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NUDIST LEADER

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A noted Clergyman discusses NUDISM and RELIGION

NUDISM and religion—the uninitiated think they shouldn't even be mentioned in the same breath. At first glance they seem to be unalterably opposed, for nudism seems at variance with much of what religion teaches about man and modesty and morality. Yet deeper thought and greater experience with social sunbathing show that it is actually a valuable ally of religion, for it makes many and valuable contributions to religious living that could be classified under three headings: 1) Indirect, 2) Negative, 3) Positive.

I. INDIRECT CONTRIBUTIONS

Nudism's first contribution is indirect; it contributes to religious living through promoting greater physical and mental health. It should be obvious that more abundant fresh air, sunshine, and exercise promote increased bodily health. (In my first year I lost 12 excess pounds and didn't have a cold all year.) Its contributions to mental health may not be quite so apparent, but they are just as real. In our world of increased tension and anxiety, nudism makes a considerable contribution to mental health by enabling the sunbather to relax thoroughly and experience a keen sense of freedom. As a former Prime Minister of England, Horace Walpole, said: "When I cast off my clothes, I cast off my cares." Then too, because nudism promotes a sane, wholesome attitude toward the body and its functions, it helps to avoid false shame and guilt concerning the body and sex. Now these contributions to physical and mental health are not directly religious, but they are indirectly so. For the Fifth Commandment (the Sixth in the Protestant enumeration) obliges us to take reasonable care of the body, and nudism is a valuable means and strong motive for better care of the body. Then too, much of our work and prayer is conditioned by good bodily and mental health. True, pain and suffering can be sublimated, but only that pain and suffering that are legitimately inescapable are according to God's will. Nudism is a legitimate and helpful means of staying in better health so that one can work and pray better.



Nudity is our natural state. Young children readily attest this by their complete absence of shame. *Kit and K Lawrence*

II. NEGATIVE CONTRIBUTION

Nudism's second contribution is negative; it helps one avoid certain sins. One of man's besetting difficulties has been sexual aberrations of all kinds. In large measure his difficulties are begotten of an unwholesome curiosity about sex. The strange paradox is that often clothing does not detract from immodest curiosity, but rather encourages it by focusing attention on what is hidden. Certainly, it is not true that all clothing stimulates anatomical curiosity, but much modern fashion, by making for partial revelation and partial concealment, does indeed act as a dangerous stimulant. Decolletage, tight sweaters, diaphonous blouses, Bikini swim suits and the like are hardly modest protection, but rather are insidious sparks that arouse compulsion and its sad consequences. When the whole person is completely revealed, he is viewed as an integral unit without attention being drawn unduly to one small as-

pect of that personality. Since nudism helps man to see human nature integrally—in all its wholesomeness and dignity and worth—it acts as sort of a vaccination against one of mankind's perpetual difficulties.

III. POSITIVE CONTRIBUTIONS

In addition to the indirect and negative contributions nudism makes to religious living, it makes many positive contributions also. These benefits stem primarily from living more naturally, closer to things as God made them. Much of modern life is very artificial and superficial. Large numbers of us live in a thoroughly man-made environment: we see concrete instead of grass, lamp posts instead of trees, neon signs instead of the sun. Such a situation is bound to have an effect. Subtly it puts man, the Maker, at the center of things instead of God, the Creator. Nudism helps to restore the proper order, and thereby makes a

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and Sunbather

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Jim Hadley—Lake Como

Sunday morning devotional services at the ESA Midwinter Conference. Clarence Creighton (standing) reads from the Bible.

number of positive contributions to religious living.

A. TO FAITH:

Since the nudist spends much of his recreational time in the atmosphere of natural things, he sees grass and trees and sun. He is close to all the harmonious ramifications of the changing seasons. He gains a much better appreciation of the human body with its magnificent organization and development and adaptability. All of these facts are a constant illustration of the plan and harmony of the universe that demand the Infinitely Wise and Powerful God as its explanation. The sunbather has constantly before him graphic instances of the proof for the existence of God which was presented by St. Paul in Romans 1:20 and which is stated so beautifully in the book of Wisdom: "But all men are vain, in whom there is not the knowledge of God: and who by these good things that are seen could not understand Him that is. Neither by attending to the works have acknowledged who was the workman" (Wis. 13:1). One experienced and perceptive nudist has this to say:

Personally I cannot conceive of anyone who sees as much of the out of doors as a nudist does not being overwhelmed by the evidence of divine handiwork. It might be possible for one to lose sight of God in the jungle of the city, but out in the open air, surrounded by constantly-changing, living creation, I would deem it impossible. Somewhere there may be some individual nudists who are agnostic, but to my knowledge I have never met one, nor have I met an atheistic nudist.

