

Sun Valley Gardens

By Karl Ruehle

If you have never heard of Sun Valley Gardens, the Naturist Park of the Niagara Gymnosophical Society, located just 18 miles west of Niagara Falls, Ont. and between the little villages of North Pelham and Pelham Union (5 miles north of Fenwick) you no doubt would like to learn more about it. Sun Valley Gardens is the campsite of the N.G.S. — a relatively young, but most active Naturist Club. If you had known the 25 acre site a few years ago, you would not recognize it now.

Sun Valley Gardens is the dream of so many people, especially of families who enjoy spending their weekends and holidays out in the open. Yes, if you want complete relaxation, if you want to meet friendly people and make good friends, then you should become a member of the Sun Valley Gardens Club which is named: NIAGARA GYMNO-SOPHICAL SOCIETY.

All kinds of sports will attract you, and our newly built swimming pool — constructed in Hollywood style — will certainly meet with your approval. You will have pleasant days with the members of your own family or friends who, like yourself, are interested in better living, or who enjoy gymnastics, archery, volleyball etc.

Really, Sun Valley Gardens is the place you should visit and make use of. Being strong advocates of natural living, one of our major objects is that we free ourselves from all clothing, for we see no reason for remaining dressed if we wish to enjoy nature in its intended form. Our minds are clean and clear if we accept each other in the nude. Those people who come to us will readily agree that being nude in society does oblige us to be above average. Yes, we have managed to become healthier in every respect — physically and mentally. Our bodies look healthier because they are evenly and easily sun-tanned. And they are healthier because we keep ourselves fit through sports and games and rational living. Our Golden Rule is moderation. And our mind is healthier than average because we carry only the thought that we are human beings, creatures of God who have to live His will. We respect the opposite sex knightly, and see in their nude state no invitation for an erotic adventure.

A healthy mind and body after all is the solid basis for a happy life. Did you ever notice that those people who have money, position and security are relatively unhappy and dissatisfied with their lot? The simple explanation is that they have lost their ties with nature. They have asked for too much. Stick with nature and you will be genuinely happy without too much of worldly goods.

Sun Valley Gardens is a rolling piece of land, partly wooded, partly open fields, where you can enjoy and appreciate mother nature to the full. Bright, warm sunshine is our kindest friend when it caresses our body with its warm, health-giving rays. All parts of our body have a right to be treated with this medicine.

How wonderful you feel when you jump into the

swimming pool without a bathing suit, and feel the water slipping over your body, so smoothly and tenderly. Nature embraces you in its health-giving arms which are the sun, water and fresh air. And being embraced by nature means that you will live a long and happy life. Don't you think you could use a bit of real happiness? Did you ever have the feeling of being a really free human being? Not only in a physical sense, but also free in mind and spirit? Only Naturists will experience this.

Age-old customs have been handed down for generations and have, with their preaching of "the indecent body", buried the flame of genuine culture. For about 2000 years it was condemned to flicker under the debris of a past era. Now this flame has started to burn again with a new brightness. Will it make the darkest soul see the right and genuine road of life?

Naturists have found the way simply by using common sense. Most people prefer to follow the crowd, regardless of whether the crowd is heading in the right direction or not. Make use of your own abilities and you will find ways in which to live a more efficient life. Naturists base everything on nature, for nature is infallible. To be sure, there are ways in which we can refine nature so as to better utilize it. But as soon as we exploit and falsify nature, it will backfire disastrously.

People who wish to live naturally can do so by avoiding unnatural food and living conditions, and spending as much time as possible out of doors and away from the crowded, noisy and polluted cities.

The members of Sun Valley Gardens have become reunited with nature and would very much like to take up permanent residence at the camp if circumstances would permit. It came as a revelation to them that they have drifted away from the natural life without realizing it. Straying too far away from nature will lead to sickness, and if persisted in, to early death. Again, in order to live as naturally as possible, it is not enough just to eat natural food and gaze upon the trees in the park. The accentuation has to be the body *and* mind. Only when both are in perfect condition, will harmony be reflected in the soul and personality.

Therefore, Naturists have to educate themselves and each other to the cultural benefits of natural living. It is the cultural accomplishment which raises us above the lower animals. Removing your clothing is only one step towards a natural life. However it is an important step to have reached the spiritual freedom which allows you to see the advantages of being nude in society.

My advise is that, in order to become a good naturist, one should first become familiar with the ideology of nudism. Sun Valley Gardens is the ideal place where you can be a Nudist and Naturist. Bear in mind that it is not so important what you are now. It is important what you would like to become. Think of the great benefits to your family, and particularly to your children, if they have Naturist

or Nudist parents.

At Sun Valley Gardens you will meet and make friends with many people who have experienced the same problems which confront you. Only through friendly, interesting discussions will solutions to health and social problems be brought to light.

Naturism is spreading throughout the world. More and more people are coming to realize that civilization has done more harm to human life than most people know. Civilization is undoubtedly a great boon to humanity, but in some ways it is a detriment.

Sun Valley Gardens is a young camp with still much to be done to develop it into the paradise for nature lovers which we eventually intend it to become. We cordially invite you to come and pay us a visit if you seriously are interested in Naturism. Families are particularly welcome, because it is the children who reap most of the enjoyment and benefits from camp life. Single men may join us also, although their number is restricted in proportion to the families. Single ladies are welcome any time. There are frequent openings if you are a suitable applicant who can convince us that you will be an asset to the movement.

