

THE PREMIER NUDIST PHYSICAL CULTURE HEALTH MAGAZINE

# The Naturist

VOL. I. NO. 2

JANUARY, 1938

MONTHLY 6<sup>d</sup>.



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# ESPANOL SOLVENT

*will "do the trick" for YOU!*

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\*Evelyn Vaughan's measurements — which are accepted by sculptors and artists as the nearest to perfection—are:—

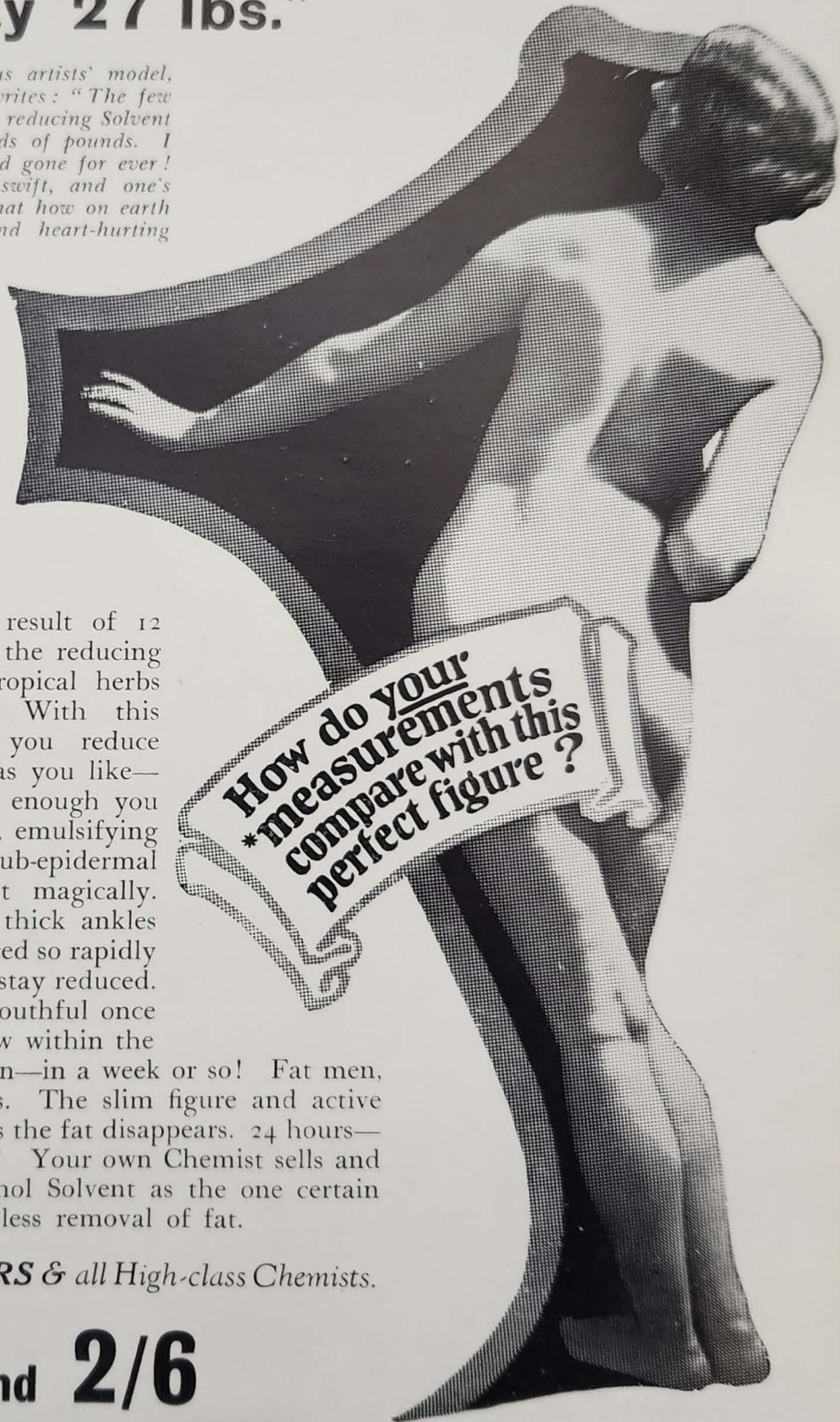
Height ...	5 ft. 6½ ins.
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Hips ...	35½ inches
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### CONDITIONS

All photographs submitted should be not less than quarter plate in size, should be glossy and unmounted. Each photograph submitted must have the owner's name and address on the back and the wording "Permission to reproduce this photograph in the 'Naturist' is given by —" and then signed by the owner. Prints will be returned only if accompanied by a stamped addressed envelope. The coupon on the bottom of this page must be pasted on each entry.

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Whilst you have been sunbathing you must have formulated views about Naturism which would be of interest to others, or perhaps you have had some interesting experience. Send us a letter of about 500 words and if it's interesting we will publish it. 10/6 will be paid for each letter published. Send your entries marked "Literary Competition" and please write on one side of the paper only.

**SEND IN YOUR ENTRY TO:**

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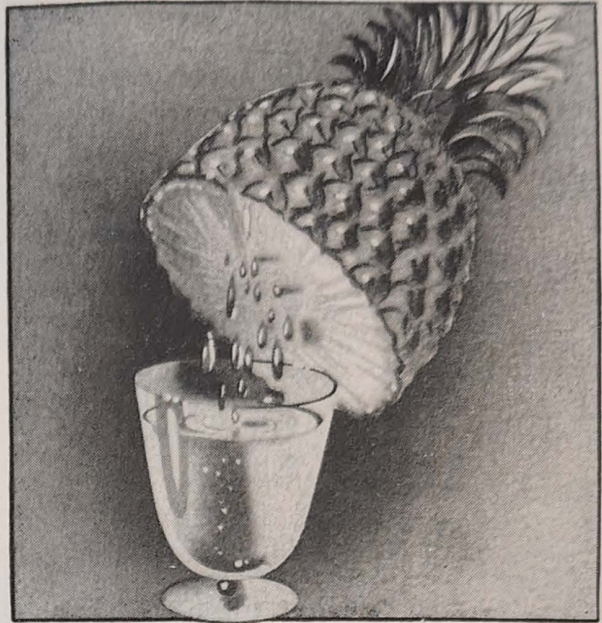
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JANUARY, 1938



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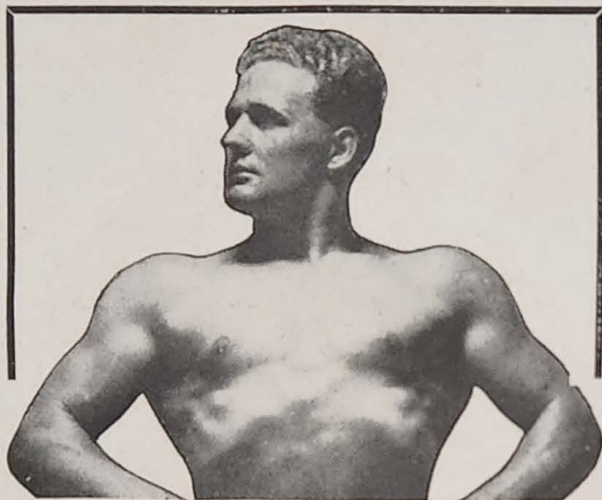
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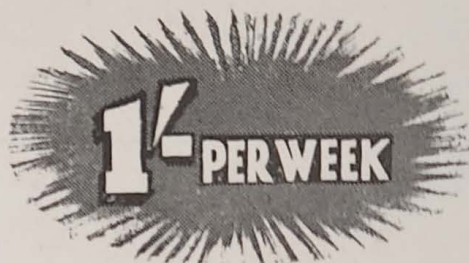
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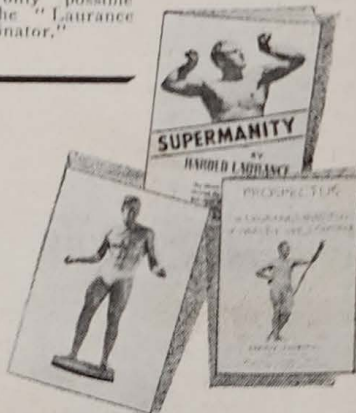
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"Naturist" Jan., 1938.



# The Naturist

VOL. 1. NO. 2

Annual Subscription, 7/6 post free

JANUARY, 1938

A Magazine for all interested in Physical Fitness, Hygiene, Diet, Sunbathing,  
and a Healthy Natural Life

EDITORIAL AND ADVERTISEMENT OFFICES

323 CITY ROAD, LONDON, E.C.1

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**T**HE RECEPTION accorded to the first issue of "The Naturist" has exceeded all our anticipations, and we have been delighted with the numerous and enthusiastic letters we have received from our readers in all parts of the country.

They one and all express their appreciation of the type of article that we are including in the magazine, and in particular our style of photographs. We have endeavoured, as far as possible, to avoid the posed studies of beautiful maidens, and have tried to give you real life photographs of normal human beings in natural positions. We think this is a point of great importance to our movement. This magazine is a means of propaganda for Naturism, and if it is to be filled with illustrations of an artificial type it would undoubtedly prejudice a large number of those who are as yet unconverted.

Conversion to Nudism is largely a matter of taking the first step, and it is not an easy thing to induce an individual to throw off the conventions of a lifetime. The task is made more difficult if the person concerned does not possess a figure of Venus or Adonis-like proportions, particularly when the idea has been inculcated in him, by means of many posed photographs, that all Nudists have bodies of wondrous beauty.

We hope that we shall be able to show that Nudists are normal human beings, nor are they all the possessors of classic figures. The beauty of our bodies lies as much in their physical fitness as in classical lines, and

the point for us to emphasise is that in the cultivation of fitness we do achieve a grace of movement that is very closely allied to actual beauty.

And now, dear reader, a message to you. We want you to regard this magazine as yours. Your medium for the expression of your views and thoughts. We want you to make use of its correspondence columns, not only to express your personal opinions, but also to use them to answer queries on medical points and as a source of practical information on all points.

With this issue we have inaugurated a page wherein our readers' medical queries will be answered. This is conducted by a number of doctors and will supply valuable information. We are also commencing a service to advise on more intimate problems. Every one of us has some intimate problem which worries us and have perhaps no one with whom to discuss it. Then you can take advantage of our bureau, and we will send you written advice which will be entirely confidential between you and ourselves.

So let us have your letters, your views, and help us to make this a real example of your own personal magazine.

THE EDITOR





*Albrecht - 1931.*

Even in biblical days, we have instances recorded of the pruriency of mind brought about by the concealing of the body by clothes. The above woodcut illustrates the incident of Susannah and the elders.

# IS NUDISM "JUST A CRAZE"?

by

WILLIAM WELBY

Author of

"Naked and Unashamed"

"The Naked Truth About Nudism"

"It's Only Natural"

THREE short years ago, when discussing Nudism with the limited number of friends with whom such a discussion was possible, I was told over and over again:—"It's just a craze of the moment: it won't last!" The self-constituted seers who made this forecast are confuted to-day. So far from proving a passing craze, the movement has grown with really remarkable rapidity and the number of converts is in excess of what most pioneer Nudists could have expected. Why? Public opinion is, paradoxically enough, both conservative and fickle. In many things it is hard to get Public Opinion to change from preconceived ideas and conventions which have become established during several generations. There is nearly always a prejudice against anything new; as is instanced by the ridicule and antagonism which the motor-car had to overcome in its early days. Sir Charles Jarrott tells in "Twenty Years of Motoring," how a man driving a dog-cart drew alongside him and deliberately slashed him in the face with his whip merely because he was driving a car. Cycling for women was regarded as immodest and, possibly, dangerous to health and future genera-

tions. In some small towns and villages a lady-cyclist was a scandal. Mixed-bathing caused horror and indignation and was viewed as moral disintegration and evidence of national decadence. On the other hand games and forms of sport, such as "Diabolo," "Pogo," "Yo Yo," and others already forgotten, were indulged in by young and old of both sexes with an almost fanatical fervour for a brief period and then dropped without thought or reason.

