

Annekatriin Metz, Markus M. Müller, Lutz Schowalter (Eds.)

F(e)asting Fitness?

Cultural Images, Social Practices, and Histories
of Food and Health

A Fe(a)stschrift in Honor of Wolfgang Klooß

Annekatriin Metz, Markus M. Müller,
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and Histories of Food and Health**

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Wolfgang Klooß**

 **Wissenschaftlicher Verlag Trier**

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Trier : WVT Wissenschaftlicher Verlag Trier, 2013

ISBN 978-3-86821-441-3

Umschlaggestaltung: Brigitta Disseldorf

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ISBN 978-3-86821-441-3

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WVT Wissenschaftlicher Verlag Trier

Bergstraße 27, 54295 Trier

Postfach 4005, 54230 Trier

Tel.: (0651) 41503, Fax: (0651) 41504

Internet: <http://www.wvttrier.de>

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F(e)asting Fitness? Cultural Images, Social Practices, and Histories of Food and Health

Acknowledgments

Beyond testing intellectual and organizational fitness, every book is also a communal effort, always. Even for a little community of three editors, help from various people and institutions is indispensable when transforming first ideas and then individual manuscripts into the final product. Between two covers now, historical reflections and cultural images on as well as literary abstractions and fictional stylizations of how food, health, and fitness interact on various levels can be consumed *al gusto*. Because of that, we are particularly grateful to the Förderverein der Ziele und Interessen des Zentrums für Kanada-Studien (ZKS) an der Universität Trier e.V. for their very generous financial support; we also thank the Association for Canadian-Studies in German-Speaking Countries (GKS) for further funding. Our research assistants, Louise Groth-Pedersen and Julia Wurr, have helped with the proofreading and some abstracts, while Art Historian Ulrike Gehring and Gert Nußbaum have thought with us about the book's cover photos. At the publishing house, Wissenschaftlicher Verlag Trier (WVT), everyone was always very cooperative, meeting our queries and needs for extra time with great competence and patience. Finally, since this was supposed to be a slim volume, rather few of the many (inter)national scholars whose work and life have interconnected with the dedicatee's were asked for their digestions of the topic; some of them, being either otherwise engaged or on a strict working diet, could not feed into this collection. And yet, we feel that the present book has transubstantiated our idea of providing some *viaticum* for the post-retirement journey of Wolfgang Kloöß. All contributors to this Fe(a)stschrift in his honor deserve our heartfelt gratitude for having given so freely of their precious time and energy. They have all successfully battled deadlines while engaging in personal memory and nutritious homage via research and writing, thus exercising (or also exorcising?) their respective f(e)asting fitness.

The Editors: Annekatriin Metz – Markus M. Müller – Lutz Schowalter

Trier, January 2013

An Agent of Health and Food? Missions of Cultural Fitness and Imaging Wolfgang Klooß: Introduction to a Fe(a)stschrift

**Annekatriin Metz, Markus M. Müller, Lutz Schowalter
(Trier)**

Dining is the privilege of civilization. [...] The nation which knows how to dine has learnt the leading lesson of progress [...]; and a well-served table is a striking index of human ingenuity and resource.

Isabella Beeton, *Mrs. Beeton's Book of Household Management*

The Hippocratic physicians distinguished between various regimens (which they called diet) to achieve health. [...] diet did not refer simply to food but to the whole lifestyle including nutrition and exercise. Their concept of positive health depended on knowledge of man's primary constitution (genetics), food, and exercise.

Artemis P. Simopoulos, "Opening Address: Nutrition and Fitness ..."

