Health, Strength and Efficiency* (New York: Harper & Brothers, 1919). Examples of some of his articles include: “A Day’s Foot-ball Practice at Yale,” *Harper’s Weekly* 32, no. 1066 (24 November 1888): 890; “The Historic Game of Football,” *Youth’s Companion*, no. 74 (29 November 1900): 625-6; “The New Idea in Athletics,” *Outing Magazine* 55, no. 6 (March 1910): 651; and “Industrial Athletics: How the Sports for Soldiers and Sailors are Developing into Civilian Athletics,” *Outlook* 122 (11 June 1919): 252.

36. Powel Jr., *Walter Camp*, 4-5.

37. For information on Anderson see: Judith Schiff, “Building a Better Student Body: The Doctor Who Pioneered Physical Education at Yale,” *Yale Alumni Magazine*, January/February 2016, viewed at: yalealumnimagazine.com/articles/4213-building-a-better-student-body.

38. Letter, W.G. Anderson to Walter Camp, 30 March 1917, Box 2, File Folder 47, WCC.

39. Ibid.

40. Ibid. Anderson was one of the few academic physical educators in

this era to recommend moderate weight training. He includes a short section on the activity in: William G. Anderson and William L. Anderson, *A Manual of Physical Training, for Boys and Girls, for Use by Public-school Teachers, Parents, and the Superintendents of Junior Societies in Churches* (Boston and Chicago: United Society of Christian Endeavor, 1913), 89-92.

41. Ibid.

42. Ibid.

43. Letter, Walter Camp to Maurice Hole, 9 April 1917, Box 22, File 614, WCC.

44. For additional information on the founding of the Senior Service Corps see: Van Tassel Sutphens, “Making Middle-Aged Men Fit to Help in War: Walter Camp Urges Plan of Moderate Physical Training,” *New York Times Magazine* (24 June 1917), 60-61.

45. Letter, Walter Camp to H.B. Moss, 7 April 1917, Box 22, File 614, WCC.

46. Letter, Walter Camp to Rolph Duff, 7 April 1917, Box 22, File 614, WCC.

47. Letter, Walter Camp to Cleveland H. Dodge, 7 April 1917, Box 22, File 614, WCC.

48. Letter, W.G. Anderson to Walter Camp, 9 May 1917, Box 22, File 614, WCC; Letter, W.G. Anderson to Walter Camp, 14 May 1917, Box 22, File 614, WCC.

49. Letter, E.F. Sweet to Walter Camp, 10 May 1917, Box 25, File 698, WCC.

50. Letter, Walter Camp to E.F. Sweet, 15 March 1917, Box 25, File 698, WCC.

51. Congressman John Q. Tilson of Connecticut, *Senior Service Corps, Remarks in the House of Representatives*, 17 May 1917, 65th Cong., 1st sess., 1917, 3, viewed at: babel.hathitrust.org/cgi/pt?id=uiug.30112039404253.

52. Ibid.

53. Ibid., 4.

54. Ibid.

55. Ibid.

56. Ibid.

57. Ibid., 5.

58. Ibid.

59. Ibid., 6.

60. Ibid.

61. Ibid. The title of this book is not known.

62. Ibid., 8-9.

63. For more on Camp as the Father of American Football, see his original biographer, Harford Powel Jr., *Walter Camp*. Numerous historians of sport also refer to Camp as the Father of American Football. See Ronald A. Smith, *Sports & Freedom: The Rise of Big-Time College Athletics* (New York: Oxford University Press, 1988), 83; Michael Oriard, *Reading Football: How the Popular Press Created an American Spectacle* (Chapel Hill: University of North Carolina Press, 1993), 35; Robin Lester, *Stagg’s University: The Rise, Decline & Fall of Big-Time Football in Chicago* (Urbana: University of Chicago Press: 1995), 104; S.V. Pope refers to Camp as the “Dean of American Football,” in *Patriotic Games*, 90. For information about Camp’s training of Wilson’s cabinet see: “Cabinet Chiefs Learn How to be Young Again,” *New York Times*, 22 July 1917. See also: “Cherry Blossom Festival,” National Park Service, viewed at: www.nps.gov/subjects/cherryblossom/history-of-the-cherry-trees.htm.

