

SUN BATHING

REVIEW



SUMMER 1947
ONE SHILLING

QUARTERLY JOURNAL OF THE SUN SOCIETIES



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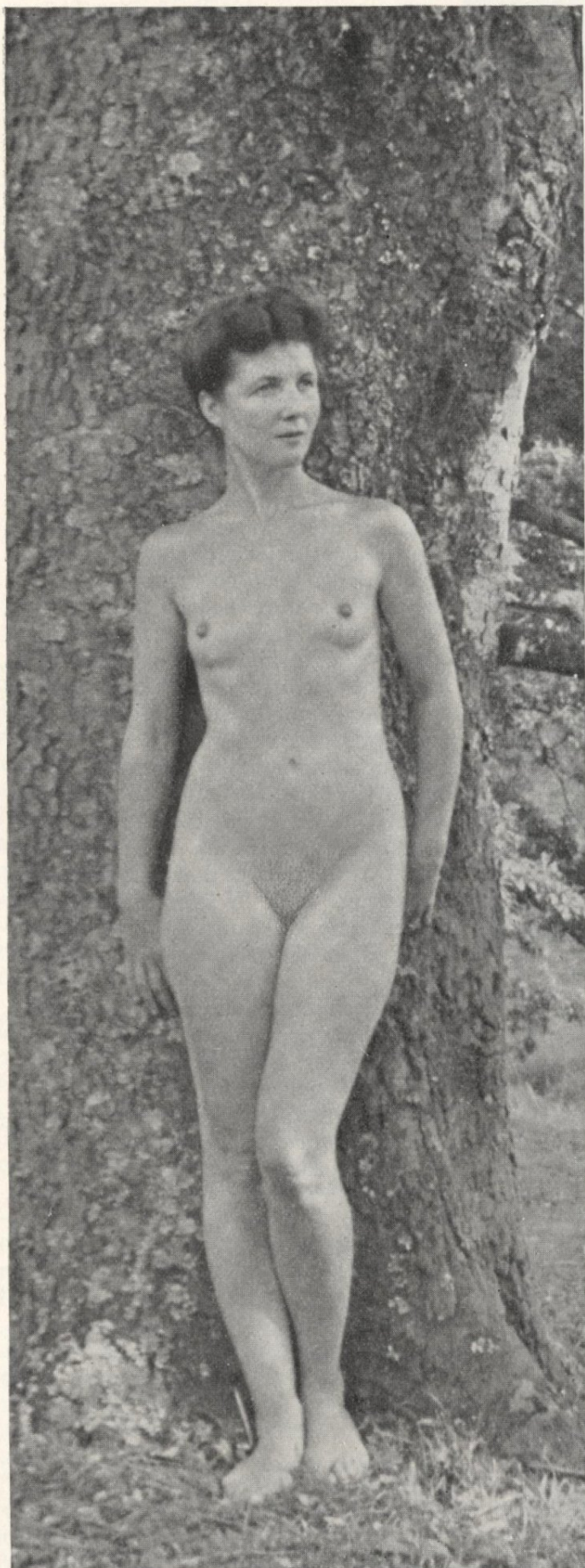
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Photograph]

[Ron

SUN BATHING

REVIEW

This review is entirely independent. Its aim is to present the great Health Movement towards Sun and Air Bathing in its widest aspects, and to publish supplements from the recognised sun bathing groups, but views expressed in literary contributions are not necessarily those of the Editor.

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The Body Beautiful

Although the attainment of physical perfection, or even of a good figure, is not the primary reason for nudism, the nudist who has a proper, healthy regard for his body, necessarily pays attention to the physical and mental well-being on which good physical development depends.

BALLET studios are well-provided with pier-glasses, so that budding ballerinas can see what they look like. Their professional success will depend on looking graceful to audiences. They need to know what it feels like to look well.

If there were more mirrors about, this world would be a much more lovely place to live in. In a modern Utopia the Ministry of Health and Beauty would push through the House of Commons a Bill to provide that all bathrooms within His Majesty's Realm should have looking-glass walls. Bath planning is far more important than town planning.

This is not an attempt to be funny: it is deadly

serious. Rather, it is "livingly" serious. For it is a fact that all of us would live more beautifully if only we knew what it feels like.

"Handsome is as handsome does" has a wider significance than is usually appreciated. Body-beauty is almost entirely dependent on shape, and shape in turn on body-carriage and poise. The bulges which appear where they shouldn't be are either over-developed muscles or fat accumulated where muscles are not working. If every muscle were used in its proper function and degree, balance and shape would be perfect. Beauty depends on behaviour.

All our behaviour is determined by how we feel.

"I feel that it's not right," is the common answer to an unwelcome suggestion. The would-be batsman who tries to take up an unaccustomed stance remarks, "It feels awkward."

Basic attitudes are ultimately determined by failures and successes in infancy. Our original efforts to stand on our feet and walk like grown-ups taught us to use this and that muscle in a particular way. When we first learnt to feel safe on our feet our muscles learnt what *they* felt like when *we* felt safe.

Some children found that they were safe if they adopted a humble attitude. To-day they go through life with shoulders pulled forward and chin depressed because it "feels right." Look at that woman with taut abdominal muscles, springy step, shoulder in line with hip and heel, chin and breasts held high. When first she learnt to walk her eyes were not on the ground but were lifted to look into her father's laughing face as he walked backwards before her, holding her hands level with her chin. She feels right that way.

The beautiful figure which speaks of glowing health. The subjects both of this photograph and that opposite were first prize-winners in a physical excellence competition promoted by the magazine "Health and Strength," entries for which were received in large numbers from all over the country.



By
ALEC
TOYNBEE

The average man may despair of attaining such a physique as this until he remembers that perfection of form depends upon behaviour. "It is a fact that all of us would live more beautifully if only we knew what it feels like."

"There is naught of good or ill but thinking makes it so." What we do is not what we know is good but what we think is good, and feeling is a large part of our thinking. Our appearance tells our inmost thoughts. If we want to present a good appearance our thinking must be good, for our thinking is our appearance. There is too much talk of body and mind as if they led dual existences. The body-mind is a unity, a self.

The thinking is not our conscious thought. Consciousness is merely the shape of the waves on the surface of the deep lake of self. It is altered by every breeze. It is the area of contact between the self and the outside world, the skin of thought. The thinking that matters is the invisible under-current in the deep waters of the unconscious.

It is a duty to our fellow-creatures to look beautiful—a duty which we are apt to forget. There is only one way to do it—to feel that what is beautiful is right. We know beauty when we see it in others; let us see it in ourselves.

Stand naked before the wardrobe mirror and look at yourself: try the side view first. Then slack off some muscles and tighten others until your lines approximate to those of that beautiful dancer or that Apollo Belvedere of an athlete whom you so much admire.

"But it feels so awkward" you exclaim. Now which looks awkward; you or the ballerina, you or the athlete? You must admit it—what *felt* right was wrong. Ocular judgment was right: muscular judgment was at fault. Not only eyes but also muscles must believe that what is beautiful is right.



This is no light matter. It is a serious thing to have to change your beliefs. It is a change in religion—in belief of what is right and wrong. It is an attack on your morals.

The White Queen told Alice that she learnt as a girl to believe three impossible things before breakfast each day. Few of us have acquired so flexible a morality—the morality of a contortionist. But we might be less rigid than we are. It involves convincing the muscles of what is right over and over again. For those who indulge in physical jerks the study of the mirror must be part of the daily routine. Others must introduce it in the bath. Seeing must become believing.