But, as politicians, strike leaders and propagandists know, in the long run public opinion is pretty sound and extremely powerful. What is really good is eventually accepted and staunchly supported. The idea of men, women and children associating in a state of nudity was, perhaps not unnaturally, at first regarded as something freakish; something which was inimical to conventional ideas of modesty and morality. Its true significance was not immediately grasped by the average individual brought up to regard the unclothed body as something to be hidden, lest lust and lasciviousness break all bounds and common decency be lost to the world. Many people now begin to see how silly such ideas were. There



is really no reason why we should be ashamed of the human body without covering any more than of the bodies of animals. It is true that while we are accustomed to seeing animals in their natural state, we have grown so used to the clothing of human beings that they seem almost unnatural without clothes. But clothing is merely a fashion and its style may vary from year to year, while the body itself is really the symbol of humanity. Or it should be. It is far more natural to take pride in our bodies than in our clothes, and if as much care and thought were given to our bodies as is spent in the selection of clothes we should be a finer nation than we are. "Charity covers a multitude of sins," and so does clothing. Sins against natural health and development; carelessness and laziness which allows muscles to atrophy or grow flabby and obesity to spoil the natural contours of the body. Some of these delinquencies can be camouflaged by clothes as an unnatural pallor can be disguised by rouge and lipstick; but they are not natural and are poor substitutes for fine figures and glowing health.

Hundreds of men and women to-day are able and willing to testify to the improvement in health and happiness which has come to them through joining Nudist communities. Scientists and medical men accept the virtues of infra-red, ultra-violet and other rays as axiomatic and use them not only as preventives of ill-health, but as a means of curing existing diseases. Without necessarily commending Nudism, they employ and advise treatments which automatically are enjoyed by the practice of Nudism. These are only some of the reasons why I believe that Nudism will prove—in fact, has proved—something much more than a passing craze. Had it been merely this it would have died or dwindled long before now. On the contrary it is public opinion which has changed. The attitude of the press has changed from sensational condemnation to mild appreciation and it is a question as to whether, in a matter of this kind, the press leads or is led by its readers.

Doctors, Clergymen, Officers in the Naval, Army and Air Force have joined the movement, and "the man in the street" has begun to see that "there must be something in it." Unfortunately, our climate offers little encouragement to sun and air bathing, but more and more people are anxious to take advantage of warm, dry spells and to wear less and less covering when exposing themselves to the cheering and health-giving rays of the sun. From slips and brassieres, to be seen at almost any seaside resort in the summer season, it is but a very short step to complete nudity; although most of us would agree that complete nudity in crowded public places would be scarcely desirable. At least not until the whole of the public has become nudist-minded. While I have never felt the least embarrassment through

being unclothed in a Nudist community, whether among friends or strangers, I should decidedly object to being quizzed by non-nudists, and I can well conceive the shock which might be experienced by many individuals of both sexes on seeing others in a state of nudity.

I keep very closely in touch with any news in any way connected with the movement, but I cannot call to mind any case within the last year or two where offence has been given by persons appearing nude in public, even though the number of enthusiastic Nudists has increased almost incredibly. The genuine Nudist has nothing in common with the exhibitionist or pervert, and is by no means insensible to the consideration of the feelings of others. I think, too, the type of man and woman attracted to the movement is evidence that it is no momentary craze. It is not the "bright young things," the idle rich or sensation seekers who are found in Nudist communities. The bulk and mainstay of the movement is to be found amongst the middle class concerned with businesses and professions. Complete families are more the rule than the exception, and amenities for children form part of the essential equipment of all Nudist Clubs. These are not the sort of people to be taken by a passing fancy or attracted by sensationalism. They give a great deal of thought to the matter before coming to a decision and weigh all the pros and cons with care and intelligence. Amongst all my acquaintances I know of no single individual who, having once adopted the practice, has given it up after the novelty has worn off.

I believe that the movement is a sound and sensible one with very real advantages to both the individual and the nation and that therefore it will endure and become more and more popular, even as motoring, cycling and similar pastimes have become, once the initial prejudice against them has been overcome. Nowadays Nudists are less shy of admitting their association with the movement than they were a few years ago; it has become easier to discuss in a straight-forward way than it was, and Nudist views are received with more tolerance and better understanding by those who are still unconvinced. No! If Nudism were merely a passing craze it would not have lasted so long, it would not attract the solid sensible people it has attracted, nor would it have overcome the initial prejudice of press and public which it has out-lived and transmuted.

## **NEXT MONTH**

**we shall be having the first of a series of articles on simple exercises for keeping fit that can be done in the home.**



# THE ETHICS

\*\*\*\*\* by \*\*\*\*\*  
A NATURIST  
\*\*\*\*\*

# OF NUDISM

IN the days of ancient Greece, the sexes mingled freely *in puris naturalibus*, at the public baths, on the stage, in the pleasure gardens, the art galleries, and at social gatherings. Under the rule of Rome, at the Feast of Lupercal, the runners were nude, and at many another public festival both men and women assembled "naked and unashamed."

There is reason to believe that among the early Christians, the sexes frequently gathered in a state of nature, perhaps as a test of moral control; but more probably because they appreciated the newly revealed truth that God is to be worshipped in spirit and in truth, and a deep sense of the essential Spiritual Reality may be obtained more readily when the worshippers are freed from the artificiality of clothing. To-day, many spiritualistic media of the genuine kind are most responsive to occult influences when they are naked. Indeed, in some instances, the operation of the psychic faculty seems to depend largely upon the body's freedom from the incubus of apparel. I know of at least one religious sect, secret but devout, which requires all its members to be nude whenever they assemble for worship.

Jesus Christ himself, seeing the Divine in all things, never spoke disparagingly about the human body or of any of its functions. To him, evil and perversion lay in the spirit, in the hidden places of the heart. Jesus referred to many of the most "intimate" parts of the body and to certain physical functions with a complete lack of reserve and freedom from embarrassment which have caused many a victim of false modesty to hurry, blushing, over certain portions of the Gospel narrative. One might almost suppose that the Pilot of the Galilean Lake had been rather at fault in not ignoring such matters entirely, or, at any rate, in not showing a more genteel selection in his use of words! So does the servant esteem himself to be greater than his Lord!

Provided that the practice of nudism be consistent with a proper regard for the ideas and sensibilities of other people, and conducted under conditions not contrary to the requirements of the law of the land, it contains nothing whatsoever that is at variance with the ideals of the Christian philosophy and the conduct of life as taught and exemplified by Jesus himself.

Incidentally, we may observe that the baptism by John, performed in the Jordan, took place in the presence of the multitude, and that then, as to-day, the recipients of such baptism entered the water wholly without clothing. The truly Christian attitude towards nakedness is that which sees nothing but beauty and wonder in the body. Is not the body, just as much as are the trees and the sunset, the handiwork of the ever-present God?

Only later in the history of the Church did the body come to be regarded as evil, and its complete exposure, sometimes even in private, a cause for censure and a stumbling-block to "chastity." We have read about those female devotees of a certain religious organisation who, even when bathing at home, wear an undergarment lest their own eyes should behold those parts of the body which obscurantism and superstition have seen fitting to stigmatise as "evil" and "impure."

We of to-day are slowly but surely escaping from the corruptive influences of the false teachings, hide-bound social customs, blind traditions, and antiquated legislation which combine to stand in the way of naturism's high and glorious ideals. Naturism aims at the realisation of that idyllic state in which, according to the Hebrew prose-poem, God looked upon his finished handiwork, its crowning glory the stalwart naked Adam and the snow-limbed Eve, and "saw that it was good."

False teachings, which beget false modesty, pruriency, uncleanness of heart and mind, "and all their noisome brood," alone are responsible for the persistent fallacy which declares that nakedness among the sexes tends towards sexual immorality. This idea obtains in all too many quarters even to-day. It assumes that a naked man simply cannot see a naked woman, having charm and beauty, without there being at least the stimulation of the desire for physical union, and, as it does not hesitate to imply, in all probability the performance of the sexual act itself.

The sexual act is in itself both pure and good. It is Nature's sacrament, just as much as are the singing of the birds, the flowering of plants, the blending of the river with the sea, or the pageant of the seasons. Because of the sacramental nature of





“God looked upon His finished handiwork, its crowning glory the stalwart naked Adam and the snow limbed Eve, and saw that it was good.”



this act, there can be no justification of promiscuity. Among the higher mammals, and, indeed, many of the more highly developed and most intelligent birds, monogamy is the rule. One male to one female is not merely a dictum of moralists or a convention invented by ecclesiastics. It is a biological principle bound up with the conditions of social, aesthetic, and intellectual development.

The argument that "mixed" nudism, any more than "mixed" bathing, in itself provides a stimulus to sexual irregularity, is ridiculous. Equally intelligent would be the contention that a normal man cannot look upon a neighbour's laden dinner-table without obeying an uncontrollable desire to pounce upon the viands and devour them. Yet, there are people who would have us to believe that a man cannot behold his neighbour's wife, or his radiant daughter, clothed only in her natural loveliness, without his ardently desiring to seduce her!

As a matter of proven fact, as the present writer can testify from personal experience, practising nudists are among the most chaste of mortals, in thought, in speech and in action. Where nothing is concealed, there can exist no prurient curiosity. Where all is crystal clear, and mutual revelation is as a token of mutual faith and mutual esteem, tainted jokes and innuendoes have no place whatsoever. What sane man or woman sees occasion for ribald merriment or unclean jest in the sunset, the moonrise, the unfolding of the blossom, the glistening loveliness of a dragon-fly's wing? The naturist places the human body among those lovely and enchanting things, hence he sees in it no more occasion for crude jest than in any other aspect or phenomena of Nature. He can contemplate the mechanism of the body and its beauty with emotions and intelligent interest similar to those which he experiences when he gazes upon the splendour of the rose or the tender loveliness of the new-born day.

Truly, there are people, usually the victims of long-endured repressions, to whom the sight of nakedness on the part of the opposite sex is a cause of almost uncontrollable physical excitation. Hence, at naturistic gatherings, the presence of married pairs is particularly encouraged. The revelation of so much unclad loveliness not seldom has resulted, later, in the revival of romance and of mutual attraction on the part of many a husband and wife with whom long familiarity had resulted in comparative or complete indifference to the intimate privileges of the married state.