B. TO SIMPLICITY:

Then too, nudism promotes that simplicity which is so highly urged in the Scriptures. Solomon of old said, "I know, my God, that thou provest hearts and lovest simplicity" (I Par. 29:17). And Christ said very bluntly, "Whosoever shall not receive the Kingdom of God as a little child shall not enter it" (Mark 10:15). However, the trend of modern life is away from that simplicity. The modern type is a sophisticate who is cynical and blase. In his recreational habits he has become passive and bored; he is the spectator who demands more and more of the spectacular if

his jaded interests are to be moved. He has to be charged with benzedrine before he can operate, alcohol before he can enjoy himself. barbiturates before he can sleep. Yet the change that social sunbathing makes in just such a man is positively amazing. When he sheds the artifices of clothes, he immediately feels the freedom and energy and *joie de vivre* of a child. He takes part in simple games that in other circumstances he would ridicule as hopelessly puerile, and still finds that he thoroughly enjoys them. The feel of sun and air and water on the body are a stimulant that no cocktail can match, and without a let-down or a hang-over. His tastes in food become simplified: It's much easier and more in harmony with the surroundings to eat fresh fruits and simple dishes rather than canned or complicated entrees. He finds that away from camp that simplification carries over—the natural flavors of foods are more delicious than artificial substitutes or disguises. He finds that there is a unique beauty in nature that no man-made artifice can match. He becomes more direct and honest in his speech. And after a day of swimming and volleyball and tree-



Zelda Suplee of Sunny Rest Lodge gathers the children about her for Bible stories and Sunday School class.

Jim Hadley—Lake Como

chopping, he certainly doesn't need anything to help him get to sleep. In short, he has acquired something of the simplicity and directness of a child that is pleasing both to God and to his fellow man.

C. TO HUMILITY:

Another positive contribution which nudism makes to religious living is through fostering humility. Humility is simply the acknowledgement of truth—the recognition of the rights and dignity of God and of our fellow man. It is fundamental to all virtue and religious living, and St. James says in that regard: "God resists the proud and gives grace to the humble" (James 4.6). However, as mentioned previously, in our artificial world it is easy to put man, the maker, at the center of things instead of God, the Creator. The nudist, living naturally and nearer the harmony of nature, has a constant reminder of the Wisdom and Power of the Author of Nature that keeps man in his proper place as subject to and dependent on God. Humility is likewise fostered in relation to our fellow man. Clothes often are the props men use to dramatise their imagined superiority. This feeling of undue superiority is

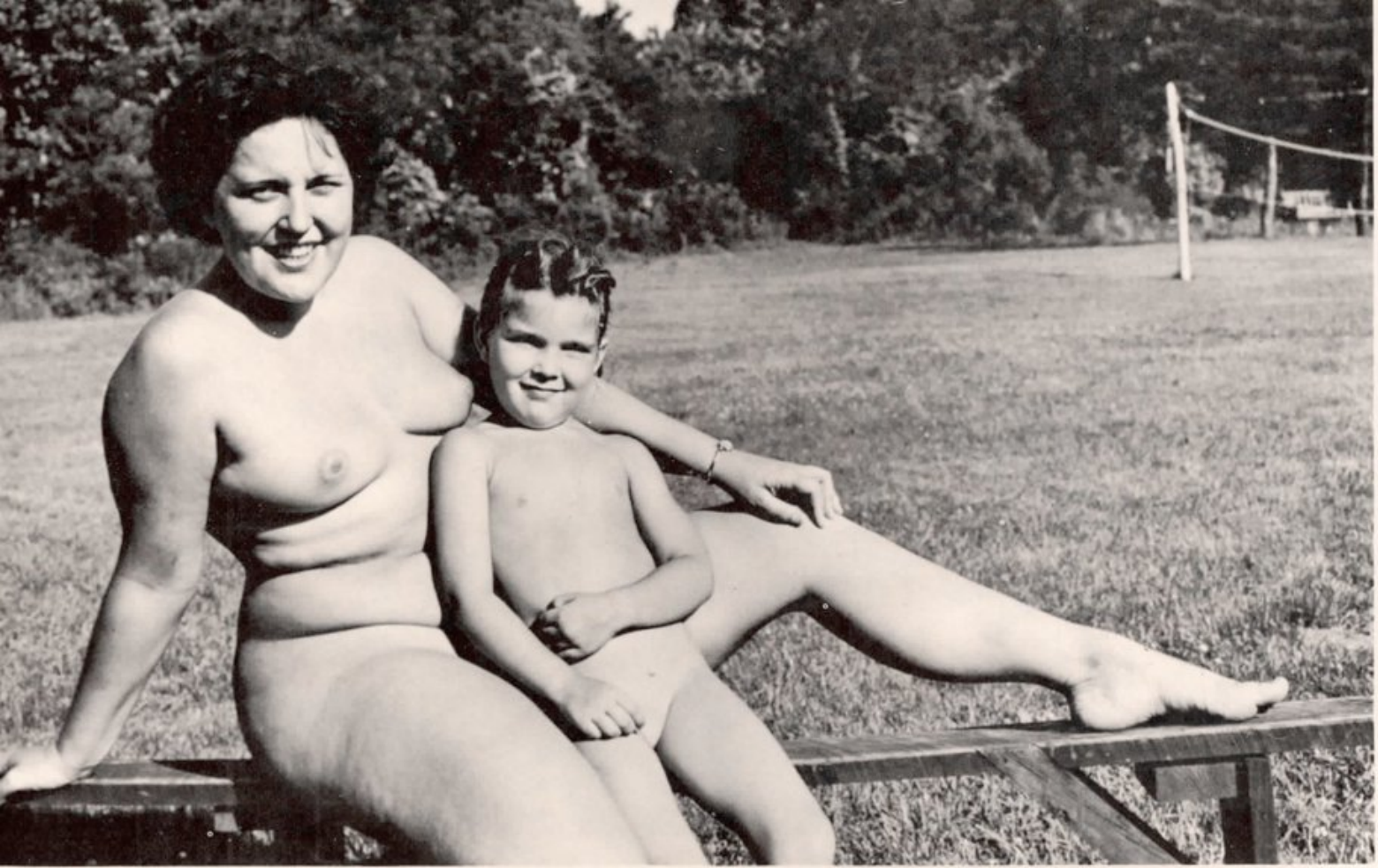
nothing else than pride, the antithesis of humility. Yet at a nudist camp the props for dramatizing superiority aren't present. All are there in the essential equality in which God made them. The tycoon is "dressed" no differently than the machinist, the socialite is "dressed" no differently than the stenographer, the clergyman is "dressed" no differently than the layman. So everyone is himself, without pretense or pride, graphically reminded of the essential equality of all men. Acknowledgement of his dependence on God and his equality with his fellow man is nothing other than humility.

