

SUN BATHING

REVIEW



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SPRING
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1944
VOL. 12 NO. 45

QUARTERLY JOURNAL OF THE SUN SOCIETIES

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Sun Bathing Review, Spring, 1944.

SUN BATHING

This Review is Entirely Independent. Its aim is to present the Great Health Movement toward Sun and Air Bathing in its Widest Aspects, and publish Supplements from the Recognised Sun Bathing Groups, but Views expressed in Literary Contributions are not necessarily those of the Editor.

SPRING, 1944. No. 45. Vol. 12

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Contributions based on practical experience in Sun and Air Bathing are welcomed. All communications should be addressed to the Editor, and accompanied by a stamped, personally addressed envelope.

The "SUN BATHING REVIEW" is obtainable from all bookshops, bookstalls and newsagents, price 1/-; or from the publishers, post free, single copy 1/3. Subscription for four issues, 4/6.

Published by LINK HOUSE PUBLICATIONS LTD.,
LINK HOUSE, 24, STORE STREET, LONDON,
W.C.1. Telephone : Museum 4268.

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The Ornamental Hermits

THOSE enchanting phenomena, the Ornamental Hermits are making their re-appearance, but they have changed their habitat. Where before they mouldered in the grottoes, follies, temples and elegantly decayed ruins of Castles of Otranto and Headlong Halls, now they blink balefully in the sunlight of the sunbathing clubs. In other respects the modern proto-types are as reactionary as the originals.

For the most part these singular old persons were employed by equally eccentric landowners, with a taste for retirement and Gothic, to inhabit a lonely cell in their grounds. The remuneration for this pointedly unproductive employment was invariably generous, but since it was usually a condition of that employment that the hermit should see no one over a period of years, the hirer got little out of his investment, while the hermit in time grew bored by the purely negative nature of his services.

The ornamental ones of to-day are wiser. They realise that the success of their calling needs the stimulus of an audience. They are wise, too, in objuring the dank cell and cavern. They hold, quite rightly, that it is so much more comfortable to imagine decay than to live in it; what reality lacks, imagination must supply.

So to them the club house which no longer looks as trim as it did because the paint is peeling off is a ruin. The undergrowth that should have been cut back has perhaps sprouted and thickened: the grounds, therefore, are a wilderness. Explain to the ornamental old persons who sit glowering in their little patch of sunlight that this may be due to the fact that the man who regularly cut it back in peacetime may now be cutting back the undergrowth in the jungles of Burma, or the hills of Cassino, and you will as likely as not be met with an uncomprehending stare. It is no part of the profession of the ornamental hermit to know the *why* of his "ruins."

By the same token, it is folly to suggest to him that he might well lend a hand to tidy up a little, for without a ruin, even though it be but a ruin of the imagination, his employment would be gone. And he enjoys his "work." He likes to brood on the good old times, to grumble because the clubs can no longer provide sufficient staff.

It is curious that one who has so much time and inclination for philosophic contemplation should so confound the material with the spiritual as not to realise that unavoidable shabbiness and restricted service have not impaired the real essentials of club life. There is still the same spirit of friendship and unity, still an echo of the pioneering spirit of old, still a sense of gratitude to those who have made these things—the real things—possible.

Fortunately, the ornamental hermits of to-day are as few in number as the ornamental hermits of yesterday. In this momentous year there is no place for the merely ornamental and decorative. Though we may pay in cash for the privileges of club life we owe in return a generous measure of co-operation with those who have kept the movement alive and active at the service of the fortunate ones who are able to enjoy sunbathing in spite of the war, so that there shall be places ready and open to welcome back those who have given up so much. We are the trustees of our friends in the Services. The few ornamental hermits still in practice must face up to the fact that isolation, whether splendid or inglorious, is an utterly discredited dogma.

A Doctor's

It has always been our policy to collect and publish information on the benefits of active sun and air bathing from competent medical authorities. We welcome this contribution particularly, therefore, as it comes from a practising doctor, who does not hesitate to voice his belief not only in the healing powers of the sun, but in the desirability for total exposure of the body in order to obtain the maximum benefit.

THE progress of modern medical science in the past few years is one of the wonders of the present age. Within the span of one man's life greater advances have been made than in the whole preceding two thousand years. The introduction of asepsis and antisepsis has revolutionised the practice of surgery; the innermost organs of the body have been made visible with X-rays; blood transfusion has been perfected; millions of lives have been saved by the discovery of the cause and cure of malaria, syphilis, diphtheria, pneumonia, septicaemia and many other diseases which for centuries have ravaged every country in the world. In addition, medical scientists have discovered the means whereby to arrest the progress of many other common diseases, which up to the present century proved rapidly fatal as soon as they appeared. Radium and Deep X-rays have robbed cancer of many of its terrors and promise soon to provide a complete answer to its cure in all cases.

It seems strange indeed that while all this wonderful work has been devoted to the cure of diseases of civilization by drugs, minerals and instruments, practically nothing has been done to explore the possibilities of maintaining good health and avoiding disease by encouraging people to lead more natural lives. Have any of the famous medical scientists, experimenting with chemicals and synthetic vitamins, thought it worth while experimenting with sunshine, wind and rain? How often does naturism figure in their statistics of factors preventing disease?

The modern medical researcher does not choose naturism to experiment with, because it cannot be seen, it cannot be weighed, it cannot be kept in a bottle on a laboratory shelf, and worst of all it cannot be put into a syringe and injected into a

guinea pig or other experimental animal to demonstrate its action on living tissue. And there are other factors which contribute to the reason why naturism has not been scientifically investigated and tried out on the public. Naturism shows no profit to the Patent Medicine Manufacturers. It cannot be put into bottles and sold by chemists in the same way that tonics and cure-alls are marketed. Imagine the sensation that would be caused by a chemist, who in answer to a request for a good tonic for a middle-aged lady office-worker, advised his customer to strip off her vests and petticoats and to run, dance and sunbathe in the way that Nature intended her to. To let the sunshine and wind stimulate her tired tissues and awake a dormant glow of energy, which she never thought existed. The customer would probably faint or call for the police.

In the same way, doctors, although fully aware of the incomparable value of naturism and nudism in maintaining good health, bow down in the House of Rimmon and continue to advise their patients to wear red flannel and wool, to keep the windows closed in cold weather, to avoid exposing an inch of skin to the treacherous breezes; and to stuff themselves full of artificial vitamins instead of boldly acclimatizing their bodies and minds to the health-giving elements. Conventions die hard and we are all too prone to give advice which we know will please, rather than give advice which, although better and sounder, will certainly shock the average listener.

If questioned, no modern doctor would ever deny the value of naturism in maintaining good health and preventing disease. Simple diet, light and loose clothing, frequent regular exposure of the whole surface of the body to fresh air and sun-

