

HE & E naturist

THE HEALTH & EFFICIENCY GUIDE TO
NATURIST LIVING

December 2008

£3.95

Greece Special
Return to Kefalonia
and more Hellenic
hotspots

**No Sex Please,
We're Naturists?**
New study
sparks debate

Puzzles Special
Six-page festive pull-out
including our Prize Quiz 2008

ISSN 0017-8888



9 770017 888113

Editorial

There was a lot to pack in to this month's issue, which has, as usual, a bit of a festive feel to it. I hope you will enjoy taking a bit of time out with our six-page Puzzles Special, which includes the regular Naked Teasers and our Prize Quiz 2008. Have a go – you could win £50 or a year's subscription!

We're also featuring Greece this month, which I hope will offer something a bit different from the usual Mediterranean resorts. While not being traditionally known for its naturist resorts, Greece – especially the islands – is a beautiful country with nearly year-round good weather, and it is fast finding itself on the naturist traveller's map.

In October I went to the BN AGM – a very interesting experience, which I have reported on on page 16. One overriding impression was, I have to say, the demographic of the people in the conference room. It was almost exclusively white, middle-aged, and male. There was, I believe, only one other single woman there other than me, and she had some interesting things to say. She believed, as I do, that there appears to be a bit of a gap between the good work the YBN are doing (for young naturists aged 16-30) and the over-50s. While I am certainly not having a go at white, middle-aged blokes *per se*, if the AGM was representative of BN's general membership (which I hope it isn't), then promotion of naturism in Britain really needs to target the 30-50 age bracket. I believe, though, that the AGM is a good thing, and very worthwhile – but there must be something that can be done to target a more diverse audience, if naturism is to be viewed by the wider world as something more than an old boys' club. (Was it worth missing Hull City's victory at home to West Ham, though? Hmm...)

I've also written a piece on a new academic study on naturism's links with sex and sexuality, which is bound to cause some controversy but is a debate that I think is well worth covering. I hope it can be discussed in a measured fashion, as, while I am not seeking to turn H&E into a sex mag (!) it is something that applies to us all in some way, and the question of the links between nudity and sex (whatever they are) surely has some pertinence for us. I've also included a piece on an experience of tantra, which I believe is of interest to naturists because it is, first and foremost, naked, sensual and safe, and far from seedy. Do let me know what you think.



Picture: Charlie Simonds

Sam Hawcroft
email me at: editor@henaturist.net

Subscribe now!...

... and save up to £20 on the shop price!

Subscribe to the world's leading monthly naturist journal and get *H&E naturist* through your letterbox in a secure plain envelope every month. See page 68 for subscription order form and telephone hotline number.



Contents December

FEATURES



Cover photo of Grace
by Charlie Simonds

8 **Melanie Investigates**

This month, model and presenter Melanie Walsh takes a light-hearted look at the art of naked bodypainting

16 **BN AGM 2008**

Editor Sam Hawcroft reports on the day's main business

20 **No Sex Please, We're Naturists?**

A major new study explores the links between naturism and sexuality

23 **The Naked Darwinist**

Theresa O'Shea on Elaine Morgan's theory of human evolution

28 Greece Special



28 **Greece Special**

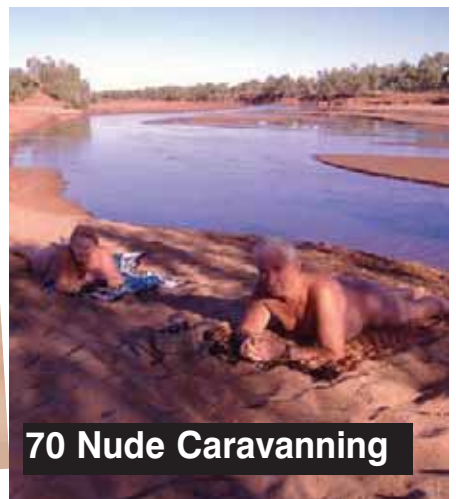
A selection of Hellenic hotspots, including Duncan Laurence's return to Kefalonia, and a sentimental journey to Skiathos

36 **Puzzles Special**

A six-page pull-out to keep you busy over Christmas, including our regular Naked Teasers, Prize Quiz 2008 and much more

70 **Nude Caravanning in West Oz: Part 2**

Alan Stalker concludes his Australian adventure



70 Nude Caravanning



8 Melanie Investigates

2008

REGULARS



4 Naturist News

Going natural at Studland; 'Naturist' exposed as exhibitionist; and more

12 Spanish Eye

News and views from Spain with Theresa O'Shea

14 Letters

Club scene 'in its death throes'; Policy of aggression 'not the way forward'; and more