Between engaged couples, too, social nudism may afford a test of the reality of their affection. If the prospective partners be well and truly matched, neither the one nor the other of them finds in the presence of even the most classical of female figures, or in that of the most imposing examples of mas-

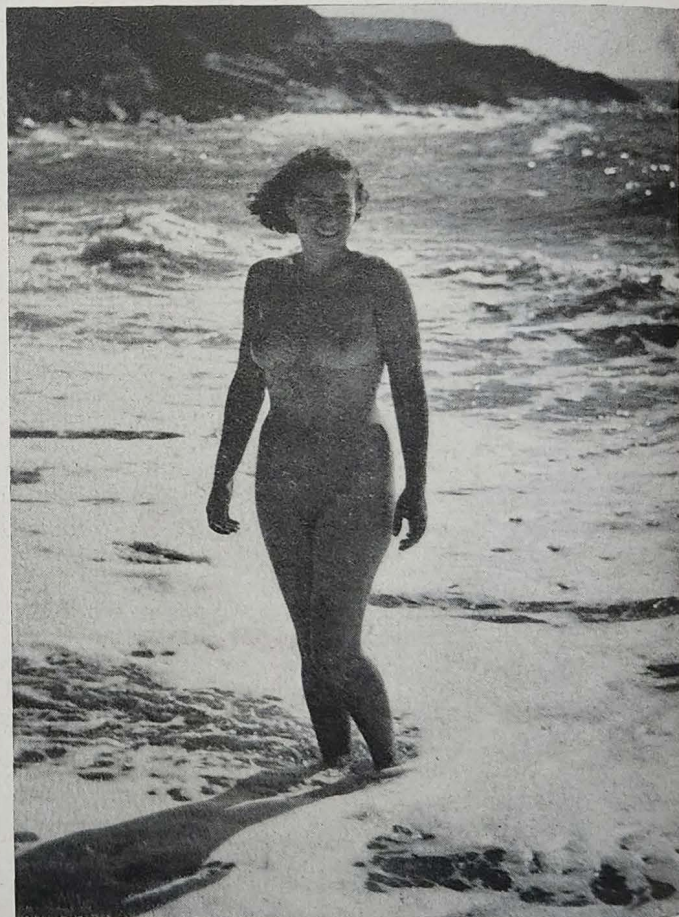
culinity, a thrill one degree more exquisite than is felt in the presence of the Beloved.

How infinitely better it is for a young man to be acquainted with the charms and allurements of womankind in general before marriage, rather than for him, after legal commitments to one particular woman, to hanker after fresh discoveries and adventures in the regions of amatory experience!

The same remark applies, conversely, to at least a large number of girls and young women. If many males be instinctively polygamous, many females are instinctively polyandrous, a statement which only conventionality or false ideas of chivalry will deny.

How deep and real is that mutual attraction which, even amid the open display of all that physical attraction implies, still causes the wise and happy lover to prefer the intimate presence and companionship of the one particular person above the allurements of all the rest!

Social nudism, shared by both sexes, by bringing men and women of various ages, types and temperaments together, bound by the common bond of harmony with Nature, can do much towards preventing alliances which, later, are likely to prove inharmonious.



The beauty of the human form is amongst Nature's lovely and enchanting things.



By the practice of social nudism, natural affinities have opportunity for realisation, and the forces which make for ideal mating are given a chance to come into effectual operation. Such opportunities cannot occur under the cramping artificiality which, all too often, hangs like a noxious miasma over ordinary social gatherings, in which dress, position and occupation play so exaggerated a part. Nakedness excludes all affectation, all snobbery, all unnaturalness. People naked are people as they really are. The unclad body has no inventions and no subterfuges whereby it can conceal the true character of the heart and mind within. An Edenic simplicity dispels any and every variety of make-believe. In its midst, sterling qualities, inalienable assets of intellect and spirit alone can breathe.

Nudism is beneficial, too, in that, once and for all time, it tears away the evil which obscurantism and false modesty have woven around the essential facts of sex. Even in the present age, there *are* some people who, until their marriage, do not possess definite knowledge of the true meaning and character of the sexual relationship. Stacks of books have been written upon the subject; but these all too often tend to confuse and even to arouse unsatisfied desire, rather than to clarify and enlighten.

An evening spent in social nudism, or a visit to a naturist camp, serves to dispel the gloom of prurient conjecture and half-abashed uncertainty. Social nudism, in combination with the teachings of elementary botany and zoology, affords the ideal medium for sex-instruction among children. Boys and girls so instructed usually are delightfully free from that unwholesome tendency to precocity in sex-matters which, as a result of reaction, has been one of the after-effects of the Victorian conspiracy of silence.

Such young folk, being enlightened by simple and natural methods, become oblivious to sexual differences, both among their own companions and among their seniors. They no longer titter at the sight of those portions of the body, either male or female, which custom and convention for so long have required shall be concealed. Neither do such young folk in secret discuss sexual phenomena with an unsavoury ardour, or chalk crude anatomical sketches and write old Anglo-Saxon words on walls.

Another admirable feature of social nudism is that it makes for the most scrupulous and unvarying personal cleanliness. Clothing can, and often does, conceal a multitude of unhygienic sins. The nudist, on the other hand, must always see to it that every minute detail of the body is kept flawlessly clean. The areas subject to excessive perspiration receive especial care.

The writer knows of more than one instance in which sufferers from bromidrosis and other causes of "body odour" have been permanently cured by naturistic principles. The twice or thrice daily bath, first with warm water and disinfectant soap, followed by the wash all over with cold water and scented soap, exposure to the sunshine, to the winds of heaven, to the rain, even to the snow and frost, and, indoors, to the stimulating glow of the open fire, have freed those sufferers from their malodorous disorders, and they have been enabled to move among their fellow naturists happy and confident in the certain knowledge that their skins are as pure and wholesome as that of a little child fresh from the bath.

Cleanliness of body stimulates healthiness of mind. That cleanliness is a condition upon which social nudism invariably and necessarily insists.



The Ajax "Sunviray" Lamp (Reg. Tr. Mark No. 479543)

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YOU JUST SWITCH IT ON!!!

The wonderful health giving properties and curative virtues of natural sunlight can now be reproduced by scientific electrical apparatus. "Artificial" sunlight in the home is available at any time—day or night—winter or summer—just when required. The cost of the "Sunviray" lamp illustrated on the left is £5 . 10 . 0 only and it will function on all electrical currents up to 250V. It is necessary, however, to mention the voltage when ordering.

This lamp is dismantlable; can be used as a stand model as shown or main stem can be removed, making a portable model. It generates a large volume of Ultra-Violet Rays with a small proportion of Infra-Red and other heat and light rays, all of which are most highly beneficial. Fuller particulars will be sent on request. All orders promptly executed.

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The cultivation of the perfect figure and physique can take place in the home.



# LET IN THE SUNSHINE

SUNLIGHT is made up of a whole range of radiations ranging from the Infra-red at one end of the scale to the Ultra-violet at the other (1). Of like nature, these radiations or electro-magnetic disturbances in the ether, can be classified under three headings, according to the effect they produce, these being dependent on the wave-length or frequency. These divisions, in order of increasing frequency (or decreasing wave-length) are Thermal, Visible and Chemical. Let us consider these in the following order:—

- A. Visible rays.
- B. Thermal or Heat rays. (Infra-red.)
- C. Chemical or Actinic rays. (Ultra-violet.)

The Visible rays produce in man the sensation of light; through them we are enabled to see. The Thermal or Infra-red rays raise the temperature of objects on which they fall. (Actually, all radiation caused by electro-magnetic disturbances produces heat on complete absorption, independent of the frequency or wave-length.) The Chemical or Ultra-violet rays produce physico-chemical effects: bleaching of coloured materials, darkening of sensitised paper, reddening and subsequent colouring of the skin due to the development of pigment in the Malpighian layer (*rete mucosum*). The rays belonging to the two last groups are invisible, they do not produce the sensation of light on the retina.

Physiologically, little is as yet known of the effects of Visible light on the body, although for some time, workers at the "Smithsonian Institute" in Washington, U.S.A., have had cause to suspect that the phenomena of Heliotropism in plants is probably caused by the visible rather than by the actinic, or by the heat, rays. The Infra-red rays give the sensation of heat and warmth. The Ultra-violet rays cause complex physiological reactions essential for the well-being of man, and it is with these rays, belonging to the third division, and with their conservation, that we are here concerned.

Ordinary window glass allows free passage to those rays which come under the heading A and B. Visible rays pass through freely; clear glass does not hinder vision. Heat rays are also able to penetrate; everyone knows how hot it can get in a glass-house in direct sunlight. The Chemical or Ultra-violet rays which are of such importance for the maintenance of bodily health and vigour, on the other hand, are unable to pass, the glass acting as a complete barrier by being almost completely opaque to them (2).

When light falls upon a plane surface, one-tenth

- (1) From 90  $\mu$  in the Infra-red to 0.29  $\mu$  in the Ultra-violet.
- (2) For radiation around 300  $m.\mu$ .

of it is reflected and is therefore lost, leaving nine-tenths to penetrate the medium. In the case of the Ultra-violet rays, one sheet of window glass of ordinary thickness will cut down the amount of transmitted light to less than one-hundredth of its original value (2). This can be well shown with gelatinochloride paper, the rapidity of discolouration being very much less in a room than out in the open. Similarly with the human skin; we could lie all day in direct sunlight behind a closed window without getting tanned. When we think of the thousands of town dwellers who have to work indoors all the week, we see the importance attached to the question of more complete light transmission.

Let us consider what substitutes there are for glass which answer our requirements, *i.e.* protection against the elements and transparency to rays of all three divisions.

The best material from the point of Ultra-violet ray transmission is Quartz. It transmits practically the entire band of Ultra-violet radiation and so is made much use of in Artificial Sunlight lamps of the mercury arc type. Quartz, however, is expensive and moreover difficult to make in large sheets, which minimises its utility for our particular purpose. Happily a glass is now manufactured which lets through a large portion of the Ultra-violet rays of sunlight, *i.e.* 47% for a glass of ordinary thickness (2). In composition it is very similar to ordinary window glass, except that the sand used in its manufacture is as iron-free as possible, iron being present in the sand as an impurity. A glass even more permeable to Ultra-violet radiation can be produced, but it is so alkaline that it is gradually washed away by rain and so cannot be used for outside glazing purposes. Glass which allows unrestricted passage to the Ultra-violet rays—Ultra-violet permeable glass—as it is called, is more expensive to buy than ordinary glass, but the obvious advantages attached to its use more than outweigh the increased cost. It can be obtained in quite large sheets, and two defects associated with early samples, discolouration and "ageing," by which is meant a gradual loss of permeability to Ultra-violet with the passing of time, have been overcome.

Here, then, lies the solution to the problem. By glazing our windows with this special glass we should benefit greatly from the sunlight which filled our rooms. In the early spring, days of brilliant sunshine are often accompanied by cold east winds; sometimes there is snow on the ground. Although hardened Gymnasts may still go out and get their light-baths, many people at this time of year remain indoors. Ultra-violet permeable glass in their case



# SAVING A

## £17,000,000 HEALTH BILL

**T**HERE is but one direct means by which man's physical being is developed, maintained in normal condition and when broken down restored to a healthy condition.

The means is the circulation of the blood. If the blood current is strong and free, health is assured; if, on the other hand, the general circulation is sluggish, or local congestions occur, morbid processes are of necessity initiated. There is not a pathological lesion that does not have its beginning in blood stasis; to re-establish and maintain a normal circulation, local and general, is therefore the great problem that demands solution in the successful treatment of chronic disease both medical and surgical."—Pratt.

This fundamental principle has been grievously neglected during the development of medicine. Even to-day a vast number of medical men regard each disease as separate, having a specific cause and requiring specific treatment. Thus pneumonia is separate and distinct from typhoid, their causes seem to be different, so they must be treated differently. In a word, conventional medical measures are symptomatic and not specific, because they disregard the fact that ailments have their origin in impurities and toxins which have accumulated in the system through inability of the blood stream to eliminate them properly.

### THE WAY TO REAL HEALTH

If the blood is restored to its normal condition by elimination of toxic substances, the fundamental cause of disease can be entirely eliminated and with it the attendant symptoms. In the case of minor ailments this process of purification can be very speedy, but the more deep seated the trouble and the longer it has persisted, as in the cases of asthma and bronchitis, the more prolonged the treatment must be.