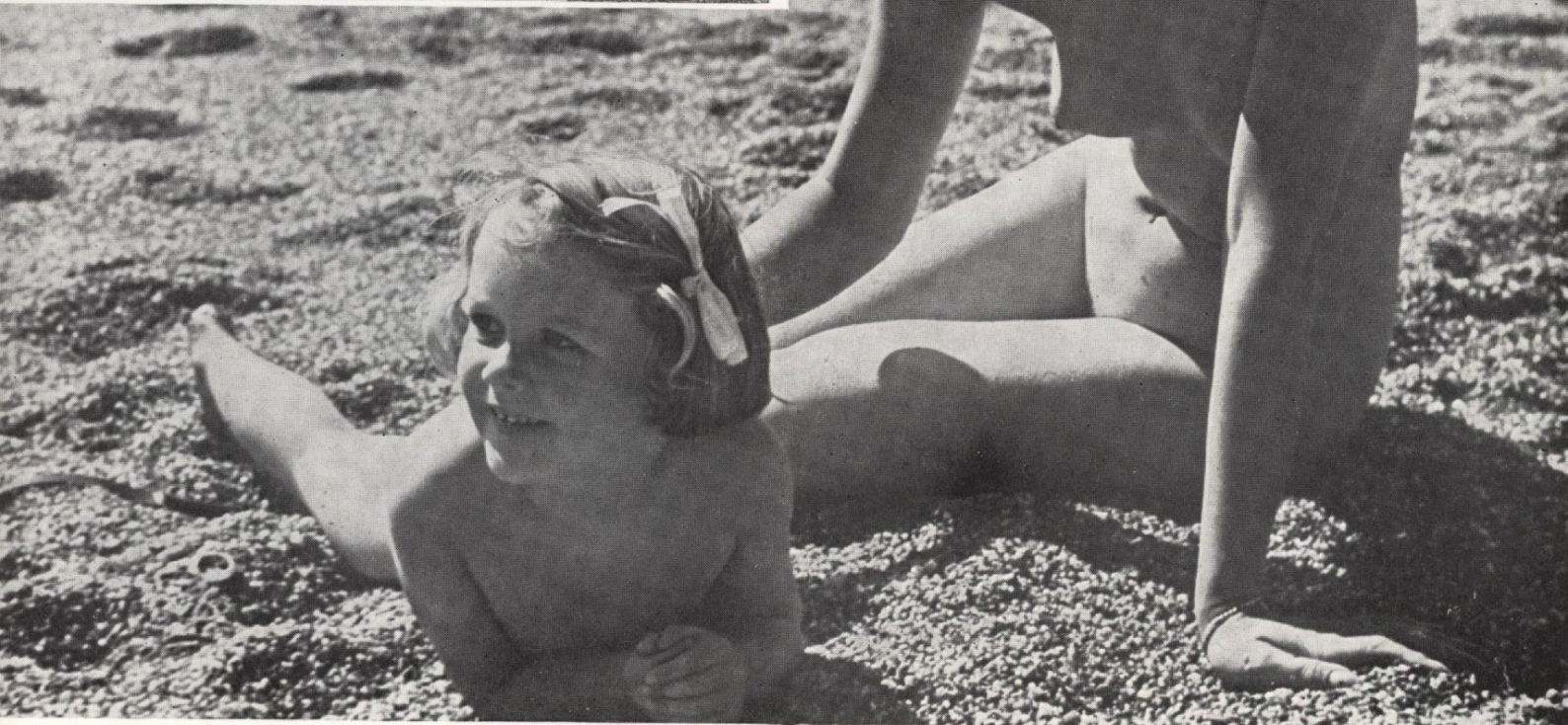


V i e w s o n N a t u r i s m ★ ★ ★

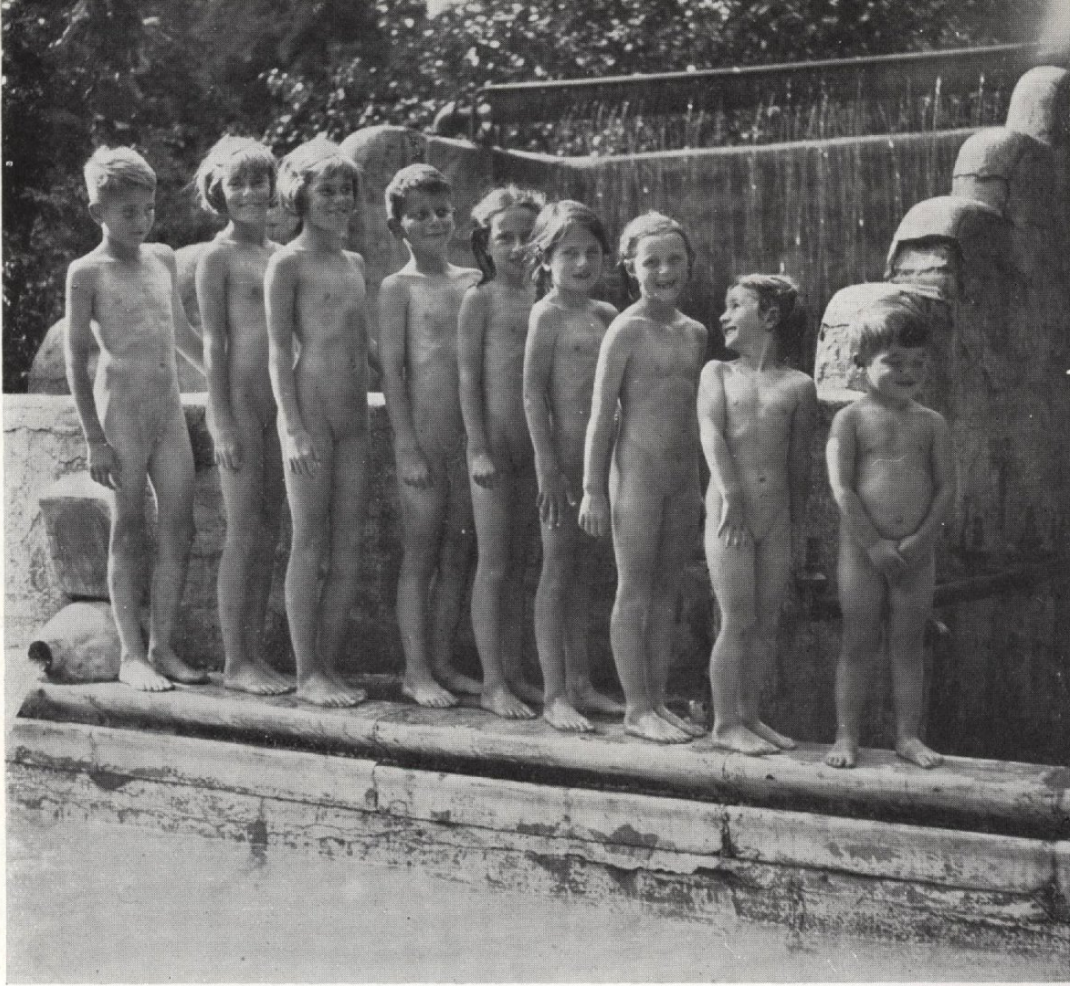
shine, communal exercises unrestricted by clothes and conventions, and appreciation of the joy of living in a natural state in natural surroundings, cannot compare with the hopelessly artificial, unhealthy lives led by the majority of the people to-day. The exhilaration of running barefooted and loose-limbed through the dewy air of the countryside is surely a most satisfying and natural way of spending the hours of leisure. Unquestionably more satisfactory and natural than sitting in the heavy germ laden atmosphere of a picture palace enjoying secondhand the romantic adventures of Greta Gush. The ancients would have said that picture palace amusement did not allow of the proper circulation of the humours. We say that it

diminishes the oxygenation of the tissues and causes congestion of the organs leading to bad physical and moral health.

Doctors have attacked the problem of sunshine and naturism in rather a retrograde way. Thus, while practically nothing has been found out about the beneficial effects of naturism on health and the cure of disease, quite a lot has been found out about the consequences of insufficient exposure of the body to sunlight and fresh air as factors in the aetiology of certain diseases. Take rickets, for instance. We are all familiar with the signs and symptoms of the disease, although we may not be aware of their significance. Rickets is a potent cause of flabby muscles and deformed, ill-developed bones. A poor physique and anaemic appearance, together with bad teeth, deformed ribs, pigeon chest, curved spine and bow legs constitute a classical



Open air activities are invaluable to growing children, ensuring an ample supply of Vitamin D, and promoting healthy growth and good bone formation.



case of rickets, although these features may not all be present at once.

