

# ***All together in the altogether***

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**Naturism – Pure life in the nude:  
Living naturally without clothes**



**„Dad, mum, son, and teacher – all are  
[hiking-in-the-buff.info](http://hiking-in-the-buff.info)”**

**An overview and an  
invitation to read more**

Issue: 19 March 2020

# Living naturally without clothes

## What is naturism?

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For that purpose, we offer a specially formatted photomaster. The brochure and the photomaster are available as PDF files in Internet:

[www.nude-life.info](http://www.nude-life.info) → „Brochure“

This brochure cites excerpts of comprehensive articles of the natury website as short answers to frequently asked questions concerning our natural, compelling lifestyle.

Via the given links, you may read the articles in full length. As well, you may discover and read further articles and reports, often with photos or even videos, concerning living together in the altogether.

## Living naturally without clothes What is naturism?

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### What is naturism?

„Naturism is a way of thinking. Naturists consider and recognise themselves as part of nature, orientating themselves in their conduct and actions towards natural phenomena as much as possible. [...]“ – Read more:

[www.natury.info](http://www.natury.info) → „Naturism“

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„Naturism is a way of life in harmony with nature characterised by the practice of communal nudity with the intention of encouraging self-respect, respect for others and for the environment.“

– Read more: [www.inffni.org](http://www.inffni.org)

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### The naturists

„The work is about naturists in Germany who express their nudism on public hiking routes and not in the save space of a private naturist club. They organize through the Internet big naked hikings, bike tours and swimming events. [...]“

Germany, since 2014“ – Read more:

[www.juliagaes.de](http://www.juliagaes.de) → „Die Naturisten“ [en: „The naturists“]

### Nude life

„»Nude life« is a metaphor for the essentially reduced human existence. Nude life, however, also describes the many-sided experiences and values of a life deviating from everyday life in daily nudity. Our ancestors and many peoples in the early days, as well as even a few peoples up to the present time, had or have as a self-evident everyday life. Actually, naturists of our days consciously cultivate that lifestyle. [...]“ – Read more:

[www.nude-life.info](http://www.nude-life.info)

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## Living naturally without clothes Nude hiking

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### Nude hiking

#### „How do you get the idea to walk in the nude?

Quite simple: Because our children wanted to lick an ice. [...]"

– Read more:

[www.hiking-in-the-buff.info](http://www.hiking-in-the-buff.info)

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#### „Why in the nude - and not even a little bit clothed?

„[...] The skin as the largest organ of man is sensitive to many additional impressions such as wind, sunrays, touch or the splashing of raindrops onto the skin. In this way, as a nude hiker, you reach an intensity of all-encompassing sensations, which textiles cannot experience. [...]" – Read more:

[www.nude-life.info](http://www.nude-life.info) → „Should I...? Yes!“ → „Why in the nude?“

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### Experiences

„A revelation, for which the words are missing.“

„In me grew a sense, then a certainty, of what we lost, when we began to walk only clothed ...“

„I became part of my environment, and the environment became part of me. Feel the wind all over the whole body. The warmth of the soil, the caressing or scratching of the bushes. My breath ...“

„My senses still took the chirping of the birds, the soft rustle of the leaves and my own breath – nothing else. No chafing of clothing, no narrowing feeling, only pure freedom and oneness with nature.“ [...] – Read more:

[www.nude-life.info](http://www.nude-life.info) → „Should I...? Yes!“

→ „Your first experience“

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## Living naturally without clothes Nude hiking

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### „Why is nude hiking so beautiful?