### CHEMICAL AND NATURAL REMEDIES

Medicinal drugs, broadly speaking, fall into four classes.

1. Inert mineral substances such as the salts of mercury, sulphur, iodine, bromine, arsenic.
2. The extracted salts of plants, such as quinine.
3. Alcohol tinctures obtained from medicinal plants such as *Nux Vernica*, *Digitatis*, etc.
4. Animal exudates and secretions, such as thyroid extract, adrenalin, insulin, etc., and the whole range of vaccines, sera and so called anti-toxins, the last being themselves the products of diseased conditions.

Of these, the first group and the last are most dangerous, except when administered in extreme homeopathic dilution, chiefly because they are alien to the human body. The second and third groups are not only greatly inferior to simple infusions of the plants themselves, but are almost invariably suppressive; that is, at the best they can but provoke a reaction of temporary benefit, and at the worst, they can, and do, blur, stifle and thwart the body's curative impulses.

Herbalism, as commonly practised, stands midway between the darkness and the light. Its pills, powders, extracts and infusions vary in usefulness according to their ingredients, and when divorced from right feeding and other rational measures, leave the sick person unenlightened as to the real causes of illness and disease. Enlightened medical opinion is now re-discovering the great truth that the human body possesses self-healing energies which are best assisted by the use of right food and the living substances and juices of vegetable, fruits and medicinal herbs.

It has been proved that every plant is an amazingly active laboratory, the scene of biochemical activities of great subtlety. Administration of fresh plant juices provides the blood with the very life elements from which the body can renew its secretions and vital resistances to infection.

Progressive practitioners in all lands have prescribed such plant extracts with success—but the great problem has been the extraction of the juices





The joy of living as expressed by this virile young girl, a perfect example of female beauty and fitness.

daily in the home. This has now been overcome and fresh plant juices can now be obtained from health stores, bottled entirely under vacuum, thus preventing contamination by hand and yet avoiding sterilisation by heat, alcohol or chemical preservatives.

First among remedial plant juices is Garlic, nature's most potent internal antiseptic which disinfects not only the intestinal tract but the whole body. It destroys threadworms and worms in the intestine, and influences the entire digestive system. Possessing a strong affinity for the worst kind of morbidity, it reaches into every recess through the blood, hence it is the most rational and effective remedy for boils, carbuncles, ulcers, pyorrhea and every septic condition. It is of great importance in the dietetic treatment of swollen or inefficient glands, including thyroid disorders, and is frequently given with success in cases of arterisclerosis. In addition, we have been told that Garlic is largely responsible for

the extreme age and extraordinary strength to be found among the Turks and other Mediterranean nations. There is but one handicap to the universal prescription of garlic and that is, its pungent taste and odour—recent research, however, has overcome this objection by evolving a method of enclosing pure freshly pressed oil of garlic in gelatine pearls or capsules, without in any way affecting the medicinal value. These capsules are easily swallowed, but do not dissolve until they reach the small intestine where the garlic is easily absorbed into the blood and carried throughout the body to attack and expel all toxin accumulations. There is no smell or after taste when taking Garlic in this way.

### **CARROT JUICE**

Carrot juice is well known and recommended for acid conditions—it is also an unrivalled source of vitamins, particularly Vitamin A—the anti-infective vitamin. Conditions in which carrot juice is parti-



cularly valuable include gastric and duodenal ulceration, nettle rash and shingles. It should always be included in treatment for anæmia, pulmonary disorders and morbid and malignant growths. Carrot juice is also prescribed in anti-natal dietaries to promote normal conditions and adequate and health milk for the child after birth. It should be noted that the inclusion of raw carrot in the ordinary diet is not sufficient, as the necessary quantities of juice can only be obtained in an amount of carrot fibre which would severely tax the organs of digestion.

Cucumber juice taken in conjunction with carrots is a true aid to clear complexion; its precious alkaline salts and vitamins exert far reaching influences upon the skin, liver, kidneys and bowels.

### RHEUMATISM COSTS MILLIONS

Sir Kingsley Wood, the Minister of Health, stated recently that rheumatism accounted for one-sixth of our industrial invalidism and cost £17,000,000 annually. Recent estimates showed that time lost from rheumatic diseases represented a total incapacity of 5½ million weeks.

Nettle juice rapidly neutralises pent-up waste acids, especially oxalic and uric acid, hence it is of great value in the dietetic treatment of rheumatic and gouty conditions. The circulation of its peculiar properties in the minute veins (capillaries) just underneath the outer skin is most beneficial in cases of eczema.

In all sixteen of these concentrated life juices are available, but the bottles, once uncorked, must be used within four days, since the juice decomposes rapidly and the whole virtue of the juices is that there are *living* combinations of curative elements in each plant. Therefore each bottle holds sufficient for four days' treatment. Only one dose is taken daily during or after the principal meal.

The respective applications of the sixteen life juices is as follows:—

**Blood**—Garlic, Nettle, Spinach.

**Digestive Organ**—Wormwood, Gentian, White Cabbage.

**Respiratory Organs**—Horsetail, Coltsfoot.

**Heart and Nerves**—St. John's Wart, Yarrow, Carrot.

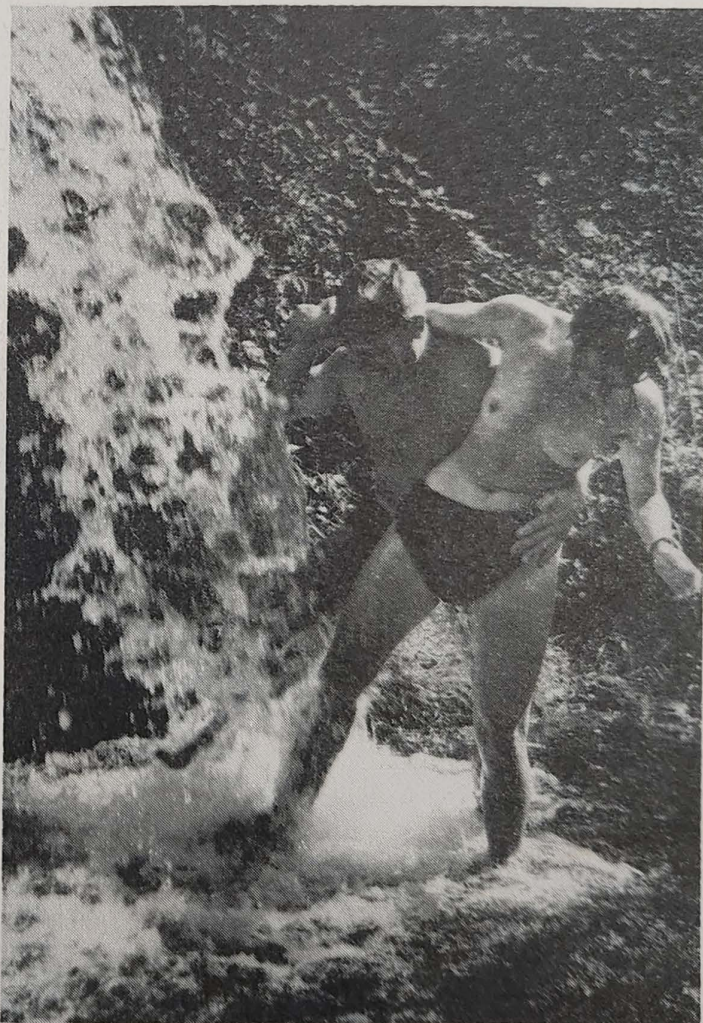
**Liver and Kidneys**—Dandelion, Birch, Celery.

**Skin**—Cucumber, Watercress.

In every instance Garlic, the supreme purifier, is an essential part of the treatment, to cleanse the blood and prepare the way for the regenerative work of the other specialised life juices. A healthy blood stream is the first requisite for health, and oil of Garlic ensures it.

The life juices described are neither patent medicines nor quick acting cure-alls. Their beneficial effects may not always be immediate, but are certain if the recommended regime is followed conscientiously. The good work will be aided if daily meals are on rational lines. Raw salads and conservatively cooked vegetables with a moderate amount of either fresh ripe fruit or dried fruit should be eaten every day, and all refined white sugars and starchy foods should be reduced to a minimum or discarded altogether.

The message of these remarkable juices is clear,—instead of trying to dodge Nature or imitate her wonderful remedies, we should turn to her own living works as all the truly great physicians from Hippocrates to Paracenes have done. Only thus can we win freedom from the ill health and disease that dogs even the wealthiest of those who depend upon inert chemical drugs and chemical remedies.



Natural foods, natural remedies, a natural life, and the natural pleasures. Simplicity of living means an added zest to one's enjoyments.



# WINTER

*amid*  
*and*



In the cold and wet winter climate of ours it is difficult to realise that in the Alps it is possible to go about the snow-clad mountains and sunbathe without feeling the cold.

The atmosphere is so dry and the heat of the sun so great, that despite the low temperature, it is possible to sunbathe throughout the day, like this girl.





# SPORTS

*Mountains*

*Snow*



It is no uncommon sight in Switzerland and Austria to come across crowds of skiers playing around in the snow with none or few clothes on. It is possible to have a really magnificent sunbathing holiday combined with winter sports in these regions.





The fine physique of modern youth, seen in all classes of life, is due to a greater appreciation of the necessity for diet and the benefits of sun and air.

# FOOD for THE WORKING CLASSES

by

LOUIS KATIN

A PREVIOUS article by the writer emphasised the necessity of understanding working-class difficulties before much headway can be made with the naturist movement among other than middle-class people. In this article, suggestions are given from personal experience to meet those difficulties.

Obviously the main drawback is limitation of diet. What we consider faulty regimen is usually much cheaper than the regimen we would recommend. In this connection, other nations are often better off than we are, though not possessing anything like our wealth.

For instance, it has been reported that even the poorest of the Basque refugee children had perfect teeth, because tomatoes are easily accessible to them in their native land. In Britain, firm, sound tomatoes containing plenty of vitamin can only be bought by the better-off for most of the year, the cheap tomatoes being spongy, tasteless and denatured.

To adhere to a naturist diet, therefore, a poor

person must pick his way carefully and should be guided by those in a position to know.

For all classes, the ideal is three meals a day—comprising plenty of fruit, cereals, salad and some protein foods.

How can a working-class person adhere to such a diet? Well, for breakfast he may have an apple, some raisins either dry or soaked overnight in cold water, some dry cereals or thin hard toast, and a glass of milk or half milk and half tea. Absence of tea from diet should not be insisted on by lecturers and writers, for it plays a profound part in working-class life, and the social conditions of to-day are not such that we should expect rigid purism in diet, at least to begin with.

The above breakfast would cost at least threepence—probably fourpence, say 2/- a week. For a family of five with an income of £3 a week, this means 10/- on breakfasts alone, even though we substitute porridge for the younger members. Bread-and-butter would be out of the question, butter being far too dear, and probably margarine would be used instead.

Now for the second meal. This may have to be cold where the worker cannot return home at mid-



day, and would be taken in a lunch packet. It might consist of thin brown bread and cheese (or hard egg when eggs are cheap) with lettuce or raw cabbage leaves, a carrot, or raisins to follow, ending with an apple, orange or banana. It is a pity that the hard Scandinavian bread is so expensive in this country, for it is wonderful for mastication, and in its native climes must save millions of pounds in freedom from dental decay, constipation, rheumatism and so on. A cheap Scandinavian bread, within the means of poorer people, is now fortunately promised.