Some of the most brilliant researchers of the century have worked on this disease, and their findings all agree. Rickets, or softening and deformity of growing bones, is due to insufficiency of calcium (chalk) and phosphorus in the blood. A normal diet supplies ample calcium and phosphorus, but it cannot be used by the body for bone-making, unless there is an adequate amount of vitamin D in the blood. What causes vitamin D to appear in the blood? It has been proved beyond doubt that vitamin D is produced by the action of the sun's rays on the skin of the body. The ultra violet waves penetrate the skin and transform by a process of irradiation a chemical called ergosterol which is present in the deeper layers. The irradiated ergosterol becomes vitamin D. If then a child or young growing adult has his body insufficiently exposed to the sun, he will certainly not form sufficient vitamin D; he won't be able to use his calcium and phosphorus for bone building, and he will certainly get rickets in one form or another.

Production of Vitamin D

The present growing practice of putting babies and young children in the fresh air all day has done much to reduce the incidence of this disease. It



must be fully understood that the formation of vitamin D in the body depends upon the area of the skin exposed multiplied by the duration of exposure and the intensity of the source of the light. This means that very prolonged exposure of a small area, such as the hands and face, is necessary, whereas only brief exposure of the whole body surface is sufficient to bring about the correct metabolic reactions.

Advanced cases of rickets can be quickly cured by exposure to sun alone, if the whole surface of the body is exposed.

Importance of Total Exposure

It is essential for nursing mothers to get regular exercise in the open air so that their milk may obtain proper quantities of vitamin D. Neglect to do this causes many cases of rickets in young children.

In studying the importance of naturism in maintaining good health, it must be understood that ultra violet light from the sun is incapable of penetrating clothing of any description. It has difficulty in penetrating the smoke-laden and soot-laden atmospheres of our cities, and ordinary window glass is opaque to the passage of all but a fraction of ultra violet light. The importance of complete exposure of the whole body is therefore obvious. However, direct sunlight is not the only means of getting ultra violet light. Quite large quantities of it reach us through "skyshine," which means

the indirect reflection of the sun's rays from the sky on clear but sunless days. Ultra violet waves are capable of reflection and scattering in the same way as ordinary light waves. Thus a winter sky on a clear sunless day sends quite a good deal of ultra violet light towards the earth.

There are of course many diseased conditions in which it is known that sunlight plays a most important part in recovery, and it may be argued from the investigations conducted in rickets that, if adequate exposure of the body to sunshine or skyshine were customary during normal health, such diseases would never arise. Ultra violet light has very strong bactericidal powers, and it is now used in operation theatres to sterilize the air. Few germs can survive exposure to this form of light.

In conclusion it cannot be over-emphasised that exposure of a large area of skin—preferably the whole body—is necessary to obtain the full advantage of sunshine and skyshine.

We need enlightenment on many problems arising out of the action of civilization on health, but in no case is there a more pressing need than the re-education of people in their ideas on clothing. Sooner or later it will be realised that regular exposure of the whole surface of the body to the sky is as necessary for health as enough oxygen in the air is necessary for breathing; and it is not only physical health which will benefit, it is moral health as well.



Killed in Action!—Mrs. Grundy

BY ELIZABETH CROSS

MRS. GRUNDY, patron saint of false modesty, prudery and the "sheltered life," has, we have every reason to believe, become a war casualty, and one whom few healthy minded folk will mourn.

Mrs. Grundy had a great many peculiar beliefs, one of the strongest and most mischievous being that the sight of the human body was shocking. She couldn't bear mixed bathing, and as for sun-bathing (mixed or unmixed!), well words didn't fail her! She did her best to keep the sexes separate, and couldn't believe that it was possible for them to mix happily at work and play without "the worst" happening. She was very fond of using peculiar terms and phrases, and was shocked at plain, scientific speaking. She was the greatest enemy to the healthy development of mind and body, and hated the idea of sensible sex education. She loved a good mystery, and aimed to make trouble by covering up perfectly simple and sensible activities. And now she's dead!

There are various accounts of her passing, and

maybe there's a bit of truth in all of them. Some folk swear she died in the Blitz, when everyone got together, sleeping here, there and everywhere, in cellars and tubes and shelters. She didn't find much of a welcome in the shelters; she found the conventions all gone, or rather the old, society conventions had disappeared, and new ones of helpfulness and kindness had taken their place. After all, you can't be too standoffish when you're lending blankets and pillows, and helping someone's wife to have a baby! Mrs. Grundy felt very queer when she found that people took all these things quite naturally after a while, instead of being shocked. Mrs. Grundy felt bad too when, instead of ignoring the fact that human beings have digestive systems and need proper sanitary arrangements, the wardens and other people set to and saw that things were done as sensibly as possible.

Other people assert that she passed out one evening in a factory hostel. She simply couldn't bear the idea of sharing a bedroom with other

women, and died from shock! Certainly the girls get along very well without her. They have no false modesty, but take a sensible pride in keeping their bodies fit by correct exercises and the proper kind of bathing.

The Services can claim some share in her passing too, for they believe in facing facts, in a sensible communal life and in the pursuits of all sorts of sports, games and dancing. Another blow to Mrs.



Grundy came with the new sort of comradeship between the sexes. They have learnt to work together, in the armoury, in the field, on the gun site, in trains, buses, everywhere. They take each other at new valuations, they see who is pulling his or her weight, they learn to be comrades and friends. There is no unwholesome mystery, the mystery of novelty, left. They are ready to judge more sanely and so to choose their life-partners more wisely. When you work together you aren't just thrilled because someone is masculine or feminine, and because you've been so shut in that you haven't met any of the species before. No, you're thrilled in a different way, by more worth while qualities. Mrs. Grundy never flourished very well among girls who had lots of brothers, or boys who had lots of sisters, and now it seems as if the whole of the younger generation has lots of adopted brothers and sisters and will be all the better for the experience.

Of course the V.D. posters and advertisements would have polished the old girl off if she hadn't been gone already! She would been shocked to death at the idea of the government making this matter so clear. Whatever we may think of their methods of treatment, we must admit that the mere mention of the matter is an advance on the bad old system of ignoring the evil. The same applied to the proposed extension of sex-education in the schools. At last it is agreed that the whole of the human body and its marvellous works is fit for study and understanding. No doubt the approach will be rather timid, but at least the door is ajar.

Of course we mustn't be too sure that Mrs. Grundy is dead, even though thousands of men and women have escaped from her influence, and, with any luck, the rising generation will do so. There are, unfortunately, still quite a number of people who have, either by luck or sheer chance (such as holding important jobs) remained in very much the same circumstances as they always were. Some girls still live at home and go, day by day, to the same job. At the moment, nearly all the younger ones (the nineteens) are being distributed out to the hospitals or the factories, and there they will find a wider life and learn a lot. We must hope that this kind of service will continue after the war, even if only for a short period. It does seem necessary, for the proper development of young people, that they should get away from home for at least a year, and mix in with all sorts and kinds of people, and so lose any kind of false shyness and timidity.

For, when we come down to hard facts, Mrs. Grundy thrived on fear and ignorance. We don't want frightened people and we don't want ignorant people in our new and better world. So, if Mrs. Grundy is a war casualty, then we can rejoice, and we must also make quite sure that no one goes and revives her!



PIONEERS
of SUNLIGHT
THERAPY.
PART 5.

At the N. Devon Club.

Steenbock: the man who trapped

ONE of the most vital and interesting stories of modern sun-therapy is that of Steenbock, the American scientist who trapped sunshine for the benefit of human health and good. Scarcely anyone who has lived through the past five years of war does not owe a debt to the trail blazed by this pioneer in sunshine-research. His work and his major discovery are going to be even more important in the years of rehabilitation and health-rebuilding in the war-torn countries of Europe.

Today, the key signs to this piece of sun-magic are to be found in connection with a wide range of foods. They are the words "irradiated" and "vitamin D content." Back in the days when Steenbock began his researches, the existence of vitamin D, the sunshine vitamin, was suspected but unknown, while irradiation was just a term in scientific jargon.