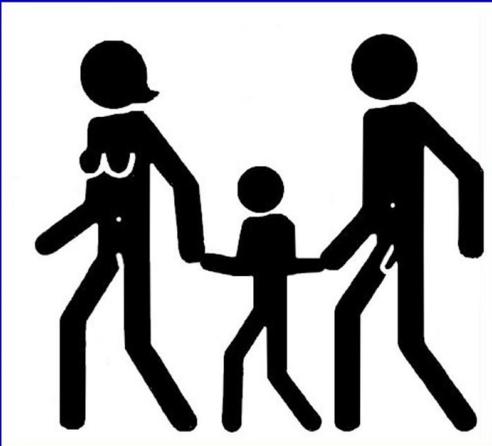
The German knowledge magazine P.M. explained in the April 2009 issue of »Questions and Answers« to all those who don't yet know, »Why is nude hiking so beautiful?«

P.M. knows the answer: »The particular feeling of body and nature, intensified by nudity, and the resulting feeling of freedom ... cannot be explained, but has to be experienced by yourself.«  
[...]“ – Read more:

[www.nude-life.info](http://www.nude-life.info) → „Should I...? Yes!“ → „Information“

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**hiking-in-  
the-buff.info**



**All together in  
the altogether**

Source:

[www.nude-life.info](http://www.nude-life.info)

→ „Should I...? Yes!“

→ „Our Slogan“

## **Living naturally without clothes** **»What about the children ...!«**

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### **»What about the children ...!«**

#### **– Nudity and children / youngsters**

„Together with his wife Dora, Russell founded the Beacon Hill School in 1927 specifically with regard to their two children Kate and John, as the existing schools did not meet their requirements. They intended the libertarian, progressive school to convey rational thinking and proved its open-mindedness, as did other schools of reformed pedagogics i.a. through nudity during physical education. [...]

The book »Marriage and Morals« (1929) also dates back to this period influenced by pedagogics. Russell recognised: »So long as parents are unwilling to be seen naked by their children, the children will necessarily have a sense that there is a mystery, and having that sense they will become prurient and indecent.« A danger for children to become prurient and indecent does precisely exist, when they do not get the chance to see nude people.

He has published his commitment to naturism in the same book: »There are also many important grounds of health in favour of nudity in suitable circumstances, such as out-of-doors in sunny weather. Sunshine on the bare skin has an exceedingly health-giving effect. Moreover anyone who has watched children running about in the open-air without their clothes must have been struck by the fact that they hold themselves much better and move more freely and more gracefully than when they are dressed. The same thing is true of grown-up people. The proper place for nudity is out-of-doors in the sunshine and in the water. [...]«

– Read more:

[www.natury.info](http://www.natury.info) → „Naturism“ → „Highlights in the nude“  
→ „Bertrand Russell“

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## Living naturally without clothes

### »What about the children ...!«

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„[...] For children, nudity is self-evident. Teaching them, to be ashamed of their naked body, is laboriously (because incomprehensible) and fiercely (because unnecessary). Of course, children, therefore instantly put their heart and soul in, if their parents permit them to romp around on the beach naked, on the meadow or in the water. They will discard their artificially instilled, unnatural shyness of joyous nakedness quickly at the next opportunity. First and foremost, they are most grateful, that they are freed from the constant reprimand: »Just do not dirty your clothes!«

[...]

Children are an important part of the philosophy of life for the naturist: Parents hand over the tradition of naturism to their children. They grow up from the outset with nudity as a natural, animating elixir.

[...]

Naturally, the free development of the personality is easier for a naturist child to achieve, since it daily experiences, that people are equal, but for this reason, they respect each other in their individuality and personality.

Of course, naturist children are happier, because, at least for a part of their lives, they may move around free from the constraints, which civilisation constantly imposes on other children: To be required to wear clothes and not to get the permit, to get dirty.

As a matter of course, the sex education of naturist children is easier, because they have from childhood naturally nude and relaxed the experience, how humans of the other sex look like.

[...]“ – [Read more:](#)

[www.natury.info](http://www.natury.info) → „Naturism“ → „Highlights in the nude“  
→ „Children“

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## **Living naturally without clothes** **»What about the children ...!«**

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### **„Freedom for children – A paradisiacal kindergarten**

[...] On the way to my morning shopping at the centre of the naturist camp »Euronat«, a good dozen naked children from around 4 to 6 years of age meet me. With them walks the carer, who wears nothing on her body as a pair of flip-flops at the feet.