It is a working-class fallacy that a heavy second meal is essential for internal refuelling, and to this end workmen will carry huge lunch packets to the factory, mostly of bread-and-cheese or bread-and-dripping. The effect is to give a bloated feeling, often accompanied with a "stitch," and difficulty in getting up speed again on resuming work. This writer found that a sweetened cup of coffee, cocoa or chocolate made wholly with milk was quite enough to last him until the evening meal, did not interfere with his work, and gave him time for a stroll round the streets for that fresh air, sunshine and change of scene which are more important to a factory "hand" than stuffing himself with soft bread.

Assuming the mid-day meal is taken at home hot, however (at leisure, and not in a physique-destroying rush of twenty minutes), there can be no doubt of soup as a cheap, nourishing dish, able to be produced at 1½d. a large plate by any house-wife. Green vegetables chopped small, with unpolished rice or barley added, and allowed to simmer in a saucepan to a consistency of cream, are almost enough in themselves to satisfy most workers.

It should be remembered that nowadays purely manual labour is the exception rather than the rule, for machinery has now made the phrase "by the sweat of the brow" largely redundant. A machine-minder or machine-feeder does not therefore need so much food or such heavy food as his father or grandfather did. It is his nervous energy rather than his physical energy which has to be built up by the house-wife.

For the second hot dish, home-fed meat (as distinguished from home-killed meat, for an animal may be killed in this country yet emanate from a distance of 3,000 miles) is practically ruled out, except for a few scraps. Rather than use the tasteless imported meat, the writer has found fish a cheaper and far more satisfying food. Eggs, toasted cheese or cauliflower *au gratin* are other substitutes for the vegetarian-minded, but fish appeals more to working people, who must be weaned from the habit of always having it fried. If the traditional fish-and-chip shop of poorer districts could be persuaded to go over to boiled, grilled or steamed fish, with potatoes done in their jackets, a huge advance would be made in working-class dietary.

The tradition of buying one's meal in a sheet of

newspaper is understandable. Many poor homes are severely cramped for space, and in a kitchen which has to serve as dining-room, nursery, playground and rest-room, the cooking of a meal is a nerve-racking business. Further than this, families actually save by buying fish-and-chips ready cooked, for the necessary heat and extras would cost more money than the difference between raw and fried. It is the old technique of communal cooking where private cooking is too expensive to carry on.

Years ago, before the War, there used to be baked-potato vendors in the streets, but these seem to have gone now. It is a pity, for the potato, as baked in its skin over their slow coal fire, was a nutritive food, and working-class house-wives should be urged to revive it to go with their second mid-day dish of fish, etc., above mentioned. Alternatively, or in addition, there are for the children beans and peas, also conservatively cooked.

For the third dish, too much reliance is placed on soggy custards—understandably, though, for these are the cheapest of sweets. Prunes should be put forward instead, but as stewed prunes tend to become monotonous, they should be replaced by figs or raisins, also stewed. An all-milk pudding could be made for the children, but unhappily few households could afford such a luxury.

In this connection, one must emphasize what the Ministry of Health overlooks when compiling working-class budgets—that variety is as essential for satisfactory feeding as the right number of calories and vitamins. Man does not live by calorific percentage alone.

Our mid-day meal, as outlined, would cost at least 3/-, say 21/- for the week, bringing the total for breakfast and dinner to 31/-. Clearly we must go slow for the next meal!

Raw salad stuffs we must have for the third meal, and this can be supplied in non-summer months with cabbage or brussels sprouts, watercress, turnip, beet-root, carrot, even mangolds, all cheap as a rule. With wholemeal bread and a glass of Russian tea we cannot reduce the weekly cost below 9/-, thus making up a round £2 for the whole dietary.

It will be seen how difficult the problem is. For a family with income of £3 a week, the usual outlay on food is not more than 35/-. But the majority of families have even less than £3 to live on.

The solution is communal cooking on right dietetic lines in place of the present expensive individualistic method with its alternative of ill-cooked shop and restaurant foods. Until that solution offers, working-class people must try to eat the correct foods within the limitations imposed on them. It is no use for us to pretend that it is easy for them to do so. This article has proved that it is not. But if they wish to retain their health they must make the sacrifices involved until such times as a more enlightened society can help them.





A natural life and natural pleasures are the surest way of preventing Neurosis.  
Here is a naturist who extracts the most from life.

IT is generally agreed that nervous disorders are inimical to the mental as well as to the bodily health, and not a few of the intellectual giants of history were obviously neurotic individuals inasmuch as they were wont to betray numerous symptoms of an unbalanced nervous system. In the majority of instances, it can truthfully be said that intellectual neurotics have passed through unhappy lives and come to grief with their purposes unfulfilled.

Among the better known figures of history, Julius Cæsar was one exception. This greatest of all the Romans was unquestionably neurotic. He was epileptic, but he might have lived a fairly long life and might have remained triumphant to the end had he not been murdered. Yet, save for legends of a continuous, and, therefore, ungratified and ungratifiable sensual appetite, he was apparently generally happy.

It will be remembered that Brutus sought to justify his share in Cæsar's death by accusing him of Ambition. But Ambition, if it be a vice, is one of which every man and every woman who has ever done anything of note in this world, has been equally guilty. Without some spur to energetic expression, no achievement is possible. It may be asked, however: should the energy be devoted to altruistic or purely egotistic ends?

#### SLAVES TO APPETITE

Conquerors, Poets, Inventors, Scientists, Statesmen, all the great and honoured names in historical

# Th

by

H. W. STANDWE

*Examples from  
the lives of the  
great*

records, have toiled for one end; disguise or mislabel the truth as we may, one and all they toiled to satisfy some need they felt for self-expression; at bottom to gratify some curiosity, inquisitiveness, if you will, which drove them, not infrequently as can be observed, to uncongenial tasks.

Alexander the Great was another example of outstanding figures in history who would seem to have been a prey to ungovernable emotions.

On the other side of the scale, one recalls, of course, such great men as Wellington, Marlborough, Genghis Khan, Edison, Sir Isaac Newton, Lister, Leonardo da Vinci, Milton, Dante, and the majority of the literary and scientific giants, who were all obviously men of sober judgments and of the most equable temperaments. Yet each of them were bitten, as the Americans would say, by the bug of some driving incentive. All may be said to have achieved their objects, even if some of them encountered a number of checks and disappointments, and finally, as clear proof that their nervous systems were most soundly balanced, they lived to comparatively old ages and enjoyed sound physical health throughout most of their lives.

#### A DIVERSITY OF GOALS

Wellington, devoid of any thirst for conquest, for personal aggrandisement, played and enjoyed the game of War with a zest only to be paralleled by that of a Capablanca or an Alekhine over chess. His one great passion was the preservation of aristocratic influence. He believed in the old families and took



# ALTRUISM OR EGOTISM

## *Secret of Success*

little pains to conceal his contempt for the common herd. He returned from Waterloo ready to retire to his acres and to live out his days as an early nineteenth-century feudal lord, but found himself compelled to plunge into politics, to take up the labours of a Prime Minister, when found or suspected that the old privileges of the aristocracy were threatened. His windows were stoned and his self-esteem was wounded. He failed as a statesman, yet he did not live long enough to see his articles of faith seriously damaged, and was content with the general public expression of affection and esteem. His main objective was the preservation and the illustration of his theories, and he may be said to have been happy as he was inspired to the demonstration of these.

Marlborough's incentive is more difficult of diagnosis. His cupidity was even more notorious than his passion for intrigue, and it can be said that he revelled in these to the utmost. His military exploits and his parliamentary activities were but side-issues, adjuncts and preliminaries to the main issue. He continued to pile up the guineas and to conspire to his heart's content to the very end.

### THE RAPTURE OF DISCOVERY

The great scientists, Newton, Lister, Darwin, Herbert Spencer, and the rest of them, as a rule, lived through long lives, though some of them cannot be said to have invariably enjoyed excellent health. Outside their scientific exploits and their triumphs of investigation, they passed through what the average mortal might consider uneventful years in that they were undistracted by their passions or appetites. There can, however, be little doubt that they gathered satisfaction. Never complete, perhaps, because, as one of them expressed it, they could but hope to find with luck some new pebble on the vast shore of the limitless ocean of knowledge, but they were ever sustained by their insatiable thirst for knowledge. Other men, all humanity might derive financial benefit or increased comfort from the fruits of their investigations and experiments. The mere solutions of the problems with which they had wrestled provided ample reward for themselves. They desired no more and would not infrequently respectfully decline titles, honours and other distinctions which Kings and Ministers might seek to bestow upon them.

There are certainly grounds for the assumption that a number of famous men and women, poets, literary men, personages distinguished in various walks of life, of whom it has been said that they died before their time—when these died *what are generally known as "natural deaths"*—just faded out because their chief interest had failed any longer to absorb them completely. For example, it is more than possible that the poet Keats died, not so much from consumption as because he realised that he had lavished his affections, his main-spring, on an unappreciative and irresponsible object. Other literary giants may well have passed because of their realisation that they had said or written all that was in them.

### AN ALMOST OMNIPOTENT REMEDY

The colossal genius Leonardo da Vinci, the most varied and possibly the supreme intellect which history records, lived on to 67, surpassing the majority of his rivals as painter, sculptor, architect, poet, engineer, mathematician, and philosopher. The illegitimate son of a peasant woman, renowned almost as much for his physical beauty and physical strength, the favourite of Dukes and Kings, a man of most varied interests, one of the leading investigators and scientific experimenters of all time, as his private note-books have informed us, he died, there is reason to believe, partly because he realised that it would be impossible to test his scientific theories. He imagined, and even devised the aeroplane on paper. Had he attempted to construct one, he would assuredly have been burned at the stake. He was denied the satisfaction and consequently the pursuit of his scientific speculations, and life in consequence lost interest for him.

The moral to be drawn from these examples is that when the expert is called upon to deal with contemporary examples which, in the main, consist of unbalanced nervous systems, whatever the cause, he must supply the sufferer with some congenial occupation of mind and body in order to make good in a natural way by sound living and sound physical reconstruction the ravages upon the nervous system, which the energies, incentives, emotions and appetites have impaired. Physical reconstruction on these lines inevitably ensures mental balance and contentment, which, after all, is the greatest degree of all achievement.





A Coatee of light material to protect the back.

“NATURE never did betray the heart that loved her,” said Wordsworth, the poet of Nature. How natural it is for us to cast the slough of stuffy city life, and with a rare natural instinct turn our eyes to the countryside and to our sand-fringed shores. There, the grown-ups can derive the fullest benefits from a too-short-lived communion with Nature, and from the exposure of the body to the health-giving rays of the sun.

I say “grown-ups,” purposely. With the aid of a little restraint and care, nothing but good can come from a life “Whose dwelling is the light of setting suns, and the round ocean and the living air, and the blue sky.”

But, what of the tiny-tots? They do not realise danger. Their bodies and particularly their skins—till late housed in winter woollens—are so tender. It is only when their little backs are scorched and blistered do we realise that care is needed if they are to be free from that painful and sometimes dan-

# SUNBATHING

by STANISLA

gerous state—sunburn. Not only is sunburn painful to the child, and distressing to its parents, but it can cast a blight on a holiday. Sunburn costs at least three wakeful nights, and perhaps three precious days from a full enjoyment of the open air.

The wisest plan with children is to use the greatest restraint. Olive oil rubbed into the skin before sunbathing is never perfectly safe for all skins. Children who, as babies, have had olive oil rubbed regularly into their skins tan beautifully, and without the slightest trace of sunburn. In no circumstances should young children be allowed to sunbathe around mid-day. The heat rays of the sun (infra-red) are then most dangerous to children and adults alike. Keep children on the move. They love to stay in one place, to dig in the sand, or paddle in the pools among the rocks. It is dangerous for them to stay in one place in the sun. Give them a ball to play with, and let them run after it. When the sea is calm, encourage them to splash and paddle in the shallow water. This will keep their bodies cool and moist. See that the tiny-tot wears a hat with a broad rim turned down at the back. This will protect the back of the neck—a very sensitive part to sunburn.