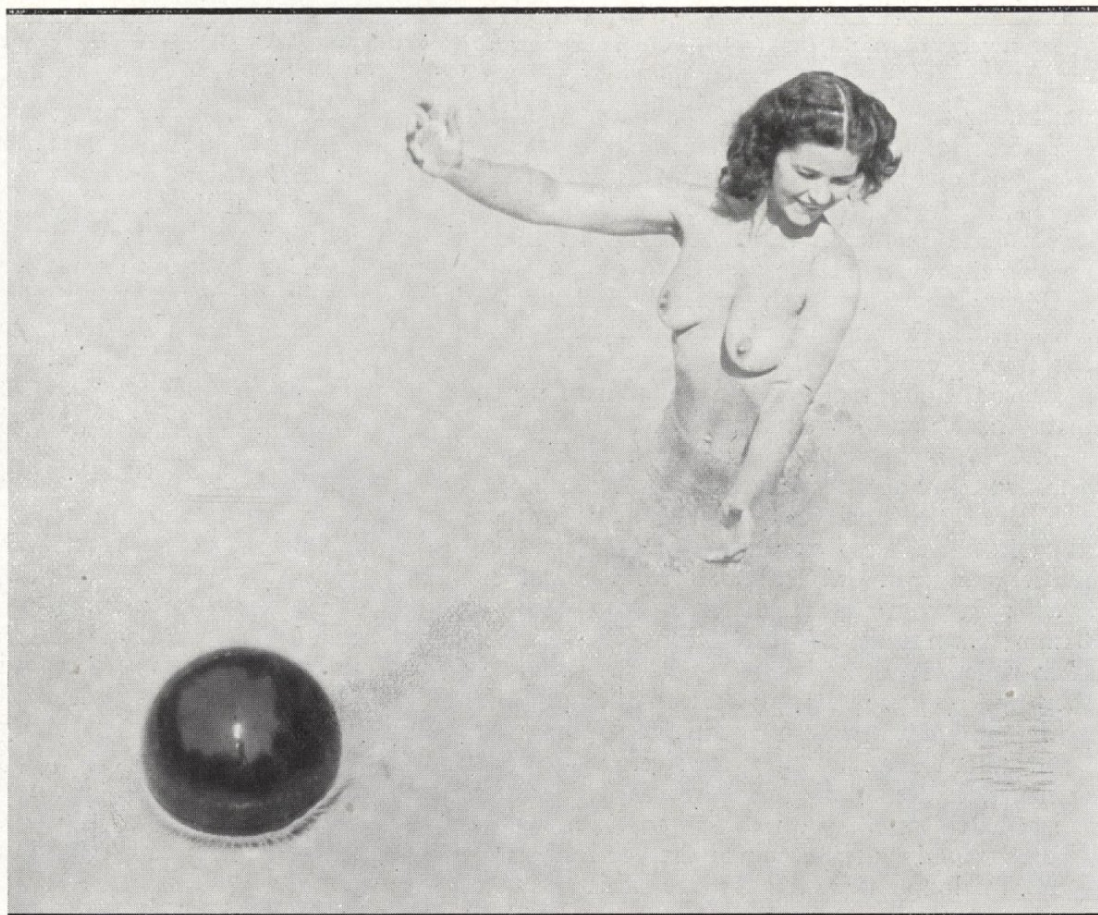
Vitamin D is notoriously absent from most foods, even from foods which have spent their lifetimes growing in the sun. The value of Steenbock's work lies in that he hit on and worked out the way in

which foods which carried no sun-vitamin D could be loaded with it, and other foods which carried little could be made to carry more. How much this has meant to our health and stamina in wartime cannot be estimated; how much it has meant and will mean to present and future generations of children is immeasurable in standards of tangible wealth.

Vitamin D is the magic food-element of sunshine. It puts calcium and phosphorus to work in the body, building them in to make sound bones, teeth, tissues and nerves, to keep hearts and arteries young and efficient, and to co-ordinate the smooth healthful working of the body as a whole. There's not an adult, mother, or child, who does not owe some of their wartime well-being to the man who trapped sunshine to put it into foods.

Yet the pathway which led to this result was a long one, full of ups and downs. Harry Steenbock was born on a farm out in the dairy and agricultural state of Wisconsin, U.S.A., in August, 1886. He grew up a tall, somewhat gangling young fellow,

The high level of our national health after four and a half years of strain is due in great measure to Steenbock's patient research and his discovery of a successful process of food-irradiation.



At White House Club.

S u n s h i n e - B y S . B . W H I T E H E A D , D . S c .

grey-eyed, and serious in mien, gravitating to the State University where he took his B.S. in 1908, and his M.S. in 1910, to become a fully-fledged biochemist.

In those days, as now, Wisconsin University was a world-famed centre of research, especially on problems relating to dairy farming, animal health, and human nutrition. Steenbock was one of a company of great nutritionists that included McCollum, Davis, and other co-workers. It was known among them that butter fat and cod liver oil contained a new food-factor, or x , which caused rats fed on purified foods to pick up and thrive where previously they had died.

At this time Steenbock began an experiment which, had he understood it in its full implications, would have saved many weary years of work. A fellow-chemist (E. B. Hart) and Steenbock both knew that lime in plenty was necessary for animals and babies, but what builds lime (calcium) into bones, and what enables the animal body to hold it once the lime is there?

To answer these questions they took a nanny goat and, keeping her as near motionless as possible, fed her on a diet of cereals, straw, etc., and collected and weighed all excretions. They then knew how much lime was going in and how much was being lost. In four months the goat lost lime increasingly, and became stiff, thin and emaciated.

Then the goat was put on to pasture, in fresh air and sun for little more than two weeks, and then back to the laboratory and her harness and her old diet. What happened? The goat had picked up strength and weight in the open, but back in the cage she not only relished her old diet but continued to improve. The lime stayed in her blood and bones, and for weeks she continued to thrive. Yet the magic change stumped Steenbock. The fact that the sun had added something new to goat nutrition eluded him. He published the facts of the experiment and left it at that.

In 1913 Steenbock went abroad and took post-graduate courses at the University of Berlin. In 1914 came the war with Germany, and it was not

A discovery is made that will help to renew the health and restore the strength of the liberated peoples of Europe when the war is over.

until after the war when the scarcity of foods, and the effects of malnutrition on the children of war-weary nations became apparent in their soft bones, rickets, poor growth and susceptibility to tuberculosis and pneumonia, that interest in the goat experiment revived.

During the years Steenbock, a bachelor scientist devoted to his calling, had become a veteran of countless feeding experiment with white rats. He could measure the effects of various diets to a hairsbreadth in the health and physical reactions of his rats.

In 1919, a German doctor, called Huldschinsky, set out to find an alternative for cod liver oil, known as a cure for soft bones but too expensive for parents in those times, and began thinking of the reports of Rollier's work in Switzerland. He took four of his most pain-wracked and feeble babies and began bathing them under the rays of Finsen's new-fangled ultra-violet lamp, carefully. Two months later there was no doubt, X-rays showed calcium building up in the bones. The question was "How?"

Steenbock heard of this experiment. It set him thinking, and exploring new avenues of research. He asked himself: Can the rays of sun or ultra-violet lamp do all the things that cod liver oil or butter fat do to guard against this nutritional hunger? He knew cod liver oil could cause calcium to build up in the bones of babies and animals, and guard them against pneumonia. Was the unknown factor of the oil or fat only some other form of sunlight? Or was it the same thing?

On the Right Track

Steenbock got his rats ready for a new series of experiments to answer these questions. While he was beginning his new experiments, destined to lead to fame and fortune, new reports came from England. A lady scientist, named Hume, claimed that the unknown factor of light and cod liver oil must be the same. Rats fed on a ration short of cod liver oil to a point that stopped growth, went ahead in growth and weight when irradiated or sunned.

The American peered through his glasses at his rats, eight plump 20-day old white rats, and designed their rations with extreme care, ruling out every known source of the unknown and as yet unnamed factor. After seven days the rats began to fail in growth. He divided them into two groups, giving one group of four rats ultra-violet irradiation, and the others none. The light-bathed rats grew apace, doubling in size in three weeks. Obviously, light was a food. Curiously, the rats still had sore eyes, then they stopped growing, and eventually died. Obviously, sunlight did part of what cod liver oil could do.