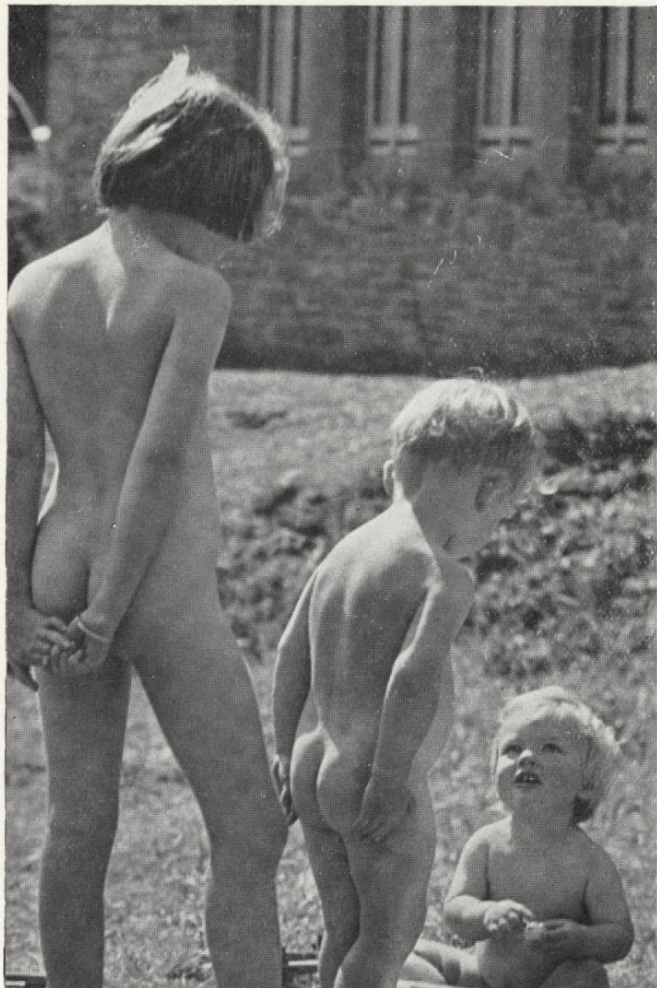
Moreover, we must not only learn, we must unlearn. Our former attitudes were the expression of tension in some muscles, slackness in others. Not only must the unaccustomed muscles be taught to pull their weight, the others must learn to slack off; otherwise we shall become rigid instead of graceful.

Unlearning the lessons of childhood is even more difficult than learning fresh ones. Consciousness

(Continued on page 42)

Movement—

*Alan - a - Dale has some
the club outlook.*



"THE big mystery about English sunbathers," said the returned G.I. walking over to his office window and staring pensively at the heat glare of Manhattan in midsummer, "is when, exactly, do they do it?"

Although I had considered myself a convinced and practised sunbather since the early twenties, there were quite a few other mysteries about the English sun clubs so far as I was concerned. Never having either the occasion or the opportunity to join one, all I knew about them was what I gleaned from the magazines. And, now I've been a member of a local club for nearly a year, there are still some things about the club outlook I just don't understand.

Let's go back, for a moment, to the early days of the sunbathing movement in England, some 15 years ago. There was enthusiasm—it would never have started without that. There was an adventurous spirit, and a feeling of starting something which would grow. Issues of *S.B.R.* during that period, contained pictures and news items which were a stimulation—not merely to the tyro to try sunbathing, but to the rank and file of the movement to adventure ever more boldly.

The photographs on these pages by Anthony Peacock, F.R.P.S., are surely eloquent testimony to the care-free joys of club life. The charming photograph at top left was taken at Sheplegh Court Hydro, Devon. That opposite shows part of Woodlands, Coventry.



or Stagnation?

pungent things to say about

Are we in a rut?

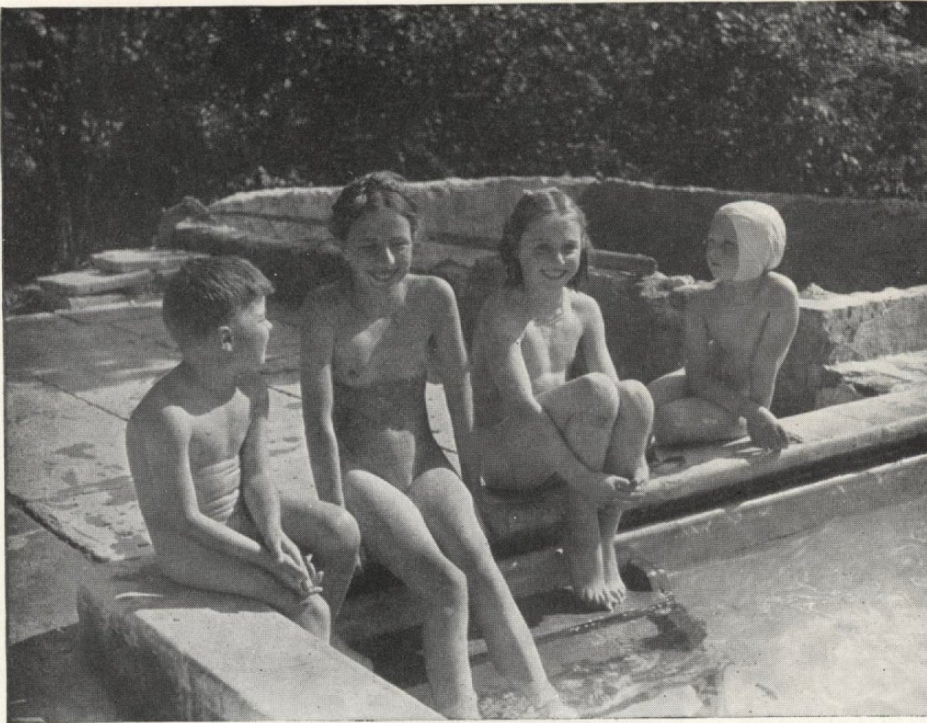
I remember one picture in *S.B.R.*, somewhere about 1933, of a group of sunbathers wearing vine wreaths; doing a Greek play out of doors in costume more authentic than could otherwise have been attempted. If anybody does that kind of thing now, I'd be glad to hear of them—but—where are the pictures, and where are the news items?

That picture epitomises for me the vast and depressing difference between the sunbathing movement as it began in this country, and as it has developed to-day. No longer are we revolutionaries, seeking to achieve a freedom which we are convinced is ours by right; we have settled down into mutually exclusive groups whose boldest flight of enterprise is the getting up of a tournament at Miniten. No longer a movement worthy of the name; it's a stagnation.

Mind you, it's a pleasant stagnation, for the membership. I owe my own club a debt of gratitude. The war left me by no means tranquil of nerves; and I must be one of many who have found in the



Above : swing time at the Yorkshire Sun Society. Left : siesta time in another part of the grounds at Woodlands Health Camp.



The more parents can be persuaded to give their children the freedom of the sun, the quicker will the movement progress.

objectives. If local authorities are to accept swimming without costumes at pools or on beaches, segregation of the sexes is an inevitable proviso.

Granted that, there is nothing to prevent local swimming pools, or sections of beach, being available at certain hours to those who wish, not to display beachwear, but to enjoy a swim as it was meant to be enjoyed. The movement's membership in many areas is surely strong enough to achieve this concession. And I do not believe there is a public beach around our coast where a child under the age of, say, twelve really need for lack of a swimsuit

make uncomfortable shift with pocket handkerchiefs . . . or, failing that parental brainwave, swelter enviously out of the water.

Just a few ideas. And all that is needed are a few people with the energy of their convictions. Where are they?

peace and seclusion of a sunbathing club, the soothing warmth of the sun, the long days in the fresh air, and above all in the friendly, easy-going behaviour of fellow-members, the one infallible remedy for the effects of wartime strain.

But—it's supposed to be a *movement*. And it isn't moving. Members of my club were panic-stricken when I suggested writing an article about it for the Easter issue of the local newspaper on which I work. The very idea of publicity. . . I marvel now that I wasn't found, weeks later, a corpse at the bottom of the swimming pool.