27 Web Watch

This month, a look at naturist networking

46 Nudes, Prudes & Attitudes

With Bob Janes

50 Portugal Perspective

Paul Rouse takes a look at the Portuguese naturist scene

51 Naturist Living

Readers' photos

73 Naturist Reviews

Featuring Tim Forcer's Christmas special on books for children

76 Q&A

Your naturist dilemmas dealt with

78 Club Guide & Swim Index

80 Backlash

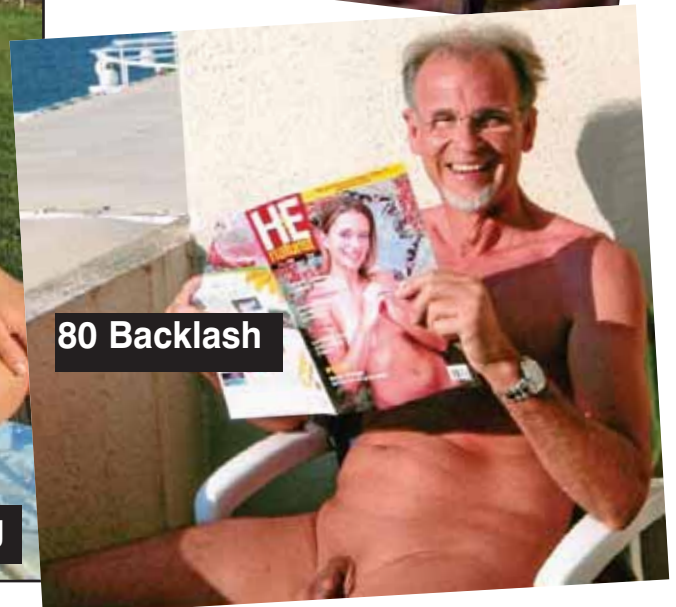
Ordinary People! by Nick Stanley



51 Naturist Living



46 NPA



80 Backlash

Going Natural at Studland

I recently had the pleasure of meeting Dr Paul Rapoport, the editor of the Federation of Canadian Naturists' magazine *Going Natural*. While in the UK he wanted to visit Studland beach, and on a rather dull morning Mark Nisbet drove us there.

Arriving at the beach, I asked Dr Rapoport if he was going to take a swim. He replied in the affirmative terms: "I haven't come all this way not to swim." We took a dip together, ran along the beach, and walked back through the dunes. In late September, and with the chain ferry out of action, it was extremely quiet and rather more idyllic than usual, and Dr Rapoport was impressed.

An hour later, we were sitting in brilliant sunshine in the garden of the Bankes Arms discussing naturism over a pint or two. An intelligent and analytical man, Dr Rapoport was meeting some of the more active members of the naturist movement in the hope of getting an idea of the state of play. He expressed admiration for my writing, and my take on naturism and its problems, and said that if I would send him my bitterest words he would delight in publishing them. It seems that naturism in Canada and America lags behind us, and because Dr Rapoport thinks that ideas from the mother country eventually begin to be adopted back home he would like to see more advances here.

However, he sees little chance that any progress will come from club-based organisations and feels that the prime movers in change will be those individuals



prepared to push the envelope. Dr Rapoport takes a long-term view that the commitment of progressive naturists in England will eventually translate into progress for naturism in North America.

Bob Janes

Woman in bid to bring riders to town

A naturist has challenged residents of Crawley to ditch their clothes in an effort to bring the World Naked Bike Ride to the West Sussex town.

Nina Turner, 35, told *Crawley News* she would love to see the town centre packed with scantily clad cyclists next summer. As reported in August's *H&E naturist*, the WNBR is held in more than 50 cities worldwide with thousands of campaigners taking to the streets to protest against oil dependency and car culture, and to celebrate the human body.

The single mother-of-one said: "If I knew I wouldn't get arrested I would feel totally comfortable walking down Crawley High Street in the nude. I would love to see the World Naked Bike Ride come to Crawley next year. Why not?"

Perhaps most interesting, and heartening, were the comments left on the newspaper's website. The two who thought Ms Turner "revolting" and "sick" were conspicuous in their small-mindedness. One said: "Nudists have got their communes where they can expose themselves to each other to their hearts' content, and they

should stay in them and keep away from decent people." Another fumed: "Why can't people keep their rude and sick, perverted tendencies within their own homes. I hope she gets arrested!" However, although it is sad to note that there are people who still think like this, the vast majority were supportive, urging Ms Turner to "go for it" and standing up for their love of naturism.

"Why can't people keep their rude and sick, perverted tendencies within their own homes. I hope she gets arrested!"

The **What's On** column will return next month, with new listings for the 2009 season. If you have any events you would like including, email editor@henaturist.net