Then the experiments began to play queer tricks. Steenbock decided that for true comparisons the unirradiated rats should be put with the irradiated after light-treatment. To his astonishment, the four unirradiated rats of a fresh batch also went ahead and began to grow, although they had received no light bath. Was the growth-promoting factor catching like a disease? Were the irradiated rats able to infect their unirradiated brethren?

Re-reading Hume's reports, Steenbock found she suggested that the reason lay in the fact that the air in the cage had been irradiated, and still contained enough of the growth-promoting factor to stimulate the control group of rats. To Steenbock this did not ring quite true, however. It was too fantastic.

He began to examine the cages. He swept them clean before irradiation and after. Still the unirradiated rats went ahead when they joined their light-bathed companions. Then Steenbock went around with a powerful magnifier. He found minute traces of food, undetected by the naked eye, on the cage floors, and insignificant as they were, they provided sufficient of the unknown food-factor to stimulate growth in the unirradiated rats.

Success

Steenbock planned a new experiment. He gave a new group of eight rats a balanced diet, containing everything except the growth vitamin being sought—protein, casein, salts, etc., and millet, which contained vitamin A. Then he fed four rats on this diet, plus millet which had been irradiated for ten minutes, and four rats on the diet, plus inert millet. The first four rats prospered and thrived, the second did not. The problem was solved. It was sunlight that added the something new—the creation of the sunshine vitamin D.

Steenbock then followed his epoch-making discovery of trapping sunshine to enrich foods, by sun-bathing all manner of foods and testing them. Oats, wheat flour, cereals, milk, etc., were irradiated and their sterols converted to vitamin D.

It wasn't long before his discovery attracted the attention of rich food manufacturers, who came to bid for the rights. Steenbock, however, had no wish to grow rich in conferring a benefit on mankind. Eventually he scraped money together and patented his process, and then deeded the rights to establish a Research Foundation at Wisconsin University.

His real memorial, however, is the countless people healed and kept well in times of stress by the vitamin D which his process of food-irradiation puts into such wartime products as tinned and dried milk, margarines, and fats, and field rations, chocolate and foods for fighting men and freed slave populations.



No. 189. CHILDHOOD

Photograph by Anthony Peacock, F.R.P.S.



No. 190.
THE STEPS

photograph by feriel



No. 191. MIDSUMMER (photograph by feriel)



No. 192. SUMMER SEA

photograph by feriel

OUR LETTER FILE

Our columns are open to letters of general interest to our readers. All communications should be addressed — "The Editor, Sun Bathing Review, Link House, 24, Store Street, London, W.C.1."



Nineteenth Century Controversy

The following letter, reproduced in R. J. Mackenzie's "Almond of Loretto," may, I think, be of interest to you. Here it is:

Nudity and Prudery

Loretto, May 25, 1891.

"... Interested as I am in the Drumsleugh Baths and in swimming, I fear I must continue to protest against the neck-to-knee costume. I am aware that nudity is impossible. We are not pure enough for that. But bathing-drawers answer every requisite. More costume is a hindrance to swimming, and a concession to modern prudery, which is the antipodes of purity, ancient and modern. The chest, I must submit, is not a part of the person the exposure of which is indecent. It is certainly not so regarded by the ladies, to whose prejudices or feelings you say that the Committee deferred.

"Why boys swimming should be obliged for the sake of decency to be clothed up to the neck, and females dancing should be allowed to be bare much lower down, is a problem which I cannot serve.

"Hoping that next year the Committee may see their way to allow bathing-drawers, I am, etc."

Dr. Almond was Headmaster of Loretto School from 1862 to 1903, and the Scottish pioneer of "Keep Fit." In such matters as sleeping at night with the window open, going about without hats, wearing shirts open at the neck, etc., his School was at least 50 years ahead of its time.

The Drumsleugh Baths are still in existence. Actually they are privately-owned, but it is quite easy to become a member.

As it is very unlikely that there was any mixed bathing in 1891, I can only conclude that the reference to the ladies applies to those fond mothers who witnessed the efforts of their youthful offspring to master the art of swimming!

I was a member in 1927, and can vouch for the fact that the official "bathing drawers," well, they were "austerity" all right! There is only the one bath, and there was no mixed bathing—for the fair sex, there were "Ladies' Days."

As regards the former, it still seems to be regarded as something in the nature of a moral venture, and in regard to the latter "regulation" costumes are still "de rigueur" in many places.

Edinburgh.

A.N.M.

B.S.B.A. News in Brief

Associate Membership has increased considerably, a welcome feature being the enrolment of several overseas members. Many have signified their willingness to assist in the formation of new active groups in this country.

It is planned to hold an Associate Members' Rally during Whitsuntide, and particulars are being circulated to all members.

An endeavour is being made to provide some opportunity for Service men and women from overseas to participate in sun bathing activities whilst in this country; for the time being those stationed near London will be best served by this new feature.

J. Rowlinson, Hon. Secretary.

Note from Woodlands H.C.

I shall be glad if you will let readers know that, whilst holiday visitors will be catered for this summer at our Camp, owing to the limited sleeping accommodation available only twelve visitors can be accepted at any one time. Early bookings, therefore, may save disappointment, besides being a great help to us.

K. Burgess.

Extended Facilities

The letter from C.T.C. in your issue of Autumn, 1943, will, I am sure, have been welcomed by a very large number of people. For, in addition to the reasons he indicates there is another, compelling reason for attempting what he suggests, viz.:—lack of leisure. To take my own case as an illustration—before the war (and one hopes that conditions not too dissimilar will apply again after the war) facilities for tennis, squash and swimming were all available sufficiently near both to my office and our house to make it possible to get exercise from one or other of them two or three times a week on my way home from work, regularly, all the year round, as well as on Saturday afternoons and half-day on Sunday if other engagements made the whole day impossible. Judging by the number of our friends and acquaintances who were able to do the same, at their own local clubs and pools,

(Continued on page 22)

"YOU NEED NOT WEAR GLASSES"



said **FAMOUS**
LONDON EYE
SPECIALIST

"If everybody's livelihood depended upon seeing correctly without the aid of glasses, the standard of eyesight in this country would quickly be raised," said Mr. Havilland. "For most eye troubles can be easily corrected without wearing glasses at all.

If it were not so tragic it would be laughable to think of the thousands who resort to glasses before taking steps to correct their sight naturally. What would you think of a person who took to crutches at the first sign of Rheumatism?

Remarkable Method of eye-training ensures the blessing of **NATURAL** sight!

"Once you take to glasses you are actually teaching your eyes to depend upon them when, except in serious cases, you should be teaching your eyes to do *without* them. Some of you are wearing spectacles at this moment, and you know that your eyesight has not improved as a result. In fact, your eyes are probably weaker; some of you have even had to change to more powerful glasses since you first began to wear them.

Over 50,000 Successful cases

"The only remedy is to follow the safe, natural methods of eye-training that I have used with complete success in more than 50,000 cases.

"Schools in America and Hospitals in this country all have practised my methods, so you need have no hesitation in finding out how you can practise them and regain that clear vision which Nature intended you to have."

No One Too Old No One (over 15) Too Young

This new book tells how thousands have passed official eye tests after following the simple instructions, how people from 15 to 90 years of age have been saved from the tyranny of glasses. YOU must realise that glasses can never end your troubles. The Havilland Eyesight Institute's methods can. This book—"How to Improve Weak or Failing Eyesight," can be obtained on application, so tear out this announcement, write name and address in margin, and post to-day to the Havilland Eyesight Institute, Thanet House, 231, Strand, and you will receive this free treatise. If you prefer not to cut this Magazine, send name and address, mentioning *Sun Bathing Review*. **NOTE.**—As required by the Paper Control Order, please enclose 5d in stamps for all literature. *Sunbathing Review*, Spring, 1944.