I agree, some of the older members had very unhappy memories of the results of undesirable publicity in the early days. But—then they had the enthusiasm and the conviction to seek it, and to risk something to bring about public acceptance of the idea that the right and fitting costume for enjoying sunlight and fresh air is a healthy human epidermis. For that, after all, is all we ask. And when you come to think of it, there are not very many people in this country to-day who would deny it. We have come a long way since the early 'thirties.

This summer is an opportunity to be grasped with both hands. Never again—we hope—will clothes coupons and such frivolous items as beachwear be so short of supply, and in consequence so strong an argument for the introduction, within reason, of natural bathing in public. What then? The spirit of adventure (tempered by an acceptance of psychological realities) suggests certain obvious short-term

Three little maids out of school. These two delightful photographs were taken at White House, the members of which are fortunate in the possession of a first-class swimming pool.



American Nudism at the Cross-Roads

Organised movement faces formidable opposition. A.S.A. in conflict with Post Office Department.

THE official organ of the American Sunbathing Association, Inc., "Sunshine and Health," has precipitated a crisis in the American nudist movement. Until recently, the photographs in this magazine conformed to convention in that they were retouched. Just how far convention is fortified by the law it is difficult to say, for different States have given different interpretations. In New York State, the most important of them all, nudism was declared illegal as long ago as 1934. On the other hand, a bill designed to end nudism in California died in committee. Commenting on this, a correspondent writes that its defeat was due to the efforts of his club, which is not affiliated to the Association, and to friends in the legislature.

In Philadelphia in February of this year two newsagents were accused of violating the criminal statute by offering for sale issues of "Sunshine and Health," although the photographs in them were not what the French delicately call 'integrale.' Defending counsel drew attention to two carvings of nude figures over the judge's bench, and asked the prosecuting officer if he regarded them as obscene. He replied that he did.

The judge directed the jury that it was not the photographs alone, separately considered, which they had to evaluate, but the magazine as a whole, and whether or not its unrestricted distribution and sale had any tendency towards the debauching of society. It is interesting to note that the prosecution appeared to be less concerned with society as a whole than with the juvenile part of it, since the police officer who brought the case was connected not with the vice squad but with the "juvenile" squad.

After a very short deliberation the jury of six men and six women returned a verdict of not

guilty, upon which the judge declared that he could not comprehend such a verdict in the light of the facts, and warned the defendants that if ever they came before him again on a charge of selling the magazine, he would "see that they had a jury that would find them guilty." From which it is only too clear that although the publishers of the magazine were vindicated by legal process, those who administer the law take a very different view.

Later issues contained photographs in which no attempt was made at concealment. Then, in May, 1947, the magazine appeared in extraordinary guise. Labels appeared to have been pasted on almost every photograph, hiding breasts and thighs. The effect was not alone entirely ludicrous. There are some who might think it bordered on the pornographic. It was apparent from the next issue that it was the blocks of the photographs which were thus treated, and not the photographs themselves. It seems that the magazine was ready to go to press, when the Post Office stepped in and refused to mail it.

The only alternative to scrapping the entire issue, which would have involved a loss of more than 8,000 dollars, was to meet the wishes of the Post Office in respect of the photographs. The publishers therefore etched out the offending portions, but in such a way that ridicule could only redound on the instigators of the ban.

Whether the magazine was wise thus to antagonise a powerful adversary or to draw attention to the sexual areas of the human anatomy in so marked a way that what purported to be a disguise was plainly a signpost, it is not for us to say. Certain it is that the publishers



Priorities ? Permits ?
Members of a British sun club get to work on improvements to the site.



If you seek the sun outside the confines of the club, you have not far to go to find seclusion in the countryside.

to the American Sunbathing Association when they enter the legal arena.

Their victory will be ours, just as their defeat may easily mean another struggle ahead of us.

In view of the difficulty of assessing the legal aspect, which is either not clearly defined or varies from State to State, the problem is one of some complexity, but if, indeed, there has been infringement of the law (though, we must repeat, we in this country have no evidence one way or the other), then it is difficult to resist the conclusion that it is impolitic for nationals of any other country to intervene, however much they may sympathise.

We are frequently asked by zealous nudists why the photographs in *Sun Bathing Review* are retouched. They profess to see in the retouching a negation of the principles we advocate. The answer is a very simple one. If the photographs were not so treated, the magazine would never reach them. The printers would, quite understandably, refuse to print it and the trade, equally understandably, would refuse to distribute it, for were they to do so, they would be inviting prosecution.

It is true that the law does not stigmatise the nude or the portrayal of the nude as obscene *per se*, and certainly there is nothing illegal in nudism. Indeed, the nudist who has conformed with the law by taking reasonable precautions to ensure that he cannot be seen by anyone who may be presumed to be shocked by his nudity, is quite within his rights in calling the law to his aid should he nevertheless be troubled by prurient-minded Peeping Toms.

The Vagrancy Act, the Town Police Clauses Act and the law relating to Public Nuisance forbid exposure of the naked body in public so that offence is thereby caused, and the same considerations as to what constitutes "offence" are likely to operate in the case of photographic representations of the nude. Such photographs could doubtless legitimately appear, for example, in a medical journal the circulation of which is restricted to the medical profession, but the conditions which these Acts are designed to cover could not exclude the representation of the unexpurgated nude in a magazine which has a large, unrestricted general sale.

Even so, there has been a tremendous broadening of public opinion within the last thirty years. Thirty

(Continued on page 42)

have themselves invited a legal battle, since earlier issues of the magazine contained no photographs which had not been the subject of the artist's brush, and later numbers contained no intimation that the law or convention which made this practice necessary had been lifted.

They now appeal to every reader to send them not less than a dollar to finance the action they are bringing against the P.O. Department. The appeal has reached British readers, and at least one British club has responded sympathetically. In a letter to members, the honorary secretary of the Sun Circles writes :

You will remember at our last meeting I pointed out to you the severe legal test our American friends were enduring following the postal censorship of their one and only magazine. . . I suggested to you at the time that we ought to let our American friends know, in no uncertain terms, that we were with them in their fight.

Now I find it is possible to send International Reply coupons, costing 6d. each. I am sending ten to-day and I invite you to do likewise. . . It may seem ridiculous for us to be sending help to America, when we need so much ourselves, but interference anywhere in the movement should be a personal matter to all of us, and I am certain that the spirit behind the Widow's Mite will bring heart

Through Relaxation to Control

*By learning to do nothing the sun-bather learns
afresh to do everything*

By Geoffrey Bartholomew

AN outstanding benefit of sun-bathing is that it encourages a therapy very necessary to our time—the cultivation of relaxation.

Almost all people who wear clothes lose the art of relaxing when they pass the age of nine months. Watch an infant child asleep—its limbs are utterly limp. Few adults can regain that healthy state. Tension and civilisation go together. Very frequently the tension turns to hyper-tension, a state in which stillness is due not to absence of effort but to opposition of effort, when every muscle is held in check by the action of other muscles.

Infantile training is largely responsible for this. Civilised behaviour involves restraint. But restraint can be wrongly imposed. By example, if not by words, the child learns to "Stop doing that!" instead of to "Do something else." There is a world of difference between not doing a thing and preventing yourself from doing it. One is a state of ease, the other becomes dis-ease.

The one way to do anything well is to do it easily. Watch the plus-four golfer: his swing is an effortless sway. The eighteen handicap man is making heavy weather, correcting the mistakes of one muscle by the pull of two or three others, the whole working inefficiently. Most of us have forgotten what it is to be at ease. Tension we regard as "normal." Many a man whose muscles have at last refused to maintain habitual strain has said, "Good Lord, I do feel rotten!"

Part of the sun-bather's routine should be to cultivate the appreciation of slackness. Slackness is not idleness. The human body is an extraordinarily intricate factory with its own powerhouse. When the operative machines are not working the powerhouse should be charging the batteries, ready for the next call for extra effort. To do this the machines must be switched off, not set in opposition to each other.

