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A Poet's Guide

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A Poet's Guide to Britain BBC Four, 8.30pm Although the loutish football hooligan inside me was dreading this new series, it turned out to be a wonderful surprise. In tonight's opening episode, the poet Owen Sheers talks about Wordsworth; not so much his daffodils and wandering clouds, but his vision of London seen from Westminster Bridge early in the morning.

("Dear God! the very houses seem asleep/And all that mighty heart is lying still!") When he wrote the poem, Wordsworth was about to get married and was on his way to France to meet his 9-year-old daughter for the first time. Sheers describes the sonnet as beautiful, simple and brief - one that manages to "change the weather in our heads". The same could be said of this programme.
David Chater