D. TO COOPERATIVENESS:

We can mention only one more contribution nudism makes to religious living, and that is through breaking down individualism and developing greater cooperativeness and neighborliness. Scripture frequently stresses that aspect . . . of the virtue of charity, as in the parable of the Good Samaritan (Luke 10:40). Yet much of modern life is in the direction of individualism that thinks only of self and never lends a helping hand. But modern nudism is by definition social; it is social sunbathing. The nudists play together

and work together. Their games are mainly group games such as volleyball and badminton. And they must work together for the maintenance and development of their camp—constructing buildings, clearing recreational areas, keeping the facilities in good working order. Thus the very nature of life at a nudist camp and the force of custom there help to break down unwholesome individualism and build up unselfishness and helpfulness that are an aspect of the greatest of virtues, charity. "But above all these things have charity, which is the bond of perfection" (Col. 3:14).

There are many more contributions that could be considered, but at least we have seen that nudism is a movement that helps maintain better bodily and mental health, vaccinates against the curiosity which leads to sexual sins, strengthens faith, promotes simplicity of life and outlook, fosters humility, and develops greater unselfishness and neighborliness. These are fundamentals of the religious life, and any movement that makes such contributions cannot be an enemy, but is in fact a powerful ally of religion.



Luxurious and spacious lawns—the natural setting of the pool, are the envy of many younger clubs. Above, Jean and daughter, Paula.



the proper signal can one get in. The uninformed who get this far find an electric button on a post by the gate with a sign inviting them to push, which will bring the proprietor or manager.

Through the gate and on to park the car. Then into conventional nudist uniform and into the warmth of the sun. By this time it is 10:30 a.m. We are about 30 miles from home, the temperature about 85 degrees in the sun and near 75 in the shade and getting warmer all the time.

There is a volleyball game going on and two badminton games in full swing. Several others just stretched out on their mats or blankets as the case may be. Quite a few children splashing away in the tots' wading pool, others on the swings, seesaw and in the sand pile. Into the club house we go to say hello to our hosts and friends we have not seen since last year, also some new ones for the first time, out in the open again we wander around greeting friends and chatting of this and that. We find that there has been a new shower erected closer to the club house and parking area, for the benefit of all.

Bob, Joe, and Jim are all busy getting things in ship shape for the coming season, one is getting ready to put the finishing touches to a spare tool shed that is being remodeled into a canteen where one can get soft drinks, hot dogs, coffee, candy bars and such at any time of the day, a very welcome new addition, another is hard at work building a new cabin, the first to be erected under the new system at Pine Tree Park whereby a member leases a plot of ground for use as a site for either a cabin or trailer, the lots to be marked off around the edge of the 5-acre playfield, 25 feet wide by 50 feet deep, several others taking turns cutting the lawn with the new power mower.

Jean was at the mail box when we drove in.