While you read this, your legs are probably gripping the chair you sit on, instead of letting the seat carry your weight. Stop and examine them. Or perhaps you are frowning in the effort to find out "What the fellow is driving at!" What do your face muscles feel like? Even if these two chance shots have not scored more than an "outer" it will be worth while, when next stretched on a rug, to find out what a really relaxed body feels like.

Lie on the back, arms loosely by the sides, palms down, feet about twelve inches apart. Think of your toes: possibly they are half curled up as if attempting to grip the ground. Stretch them out and then let them go. Wait until they are entirely free from tension. If you are really honest with yourself you will probably have to wait some time.

Now let the legs from knee to heel rest weightily on the ground. Relax those huge sheets of muscle which make up thighs and buttocks. Take a moment to feel what has happened to the toes when attention



was directed elsewhere. Probably they have started to curl up again!

It is extremely difficult to describe in words the sensation of utter relaxation in the legs. It is a feeling of "being heavy," of having "let go." Do not be too ready to believe that you have achieved true relaxation—only one person in a hundred experiences it naturally.

It is a feeling of warm lassitude which at first is disconcerting. Only after a while does one realise that it is not dangerous to have left the muscles to an entire rest. But after the foolish fear has passed comes a very real delight. When at last the legs feel as if their whole weight is supported by the ground, it is time to give similar attention to the arms. Follow the same routine from finger-tips to shoulders until there is no sensation save a warm numbness in either arms or legs.

Then comes the turn of the torso. Those muscles in the small of the back, which are continuously at work keeping the spine taut, are very reluctant to give up their job. On the other hand, in many people, the abdominal muscles are only too ready to relax.

Shoulder and neck muscles are frequently in tension. When these "voluntary" muscles have been allowed thoroughly to relax, the "automatic" muscles which attend to breathing take thankful advantage of the release. The lungs inhale deeply and exhale in a prolonged and grateful sigh. Such deep breathing cleanses the blood stream far better than any artificial exercises.

Of the six hundred muscles in the body over a hundred are in neck and face. The complete relaxation of these tiny motors is most difficult to achieve. Completely relaxed features are beautiful to look on, yet are seldom seen in any adult. Even young people's faces show minor signs of tension, usually arising from unwarranted fears of imaginary dangers. Trace those tensions, especially in the neck, jaws, cheeks, tongue and round the eyes. A lot will escape observation at first. Even when the tensions have been found, early attempts to relax will be effective for short periods only. In fact, thinking about a muscle is, at first, more likely to set up action than relaxation. It is only by practice that one can establish "negative control."

Eventually it is possible to let one's self go with comparative rapidity, and so allow the internal organs to carry on effectively their work of rehabilitation. But don't try to accelerate the process. "A strenuous effort to relax" is a contradiction in terms. What is more, it is doomed to failure. From time to time comes a desire to stretch and relax again. The Indians say, "If a man will but stretch like a dog, he shall live a hundred years." Stretch deliberately, an arm and a leg at a time, and return to the routine of relaxation. The most insidious opponent of relaxation is imagination. Attention allowed to wander arrives, sooner or later, at some picture which stimulates emotion.

It is advisable, when you can achieve it, to let attention itself relax. Generally the mind is kept focussed, like a searchlight beam, on one point of interest after another. But it is possible to go into a fourth-dimension trance in which life is not a congeries of details but a whole. This is not easily attained: most of us are afraid to let ourselves go. Yet through true and complete relaxation of mind and body lies the way to rapid recuperation.

But we obtain far more than physical well-being. We attain a more delicate control of the self through a new and broader comprehension. This does not imply a mere intellectual understanding, which explains the body-functions in terms of space and time, but an intuitive knowledge, an "aesthesia." For in the practice of relaxation we learn our real feelings. First learning to do nothing, we learn afresh to do everything.

Behaviour is the ultimate resultant of habits, and habitual reactions are in turn determined by first successes. When once an action has achieved a result we repeat that action whenever we want to attain the same result.

If, owing to a change either in ourselves or in our environment, the old habit fails to succeed, we endeavour to modify the habit. For many people this means adding a new habit on to the old one. Far better to see the problem anew, to abandon the old habit and establish a new one. Relaxation is the only true abandonment of the old habit. The muscles are restored to a state of infantile "newness" and we are able to experiment, in reality or imagination, in better methods of securing results.

When complete relaxation has been found, imagine yourself doing smoothly and well something which ordinarily you have done awkwardly or with poor success. As habitual tensions have been side-tracked, the imaginative stimulus has free passage to the muscles which will succeed with the maximum economy of effort. Each muscle receives only sufficient stimulus to give smooth and balanced action of the system as a whole.

Please do not believe that a single imaginative exercise of this kind will give immediate relief from bad habits or a superman's correlation of eye and hand. It won't—but it will help a lot. Each time you perform the action in actuality, recapture the imaginative feeling. By degrees the effortless success will be translated from imagination to reality.

Until one has thought it over, this may seem far removed from sun-bathing and nudism in general. But the basis of nudism is the cultivation of beauty of the body both in repose and in action. To achieve this beauty we must cast off not only the unnecessary garments of civilisation but also the defective behaviour which it inculcates.

It is not without meaning that "habit" relates either to clothes or to action.



No. 243. A LA MODE
photograph by feriel

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No. 244. PA
photograph by p

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No. 245. SAND DUNE
photograph by Edith Tudor Hart

S SEUL
feriel

No. 246. SUMMER MORNING
photograph by feriel



GENERALLY SPEAKING

BY THE EDITOR

NUDISM has been very much in the news in a South London paper. It all began with a paragraph by a columnist whose ingenuous parade of self-esteem raises an indulgent smile. He put two questions about organised nudism. Opinion is hotly divided in sun bathing circles as to whether this is the thousandth or thousandth-and-one time they have been asked. They were prefaced in the time-honoured manner with the observation: "I'm no crank one way or the other as far as naturism, or nudism, is concerned," i.e., both those who oppose and those who support the movement may be cranks, but the writer is magnificently normal. "I'm definitely pro-sun"—another instance of healthy normality—"but cannot quite see why complete nudity should be a *sine qua non* nor why it should be more beneficial if carried out in the company of a number of other people, similarly unattired. Maybe I'm bashful or old fashioned or both. Or something." (Third frank but modest disclaimer of abnormality.)

I wonder why it does not occur to our critics that if these misgivings at once leap to their minds, not only may it reasonably be supposed that they have exercised thousands of other doubting folk, but that the organisers of the movement are unlikely to have overlooked them. Perhaps it is that, as normal people, they do not think for themselves. Of course, there are very convincing answers which the analytical journalistic mind should not find it very difficult to discover.

The Reporter's Job

This particular critic appears to have missed on all cylinders. He "seems to recall" that his district had a sun club before the war "which was very well appointed—and may still have for all I know. I paid it a visit once, for some reason which escapes me at the moment, at a time needless to say when it was uninhabited by its normal complement of sun-cult devotees." It used to be the reporter's job to cover all phases of local activity, whatever his own opinions about them, not necessarily to obtain a story for publication but to keep himself informed as to what was going on.

The club in question was not, however, to be put off by this attitude or by a painfully self-revealing statement at the foot of the column. Among the local worthies the columnist pays tribute to is a girl whom he saw cycling in an ultramarine two-piece bathing suit "and was not even whistled at, save by your correspondent." Needless to say.

Surprisingly, there are people whose reaction to nudity does not take the form of the street corner whistle. Some of them wrote to the paper to ask for more information. Possibly it was the interest aroused which led the columnist to accept the club's invitation to visit it. His report on his experiences is headed: "The bare notions of Sun worshippers." "Object of the visit was not to form an opinion of the rightness or otherwise of social nudity, but to give a picture of a local aspect of a nation-wide movement." The reporter, prodded by his readers, realises his function. First *amende honorable*.