[...] When arriving there a little later with my family, I see the children with their beautiful carer playing funny games. Fun is at the forefront. Children, who grow up with natural activities, develop at the same time, without one noticing it, a positive and responsible relationship to their own body. And each of the guests in »Euronat« sees, how well they are doing that way.

[...]“ – [Read more \(in German\)](#):

[www.symbioseweb.de/nat](http://www.symbioseweb.de/nat) → „**Freiheit für Kinder**“

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### **„Freedom for teens**

[...] A teen needs the freedom to carry her / his life in her / his own hands. And (s)he needs time to transfer her / his good relationship to the body from childhood to adulthood. Biologically, the transition from the child to adulthood takes place in a very short time, almost at a stroke. And then it is to gain experience with the new functions of the body and its effect on others. Because both are no longer the same. The necessary reorientation is also made more difficult by the fact, that we are living in a society that is in part still at war with sexuality. So, everyone is confronted with the fact, that some people do not want to learn anything new, and lump nudity and sex together despite better knowledge.

[...]“ – [Read more \(in German\)](#):

[www.symbioseweb.de/nat](http://www.symbioseweb.de/nat) → „**Freiheit für Teens**“

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## Living naturally without clothes »What about the children ...!«

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### „Reformed pedagogics

Some pedagogues founded schools in the context of reformed pedagogics, which at the beginning of the 20<sup>th</sup> century was intending to give a modern answer to the encrusted structures of school in the Wilhelminian and Victorian period. They introduced the participation of the pupils for the first time, both concerning the teaching contents and the rules of coexistence at school. Often, the co-educative, exercise of the sport in the nude and naturist activities in the spare time played a role, too.

For Germany, we have to mention essentially the *Lichtschulheim Lüneburger Land (LLL)* in the *Lüneburg Heath* near *Glüsingen*. Walter Fränzel founded and managed that school. It existed from 1927 to 1933 – then the Nazis put an end to the project. The educational concept emphasized friendly contact between teachers and pupils, physical training through much sport and leisure time in nature.

Compared to other schools (where one practised only the sports lessons in the nude), one lived out the naturism in a particularly distinctive manner at the *LLL*: Once the temperature allowed, one was nude together at school and in the surrounding area.

[...]“ – [Read more:](#)

[www.natury.info](http://www.natury.info) → „Naturism“ → „Naturist movement“  
→ „Reformed pedagogics“

## Living naturally without clothes Nude sports

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### Nude sports

„Practising sportive activities in the nude was common usage in ancient times for more than a thousand years. The Greek word "Gymnasium" for the place of the daily training contains therefore the syllable »gym« = »nude«, because one was naturally nude for the training.

For more than a thousand years, all the important sporting competitions in the world were carried out in the nude (besides the Olympic Games, the Pythian Games in Delphi, the Isthmian Games in Corinth, among others).

This lasted until the 5<sup>th</sup> century AC, when the Christian Church put an end to this sporting tradition. At that time, there was no such thinker among the church dignitaries as Pope John Paul II. Actually, some more simply thinking church representatives still like to impute the same depravity to other people, to which they themselves are subject.

[...]“ – [Read more:](#)

[www.nude-life.info](http://www.nude-life.info) → „Nudevents“ → „Nude sports“

## **Nudity and religion**

„Karol Wojtyła (1920-2005), later known as Pope John Paul II, taught ethics at the Catholic University of Lublin (KUL) from 1953 until his appointment as Pope in 1978. [...]

The book "Love and Responsibility« by Karol Wojtyła, which today is regarded as a fundamental work on Catholic social ethics, also dates back to this period. In this book, you may read concerning human nudity: "Because God has created it, the human body can remain nude and uncovered and preserves unaffectedly its splendour and beauty.« Thus, Pope John Paul II classifies the nude human body as a form of praising divine creation. He continues: "Nudity as such must not be equated with physical shamelessness.« Thus, the Catholic social ethics does value simple nudity as not shame-ridden. Only accompanying, shameful activities may turn nudity into a concomitant phenomenon of shameless action.