News Selections from "High Noon"

A TERRIBLE fire at *Oakdale* destroyed the little club house, which was headquarters at the ranch for Ed and Connie and housed office, kitchen, dining hall, and showers. Fortunately no one was hurt. Ed and Connie and all the *Oakdalers* who turned out the next weekend did a tremendous job of clearing the ugly remains away.

Better news comes from *Olive Dell* where a new swimming pool is just about completed. Those who have seen it report that Bill has put the pool in just below the beautifully surfaced volleyball court.

Samagatumans are glad to learn that their camp has been voted as the site of the 1955 fall festival of the WSA.

Rancho San Bexar has just completed its first year as a nudist ranch, and the first year is always the hardest.

—from Sun Dial Club's *High Noon*

FLORITANS

OUR lake dredging and land filling operation is getting under way. After a couple of weekends of going over the pump and motor on the dredge, Norm says the pump is about ready to spew forth sand.

Operation "Landfill" could not really get off to a good start until we put the dredge on a raft for easier handling. We feel that the enthusiasm will rise when the lake warms up a bit and the tan does not turn to blue. With all the talent we have around, it won't be long 'til we'll be spreading lake sand all over the place. The official date, February 5, 1955, will be a date to remember as the starting of the project.

Operation "Landfill" at Floritans.

J. Hadley



LUPINS LODGE

THE Los Gatos Daily Times recently carried an article on page one, with the headline: "Pilot bails out as craft falls by nudist camp". The article went on to say, "A navy jet fighter plane, its pilot bailed out, crashed on a hillside this morning near the Lupin Lodge nudist camp, about five miles south of Los Gatos.

The following is Ethel's personal account of what occurred. "Early in the morning, Ray was sitting in our living room and drinking coffee before I got up, when he heard a terrific noise. He looked out the window and saw a big puff of smoke near the hills and a man in a parachute. He ran upstairs and told me, and then disappeared. I got up and pretty soon the bell began to ring like crazy and eleven vehicles came through the gate in a stream—sheriff's cars, a navy ambulance, fire trucks, etc. They all took the road to Little Village and came back. They then gathered near the incinerator.

"After a while reporters began to come in to use the phone, and I asked them if they had seen Ray, but no one had. When he finally showed up again, he told me that he had gone down to the road and climbed into the first vehicle that came along, which was a fire truck with two rangers in it. Ray directed them up the canyon and unlocked the gate.

"They drove as far as possible, then Ray and one of the men got out and walked to the location of the wrecked plane. It was scattered over a five-acre area, after crashing into a hill and exploding. The pilot was picked up unhurt. Ray and the other two men were at the scene for about two hours before anyone else got there.

—from the Lupin Blossom

With deepest respect for all religions and nations, I humbly beg to relate this story to you; the story of

KASTÁN

the man who did not die.

Foreword to THE STORY OF KASTÁN, by C. Whitworth Ekberg (P.O. Box 5114, Miami 29, Florida) (\$2.75).

This unusual book by a Hollywood actor, who since writing it has become active in the nudist movement, deals with Reincarnation and takes you from Hollywood to a mystical reunion in the desert of Arabia. It is published in a very attractive edition, and is a book suitable for anyone to receive and read. Order it in your favorite book store, or from EXPOSITION PRESS, 386 Fourth Ave., New York 16, N. Y.

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NUDIST

Information—How to locate nudist parks—How to join a nudist camp, etc. The true "inside" facts about nudism. Send \$1 for 36-page printed, illustrated booklet, names and addresses of 100 nudist camps, 8 nudist cartoons, and sample of nudist product, sent by first class mail, under plain sealed cover. Rush name, address & \$1 today to...
SMOCO—Box 7032—Spokane, Wash.

Send 25c to Box 5003, Spokane, Wash., for a sample copy of Northwest Sunbathing News, a mimeo publication which gives the very latest information. Official Journal of the Northwest ASA district.



FOR SOMETHING better than twenty years the nudist idea has been undergoing a quiet steady growth within the United States. There is a good reason for this—the inherent value of the idea itself.

At first the thought of visiting a nudist park may be somewhat startling, as are a great many other worthy developments of the 20th century. Each season a certain number of families do take the plunge and decide to try it once. Then they find out a great many things.

They find out, for example, the astonishing relaxation which comes with the freedom which the nudist park offers. They discover how instantly the children take to this new way of living. How they romp together in the water and in the sun, having the time of their lives and, without knowing it, discard curiosities and provocations which during the development years cause a tragic number of young people of good background to make mistakes.

Why not bring your family out to one of our many nudist resorts this summer and see for yourself that nudism is all we claim for it. In the meantime we have further information for you if you will write and request it.

Mrs. Rose Holroyd, Secretary
The American Sunbathing Association, Inc.
Box 38-A, Pine Forest
Mays Landing, New Jersey

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NUDIST LEADER

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