At first, let the tiny-tots sunbathe for a few minutes only, and then in the early morning and late afternoon. During the rest of the day, it is very dangerous to allow a child to amuse itself with nothing on but a bathing costume. Until the body has become used to the sun's rays, it is much wiser to dress the child in light summer clothes. If the costume is



the  
**TINY TOTS**

QUAN

dry, then leave it on, but put on as well a coat of light material to protect the back.

If this simple plan is followed, there should be no fear of sunburn. The time allowed for sunbathing can be gradually extended. But, care should be taken of those sudden bursts of fierce sunshine. The heat absorbed by the body is not felt as a great discomfort at the time. It begins to come out about five hours after, when soreness and inflammation will result.

Should the child get sunburnt, the first thing the parents must do is not to frighten the child, or show alarm, even though the sight of the inflammation merits alarm. Get pieces of cloth, soak them in warm water, and dab them on the affected parts. If the child can stand colder water, all the better. Proceed carefully, and do not frighten the child by taking its breath away with a cold douche. Another excellent thing is to make a paste of bicarbonate of soda and water until it has the texture of cream. Spread this on a cloth previously dampened in warm water, and lay it on the inflamed parts. Bind it down lightly. Cold tea (without milk, and fairly strong) is also an excellent remedy for sunburn in the early stages.

And lastly, remember that prevention is better than cure! This is doubly true with the tiny-tots. They are so helpless. They do not realise what is the matter with them when they do get sunburnt and it is very difficult to get them to go to sleep on their tummies!

## PERSONAL PROBLEM BUREAU.

"The Naturist" is offering a special service to you to enable you to be advised on your personal intimate problems. There are many things in life that may worry you and that you do not wish to discuss with others. Here is your opportunity of being advised by an experienced man and at the same time avoiding the unpleasantness of telling a friend or relative about your own personal problem.

### CHARLES BERNARD

*conducts our Bureau, and here is what HE OFFERS:*

- Your problem is dealt with personally by Charles Bernard and by no one else. It is strictly confidential between he and you.
- All you have to do is to write to him explaining your problem and in return you will receive a letter from him giving you his advice.
- A small charge of 2/6 is made for this service. Address your letter to Charles Bernard, Personal Problem Bureau, "The Naturist," 323, City Road, London, E.C.1.
- OR we will answer your problem through the columns of this paper free of charge. Your name is not published, and your reply will be referred to by your initial letters and your town.

*Take advantage of this offer to solve that intimate personal problem which you cannot solve alone.*

*There are many things in life, Psychological and sexual which worry you. Information and advice is difficult to get. Here is your opportunity to consult an expert at a very moderate fee and to avoid having to reveal your innermost thoughts to your acquaintances.*

*Write those problems of yours down now; be completely frank, and you will receive the expert advice of Charles Bernard, your invisible friend.*

*Send your problem to:*

**CHARLES BERNARD,**  
Personal Problem Bureau, "The Naturist,"  
323, City Road, London, E.C.1.



# BALDNESS AND OTHER HAIR TROUBLES

—WHATEVER YOUR AGE—  
CAN BE OVERCOME BY SCIENTIFIC TREATMENT

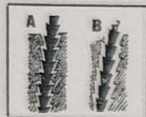
Hair Specialist, who has made History by the discovery of a Remarkable New Home Treatment for the Hair, tells how the Causes of Baldness and Other Disorders of the Hair and Scalp can be Banished and Perfect Hair Growth Restored

—FREE DIAGNOSIS FOR EVERY READER—

Whatever adversely affects the general health is liable to have an injurious effect on the Hair. Hair troubles, on the other hand, often cause so much anxiety and distress as to impair the general health and retard recovery.

Medical men, realising this, frequently send to me patients who are worried about their hair and scalp.

The fact that people do worry when their hair begins to fall out rapidly, or to lose its colour, suggests that hair and scalp troubles are not easily cured. Yet some of the astonishing cases I am able to record seem to point to the opposite conclusion.



WHY HAIR FALLS OUT

A—Shows a healthy Follicle or Hair Sheath tightly gripping the hair by means of the saw-edge notches, which fit into each other.

B—Shows a weak and relaxed Follicle allowing the hair to fall out.

## Individual Treatment the Secret of Success

The truth is, success in hair treatment depends very much on its perfect adaptation to the particular type of hair or scalp trouble in evidence and the causes which provoked it. For both symptoms and causes differ greatly.

The symptoms of two kinds of hair trouble often classed together may even be exactly opposite. For instance, there is both a greasy and a dry form of Dandruff or Scurf. Any attempt to cure both by one and the same method of treatment is foredoomed to failure at the outset. Yet each of these types of scalp trouble is easily cured if skilled treatment is prescribed according to the nature of the individual case.

## INTERNAL TREATMENT IS OFTEN NECESSARY

Here is another fact about the hair that is surely plain enough for anyone to see, yet it is usually entirely overlooked. The hair-growing or hair-colouring materials supplied from the blood may be deficient. Now a deficiency of hair-growing or hair-colouring materials supplied from WITHIN cannot be made good by stimulation from WITHOUT.

While much may be accomplished, therefore, by EXTERNAL TREATMENT, in many cases INTERNAL TREATMENT is also necessary, in order that the hair roots may be able

to derive from the blood the raw materials required to build those highly complicated structures, the human hair and its Follicles or Sheaths.

## CAUSE OF FALLING HAIR

The disease known as Falling Hair is due to a weak and relaxed condition of these Follicles or hair sheaths. The "teeth" of the Follicles no longer get a

grip on the hairs and out they fall at the slightest touch. (See diagram B.) The pressure of a hat, the soft caress of the brush, or even a shake of the head may suffice to bring out hairs by the dozen. It is easy to realise that although the hair itself may be perfectly healthy, weak and relaxed Follicles will cause such a loss of hair as soon to result in baldness.

If the hair itself is shrunken owing to lack of nourishment, then failure of the two sets of saw-edge notches to interlock may be due to the hair.

Treatment will differ in these two different types of cases. But in both, scientific treatment has achieved astonishing success.

The treatment I advise for weak and relaxed Follicles acts so quickly and surely that within seven or eight days Follicles that were gaping wide, giving no support whatever to the hair, are so tightened up that quite a vigorous pull is required to tear the hair from the scalp. (See diagram A.)



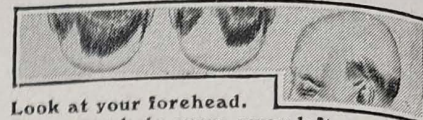
HOW SCURF CAUSES BALDNESS

Dandruff or Scurf chokes the Follicles or Hair Sheath. The growing hair, unable to penetrate the barrier, is dwarfed and cannot reach the surface of the scalp.

all forms of Dandruff tend to choke up the Follicles or hair sheaths out of which the growing hair emerges.

Here, again, THE HAIR MAY BE PERFECTLY HEALTHY, yet meeting a tight wad of scurf, blocking the exit from the Follicles, the hair is imprisoned there and lives its life unseen beneath the surface of the scalp.

I have said enough to show that deterioration of the hair, loss of colour and baldness may be due to causes largely preventable and amenable to scientific treatment.



Look at your forehead. Does your hair curve away left and right in a sharp salient? If so, it is a sign of coming baldness, which often begins at the forehead, the hair gradually receding until the entire scalp is involved.



Look at your "crown." It is one of the favourite points for the onset of baldness. If there is thinness there, this is a sign of coming baldness on no account to be neglected, for the first tiny patch will soon spread across the scalp in an ever-widening circle.

## BALDNESS IS NOT INEVITABLE

Baldness, in fact, and loss of hair colour are neither hereditary nor a necessary consequence of advancing years. It is natural to have a good head of hair, of its original colour, throughout life, and I have proved in many striking cases that even when baldness and greyness are far advanced they will generally yield to suitable treatment.

Scientific treatment, on the lines I have indicated, removes the causes of hair and scalp troubles and allows Nature to assert herself. The outcome in ninety-nine cases out of every hundred is the re-establishment of healthy hair growth and the restoration of the natural colour, texture, gloss and allure.

## FREE DIAGNOSIS

Mr. Pye offers to diagnose the hair and scalp troubles of readers of this paper entirely free of charge or obligation. He will also send readers a free copy of his informative book "HOW TO END HAIR AND SCALP TROUBLES." All you are asked to do is to fill up the special Diagnosis Form provided and post it to Mr. Arthur J. Pye, 5 Queen Street, Blackpool, 5.

### Answer these Questions

- Is your Hair falling out?.....
- Receding at Temples?.....
- Is Hair thin on Top?.....
- Are you Bald on Top?.....
- Going Grey?.....
- Is Scalp Irritable?.....
- Is Hair Coming Off, leaving Several Bald Patches (Alopecia)?.....
- Are you Completely Bald?.....
- What is your Age?.....
- Have you Dandruff?.....
- Is Scalp Dry or Oily?.....
- What Severe Illness?.....
- How long ago?.....

To A. J. PYE, 5 QUEEN ST., BLACKPOOL, 5

Please send me your book, individual diagnosis of my case and personal advice, free and without obligation.

NAME .....

(Block Capitals)

ADDRESS .....

Naturist, Jan., 1938.



# HEALTH THROUGH

# YOUR MIND

by

A. NORMAN BRANGHAM  
M.C.P.T., M.H.P.A.

**L**AST month we discussed the fact that the mind is capable of being assisted out of its difficulties by means of psychological methods. This article will deal briefly with the various ways in which practical application can help the sick mind.

Before describing some of the more important psychological methods, I must explain roughly how the mind works under normal conditions, or at least, expound one of the commonly accepted theories as to the composition of our minds.

As you probably know, psychologists have chosen to speak on our "conscious" and "unconscious" minds, but it must not be thought that these two names represent two entirely different organisms or sets of mechanisms within the human body. The mind is something so intangible that it is difficult to describe briefly what it really is, but suffice it to say that the mind is an outcome of the brain activity; that is to say, thoughts are primarily due to the vibration of certain groups of the brain-cells. These cells are built up in strata, the lowest strata representing and functioning the primitive "thoughts" and actions of the human being. The lowest thoughts we can call the instincts, the fundamental base of our existence, corresponding fairly closely to the mechanism of the animal mind. In the human mind, this activity represents the deepest unconscious, while, as the strata become higher, we approach consciousness, representing our so-called "free will," our everyday thoughts and wishes. Now it is quite evident that only a small fraction of the thoughts we have—we forget none of our experiences—can be in the conscious mind at any one time. We can compare the situation with a vast black field pierced by a ray of light which flickers hither and thither as our minds dwell on one particular train of ideas.

This process which I have just outlined is a very sensitive one, capable of being thrown out of gear to a greater or lesser extent at any time, but chiefly in childhood, when impressions made are strongest. In most of us there is a certain amount of conflict between our conscious desire and our deeper emotions

and instincts, or within the instinctive sphere itself. In those cases where there is a serious breakdown in the harmony of the mechanism, we speak of a neurosis, but technically speaking, even the slightest failure to function perfectly should be regarded as a neurosis as well. Thus, even when you make a slip of the tongue, or when you forget some trivial thing, there is an active mechanism causing you to make the slip or to forget, and you are consequently in a temporary state of slight neurosis. This may sound worse than it really is, as the word neurosis has naturally gathered a rather sinister meaning for itself.