Ordinary People

After a description of the club, its amenities and organisation, and a comment on the healthy, happy appearance of the members, he continues: "But the most important point, I feel, is that the people who belong to the club are in no way extraordinary or 'cranky.' The members' list includes practically every profession and people from all walks of life. It is particularly noticeable, too, that all

ranks of the three Services, from the highest to the lowest, are represented. They are ordinary people, who perhaps outside the club have little in common except the conviction that sunlight and fresh air are health giving, that there is nothing objectionable or undesirable *per se* in communal nakedness." Second *amende honorable*. Indeed, so impressed is the writer with his discovery that we nudists are not cranks that he ends his article with: "And those are my impressions of this sun club and the people who inhabit it—people who, once again, are not the weird devotees of some secret cult, but ordinary folk who at least have the courage of their opinions."

Advance Knowledge

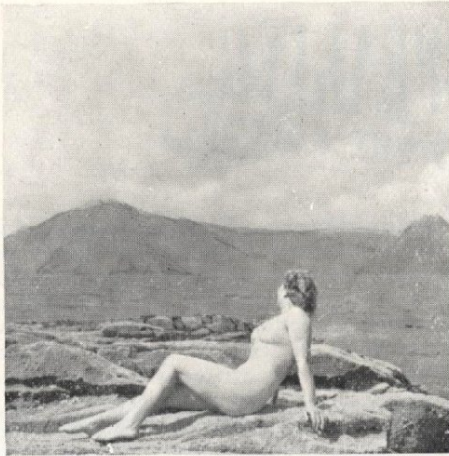
Every club member knows in advance what the tenor of a newspaper report on his club would be. He knows that if the writer is fair and honest and not intent on a stunt, there cannot fail to be comment on the essential normality of sun bathers. Visits to sun clubs by the local press cannot but be productive of good for the movement, but if there is evidence that the visitor's pre-conceived ideas are likely to be tinged with flippancy, it is scarcely to be wondered at that many clubs fight shy of press notices. Flippancy and its near cousin, ridicule, are our deadliest enemies, as they are of any unorthodox organisation, but definite hostility causes no alarm, for we know that if the hostile critic can be persuaded to visit a club, he cannot, if he deals honestly by himself and us, still adhere to his views at the end of it. The local press has a great reputation for fair, unbiassed presentation of news, and I must acknowledge that the writer of "The bare notions of Sun worshippers" makes generous amends for his earlier notes.

It is a far cry from this type of report to the stories carried by the daily press less than twenty years ago. Do you remember the headlines of the nineteen thirties: "Sun Bath 'Riot' at Lake Side," "Scenes in the Sun Bathing War," "Crowd Attacks Sun Bathers," "Sun Bathers Lose Their Home"? I must confess that I could not recall them word for word, nor did I have to dig them out of our files. They came via Germany. My correspondent, Friedrich Moller of Bremerhaven, writing of the difficulties which the resuscitated movement faces in the British Zone (we have published reports on the position in all four Zones in recent issues, so that it is unnecessary to deal with it again here) points out that the situation is not unlike that which originally obtained in this country. There is a chronic scarcity of suitable grounds, but, he adds, "I believe we can learn the way of negotiation with our Administration." Certainly progress is being made, and contacts have already been established with the U.S., French, Danish and Swiss groups.

Gone to Waist

MENTION of the 1930's leads me to suggest that those who recall those urgent times and may, indeed, have contributed to the nudist history of them, are likely to find it difficult to get a place in the sun to-day. I notice an increasing tendency to restrict membership of the clubs to youth. By all means let us encourage what the civil servant calls 'members of the lower age groups' (*anglice*, young people). The vigour of the movement depends on new blood, but it does not have to be always and exclusively young blood. Surely it is both stupid and fatal to exclude the over-thirties? We do not exist only on high ideals. Pounds, shillings and pence have something to do with it. Putting the matter at its

The reader who sends this pleasant snapshot has found an ideal spot for a nudist holiday.



crudest, where is the money to come from for the purchase of sites and improvement of existing amenities? From the young men and women who have yet to make their way in the world? I can understand the logic of excluding the single man. It is a ban which causes a great deal of dissatisfaction, but at least it is rooted in a desire to uphold those principles on which the movement rests. We believe in social nudity, in the removal of the barriers of mock modesty between the sexes, in the cultivation of an outlook which protests against labelling any part of the body as obscene. It is not a peepshow to be ogled at and gloated over. In the nude way of life, sexual maladjustment, prime cause of most of the problems of society, vanishes. Fresh air does not only bathe the body. It floods the mind.

The family, then, is the foundation of the movement. A preponderance of one sex upsets the balance. It seems to me that the only way to facilitate the entry to membership of the single man is to embark on an all-out drive for new recruits. In a large club a preponderance of men is much more acceptable than it can be in a small one, for obviously it is less noticeable.

If we are to increase our membership, is it reasonable or sensible to bar middle-age? A couple in their forties wrote to me a little while ago to ask if I could suggest a club not too far distant from their home where they would be welcomed. They explained that before the war they belonged to a club in their locality, but had to leave the district during the war. On their return they applied for reinstatement, but were refused because, it was alleged, they were too old. Membership was in future to be restricted to young people in their twenties.

I do not want to be misunderstood. We need youth in the movement, but we need children, too. Are we to deny them admittance because ten years separate their parents from their teens? It was never intended that the sylph-like figure should be enshrined and worshipped. Certainly the attainment of it comes within the framework of our code of conduct (as note the article on page 26), but let us help those who may have gone to waist to recover their youth.

The Improper Study of Mankind

ONE does not look for a shy flowering of modesty from the fruitful soil of the Universities. "Humanitas," a quarterly published by the University Union, Manchester, has come out with a surprisingly emasculated drawing on its cover. It is based on one of the most famous of Leonardo da Vinci's drawings, that of a man in a squared circle. "Humanitas" obviously takes the view that the original would be a most improper study to put before its readers. With commendable restraint they have foreborn to put drawers on him, and have contented themselves with making him neuter.

"More perturbed by the intellectual side-tracking of Manchester's academic mind than by this sample of the physical peculiarities of University students, but infuriated above all, by the affront to Leonardo (who is not here to defend himself)" writes that very vigorous, clear-sighted journal, "Persuasion," "we wrote to the Editors, at Manchester University, and asked them whether this emasculated sprite, symbolic as it may be of the frustration of our times, was their own improved version of what a man should be? Or was it perhaps mutilated in conformity with some puritanical Law, of which we were ignorant, whereby the male form (as drawn in Florence 600 years ago) may not be exposed on covers of magazines published in Great Britain? We reminded them that the Florentine, passionately obsessed with facts and impatient of all teachers but Nature, deserved more respect at their hands, and suggested that if this is the Law, rather than expurgate his work there are surely enough cupids, gladiators, or pretty boys in the realms of Art hung about with ribbons, roses, tunics, or fig-leaves, from which to choose. We expected no reply, and we got none."

I apologise to "Persuasion" for being unable to resist quoting at such length, but in attempting a precis I should have been guilty of the sin of "Humanitas." And to forestall demands that *Sun Bathing Review* should forthwith come out with unexpurgated photographs on its cover, let me refer agitators to the statement on the legal position regarding *photographs* in the article, "American Nudism at the Cross Roads" in this issue. Fortunately, not all magazines are shy (or so willing to debase the classics of Art) as the University quarterly. Some time ago "The Listener," which reaches far beyond the cloistered few for its readership, published a reproduction of a painting which did not attempt any obliteration. And so far, though Beachcomber may tilt at the passion for cleaning off the varnish—and the patina—of the Old Masters, he has not yet had to rail at any expressed desire to clean up the subjects as well.