Camera Shots

FROM SUN BATHERS

£1 - 1 - 0 Prize

plus

A Free Subscription

for the year will be awarded to amateurs for the best photograph published in this feature.

All other amateur photographs published will secure Consolation Prizes of five shillings each.

On the back of all photographs submitted please write clearly:

"I hereby give my full permission for the publication in 'SUN BATHING REVIEW' of this photograph. I am the holder of the copyright and have full permission from the subject(s) portrayed to grant this sanction for publication."

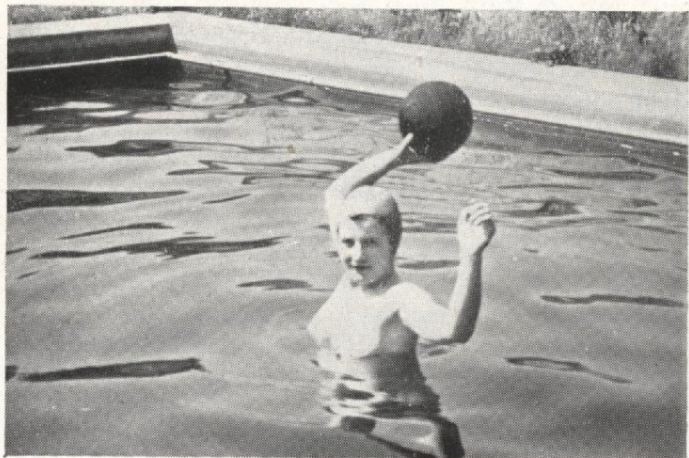
Signed

Address

.....



Blazing a trail
through the
bracken at a
northern club.



Ball games in the water make a pleasant diversion.



★ Brownd off and proud of it !
The Guinea Prize is awarded
for this snapshot of a well-
tanned reader by the sea.



It's a good life when there's
plenty of sunshine and water,
and no clean clothes to spoil.



© Michael Otto



The Family Spirit

by

DAVE JONES

The Author instances a case which might have been embarrassing: the unexpected arrival of two visitors during a family sunbathing party. Precept and friendly argument has since resulted in the visitors joining the movement themselves, but the author believes that his task would have been easier had there been available some form of propaganda directed to the lay mind.

"Sun Bathing Review" considers his suggestion a good one and hopes shortly to produce such a pamphlet for the use of Clubs and individuals.

A GOOD many interested and disinterested onlookers fail to recognise that a Nudist Club is a social club with a clear and explicit connection with the joy of physical and mental health and the open air. Whether the shedding of clothes is co-incident with the shedding of most of the irksome trivialities of human moods and manners can be made a debatable point, although we have it on good authority that as an aid to mental clearness naked sun and air bathing is to be well recommended; but, it is, none the less, an outstanding attribute of the Nudist Clubs that the social side is one of great cordiality.

In addition to this they possess, in company with the movement as a whole, a spontaneous and essential appeal to the family unit. Their successful progress owes a great deal to such a zealous cultivation and represents a growth out of that stage when nudists were, incorrectly, of course, linked up in some people's minds with followers of the simple life, when caricaturists enjoyed portraying them as hypochondriacal eccentrics with long hair and inelegant beards, and when third rate comedians persisted in telling jokes about "Nudist Colonies."

That word "Colony," too, has, most fortunately, died and does not need a post mortem, and the tremendous fascination of other words like "Gymnosophists" and "League" is being gradually outmoded by the straight-forward language of "Club" or "Association."

However much all these things were disadvantageous to the initial growth of the Nudist Movement, they do act as a pointer to the theory that the success of a movement depends on its appeal beyond a selected few ardent enthusiasts. It is a happy thought therefore, that the social and family atmosphere engendered at all Nudist Clubs possesses a potential attraction for recruits. It is, moreover, a sturdy prop; a way by which to dismay antagonists and their accusative slurs, dispelling, as it does, the illusion that nudists are total-abstaining oddities, or even a cranky collection of repression-conscious males, or females, with inherited sexual peculiarities. This process of almost handpicking members can, of course, be abused and may mean that the "unattached male," who is a problem anyway, does not get a look-in unless he is personally recommended by a member. A logical proportion

of men and women in a Club must be set and, indeed, is essential, in spite of the fact that the movement may lose enthusiasts because of it.

If it were possible to obtain the necessary data, it would prove interesting to find out how many "unattached males" who eventually become "attached" do join later on. For those clubs who strictly adhere to this rule concerning males, it may be useful to form a kind of honorary membership section by which, for a small nominal subscription, such candidates who are not immediately acceptable are kept in touch with the progress and activities of the club concerned. This would be a job, not for the overworked secretary, but for another member willing to do a bit of spade work for the benefit of the movement. There could be occasions, by the way, when honorary members are invited to attend for any special event.

How far the family aspect does dispel false ideas was exemplified by an incident last Summer. Near our home is a Balloon Barrage site run by a squad of W.A.A.F.'s, and my wife decided to entertain two selected W.A.A.F.'s to tea each week. Their usual calling day was a Wednesday, but due to certain changes they surprised us by coming on a Monday—our night for using the sun-ray lamp. We put on dressing-gowns and the two W.A.A.F.'s came into the same room in which the lamp was placed. They were laughingly curious at first, but later showed genuine interest, and the topic of nude sun and air bathing was frankly discussed. They seemed eager to hear what there was to be told and borrowed copies of *Sun Bathing Review*. I should say, here, that a suitable pamphlet would have proved eminently useful and is an aspect of the propaganda side that merits attention.

Later in the Summer they were induced to attend a club and have since become ardent followers. Their confession, however, really forms the crux of this example. In the first place, they said they were surprised to learn that such an ordinary couple (a mixed compliment, this) were nudists. They thought that such people were "peculiar," and added in a compensatory manner that, no doubt, they were also an intelligent lot: but one of the W.A.A.F.'s spoiled this by a sly shot at the moral issue and the impossibility of it all.

They were later, I know, amazed not only by the cordiality that met them but by the exhilaration of going without clothing.

The W.A.A.F.'s admitted that communal living over the past three years had already caused them to dispose of many stupid ideas in connection with changing clothes in the company of others, and there is a very healthy sign that these enforced experiences, suitably backed by intelligent use of propaganda, will bring more to our way of thinking in the post-war years.

NOW WE KNOW WHAT CAUSES CATARRH

*... you can end your Catarrh,
Deafness and Head Noises
ONCE AND FOR ALL*

**Remarkable Swiftness of Simple
Home Method now explained**

"Sufferers from Nasal Catarrh are often aware of Catarrh in the Colon, or lower bowel," said Mr. Allan Cooper. "They should understand the meaning of this evacuated mucus. I suffered ten years myself before the truth dawned upon me. During that time I inhaled and sniffed prescriptions up my nose to such an extent that I became certain the cause of Catarrh was NOT in the nose, or the barrage I put up must have mastered it. No, it was that continual recurrence of one important fact that finally convinced me we had all been looking for the cause in the wrong place. I noticed that whenever Colon Catarrh was very marked it was quickly followed by a fresh outbreak in the head. Thus, the Colon Catarrh came first and I found I could foretell my worst head attacks. From this it was clear you have Catarrh long before your head passages become clogged; that the germs breed among the waste products of the body; that they spread upwards through the stomach, giving you internal disorders on the way; finally the infection reaches the head, and it is only then you say 'My Catarrh is bad again to-day.'

