

Is Nudism Final Answer?

By Karl Ruehle

Frankly, the answer is "NO" if your conception of nudism is just the desire to be nude for comfort, relaxation etc. But if you understand that nudism means more than merely being nude; that it means that you are striving for complete health through the various mediums, then Nudism is the final answer.

Unfortunately, Nudism on this continent is mostly just plain nudity, with its limited advantages. Of course it is an achievement if you practice nudism by removing your clothes in the open and enjoy swimming and sunbathing in this natural state. It also helps in a psychological way in regaining a genuine, natural body feeling, and will free our misled conscience from the complex of guilt which the wearing of clothing at all times has created.

Nudism is a step in the right direction, but much more can be achieved, and since it is always better to do a good job, we should reintroduce the original idea of nudism as it is practiced in Europe.

In the meantime those nudists who have already thought of adding a few more important mediums to nudism such as healthful sports and gymnastics, better nutrition, cultural activities and avoidance of habit-forming toxins, have chosen another name for this advanced line of Nudism — that name is:

"NATURISM"

We who like to live naturally in many different ways and means realize that we cannot gain perfect health through nudism alone, but through a well-balanced program of natural living. To this mode of living the name Naturism is far more appropriate than Nudism.

The following is a brief outline of Naturism:

"NUDISM IS A PART OF NATURISM"

Yes, it is one of the most important parts, if not the most important. Sport activities and Out-of-door living in the nude has succeeded in becoming accepted in many countries and is common practice. In those countries where it is not yet fully accepted, we can say that it will be eventually.

It is only fitting that we have decided to do a complete job of widening the scope of nudism simply by adding several other important aspects of natural living; or, in other words, elevating standard nudism to naturism. There is no reason for anyone to feel uneasy over this important, progressive step; rather, it is gratifying to know that the idea which began as nudism is being further evolved — closer and closer to perfection.

We quote a GE advertising slogan: "Progress is our most important product." With due respect to GE, we beg to adopt our version of this slogan which reads:

"HEALTH AND HAPPINESS ARE OUR MOST IMPORTANT PRODUCTS"

Why not seek true health and happiness through Naturism? Actually it is very simple; all that is required is a good measure of common sense and good will on your part — in order that you may better understand why we strive for a higher degree of health than is possible through nudism alone. We should be satisfied with nothing less than optimum health, both in mind and body.

Yes, there will be some nudists who have no desire to practice any other aspects of naturism than removing their clothes and basking in the sun. They simply have no interest in sports or other mediums of good health. Their only desire is to be naked, since they enjoy being unhampered by clothes. This, of course, is fine, but it is much the same as eating just the desert and leaving the main course untouched. We believe that in most cases it is just a matter of adjustment, and nothing else.

Naturism is, besides being the better interpretation of what we really ought to strive for, a more readily accepted word which makes conversation easier for people, who are, as yet, uninitiated.

Naturism is something against which no reasonable person can have objections, whereas the word "nudism" may be offensive to some. But the matter actually goes even deeper. Are the Canadian and the American Sunbathing Association interested in an extended program such as the Naturists would like to see? Members as well as leaders should dig in and see to it that the matter is brought to a satisfactory conclusion. It is understandable that leaders of the past, who advocated only standard nudism, will experience difficulties in switching from the old road to the new. This is human nature, but we must consider the movement, which we should serve to the best of our ability. A very popular reaction amongst those who practice nudism only, is that they fear they might have to participate in all the different phases of Naturism. Frankly, no one has to do any more than his heart desires. Even one who practices just plain nudism will be perfectly free to continue in that manner, but we are quite sure that when he realizes the advantages of Naturism, he will be encouraged to do something more than merely remove his clothes.

One of the first steps toward a universal Nudist and Naturist Movement would be to adopt their mutual principles and standards. This should be manifested in a new Constitution, and perhaps a new name.

This will, at long last, give many an outsider an opportunity of joining us without fear of the stigma of being a member of a rather peculiar organization. Not that we wish to use any camouflage, but why not use the right name for the right thing?

I have never heard of any individual or group of attired persons refer to themselves as "Clothists".

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eaten throughout the day that counts. There are many ways to plan daily meals that include important foods.

Make a good breakfast a regular custom in your home — a good breakfast being the quickest and easiest meal of the day to prepare.