No Smoke Without Ire

THERE has been a split in the ranks of the Dutch nudists. The Zon en Leven group requires its members to abstain from strong drinks, meat and tobacco. The Nederlandse Naturistenbond applauds the ideal but dislikes the prohibition. It agrees that abstemiousness might be desirable, but takes the view that the individual should be free to choose for himself. Ascetism of this kind, it complains, tends to make nudism a cult and to divorce it from realities. Like ourselves, it feels it is a mistake to regard nudism as an 'ism.

Naturistenbond claims that it has not seceded from the other group; it is a case of the latter having fenced itself in too narrowly. It offers a counsel of sweet reasonableness, is quite prepared to recognise Zon en Leven and to welcome its members into its own ranks, but Zon, it protests, will not reciprocate.

So far as I know this is the first time that an organised attempt has been made to soften the rigours of a way of living that seem to be endemic in the Continental movement. The Swiss require total abstention, for instance; so do the Danish. Over here, if tobacco is out, it is because we have made a virtue of necessity. Before the Dalton bomb-shell, I salved conscience by the reflection that, in the opinion of a doctor friend, smoking in moderation was beneficial to the nervous system, and that any harmful effects were too slight to bother about. Of course, he himself smoked. Now I support wavering resolve with the pronouncement, from the same source, that it disturbs the circulatory system, constricts the peripheral blood vessels, affects the coronary arteries of the heart and may lead to *thrombangitis obliterans*. I am, however, prepared to take the risk.



© Michael Otto

What Sort of Legs?

A SADDENING little paragraph appeared in the papers recently. A secondary school teacher, commenting on the influence of the film on children, said: "You will hear children whistle when they come across scantily clad screen lovelies and hear them say: 'I say!' It seems a pity that these boys are having their outlook on sex moulded in this fashion." Commenting on this, Ernest Betts of the "Daily Express" writes: "Agreed. But what sort of legs are you to show the children? Passed to Mr. Rank, who makes films for kids."

Mr. Rank is indeed doing some good work, and not all juvenile delinquency can be debited to the cinema. According to a report on children's cinema clubs just published by the British Film Institute, a slide shown at one cinema depicting an angelic boy and girl and carrying the caption: "We are going to Sunday School tomorrow. Are you?" is "invariably greeted by more noise, cheers, catcalls and boos, than anything in the entire programme."

But what sort of legs are you to show the children? In its mention of the fact that the indirect teaching of the film has more influence on child behaviour than the direct teaching of the slides, the report suggests material for an answer. I know that many school teachers have used photographs published in *Sun Bathing Review* as class-room studies to help in the formation of a sane and healthy outlook, and to counteract the erotic pin-up photograph, which makes its insidious appeal by sniggering at what it purports to hide. They have used them in an attempt to resolve the shameful paradox that whereas this type of photograph is obviously regarded as quite decent, since it can apparently be displayed almost anywhere, the nude is still looked upon by many as obscene.

While it is gratifying to know that our magazine is put to such good purpose, with, I am told, salutary effect, I feel that the better course is not to hold up this or that representation of the nude as good and wholesome, but to

accustom the child to nudity by allowing him to dispense with clothes wherever practicable. In encouraging parents to bring their children, the sun clubs are providing some of the best possible propaganda for the movement.

Clothes of Skin and Hair

THIS Month" reports that in Minnesota it is against the law for men's and women's under-clothes to hang on the same line. In our report (on page 31) on American nudists' battle with the law, mention is made of the fact that, in the course of the case in which two newsagents were prosecuted for selling a nudist magazine, defending counsel asked the prosecuting officer if he regarded two carvings of nude figures over the judge's bench as obscene, and that he replied that he did. Before, however, we cluck our tongues, let us remember that it was not so very many years ago that M.P.s raised an outcry against the nude statuary which Eric Gill did for the B.B.C. building in Portland Place.

Two of Gill's most important books, "Last Essays" and "In a Strange Land," have recently been re-issued in one volume as "Essays." It contains that famous discussion on the nude, "Clothing Without Cloth." In it, you may remember, he analyses the three main reasons for nakedness: humility, convenience and pleasure, and shows that fundamentally it is not shame that militates against the practice of nudity under certain conditions, but a sense of the ridiculous. "Sun and wind and showers" he writes, "are very pleasant on the naked body, but would not be so if, by accident, one appeared thus at a garden party or on a military parade ground. And this is not at all because our clothes of skin and hair are in themselves shameful; but because it is ridiculous, and therefore unenjoyable and therefore indecent to take clothes off on those occasions when reason more particularly demands that we shall put them on, or to put them on when we should take them off."

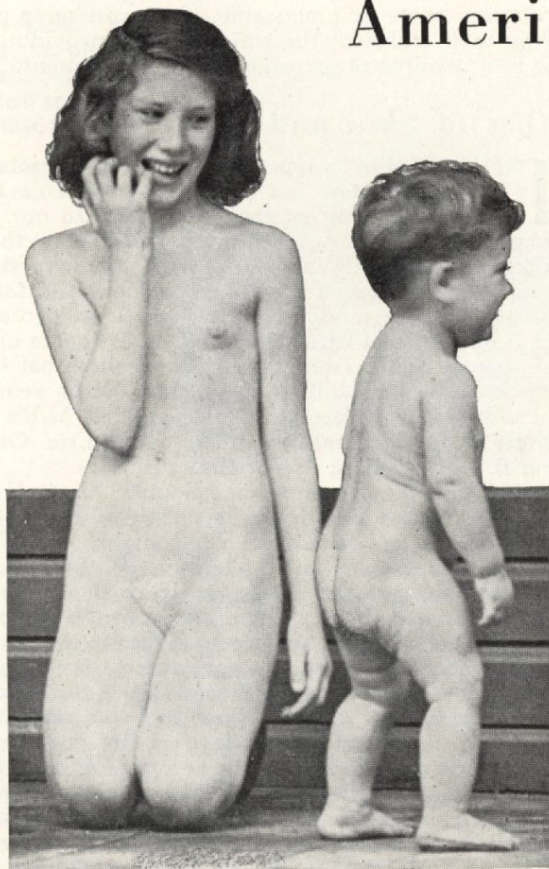
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Write Box No. 163 Sun Bathing Review,
24, Store Street, London, W.C.1.

American Nudism at the Cross-Roads

(Continued from page 32)



A pity not to let us share the joke !

years ago publication in Great Britain of a magazine such as *Sun Bathing Review* would have been almost unthinkable. To-day we enjoy the increasing toleration and growing interest of the general public. The headway we are making would receive a setback from which it might take years to recover were we ever to forget that our task is to lead public opinion and not to antagonise it by an irresponsible enthusiasm which would lead to infringement of the law, for what, after all, are laws but the expression of public opinion? We must be guided by good sense and good taste. We do not want martyrs. They can only be harmful to the movement.

The Body Beautiful

(Continued from page 27)

will have to explore parts of the realm of self which have always been taken for granted. The Greeks had a word for it meaning know thyself.

This knowledge is not acquired in a week or even a month. The oldest beliefs are the most difficult to change because they are rooted deep down in the elemental self. We have never before questioned them. Moreover, they are cross-linked with all our other beliefs. It is possible that, like the child schooled to humility, we not only believe that our muscles are expressing the right attitude, the right approach to the external world; we may also believe that that attitude, that approach, is basically right

As, however, we have already indicated, it is by no means certain that the publication of unexpurgated photographs is the primary cause of the difficulties in which the American movement now finds itself, though without doubt it is a contributory factor on which the authorities have seized to make a case. "Just what the reason may be for their intensive activity since the end of the war, I cannot say," writes a correspondent from Philadelphia. "It is true that several of the Postal Inspectors have said that they are out to close up the movement in this country. And, as they have repeatedly failed in their efforts to get an indictment against the publishers of 'Sunshine and Health,' they seem to have resorted to sniping at the persons who take the photographs and send them to that publication.