"This is why head treatments alone only give temporary relief. To end Catarrh for good you must clear out the source in the Colon at the same time as treating the head. In this way you can clear your head Catarrh almost overnight, since the internal treatment prevents fresh germs mounting from the Colon. Soon the Colon nest is wiped out and you are then completely free." Over 150,000 sufferers have permanently conquered their Catarrh by using the Cooper Treatment. Their success enables the following public guarantee to be offered to all sufferers:—

IN 2 WEEKS

*(From the day
you follow Mr.
Cooper's directions)*

you can be breathing easily and more comfortably through your nose, your head "clear as a bell," with keener hearing and cleaner palate, YOUR CATARRH CLEARING UP FOR GOOD, or your trial of this treatment shall not cost a penny. This offer means just what it says, and full information, how to treat yourself at home, will be sent free without obligation to all who tear out this announcement, write name and address in the margin and post to-day to **ALLAN COOPER LTD.**, 1 Hanet House, 231, Strand. Please send NO money. The treatment is yours to prove in the only way that matters before you decide whether it is worth its modest fee. As required by the Paper Control Order, please enclose 5d in stamps for all literature.

Sun Bathing Review, Spring, 1944.

★ *On Limitations*

RECENTLY a friend of mine visited a monastery and was shown round by one of the inmates. My friend remarked on the Spartan austerity and rigorous code enforced there, and confessed with blunt candour that he did not know how the monks could stick it! The brother looked at him in gentle astonishment and replied: "But we have a delightful recreation room. You shall see it."

My friend saw it. The room was as bare as the refectory, but in place of the hard wooden benches were substituted hard wooden chairs that could at least be moved about independently. Furthermore, against one whitewashed wall stood a long cushioned red plush settle of uncertain age. It struck an incongruous note, suggesting for all the world as though it had come out of some dismantled Victorian saloon bar.

The brother drew admiring attention to it.

"Isn't it wonderful?" he said. "When we come here, there is great competition among the brothers to sit on it."

It is a psychological fact that limitations in one direction heighten a sense of pleasure or satisfaction in another. The theatre, which imposes well defined limitations on an audience, by restricting attention to the make-believe world framed through a proscenium arch, provides a high order of pleasure.

The narrowing of attention, by excluding the rest, achieves a responding heightened appreciation.

The same, I think applies to sun bathing. It is one of the reasons, I feel sure, that social nakedness makes such a deep appeal to its adherents. In other words, the attraction does not lie so much in the freedom from clothes convention, but as a result of the considerable limitations it imposes on the one who goes naked, and the consequent heightening of attention.

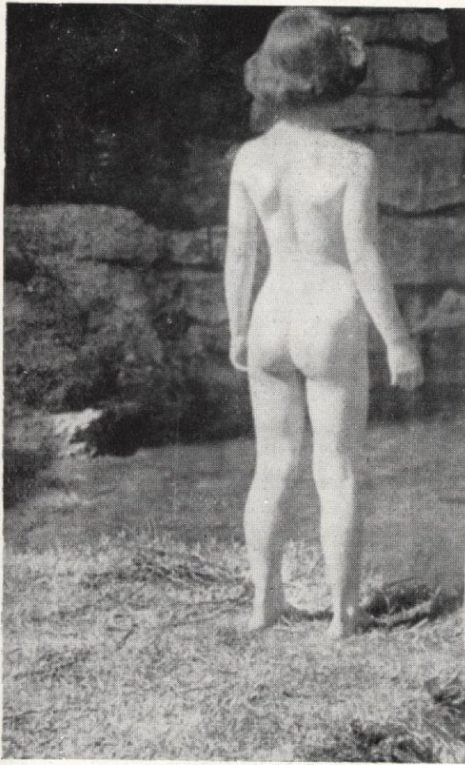
(Incidentally, a clothed initiate to a sun bathing club is never truly at ease there until he or she has discarded the clothes of daily life.)

After all, to be in a state of nakedness among naked companions *does* impose considerable limitations. During those naked hours living is inevitably reduced to the simple things—games, idleness, conversation, sport. All the added complications of civilisation are ruled out. For the time being those can, at the most, exist only in the back of the mind, and when one goes back to confront them again one has first to put on one's clothes.

A naked person may carry a bucket of water, or build a hut, or fashion a piece of timber, and be completely in the picture. It is, on the other hand, incongruous for a naked person to ride, say, a motor bicycle.

One might almost claim that to accept a state





of nakedness is for the time being to rid oneself of the yoke of modern progress, or, if you prefer it, what passes for progress. The naked man or woman is inevitably reduced to following the pursuits that were followed by men and women in the same state through all the ages. In human nakedness, the year A.D. 1944 becomes in some ways as one with the year 1944 B.C. The calendar has, as it were, given place to the seasons, and what is possible and pleasurable for us was possible and pleasurable for those other people of equal intelligence. And if we have our gramophone or radio with us at the sun bathing club, well they had their musicians and the like who were just as adequate, and didn't suffer from scratchy needles or atmospherics!

Somebody once remarked a trifle bitterly: "All this 'ere progress don't make sense!" I am inclined to agree, for I feel that whereas man has advanced with staggering speed in scientific discovery, his moral sense has by no means kept pace.

To such as think as I, there is a refreshing escape from care—a very change of thought—in divesting oneself of one's clothes and, naked, being in the air and sunlight with others. Those lines in "As You Like It" spoken by the Duke exiled in the Forest of Arden express the point exquisitely.

"Are not these woods

*More free from peril than the envious court?
Here feel we but the penalty of Adam,
The season's difference; as the icy fang
And churlish chiding of the winter's wind,
Which, when it bites and blows upon my body,
Even till I shrink with cold, I smile and say*

*'This is no flattery: these are counsellors
That feelingly persuade me what I am.'*

*.....
And this our life exempt from public haunt
Finds tongues in trees, books in the running brooks,
Sermons in stones and good in everything.
I would not change it."*

The simple and friendly limitations imposed by social nakedness envelop one. Naked, one is remarkably engrossed in the clean and joyous pursuits of nakedness; every game and sport is spiced by the awareness of the bare skin and untrammelled ego. Limitation of interests wipe out from one's mind for a while such modern innovations as service battle dress, A.R.P., Fire Fighters, and Bomb Disposal Squads.

They are all there for us to go back to when we put on our clothes again, but while the clothes are off and the sun is shining they are as dim ghosts.

Pure escapism, if you like, but legitimate.

I have watched many people in nudist clubs, and have marked one significant feature. They play games, exercise, and follow a hundred activities. When resting, they talk or read. But hardly ever have I seen any of them reading newspapers!

The limitation of interest that nakedness imposes seems to me definitely to rule out newspapers and all that newspapers imply. They then become as irksome to me as somebody talking in a theatre after the curtain has gone up. Yet at all other times I read newspapers with avidity.

My mind goes back to the monk and the long plush seat. In a sun bathing club I know there is a turfed mound that catches the afternoon sunlight and is well sheltered from the wind. It's wonderful. There is great competition among the members to sit on it.

by john austin

O U R L E T T E R F I L E

continued from page 15

I do not think that we were exceptionally fortunately situated.

But to go to the nearest "Nudist" Club meant a journey of two hours each way. Unless therefore, we could spare a Saturday afternoon *and evening*, or the whole day on Sunday, it was out of the question. And when one got there, although there was a good swimming pool, the facilities for any other form of "exercise game" were, to be frank, very primitive. Not unnaturally, my wife and I did not go there very often.

But we often thought what a boon it would be if we could find somewhere, within reasonable reach, where we could combine the two, as C.T.C. suggests. In the case of tennis, of course, the privacy necessitated by the present state of the law and public opinion, may be an insuperable barrier. But with squash and swimming it is different. Squash indeed seems ideal for the experiment. It is not an expensive game and standard of play is of small importance; for one has only to choose an opponent of about one's own standard, and play hard, to get as much fun and exercise as one wants, without "spoiling a four" by one's own lack of skill. As concentrated exercise it is unmatched—one gets very hot in a very short time, and half an hour's hard play is enough for most people; and, supreme advantage for our purpose, one is completely private except from the gallery, if there is one.

For a "permissive" club therefore, all that would be necessary would be for the players to put on the usual shirt and shorts, or merely a wrap, in the changing room and discard them in the court itself, after having either locked the gallery door or put a "warning" notice upon it. In time no doubt, even this would become superfluous.