64. The Senior Service Corps was absorbed by the National Security League. It is unclear exactly how this occurred, however John Carver Edwards describes the founder of the National Security League, S. Stanwood Menken as proceeding to “establish a national fitness program under the direction of sportswriter Walter Camp to condition” rejected volunteers for military duty, which occurred sometime in late 1917. That program was Camp’s Daily Dozen. John Carver Edwards, *Patriots in Pinstripe: Men of the National Security League* (Washington, DC: University of America Press, 1982), 60. The National Security League published multiple editions of Camp’s Daily Dozen as part of its pub-

lications: Committee on Physical Reserve, *A Manual of Physical Training Prepared for Civilian Use* (New York: National Security League, 1919(?)), viewed at: <hdl.handle.net/2027/mdp.39015070315828>.

65. Camp, *Keeping Fit All the Way*, 57, 60-61, 12. See also: Tilson, *Senior Service Corps*, 7-8, viewed at: <babel.hathitrust.org/cgi/pt?id=uiug.30112039404253>.

66. H.W. Brands, *Traitor to his Class: The Privileged Life and Radical Presidency of Franklin Delano Roosevelt* (New York: Anchor Books, 2000), 125. A similar scene is described in the *NY Times* article, "Cabinet Chiefs Learn How to be Young Again." See also: Jardins, *Walter Camp*, 284-287. In a letter to Camp, Roosevelt thanks Camp for the training, which caused him to lose ten pounds, see Letter, Franklin D. Roosevelt to Walter Camp, 2 June 1917, WCC.

67. Sutphen, "Making Middle-Aged Men Fit," 60-61.

68. Ibid.

69. Ibid. See also: Jardins, *Walter Camp*, 281-287, and Valenzi, *Champion of Sport*, 89-90. The most famous entity being the group of Cabinet Officials in Washington, DC. One of the best pieces of evidence on the growth of the Senior Service Corps is Camp's letter to Assistant Secretary of the Navy, Franklin D. Roosevelt on 20 June 1917, in which he states, "You will be glad to know I had applications this week from over four hundred places to start units of the Senior Service Corps, of which you approved on my last visit." Camp to FDR, 20 June 1917, Box 21, Folder 592, WCC. In a March 1919 letter from FDR to Camp, FDR thanks Camp for his program in stating, "I find that this job of running the Navy Department all alone means about fourteen hours a day if one is to do it well, but those exercises on the good ship GEORGE WASHINGTON have made the fourteen hours possible, my only complaint is that I have gained ten pounds, luckily most of it is in the right place. Let me know when you come down here." FDR to Camp, 22 March 1919, Box 21, Folder 592, WCC.

70. Committee on Physical Reserve, *Manual of Physical Training*. An interesting point to note is the publication date on the HathiTrust cover label indicates "1919?" The book is a digitized version of a University of Michigan copy. This appears to be the first edition of the manual as another edition found at: [hdl.handle.net/2027/ucl.\\$b281834](hdl.handle.net/2027/ucl.$b281834). A digitized copy originally from the University of California, appears to be the 2nd edition, however all that is legible is the "ND edition." The inside cover of that copy is stamped "Gift, OCT 1, 1918," but it has the same "1919?" as the other copy on the added cover sheet. However, the apparent 2nd edition from the University of California has the addition of pictures of the exercises. In either case, Walter Camp was the chairman of the committee and within the publication is "The Daily Dozen Set-Up: A shorthand system of setting-up exercises."

71. Ibid.

72. "A Daily Dozen Set-Up: Walter Camp's New Shorthand System of Morning Exercises," *Outing* 73, no. 2 (November 1918): 98-100. In this article, the exercises were listed in order without being grouped into sections.

73. *Hearings* - 27 February 1918 entry, 395.