"Hundreds of individual photographers, nudists who send photos to firms advertising commercial finishing, and those who have merely sent photos to friends within the movement have been called upon, asked to sign written statements of their having done so, required to promise that they will never do so again and, often, are even arrested, hauled into court and fined huge amounts. . .

"I myself have been picked up during the past year on one of these charges, with the result that I have had a large fine, a suspended sentence and am on probation for a year. My mail is being watched in the Post Office, and I have to report once a month and answer all sorts of questions regarding my activities during the past month."

British sun bathers will watch with the keenest interest and sympathy the efforts made by the American movement to vindicate itself, and will confidently hope that matters will be conducted with a dignity and restraint which cannot fail to redound to the good name of nudists everywhere.

and good, that all others are abnormal and "guilty."

It takes time for the conscious mind to explore these beliefs, even to become aware of them. Every time one of them is questioned all the others rally round to resist this "attack" on the self. But gradually we reach an objective view of our habitual attitudes—That, in essence, is the aim of naturism—to cast off all concealment, even from ourselves.

Is it worth the trouble? That depends on your belief in your duty to others and to yourself. But if it is true that the Good is the Beautiful there is a lot to be said for the body beautiful, for the body is the soul made visible.

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Club announcements continued from p. 2 Cover.

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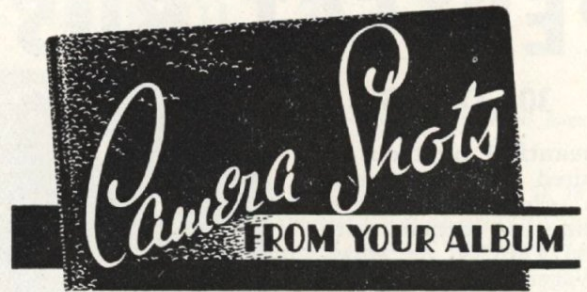
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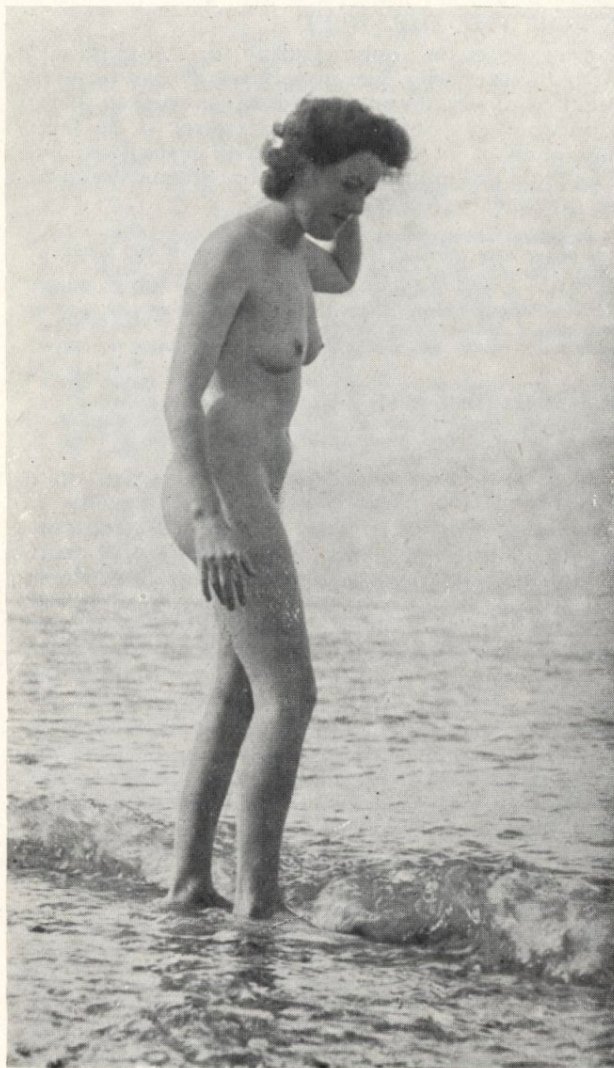
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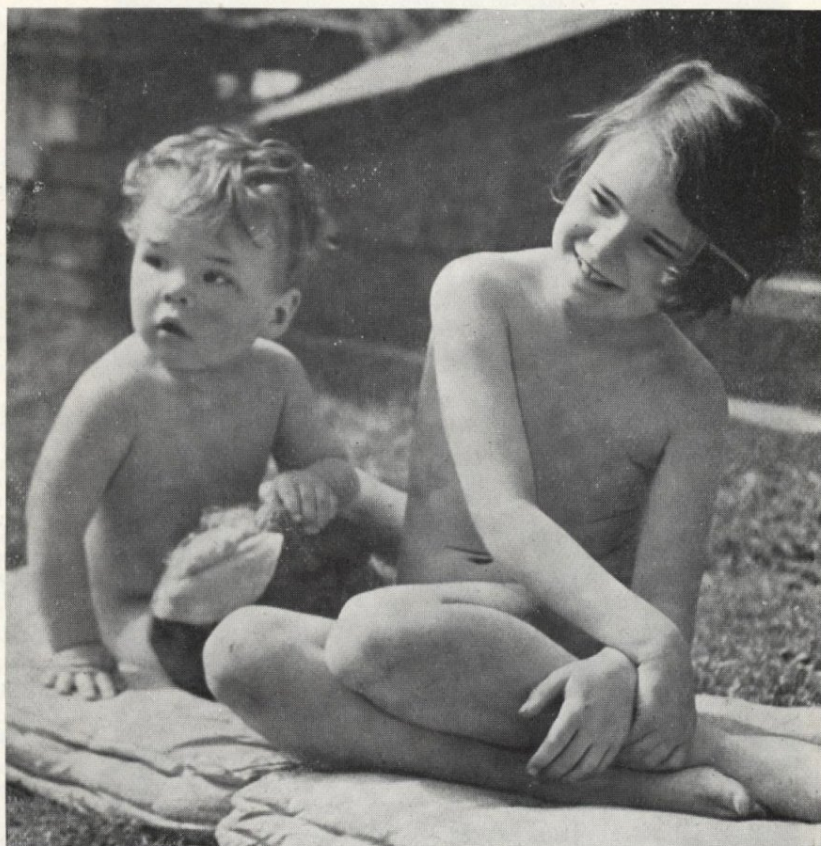


The water looks inviting, but

First prize of two guineas has been awarded to the sender of the photograph "Sunshine children," at top right.



Early morning dip



Sunshine children



A Danish reader sends us this happy photograph . . .



. . . and from Australia comes this sunny entry.

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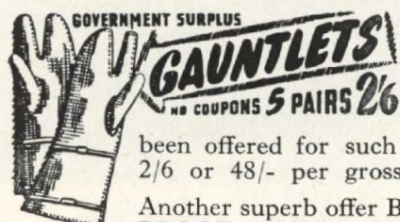
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Letter File

If you have a point of view to put forward or question to ask, we shall be glad to hear from you. But please keep your letters reasonably short.

A PLEA FOR THE DISABLED

May I crave space in your magazine for the disabled persons of both sexes who, like myself, would like to join a naturist club, but who do not care to do so owing to their disability and perhaps not too good a figure. I do feel that perhaps some of us might get together in the London area, and I should like to have the views of persons disabled who share my view.—*Disabled*.

We should be glad to forward letters to our correspondent, who lives in S.E. Surrey. Many people have taken up sun bathing and joined a club precisely because they do suffer from some physical disability. In no case that we have ever heard of have they been denied membership because of that disability. They are invariably permitted to wear some clothing, if they wish to do so, and some take advantage of this concession not so much because of self-consciousness on their part (for this rapidly diminishes) but out of consideration for fellow members.

We understand and respect our correspondent's feelings, but incline to the view that the basis of a club composed exclusively of the physically disabled would be psychologically unsound. It would, in fact, segregate them, when their greatest need is to be rescued from introspection by free association with people more happily circumstanced.—*Editor*.

