

# 31 ideas in Support of Naturism



This is a greatly shortened and edited version of a file called *205 Arguments and Observations In Support of Naturism* compiled in 1996 by K. Bacher and freely available from various internet sites.

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In no particular order, naturists typically note these points in support of their lifestyle.

1. There are times when clothing is uncomfortable and unnecessary.
2. For some activities, nudity is often far more practical than clothing, e.g. swimming
3. A naturist is not a body lacking something.
4. Many psychologists say that clothing is an extension of ourselves. So is nudity.
5. Clothes-compulsiveness creates insecurity about one's body.
6. Naturism promotes wholeness of body, rather than setting aside parts of the body as unwholesome and shameful.
7. The practice of naturism is an immensely freeing experience. That sense of freedom is consistently rated by naturists as one of the main reasons they live that way.
8. Clothing hides the natural diversity of human body shapes and sizes and hides and therefore creates ignorance about natural bodies.
9. Children are not born with any shame about nudity. They are conditioned to be ashamed of their own nudity. The dominant idea that clothing is necessary for reasons of modesty is a cultural assumption, not biologically instinctive.
10. Nudity is venerated in art so why not in life.
11. Nudity is not, by itself, erotic, and nudity in mixed groups is not inherently sexual. Sexuality is a matter of intent rather than state of dress. Nudity is sensual, it simply feels good.
12. Countries with fewer hang-ups about nudity have lower teen pregnancy and abortion rates.
13. Clothing focuses attention on sexuality, not away from it. It often enhances immature forms of sexuality rather than promoting healthy body acceptance.
14. Complete nudity is antithetic to the elaborate semi-pornography of the fashion industry.
15. Naturism where everyone is accepted is antithetic to the body fascism where only "the beautiful people" can be seen nude.
16. The fashion industry depends on the sex appeal of clothing, naturism does not.
17. Modesty--especially enforced modesty--only adds to sexual interest and desire.
18. Top free inequality produces an unhealthy obsession with breasts as sexual objects. By refusing to accept the need to "protect" themselves from men by covering their bodies, women gain power and shift the burden of responsible behaviour to men, where it rightfully belongs.
19. Naturism is the antithesis of pornography. Non-acceptance and repression of nudity fuels pornography by teaching that any form and degree of nudity is inherently sexual and pornographic.
20. Clothing can harbour disease-causing bacteria and yeast (especially underclothing and athletic clothing).
21. Naturism is tolerant of others and their differences. Nudity promotes social and sexual equality, feelings of unity with others and a more relaxed social interaction in general. Naturists tend to be especially accepting of other people, just as they are, not measured against some artificial social standard.
22. Naturism rejects blind conformity to cultural mores and assumptions about the body which see clothing as a constant necessity, in favour of a more reasoned, rational approach which recognizes the need for clothing to be dependent on context.
23. Children who grow up in a naturist setting tend to be more self-confident, more self-accepting, and more sexually well-adjusted. They feel better about their bodies and more comfortable with their sexuality.
24. Clothes-compulsion intimidates millions of mothers and prevents them breast-feeding their children
25. Naturism is especially consistent with feminism and the struggle for women's freedom. The repression of healthy nudity, especially for females, has been one of the chief means of mind and destiny control by the patriarchy.
26. The repression of healthy female nudity fuels pornography, naturism breaks the power of pornography over women.
27. Naturism, as a celebration of the natural human body free of the artificiality of fashion, is highly compatible with the ideals of a natural, simple, and environmentally friendly lifestyle.
28. When nude, people feel much more a part of a natural environment.
29. The naturist is far more sensually aware, because nudity enhances responsiveness and sensory experience.
30. Naturists tend to be very sociable, seeing each other as people as they are and not concentrating on body shape, size, ethnicity etc.
31. It's fun!