Another citation from the book distinguishes nudity from indecency: "Indecency is given only, when nakedness plays a negative role in the value of a person.«

[...]” – [Read more](#):

[www.natury.info](http://www.natury.info) → „Naturism“ → „Nudity“

– in the sub-chapter:

→ „Christianity“ → „Catholic social ethics“

– as well as in further sub-chapters:

→ „Torah – Bible – Koran“

→ „Buddhism and Hinduism“

→ „Further notions concerning nudity“  
(i.a.: Nudity as devotion, nudity as sin)

→ „Nudity and sex“  
(i.a.: Fertility festivals in the Shinto, Japan)

## Living naturally without clothes Nudity and law

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### Nudity and law

„Is that really allowed?“



„Since Vergil (roman author *Publius Vergilius Maro*, 70 to 19 BC), next to Horace the most important Roman poet, we know: The natural is not disgraceful. Why should there be an interdiction to be natural, at least in the wild?

[...]“ – [Read more:](#)

[www.nude-life.info](http://www.nude-life.info) → „Should I...? Yes!“

→ „Is that really allowed?“

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### „Overview

#### Nude life at ease in several countries

For some countries under consideration, we distinguish between

- Penal law,
- Regulatory law, and
- Property Law.

[...]

## **Living naturally without clothes Nudity and law**

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### Summary:

- Looking at penal law shows, that nudity is not a criminal offence: In penal law, all offences, which may concern nudity, apply only to sexual deeds in public.
- Terms such as "public disturbance" or "exhibitionism", which uninformed fellow citizens willingly cite, solely concern sexual deeds and have absolutely nothing to do with nudity in terms of naturist activities. Unfortunately, these uninformed citizens often cause with their unjustified calls, that police and regulatory authorities are distracted from their real duties.
- Even in regulatory law, nudity is defined as a regulatory offence only here and there (e.g. in some German local governance law or in Swiss cantonal law (Appenzell) – we take these isolated cases seriously and avoid any violation of such regulations.

In some of the considered countries, property law governs, that an owner of a property may freely decide on the usage of the property: Whether the guests must be dressed or have the allowance to be in the nude or must be nude, is solely her / his free choice.

[...]

### **Law and case law are country-specific**

Traditions, historical events such as foreign domination or liberation struggles, intellectual and religious developments and much more form locally different bases for the development of law in individual countries. Therefore, the legal situations in different countries, even if they are neighbouring, often differ considerably. The consideration of the legal classification of nudity must therefore be country-specific."

– [Read more:](#)

[www.nude-life.info](http://www.nude-life.info) → „Nudity and law“

→ Then choose the country of your interest and click it.

## **Living naturally without clothes Wisdom in the nude**

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### **Wisdom in the nude**

„What spirit is so empty and blind, that it cannot recognise the fact, that the foot is more elegant, than the shoe, and the skin is more beautiful, than the garment with which it is clothed?

Michelangelo, Italy“

„Because of being created by God, the human body can remain naked and uncovered, yet, untouched, still preserves its splendour and beauty.

Pope John Paul II, Poland“

„To associate a nude body always with the concept of eroticism, is about as intelligent, as to think always of eating in context with the mouth.

Kurt Tucholsky (1890-1935), German writer“

„Actually, you should declare the whole world a »clothing optional« area. Then all people could run around everywhere as they like. For the few »prudish ones«, who feel insulted by seeing nude people, you could provide separate camps, in which wearing clothes would be mandatory. And only if a normal person (naturally nude) would approach such a camp close enough, the prudish ones would have once again the opportunity to obsess about their morbid aggression by feeling insulted therefore without becoming a burden to normal people any more.

Anon“

„Swimwear beats everything in terms of uselessness.

Lorenz Kerscher, Germany“

## **Living naturally without clothes Wisdom in the nude**

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„As long as children are not allowed to see naked adults at times, the children must necessarily feel that there is a secret, and when they feel that way, they become irritated and indecent.