GREETINGS FROM AMERICA

Greetings to our English friends! I received a copy of the Autumn issue of *Sun Bathing Review* from a very dear friend in England, and thought I would drop you a line to tell you how much my wife and I enjoyed reading it. We are American nudists, belonging to the A.S.A. Our nudist activities cover the twelve months of the year, and have done so for the past 14 years.

The grounds of our home are lined with pine and fir trees, so that we can enjoy outdoor nudity in complete privacy, even in winter, when we get at least one hour each day of sun and air. We have equipped a room in our home with three sun-lamps, and needless to say these have helped us greatly to retain our summer tan.

My wife and I are strong and healthy from living a life of complete nakedness. Neither of us have suffered from even a head cold since going nude. We are looking forward to the next issue of *S.B.R.* with great enthusiasm.—*F. and E.C., Pennsville, N.J.*

Even though, as pointed out in the article, "American Nudism at the Cross Roads," in this issue, the organised movement in the U.S. is meeting with formidable opposition, we envy our American friends many of their advantages, notably the layout of their houses which permits of indoor and outdoor sun and air bathing in privacy, and the vastness of their country which enables them to escape from the confines of privet hedges. As to the latter, another American reader writes that his club is situated in the mountains 2,500ft. above sea level. "We have thirty private cabins, 320 acres of hiking trails, a swimming pool, tennis, badminton and volleyball courts." Most clubs in this country can provide swimming pool and games courts, but 320 acres of hiking trails!—*Editor*.

INVITATION FROM ITALY

I was interested to read your article on Italy, as I know Dr. Bruno Zuculin well and am the only British member of his small group. The beach we use, a lovely sandy one, is about 37km. from Rome and is absolutely deserted except for the odd fisherman. There are no clubs or centres in Italy. Nudism is practised on isolated beaches and lakes by groups of friends or families who, although often sun bathing within sight of each other, never mix and become friendly.

If you receive letters from anyone stationed in Italy who desires to contact the group, perhaps you can, if you think advisable, pass on their letters to me, and subject to the usual *bona fides* being forthcoming, I will arrange an introduction to the other members.—*G.*

REQUEST FROM SINGAPORE

When the war ended and the Japanese left Malaya, my fiancée and I took a trip to West Australia to try and gather some strength. In the prison camps we had perforce

to go about in the briefest of clothing. When in the sea one day at a little resort in W. Australia we met the local doctor and his wife, both keen naturists. They asked us to go camping with them for a week-end. We did. The complete change in our hopeless condition so far as physical well-being was concerned was quite astounding.

Since then the two of us have sun-bathed in many places—Garden Island, Java, China, India, Burma, Italy, the Middle East, all over South Africa, the Seychelles, Mozambique and Zanzibar—quite an imposing list, for we have been naturists for only a short time. Now we are back in Singapore we wish to start our own club. We should like to get in touch with some British clubs who would lend us their moral support, and we should also be grateful if, through the medium of *S.B.R.* we could enquire if there are any Malayan people interested. We are anxious to study the various means of administration you use in Britain. Malaya is an ideal country for naturists—sunny, warm and beautiful.—*A.D.M., Singapore.*

PARENTS' CORNER

My husband and I are a little too old to take to naturism, but our two daughters, aged 12 and 14, have been brought up to enjoy its benefits. On warm days they spend all their time in the garden, and as it is fairly secluded they are able to sunbathe quite freely. On one of the few fine days last year we took them to Camber Sands in Sussex. They hadn't got bathing costumes with them, but as it was such a beautiful day I let them take everything off but their knickers while they played on the sands. Later on they went in for a bathe, slipping their knickers off just before entering the water. The beach was fairly crowded, but nobody objected or raised any complaint.

I was wondering if you could publish a list of holiday resorts where children up to, say, 12 or 13 years of age could bathe or sunbathe without costumes having to be worn. When you get more paper and can increase the size of *Sun Bathing Review* I hope you will consider starting a Parents' Corner, where we can discuss our children, their health, clothes, etc.—*M.E.J.*

To be of real value such a list of holiday resorts would need to be exhaustive, and this would entail communicating with a very large number of town councils. We hope it may be possible to publish something of the kind in due course, though not, we are afraid, in time for this season. In the meantime we should be glad to hear from other parents of any resorts in which their children have been able to play without clothes. Except in the crowded parts there is seldom any objection, but not all mothers, unfortunately, have the enlightened outlook of our correspondent. At Lancing a few days ago we were amused by the sight of two protesting nude babies being pursued over the sands by anxious women waving rompers.

Readers' views on the suggested Parents' Corner are cordially invited. There is only part of *M.E.J.*'s letter with which we demur: "My husband and I are a little too old to take to naturism." One is never too old. We know several grandparents who are enthusiastic nudists. Admittedly it requires courage to take the plunge.—*Editor.*

SHADE

I very much appreciated and enjoyed Leila Barford's article (on the bringing up of her children) except for the extraordinary sentence: "Only his eyes need and have protection from the summer glare." Are not the lids and brows Nature's own sufficient protection from Nature's own source of light?

I would like to take this opportunity of saying that I, for one, approve your policy of devoting a large proportion of your illustrations to young people. I hope you will not be persuaded to change. Especially do I hope that you will avoid "art" poses with a flower, hoop or whatnot and fancy lighting.—*F.G.*

Eyelids and brows are not sufficient protection against a strong intensity of light. In such a condition a young animal instinctively seeks the shade, or, if it is too helpless to do so, its mother takes it there. The enlightened human mother knows the value of sunlight but does not forget the necessity for some degree of shade.

Selection of photographs is largely governed by the supply available (and we should welcome many more from readers) but we shall continue to emphasise the family aspect of sun bathing. "Art" poses manufactured in the studio



REVERIE

but no one needs to think twice about the benefits of sun and air bathing.

are as much anathema to us as to our correspondent. Not that we have anything to say against the best of them as works of art. Many of the nudes hung at leading photographic exhibitions such as those of the Royal Photographic Society and the London Salon are artistically and technically most compelling, but their function is to show the body as a composition or a pattern, whereas the genuine sun bathing photograph exhibits a way of living.—*Editor.*

CONVERTS

You will be interested to know that your photographs of children have converted quite a few of my friends to nudism. They, like myself, having children, can quite see the advantage both from a moral and a health point of view in youngsters going naked and unashamed.—*W.L.*

THE LONG AND SHORT OF IT

In your Winter number I read your article headed "Spring Plumage." You talk of "High School Boy" as if he were different from anyone else. I had to go into long trousers at 13, when every other boy was wearing them, or else be ridiculed. I would much sooner have been wearing shorts.

I do not think anybody besides yourself has had "trouser consciousness." As for ties, I wish I could do without one, but unfortunately they form part of our school uniform. I absolutely detest hair-cream. I can assure you that "High School Boy" will not reach that stage, as neither have I nor any boy that I know.

I hope you will mention my letter in your Summer number, a copy of which I shall purchase.—*Grammar School Boy (aged 16).*

We are delighted to be corrected, and should be even more delighted to think that boys in the mass have greatly changed from what they were in our day. We doted on hair cream and clocks on our socks.—*Editor.*

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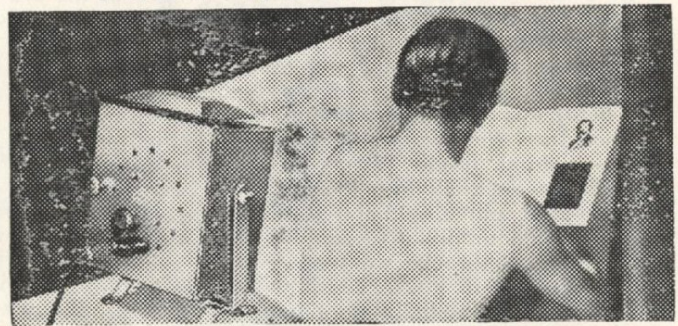
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