The psychologist, then, when confronted with a patient suffering from some kind of neurosis—and it must be remembered that the word neurosis is only a general one covering many different types of mental illnesses—bears in mind the important fact that there is a reason for everything. A stammer, a twitch, a fear of darkness, does not appear from nowhere just to annoy the person in question. The reason is invariably some kind of conflict of which the patient is unfortunately not aware himself.

This now brings us on to discuss the various methods which can be used to treat and cure such disturbances.

The most important one of all, and one which is best known even to the layman, is psycho-analysis. Technically speaking, the term psycho-analysis should only be applied to the method as laid down by Freud, as there have been quite a number of his pupils who have broken away from the master's teachings, and have founded methods of their own. Such examples are Jung, Adler, Stekel, and others. In the process of the psycho-analytic treatment, the patient is told to lie down and relate all he can without letting social conventions or anything else interfere with the thoughts he wishes to express. At first, the things the patient says are trivial, and the psycho-analyst spots this immediately, and he is able to say to himself that there is an inhibition or stoppage, by which he means that the patient's unconscious mind is preventing him from expressing the thoughts or fears which are really "on his mind."



After a time, however, these inhibitions may wear themselves down, or else they are tactfully and slowly removed with the assistance of the psychologist. The innermost secrets are revealed—revealed even to the patient himself, as he delves back into his past, into things he has long forgotten. The ray of light is now being able to pierce the darkness with greater ease, and at the same time, dreams are brought forward, and they are interpreted. Dreams are a primitive method of symbolising thoughts and wishes, so that they are more often than not meaningless to the dreamer, but each part of the dream is worked through slowly, the psycho-analyst asking the patient what ideas spring into his mind on each topic of the dream.

Slowly but surely the conflicting ideas and emotions are put in order, and, if the treatment has gone successfully, the patient emerges understanding himself, and in no danger of falling into the same pitfalls as he had done before.

As I have said before, there are many variants to the orthodox process of Freudian psycho-analysis, but they need not concern us here.

The next important method which must not escape our attention is that of hypnotism. Hypnotism has had a very stormy career. At one time it was considered a cure-all, and in a comparatively short time it had fallen into disrepute. It is now emerging in its true colours, and recent research has shown just how far one can use hypnotism as a therapeutic method.

In the condition of hypnosis, the train of thoughts are narrowed down from a wandering mass of ideas to an intense channel of single thought, directed by the operator. These thoughts are narrowed down so much that the patient hears only the voice of the operator and is completely oblivious to everything else that goes on around him. In this state, he "exposes" his unconscious mind to the suggestions of the hypnotist, and healing suggestions are accepted and carried out. It is interesting to note that although the patient may appear to be entirely subservient to the hypnotist, in reality, the moral sense is much more alert than in the waking condition. This is a safeguard in hypnotism which many seem to overlook. It is practically impossible for crimes, forgeries, sexual crimes, and so on, to be committed under hypnosis. I am not saying that it has not been done, but it is extremely rare.

The chief value of hypnotism lies in curing certain functional disorders such as nervous stomach, insomnia, and, more important still, constipation, and for removing pains such as toothache. Teeth can be extracted painlessly under hypnosis, while major operations have been performed in this state. Not everyone, however, can be got into such a deep state

of hypnosis, but many hypnotists maintain that the light sleep is the best one for psycho-therapeutic suggestions.

Now we must mention auto-suggestion, that intriguing method invented by Emile Coue. While I agree with the scientific principle expounded on auto-suggestion, my own opinion is that it is a dangerous plaything for the lay person to administer to himself. It always seems to me to be like a child playing with medical chemicals, and, having made a concoction, drinks the lot. Under careful supervision, auto-suggestion may be a useful method of relieving a small number of psychological difficulties.

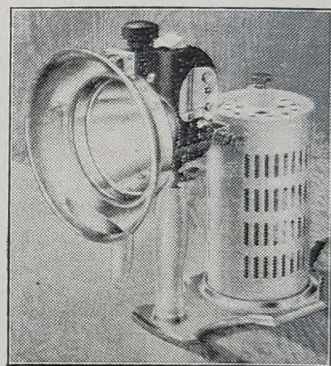
There are, of course, other methods of psychological treatment, and adherents to them would consider them more important than the ones I have already described. I refrain from explaining them because the lay person is not likely to make their acquaintance so soon as he meets the terms "psycho-analysis," "hypnotism," "auto-suggestion." There are such methods as Individual Psychology, Analytical Psychology, Groddekian Psychology, Persuasion Analysis, and many more, and no doubt they will keep on growing as long as psychological investigation continues to make such tremendous strides forward.

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# A SIMPLE SLIMMING DIET

**H**ERE is a simple diet for readers of "The Naturalist" who wish to slim without any undue disturbance in their daily routine. This diet has been prepared by two eminent specialists and its main principle is the elimination of the foods containing a heavy percentage of carbohydrates. The diet, followed out in its entirety, will effectively reduce at the rate of 2lbs. a week until the desired weight is reached. After that the meals can be slightly increased until a *status quo* is reached.

A big advantage of this diet is that meals on the lines indicated can be obtained at any restaurant or café without any trouble, and it is possible for anyone to follow out this simple way of slimming without any fuss.

## DAILY MEALS.

### BREAKFAST:

- One small piece of toast with butter ( $\frac{1}{4}$ oz.)
- An orange or half a grape fruit.
- Tea or coffee with one tablespoon of milk, or alternatively a glass of fruit or tomato juice (if required).

### MID-MORNING:

- A cup of tea, bovril, oxo or black coffee.

### MID-DAY:

- An average helping of lean meat, or steamed or boiled white fish.
- An average helping of 5% content vegetables.
- A small helping of 10% content vegetables.
- Fresh or stewed fruit (5 or 10% content) or fruit jelly, milk jelly, junket or egg custard.

### TEA:

- A cup of tea with one tablespoonful of milk.

### EVENING MEAL:

- An average helping of lean meat or steamed fish, or 1oz. cheese or 1 egg.
- Green Salad (5% carbohydrate group).
- Small piece of bread with butter ( $\frac{1}{4}$ oz.).

### GENERAL INSTRUCTIONS:

- (1) No sugar allowed.
- (2) Lean meat may be chosen from:—Beef, veal, chicken, rabbit, and boiled ham.
- (3) White fish may be chosen from:—Cod, Haddock, Hake, Whiting and Plaice.
- (4) Do not drink with meals.

The following fluids may be taken:—Tea, coffee, beef-tea, clear soups, water.

### COOKERY NOTES:

- (1) Do not add any thickening to gravies or soups.
- (2) Fruit jelly and milk jelly must be made with gelatine ( $\frac{1}{2}$ oz. to a pint) not with bought jellies or jelly crystals.

## THE 5% AND 10% CONTENT CARBOHYDRATE GROUPS.

The following foods contain, approximately, 5% of carbohydrates:—

Artichokes (Jerusalem).	Leeks.
Blackberries (Stewed).	Marrow.
Black or Red Currants.	Melon.
Cauliflower.	Raspberries (Ripe).
French Beans.	Spinach.
Grape Fruit.	Sprouts, Broccoli.
Gooseberries (Stewed).	Strawberries.
Milk, Buttermilk, Whey.	Tomatoes.
Lemons.	Turnips.

The following foods contain, approximately, 10% of carbohydrates:—

Apples (Raw or Stewed).	Peaches.
Beets.	Pineapples (Fresh).
Carrots.	Parsnips.
Cherries.	Pears.
Oranges.	Plums.
Onions.	

The following foods contain practically no carbohydrates:—

Asparagus.	Kale (Boiled).
Cabbage.	Mustard and Cress.
Celery.	Watercress.
Cucumber.	Radishes.
Cranberries (Stewed).	Rhubarb.

It will be seen that the above list of foods that can be eaten offer a very wide choice, and there is no reason why a person following this diet should suffer from a monotonous Menu.

The essentials are to avoid all foodstuffs containing a heavy carbohydrate content, and in particular potatoes, bread, any form of cake or pastry, milk and cream. Also, the more fattening of the meats, bacon, pork and mutton.

## THE CLINIC FOR PSYCHO-THERAPY AND MENTAL HEALTH.

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Write for an appointment to:—

THE SECRETARY,

THE CLINIC FOR PSYCHO-THERAPY AND MENTAL HEALTH,  
10, Howitt Road, Belsize Park, London, N.W.3.

Tel.: PR11mrose 6073.



# MEDICAL CORRESPONDENCE

Each month we will answer readers' queries on their medical problems through the columns of this magazine. Letters should be written on one side of the paper only and should be addressed to: Medical Problems, "The Naturist," 323 City Rd., London, E.C.1

## CHILBLAINS

**Question:** "During the winter months I am constantly troubled by chilblains. What can I do to rid myself of this nuisance?"

**Answer:** "Start the day with ten minutes deep-breathing and trunk-bending exercises. Follow this with a tepid shower and then rub the body vigorously with a rough towel that has been dipped into cold water and squeezed almost dry. Spend as much time as possible in the open air, preferably following an active sport. Your diet should include foods rich in calcium such as milk, beans, spinach, eggs, celery, etc. If possible take artificial sun baths paying special attention to the affected parts."

## ROUND SHOULDERS

**Question:** "Can you suggest some exercises that will correct round shoulders and a tendency to stoop?"

**Answer:** "Practice the following movements night and morning: (1) Stand erect, arms bent in front of the chest, fingers touching. Force the elbows back vigorously three times in succession, then fling the arms open forcing them as far backwards as possible. Repeat six times. (2) Stand erect, feet together, arms at the sides. Lunge forward with the right leg at the same time raising the arms forwards and upwards as vigorously as possible. Return to the commencing position and repeat, lunging forward with the left leg. Repeat twelve times. (3) Lie on the ground, heels together, arms at the sides. Keeping them straight raise the arms upwards and backwards to touch the floor behind the head. Return to the commencing position and repeat. Repeat ten times."

## OBESITY

**Question:** "I am 45 years of age and have always led an active life. I now find that I am putting on weight—particularly in the abdominal region. What steps can I take to remedy this?"

**Answer:** "A few minutes exercise every day will keep your abdominal muscles in perfect condition and prevent the accumulation of superfluous flesh. It will also safeguard you against the danger of displacement due to weakness in the abdominal muscles. Practise these movements every morning: (1) Stand erect, feet apart, hands joined behind the neck. Keeping the legs straight bend the trunk to the right as far as possible. Return to the erect position and bend to the rear, left and front in turn. Perform the exercise eight times. (2) Lie on the back, heels together, arms at the sides. Keeping the legs straight lift the upper body into the erect position. If necessary the movement can be helped by pressing on the floor with the hands. Repeat twelve times. (3) Lie on the back, heels together, arms at the sides. Keeping them straight raise the legs upwards and take

them as far backwards over the head as possible. Repeat eight times."

## UNDERWEIGHT

**Question:** "Although I am 5 ft. 10 ins. in height I have never weighed more than 10 st. fully dressed and would very much like to improve my physique. What steps can I take for this purpose?"

**Answer:** "You must start by revising your diet and general habits of living. You must take at least one pint of fresh milk every day and this will be assimilated if it is sipped slowly between meals. You must also take an abundance of dairy products (eggs, butter, cheese, cream, etc.), porridge, wholewheat cereals, etc. At least eight hours sound sleep is necessary—and even more will be beneficial. Gentle exercise such as walking, deep-breathing, etc., will be quite sufficient at first but after a little while you should embark upon a regular system of body-building work preferably under the guidance of a qualified instructor."