MENU

Fruit
Scrambled Egg
Whole-wheat Toast and Butter
Milk — Coffee
Lunch time is the time to replenish!

PLATE LUNCH

Macaroni and Cheese
Stewed Tomatoes
Whole-wheat Muffins and Butter
Apples Cookies Milk
Dinner is a family round-up. Make it a food round-up too. Dinnertime is more leisurely. Salads and desserts are enjoyed. Use them to round out the day's food score at evening time.

MENU

Meat Stew with Vegetables
Cole Slaw
Whole-wheat Bread and Butter with Jam
Ice Cream Milk Coffee

WHOLE WHEAT MUFFINS

1 cup sifted flour
3 teaspoons baking powder
 $\frac{3}{4}$ teaspoon salt
3 tablespoons brown sugar
1 egg, well beaten
1 cup milk
3 tablespoons shortening, melted

Mix and sift dry ingredients and add to them 1 cup unsifted whole wheat or graham flour. Combine egg, milk and shortening and add to flour mixture, stirring only until mixed. Use tablespoon to dip batter into greased muffin pans and fill them $\frac{2}{3}$ full. Bake in hot oven (425° F.) for 20-30 minutes, according to size of muffin. Approximate yield: 1 dozen medium-sized muffins.

ENGLISH BEEF STEW

$2\frac{1}{2}$ pounds shin beef
 $\frac{1}{4}$ cup flour
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{4}$ teaspoon pepper
3 tablespoons butter
3 tablespoons chopped suet, or other fat
 $1\frac{1}{2}$ cups water
6 small onions, sliced
6 small carrots, diced

Cut beef in 2-inch squares and roll in flour mixed with salt and pepper; sauté in suet until well browned. Transfer meat to heated casserole; add water to drippings in pan; bring to a boil and pour over meat. Cover and bake in moderate oven (350° F.) about 3 hours, adding onions and carrots, sautéed in butter, $\frac{1}{2}$ hour before meat is done. Meat may be cooked slowly in tightly covered kettle on top of stove. Approximate yield: 6 portions.

MOLASSES COOKIES

3 cups sifted flour (about)
2 teaspoons baking powder
 $\frac{1}{2}$ teaspoon baking soda
 $\frac{1}{2}$ teaspoon salt
1 teaspoon cinnamon
 $\frac{1}{2}$ teaspoon nutmeg
 $\frac{1}{2}$ teaspoon cloves
 $\frac{1}{2}$ cup shortening
 $\frac{1}{4}$ cup firmly packed brown sugar
 $\frac{1}{2}$ cup molasses
1 egg
 $\frac{1}{4}$ cup sour milk or buttermilk

Mix and sift $2\frac{1}{2}$ cups flour, baking powder, soda, salt and spices. Cream shortening; gradually beat in sugar and molasses, then egg. Stir in flour mixture alternately with sour milk; then gradually add the remaining flour until dough is just stiff enough to roll. Chill thoroughly; place on lightly floured board, roll $\frac{1}{8}$ -inch thick and cut in desired shapes. Place on greased baking sheet and bake in moderately hot oven (375° F.) about 12 minutes. Approximate yield: 100 small cookies. Store in closely covered cookie jar.

Is Nudism the Final Answer?

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Why, therefore, should we call ourselves "nudists" just because we shed our clothing occasionally? Particularly when the word "nude" innocently acquired a negative stigma which makes the use of this word undesirable at present.

The same thing happened in Germany many years ago; originally, nudism there was called "Naked-Culture" and was put in a class with burlesque shows, strip tease, etc. Only after a reasonable evolution into "Free Body Culture" did the movement prosper and attain worthwhile progress.

What can Canada learn from this? Although the country is different, the symptoms are the same, and the cure will be the same also.

Leaders with foresight will agree with this, and waste no time in fruitless argumentation. Here again is the age old controversy between the old and the new, the younger generation against the older.

Let us get to work and achieve something worthwhile! Talk is often cheap, but it is also often necessary to awaken sleeping ones.

Do you agree, or do you disagree? In either case, write to the author and express yourself freely. The address is R.R. 3, Fenwick, Ont.

European Nudism

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"open Nudism" mean the death of the clubs? Let me quote from the reply given to that question at a recent conference: "It's fine to be able to go free on a beach or in a wood and finer still to know that it doesn't matter if anyone sees you. But — for the real spirit of Nudism, give me a club." Most of us feel just that way.