Naturism will bring about a change in your life. Once you have experienced it and discovered its advantages, you will embrace it forever. Naturism is real living. It is the type of living for which we are intended — the details of which have been carefully worked out in God's great laboratory and perfected down to the last item.

BUT — He is leaving it up to us to make the decisions as to what we intend to do with our life. There are always two alternatives: To follow the road of nature, and you will be well off, or to go in the opposite direction for which you will pay with ill health and dissatisfaction. Mother Nature will nourish our mind naturally, as well as our body, and the result will be a human being of wholesome beauty — possessing a healthy mind and body.

If you are afraid to gaze upon yourself in the mirror while nude, it is probably because you have sinned against nature. It is all too easy to hide an abused, neglected body beneath cleverly cut clothing, and forget about it. Worse still, the act of covering up the body leads to the infamous "Body Taboo".

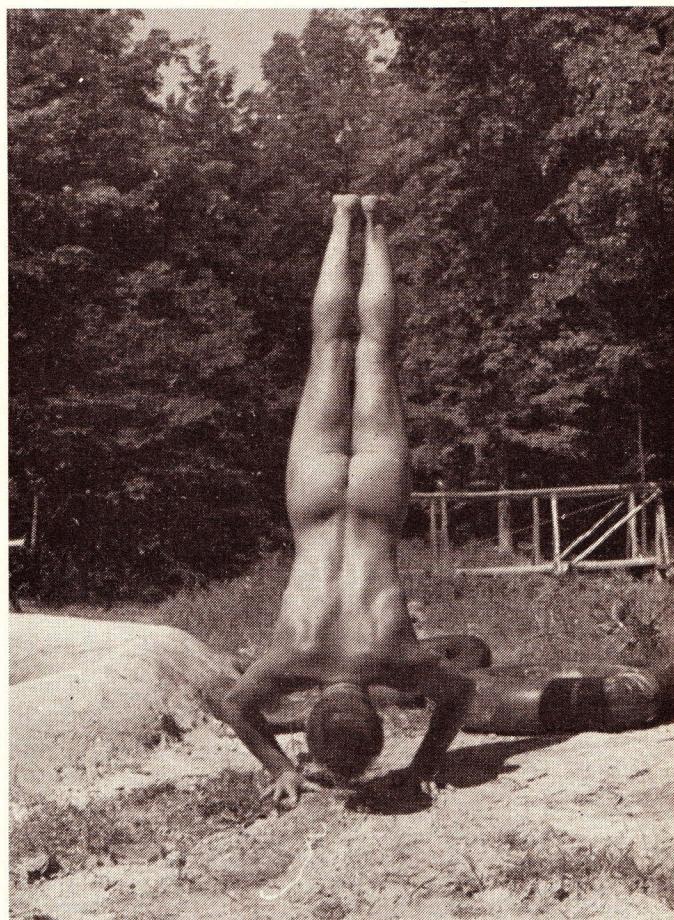
Sun Valley Gardens is an excellent place in which to practice Naturism and you will soon discover that there is nothing more natural than a human being in his natural state, with natural behavior.

Our bronzed, suntanned skin, our straight look into the eyes of each other, our intention to live as healthily as possible, are a guarantee that we are striving for more than just earthly possessions. We are not wasting our time when we call on you, for we know that in every human being is still a spark glowing under the debris of the past 2000 years. Make this spark burn like a torch and soon the light will drive away the hypocrisies which poison our life.

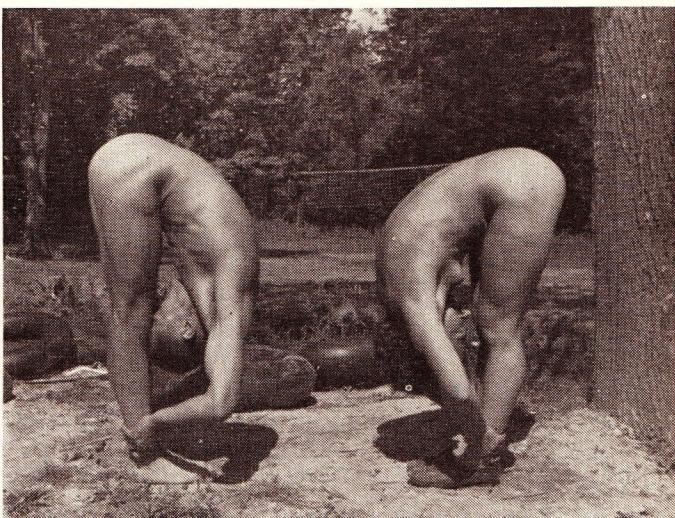
Just how many years it will take until you can be a naturist openly and can use the beaches for nude bathing, and the entire out of doors as your gym, will largely depend on you and everyone of us. Come and assist us in building a better future. Your becoming a member helps the entire organization.

Let your life be an example for others. Enjoy life to the utmost you can by being physically and mentally fit.

Be superior at all times. Be a naturist!



Eastern Division Treasurer of the Canadian Sunbathing Association, and member of Sun Valley Garden Club demonstrates a couple of his favorite "stunts".



Sun Valley Garden is a family camp, with fun for the kiddies and rest and relaxation for the parents. There is also a small group of the members who are very interested in physical exercises and physical culture. The above photos demonstrate that at least two of the members are very proficient at this. The sports programme at Sun Valley Gardens is varied, interesting and healthful.