

Exposing bare Skin *(Nudity)* to the elements *(Weather)* is unhealthy: Abrasions, Dust, Frost, Heat, Infections, Radiation, Stings, Wet, Wind. Cover skin & hair!

Bare Skin *(Nudity)* increases having *Abrasions* which damage the skin are painful & untreated may lead to Infections. Treat Abrasions by cleaning with mild soap & water. Cover abrasion with dressing, hold in place with adhesive tape. Do not use antiseptic!

Bare Skin (*Nudity*) exposes the Skin to *Dust*. Dust dries up the Skin & clogs up the skin-pores stopping Skin from breathing. Also clogged up skin-pores are the breedingground for infections (*itchy, painful*). Wash dust of ! Use moisturizer !

Bare Skin (*Nudity*) exposes the Skin to *Frost*. Frost damages the Skin this may be permanent. Remove the victim from the cold. Fill a shallow container with enough water to cover the frostbitten body part. NEVER rub or massage frostbitten tissue.





Bare Skin (*Nudity*) exposes the Skin to *Heat*. Heat dries up Skin & may destroy it leading to long-term pain & suffering. Severe & blistered burns require prompt medical attention.

Bare Skin *(Nudity)* exposes the Skin to *Infections* by Bacteria, Fungi, Germs, Virus. Infections can bring a lot of suffering. Seek prompt medical attention.

Bare Skin (*Nudity*) exposes the Skin to *Radiation (e.g. Solar*). High U.V. Radiation makes Skin very sick. Often recognized too late !



Bare Skin (*Nudity*) exposes the Skin to *Stings*. Most common are Insectstings (*Bee, Mosquito, Wasp...*). Insect-stings are painful cause Skinirritation, swelling & often severe sickness.

Bare Skin *(Nudity)* exposes the Skin to *Wet*. Prolonged exposure to Wet usually alters body temperature. If it lowers body temperature too much severe illness occurs.

Bare Skin (Nudity) exposes the Skin to Wind. Wind dries skin & may burn it.

*Warning!* Exposing bare Skin (*Nudity*) to the elements (*Weather*) is unhealthy. **Note!** Skin protection (*Protective -clothing*) should always be worn outside.

## When is Bare Skin (Nudity) acceptable !

For a medical examination. Between husband & wife. Bare Skin (*Nudity*) at home is acceptable.

## When is Bare Skin (Nudity) NOT acceptable !

Bare Skin (*Nudity*) outside is a Health-risk an un-needed expense to the community. SHIRE needs to punish Bare Skin (*Nudity*) outside the Home. **MS-R1** 

Bare Skin *(Nudity)* outside is immoral. This immorality leads to Lust, sometimes to Rape & Prostitution...

Bare Skin (*Nudity*) in Art (*Drawings, Paintings, Sculptures, Still-images...*) & Entertainment (*Moving-images, Theatre...*) is pervert & needs to be removed & recycled. Creators & Participants, Distributors & Sellers of Bare Skin (*Nudity*) need to be prosecuted their assets confiscated & **MS-R3** 

## NOT acceptable Nudist are

HE – Trash & SHE – Trash

Skin needs lots of protection, from Bites (animals, human), Stings (Insects, Needles), Infections (Bacteria, Fungi, Germs, Virus), Radiation (Heat, Nuclear, Solar), Exposure (Acid, Fire, Frost, sharp-edges).

Bite-protection: avoid angry/dangerous animals & humans.

**Sting-protection**: cover skin (*Protective-clothing*) except for eyes. Don't body-pierce or tattoo (*Self-mutilation by body-pierce or tattoo is abnormal sick*). Protect fingers when sewing.

**Infections-protection**: Clean skin & cover with Protective-clothing. Healthy Diet, Daily Fitness, Herbal Supplements & immunization.

**Radiation-protection**: cover skin *(Protective-clothing)* for heat & solar. For nuclear a special suit covering 100% of body.

**Exposure-protection**: Protective-clothing, Coverall or 2-piece made out of Flax, Cotton, Wool, or a mix of cotton & wool (*no synthetic fibers*) any color any pattern. Either should have a t-shirt neck, puffed\* arms & legs closed at wrists & ankles (*draft proof*). \*Puffed arms & legs allow elbow & knee joints to move freely also the air inside creates climate control for skin & body.

Protective-clothing is needed to protect the human-body from climate, disease & pollution. The main body parts protected by Protective-clothing are hair, eyes, skin & feet. Protective-clothing should always be worn outside.

Clothing needs to be made out of natural fibers e.g. animal-hides, cotton, plant-fiber, silk, or wool. Artificial-fibers are not to be used for clothing & anything touching human-skin.