Bertrand Russell, mathematician, pedagogue and philosopher, England“

„If people were meant to be nude, they would have been born this way.

Oscar Wilde, Irish writer“

„With our clothes, we throw away at the same time all the intentions and considerations of ourselves and enjoy impartially, which is good for us.

Hans W. Fischer, German writer, editor, theatre critic, and translator, Heyne publishing house, »The gourmet's paradise«“

„Clothes make the man. Without clothes, we are just human beings.

Anon“

„Being natural and matter-of-fact about nudity prevents your children from developing an attitude of shame or disgust about the human body. If parents are very secretive about their bodies and go to great lengths to prevent their children from ever seeing a buttock or breast, children will wonder what is so unusual, and even alarming, about human nudity.

Dr. Lee Salk, physician and psychiatrist“

[...] – [Read more:](#)

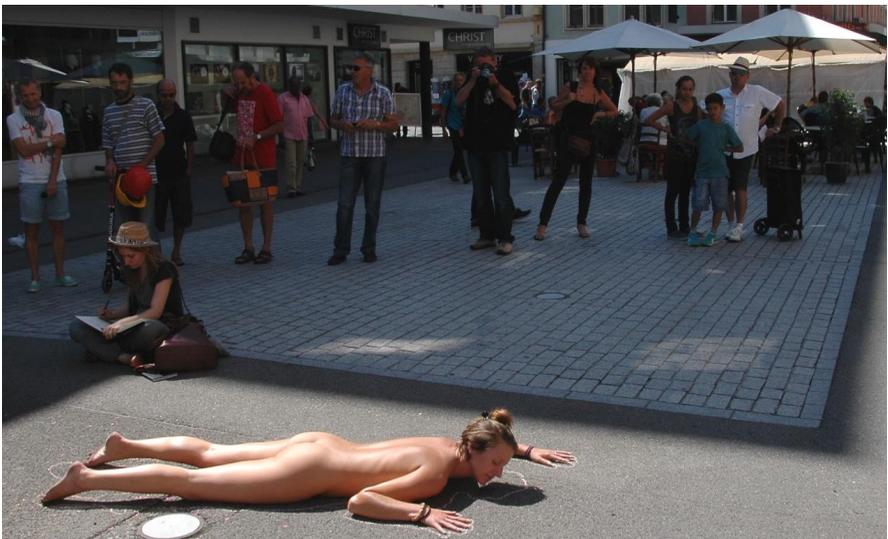
[www.natury.info](http://www.natury.info) → „Naturism“ → „Wisdom in the nude“



Schweiz / Suisse, Biel / Bienne, 2014, © Horst Jerina



Festival „Body and Freedom – Naked Performances in Urban Space“,  
Schweiz / Suisse, Biel / Bienne, 2015-08-21..22, © Horst Jerina



Festival „Body and Freedom – Naked Performances in Urban Space“,  
Schweiz / Suisse, Biel / Bienne, 2015-08-21..22, © Horst Jerina



Festival „Body and Freedom – Naked Performances in Urban Space“,  
Schweiz / Suisse, Biel / Bienne, 2015-08-21..22, © Horst Jerina



Festival „Body and Freedom – Naked Performances in Urban Space“,  
Schweiz / Suisse, Biel / Bienne, 2015-08-21..22, © Horst Jerina



Naturists' days in Westphalia 2017,  
Germany, 29 April to 1 May 2017, © Horst Jerina



Naked European Walking Tour (NEWT) 2017,  
*Wildschönau* valley, Tyrol, Austria, 29 July to 5 August 2017, © Horst Jerina



Naturists' days in Saxon Switzerland 2017,  
Saxon, Germany, 7 to 17 August 2017, © Horst Jerina



Festival „Skulptur Projekte Münster 2017“:  
Art work „On Water“ by Ayşe Erkmen, Berlin and Istanbul,  
*BodyArt* performance by the *Initiative of Active Naturists* gifted to the people,  
Münster (Westphalia), Germany, 26 August 2017, © Thomas Kruse