## HEIGHT INCREASE

**Question:** "I am 18 years of age and only 5 ft. 4 ins. in height. Is it possible for me to increase my height? How can it be done?"

**Answer:** "At your age height increase is certainly possible. You should practise the following exercises every morning: (1) Stand erect, feet apart, arms outstretched overhead. Without bending the legs, lower the upper body and thrust the arms as far backwards between the legs as possible. Erect the body and bend backwards from the waist. Repeat ten times. (2) Stand erect, feet twelve inches apart, arms outstretched overhead, fingers joined together. Without moving the legs bend the trunk first to the right and then to the rear, left and front in turn pulling strongly on the fingers. Repeat twelve times. (3) Lie on the floor face downwards, arms outstretched to the front. Raise legs and arms from the ground simultaneously lifting them as high into the air as possible. Repeat eight times."

# THIN, WEAK, NERVOUS FOLK

Before the New Year is very old you can have a physique and a sound nervous system that will endure for life!

A Young Soldier, age 19, says:

Oct. 24, 1937.

Dear Sirs,

I am writing to thank you for the benefits I have derived from your Vitaepon.

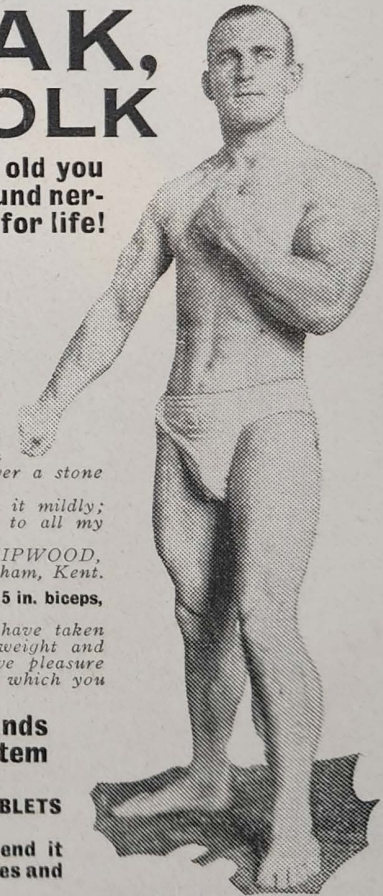
Upon joining the Army less than three months ago I was weighed at the Recruiting Station and registered 9 st. 12 lb. I was weighed yesterday, however, and my weight is now 13 lb. short of 11 st. You will see that despite working harder here than in "Civvy Street" I have gained just over a stone of firm and useful flesh.

To say that I am pleased is putting it mildly; I am overjoyed. I am recommending to all my friends your wonderful course.

Yours faithfully, Sapper E. HIPWOOD,  
A Company, Training Battalion, Chatham, Kent.

Mr. G. SMITH (Picture right), 45 in. chest, 15 in. biceps, 16½ in. calves, says:

As the course of Vitaepon which I have taken has been so helpful in restoring my weight and stamina after my recent illness, I have pleasure in sending you my latest pose picture, which you are at liberty to use as you think fit.



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# READERS' LETTERS

TO THE EDITOR,

The advent of your very interesting magazine "The Naturist" and the competition for literary efforts has caused me to reflect upon my experience of nudism. My introduction to nudity took place in 1910 at an English school where costumes were not worn by the boys in the swimming bath. After my school days were over it was not until 1919 that I again enjoyed swimming nude and this time it was in the Suez Canal at El Kantara. Here sunbathing was the natural accompaniment of my baths. Later I moved up into Palestine where amongst the orange groves around Jaffa and Jerusalem there are large concrete water tanks used for irrigation purposes. I used to swim in these tanks in company with other British soldiers and Palestinian natives, all of us nude, black and white together, and I enjoyed sunbathing on the side of the tanks which were virtually like small swimming baths. Amongst my happiest memories are frequent nude baths in the beautiful Sea of Galilee with its soft sandy bottom and lovely clear water and, of course, the glorious sunshine. In 1921 I returned to England and shortly met the girl who is now my wife. Nudism and sunbathing were not in vogue here then, but we were both keen physical culturists. All our half-days and week-ends were spent on long hikes in the country getting all the benefit we could from sunshine and fresh air, for we went out summer and winter alike. To this we added cycling, boating and bathing, but we never got any opportunities for nude bathing. After about four years we were married and later we went out to Canada, where we set up housekeeping in a small community in the heart of some of the most beautiful country we had ever seen. We were both ardent campers and spent some glorious hours under canvas on the shores of a lake thirty-two miles long and five wide. Here I enjoyed again the ecstasy of nude bathing and introduced my wife to its pleasures. Four years ago we returned to England to find the nudist movement a reality here. We made enquiries and entered actively into making contacts with other nudists. In 1935 we were amongst the charter members of a new group being formed in the North of England and are now happy to say that this group has a lovely natural Sun Camp and a large membership of both sexes all deriving benefit from naturism in its truest social form. "The Naturist" is a welcome addition to the field of nudist literature. Several of our club members have already made its acquaintance and we wish you all success and prosperity. I think that you have chosen some wonderfully vital pictures for your first number; may we hope for more of them, and especially photos of every-day nudists and not so many poses of models. As one of our lady members remarked last Sunday, "to pick up some nudist magazines and see the photos of slim posed models is enough to frighten those with ordinary figures away from the movement."

Yours sincerely,

"YORKIST."

TO THE EDITOR,

Dear Sir,—I wish to congratulate you upon the first issue of this journal, and hope it may have a big future, for there is certainly "room" for such a journal to advocate the cause of Physical fitness in general, and Nudity (or Naturism) in particular.

And it may possibly interest your readers to learn something of what the "adoption" of Naturism has done for me?

Until I practised this sure and healthy way of living I was always in indifferent health and continually taking all sorts of "Physic," etc., etc., in vain, but shortly after "taking the plunge" (oh yes, it *does* need a little energy to change from a "conventional" life to "Naturism"), I took on a new sort of existence and certainly *not* the worst thing I ever did. Being on the wrong side of fifty, I feel not more than 30 years of age, and, needless to add, *never* take any sort of "medicine!"

In the course of my several years as Organising Secretary to a Nudist Circle, I have met scores of similar cases.

To all who are hesitating, I say: join a well conducted Nudist Circle and you will certainly enjoy a full measure of physical and mental fitness that formerly you may have never dreamt of even. Incidentally the "social" side accompanied by an experience of freedom from the "fetters" of clothing, enters largely into one's general well being. No need to "wait for the summer," for most up-to-date clubs, groups, etc., provide winter facilities, artificial sunlight, etc., as we do for our members.

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THE SECRETARY,

"The Nature Circle."

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DR. JOHN CARPENTER.

## PHOTOGRAPHIC COMPETITION

The Results of the December Competition will be published in the February issue.

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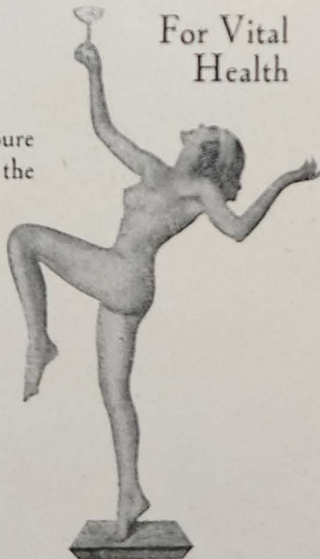
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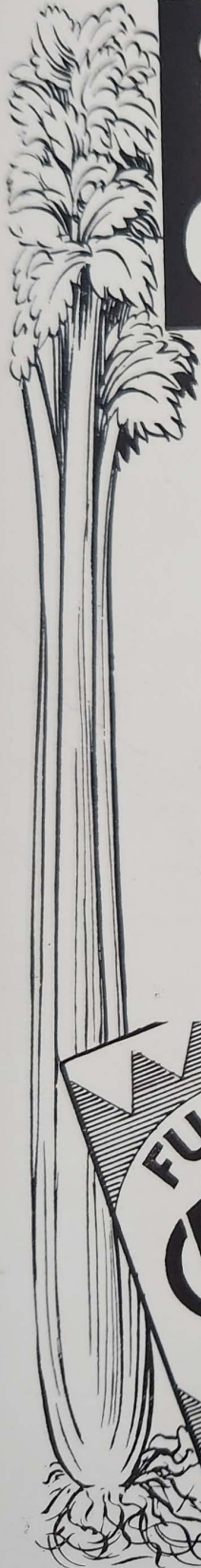
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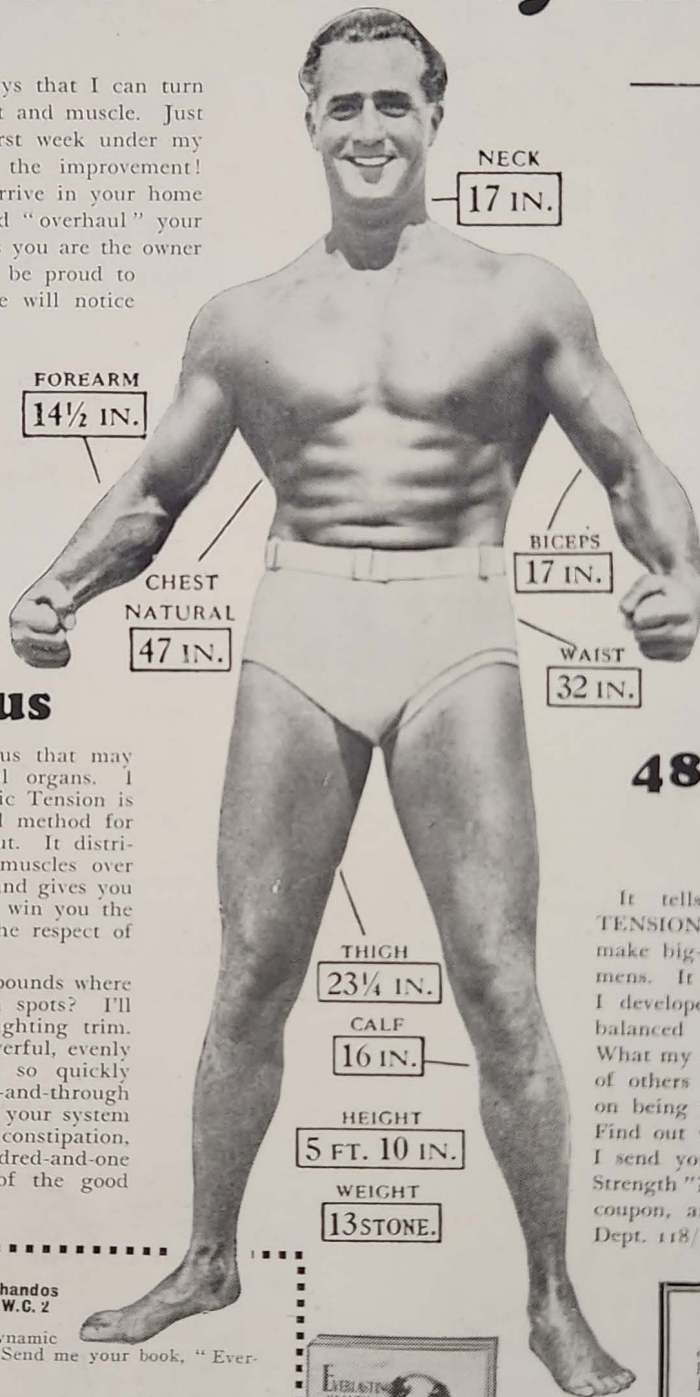
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