74. Lawrence Perry, *Our Navy in the War* (New York: Charles Scribner's Sons, 1918), 239-259.

75. Ibid.

76. Camp, *The Daily Dozen*, 27.

77. Camp, *Keeping Fit All the Way*, 33.

78. Ibid., 7.

79. Camp, *The Daily Dozen*, 28. Dr. Anderson of Yale is not mentioned in the book.

80. Camp, *Keeping Fit All the Way*, 33-34; and Camp, *Training for Sports*, 21-22. For further discussions about the negative aspects of weight training see: Walter Camp, *The Handbook of Health and How to Keep It* (New York: Appleton, 1920), 35.

81. Author Mickey Phillips is working on Camp's contributions to military fitness for his doctoral dissertation. In addition to creating the Daily Dozen program for the Navy, Camp was also appointed as

Chairman of the Athletic Department of the U.S. Navy Commission on Training Camp Activities, a position that he held until the armistice. As Chairman, Camp, through his network of coaches, set up athletic training programs at each of the Navy training stations. Across the country at mobilization sites, recruits began boxing, playing baseball, and even playing on competitive football teams.

82. Nor should we doubt the impact his ideas had on American military forces. US Army General L. Bullard cited Camp's contributions to military training in a 1923 *New York Times* article, arguing that in Camp's system, "The exercises are scientifically developed and are calculated to square up the shoulders, fill out the chest, strengthen the arms and legs and, in general, give the man that bearing which so definitively denotes the soldier." See: "Plea for Training Made by Bullard," *New York Times*, 2 September 1923.

83. Camp, *Keeping Fit All the Way*.

84. Camp, *Handbook on Health*, 57-73, 74-83.

85. Walter Camp, "Live Faster: Don't Die Faster," *Colliers* 66, no.3 (July 1920): 9-11; Walter Camp, "Keeping Young at Forty," *Colliers*, 5 June 1920, 11-13, 55-.

86. Walter Camp, "Foreword," *The Daily Dozen for Men and Women* (New York: Reynolds Publishing Company, 1921), cover and 2.

87. Ibid.

88. For additional history of the phonograph and recording industry see Tim Gracyk, *Popular American Recording Pioneers, 1895-1925* (New York: The Hawthorn Press, 2000), 1-7.

89. He received an official patent for the same product on 14 November 1922. See: "Episode 909, Story 2 - Exercise Records," *History Detectives*, viewed at: www-tc.pbs.org/opb/historydetectives/static/media/transcripts/2011-09-06/909_exercise-records.pdf.

90. Ibid.

91. Advertisement - Health Builders, "Walter Camp's Health Builder Records," *The Talking Machine World*, various monthly editions from 1921 to 1923.

92. Tim Gracyk, "A History of Portable Talking Machines," *Tim's Phonographs and Old Records* website: www.gracyk.com/portable.shtml.

93. "Pay record/receipt from Health Builders," Box 12, Folder 342, WCC. Unfortunately, in Camp's correspondence there is only the one year-end royalty statement from Health Builders. In 1920, the Internal Revenue Service reports, the average income was \$3,269.40 per year: "The Average Salary in 1920," at: careertrend.com/facts-7426286-average-salary-1920.html.

94. Walter Camp, *The Daily Dozen for Men and Women*, rev. ed. (New York: Health Builders, 1921); and Walter Camp, *The Daily Dozen for Men and Women*, rev. ed. (New York: Health Builders, 1922).

95. Walter Camp, *The Daily Dozen* (New York: The Reynolds Publishing Company, 1925), xv-xvi.

96. Camp, "Keeping Young at Forty," 60; and "Walter Chauncey Camp, 'The Daily Dozen'" in *Catalog of Copyright Entries, New Series: 1925* (Washington, DC: Government Printing Office, 1926), 778-789.

97. "Walter Camp," *Bridgeport Telegram*, 16 March 1925.

98. Charles Atlas did not publish his first training course until 1922. See "Charles Atlas," at en.wikipedia.org/wiki/Charles_Atlas.

99. Bob Hoffman, *Bob Hoffman's Daily Dozen* (York, PA: York Barbell Company, 1958).