Much the same applies to swimming, though it would I am sure be wise, as C.T.C. implies, to start by fixing times at which all costumes might be discarded. It will be objected that these times cannot suit everybody—they never do! But, after

all, the slip, or slip and top, which are all that modern convention requires, are not such a terrible burden. Most of us who would much rather be without them put up with them readily enough if the alternative is "no swim"; and it is surely not unreasonable to ask the unlucky ones to put up with them a little longer. Those who have never swum "in their skins" would be admitted and allowed to wear costumes at all times, and I am quite sure that it would not be long before most of them would "take the plunge," or at least not object to the separate times being abolished.

Lastly, as to where? Well, in recent years a considerable number of Squash Courts and/or Swimming Pools were built in, or connected with, blocks of flats, residential hostels for employees, etc., etc., in the London area. Many of these did, I believe, let the Court and/or Pool to private clubs, schools, etc., at times when they were not in demand for their own residents. It should surely be possible for a sufficient number of us to get together and make an arrangement for the use of one, perhaps more, of them at convenient times and days. The cost per head would not be great; the more, the cheaper.

BM/RJH.

(The writer of this letter asks us to state that he would be prepared to help by collecting names, if other readers are interested in trying to bring about some of his excellent suggestions.)

Opinion

I recently came across a copy of *Sun Bathing Review* and liked it very much..

I specially like two things about it—its freedom from "crankiness"—nudism should not be a cult, but a movement—and the extent of the child interest in the photographs printed. This not only has aesthetic value, but propaganda. Many people will accept juvenile nudity who would hesitate about adult, and dubious motives are less likely to be attributed.

Surrey.

S.P.

The WHITE HOUSE CLUB

Cook wanted in the above
well known Naturist Club.
(Live in or daily). Replies to

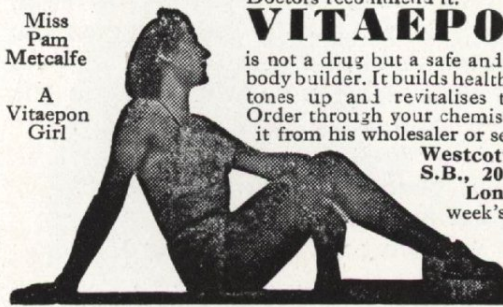
White House Club, c/o Sun Bathing
Review, 24, Store St., London, W.C.1

MEN AND WOMEN

THIN & UNDERWEIGHT, ANAEMIC, TIRED & UNDER-
NOURISHED or suffering from WEAK NERVES need VITAEPON.
Doctors recommend it.

Miss
Pam
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Vitaepon
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VITAEPON BRAND
TABLETS

is not a drug but a safe and natural nerve and
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Order through your chemist who can obtain
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17/- inc. tax.

A new book on diet and health advice free with every six weeks' course. Send 3d. in stamps for particulars.

Scalp Weakness causes Baldness

**WARNING TO THOSE WHOSE HAIR
IS CONTINUALLY FALLING OUT**

By a Consulting Hair Specialist

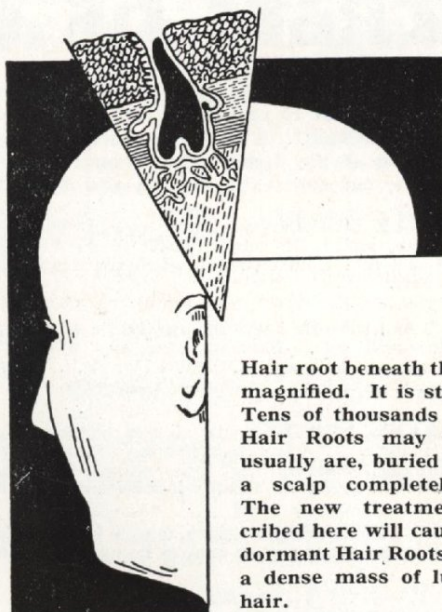
HIDDEN in the scalp are thousands of baby hairs that should grow to a vigorous maturity. But if the scalp is weak, not only will the grown hairs steadily fall out, but the growing hairs will soon fall out also before they have had a chance to mature. Thin hair and baldness are bound to follow.

The capacity to grow new hair, however, is rarely affected. And when a suitable strengthening treatment is applied to the scalp, the head is soon covered once again with a dense mass of luxuriant hair.

These and many other important facts about the hair are revealed in a highly

interesting and informative book entitled "How to End Hair and Scalp Troubles," written by Mr. Arthur J. Pye, the Consulting Hair Specialist of Blackpool. Mr. Pye explains in his book the real causes of baldness, greyness and other hair and scalp disorders, and shows what amazing results are being obtained to-day by scientific treatment, specially prepared to suit each different type of case.

A copy of Mr. Pye's book and other literature, and particulars of the treatment



Hair root beneath the Scalp magnified. It is still alive. Tens of thousands of such Hair Roots may be, and usually are, buried beneath a scalp completely bald. The new treatment described here will cause these dormant Hair Roots to grow a dense mass of luxuriant hair.

recommended, may be obtained by readers who fill in and post the special form below to Mr. Arthur J. Pye, 5, Queen Street, Blackpool, N.E.66, enclosing 3d. in stamps towards paper costs.

This offer does not apply to Eire.

---FILL IN AND POST THIS--- APPLICATION FORM

Is Hair Falling Out?.....
Receding at Temples?.....
Is Your 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 **ARTHUR J. PYE,**
5, Queen Street, Blackpool, N.E.66.

Please send me your book and other literature, and particulars of the treatment recommended for my type of hair trouble. I enclose 3d. in stamps towards paper costs to comply with Government regulations.

NAME
(Block Letters)

ADDRESS
(Block Letters)

.....
Sun Bathing Review, Spring, 1944



A.—Healthy Hair Sheath, tightly gripping the hair by means of saw-edge notches, which fit into each other.

B.—Weak and relaxed Hair Sheath, allowing the hair to fall out. These gaping Hair Sheaths rapidly close up and tightly clutch the hair when a suitable scientific treatment is applied to the scalp.

SECRETS OF DYNAMIC MANHOOD!

Thousands of testimonials from men of all ages have been received in the last 10 years praising these Vital Courses by LIONEL STEBBING. This well-known Personal Consultant and Member of the Health Practitioners' Association, has written over 600 articles on Health and Strength, Sex, Per-

● **MUSCLE BUILDING**—I guarantee Robust Health, Doubled Strength, and 10-25" more muscle in 30 days or money back. My famous 4 in 1 Course consists of Four great Courses in one, yet costs 5/- only.

● **BE TALLER**—Be 1 to 5 inches taller in 14 days or money back. Guaranteed safe. Recommended by "Health & Efficiency." K.P. gains 2 ins. S.J., age 17, gains 4 ins. L.P., age 25, gains 3 ins. C.T., age 34, gains 3½ ins. Complete Course 5/-.

● **A MAN'S NERVES** make all the difference between Success and Failure. Conquer weak nerves, inferiority complex, nervous fears, timidity, blushing, self-consciousness—I guarantee this, or money back. Be strong nerved and self-confident. Complete Course 5/-.

● **POWERFUL CHEST**—Adds 2 to 6 inches across your chest, gives amazing lung power, doubles stamina or money back. 2/-.

● **SUPER-STRONG ARMS**—Guaranteed to give you 2 to 5 inches of rippling muscle, real strength in your arms and a manly grip or money back. 2/-.

● **CONSTIPATION, INDIGESTION ENDED**—or money back. The one safe and certain cure. Endorsed by Leading Health Journals. 2/-.

● **PERFECT VOICE**. End voice weakness, huskiness, inability to speak clearly, fear of singing, etc., with this silent treatment. Develop a vibrant and compelling voice. Build vocal strength and prevent throat troubles and catarrh. Complete Course 5/- only.

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