An Iconic Detour; or: Double Agent Appreciation

"I take ridiculous pleasure in what I eat and drink. It comes partly from being a bachelor, but mostly from a habit of taking a lot of trouble over details." Those who have long known Wolfgang Klooß, his charming ability for analyzing himself and the world in disarmingly ironic fashion, could unhesitatingly imagine these words to be his. They originate, however, from Ian Fleming introducing a special agent in his 1953 novel *Casino Royale* (2006, 62), the blueprint for the phenomenon of a certain Bond, James Bond. Far-fetched as the evocation of the world's most famous, iconic espionage character in this homage to an eminent literary scholar and ardent administrator might seem to some, a number of connections will gradually, and playfully, appear. Though Wolfgang Klooß, too, has a 'bachelor's taste for freedom' and knows what 'dressed to kill' really means, likes an 'action-packed' lifestyle, flirts regularly with his superego, and can boast many exploits, intellectual and otherwise, he certainly is neither an assassin who earns "Double 0"-status, nor a gambler *inside* the casino ... The man born and raised in the shadow of Sleeping Beauty's Sababurg (yes, a true fairy-tale castle) in Kassel, state of Hesse, is an astutely fit strategist – one whose powers of observation and anticipation, of intervention and initiative, are hard to match.

Many more affinities – real and imagined – do suggest themselves, for instance during a 21st December 2012 cinema outing with conspiring colleagues: The dedicated sailor and former pilot Klooß not only emits an appreciative "Mamma mia!" when seeing a beautiful two-master sail towards the villain's island in the latest 007 movie, *Skyfall*. Following Commander Bond's generic sojourns (accompanied, always, by the

most gorgeous of girls) from rural Turkey and Istanbul to Shanghai and Macao, he also grumbles: "I have visited the same sites Bond is now visiting – though maybe not in the same style." Maybe ... In light of the dedicatee's many successful international missions, ranging from Bonn to Berlin to Bologna, from Canada to China, such modesty is somewhat out of place. And with little doubt, the heartbeat heard on the seat beside us that night was synchronous with that of the hero on the screen, or vice versa, making two adventurous paces and passions merge into one.

It is "the embrace of adventure that serves as the main course of Bond's life" (Cork and Stutz 2007, 12) – a fitting formula that also aptly encapsulates the career of Klooß, Wolfgang Klooß. After obtaining a BA in Manchester-College, Indiana in 1970, and graduating in English, History, and Politics in Marburg, Germany (another fairy-tale-imbued site) in 1972, posts on committees, scholarships, distinctions and a doctoral dissertation on Joyce Cary's Africa novels preceded his northbound move to the University of Kiel. Intensifying his academic engagements in various contexts as Assistant Professor in the northern harbor town that sports the world's largest sailing event, the "Kieler Woche," Klooß pioneered with his study – the first "Habilitation" on a Canadian topic, receiving an award from the Canadian Department of Foreign Affairs – on Métis leader Louis Riel in 1985 (published as *Geschichte und Mythos in der Literatur Kanadas. Die englischsprachige Métis- und Riel-Rezeption*; Carl Winter, 1989). Sailing both the academic and Baltic seas with mentor and friend Konrad Groß (on their privately owned boat "Kanata"), he also became a member of the Deutsche Studienstiftung (German National Scholarship Foundation) in 1987, from then on frequently co-conducting summer schools in La Villa, Italy.

His long-term professorship in Germany's oldest town at the University of Trier (1988-2013) included, in 1999, both an interim at the University of Jena and a Visiting Professorship at Clark University in Worcester, Massachusetts; in 2001, he was Visiting Fellow at St. John's College at our Canadian partnership institution, the University of Manitoba in Winnipeg. As Vice-President Academic (2006-2010), he was in charge of both domestic quality management and international relations and, for instance, instrumental in clinching a future-oriented deal with the University of Xiamen in China. He also first served as Vice President and then President for the Association for Canadian Studies in German-Speaking Countries (GKS; 1995-1999). Moreover, since 1991, he has been the untiring, ever networking Director of the Center for Canadian Studies (ZKS) at the University of Trier, along with Vice Director and friend Hans Braun, with whom he has edited *Kanada: Eine interdisziplinäre Einführung* (WVT, 1992), the first introduction of this kind in Germany. Also, together with Konrad Groß and Reingard M. Nischik, he edited and substantially contributed to the first Literary History of Canada in German (*Kanadische Literaturgeschichte*; Metzler, 2005). Wolfgang Klooß has further been a member of the University of Trier Senate (2003-2010) and will continue to be on many editorial boards as well as research and grant committees; recently, he has helped bring to life a prestigious Graduate School, accredited by the German Research Council (Deutsche Forschungsgemeinschaft, DFG), and based