

The Issues With Bathing Suits and Why We'd All Better Off Without Them

Written by Felicity Jones

Monday, 11 June 2018 22:16 -

I'm not one of those nudies that feels compelled to be naked 24 / 7, and I would say that many nudists can't be and don't care to be naked everywhere, all the time. (I've mentioned this before [in the common myths about nudism](#) .)

I'm quite comfortable wearing clothes in the winter. I get cold very easily and am grateful for the sweaters I have to keep me warm. Though I'm not much into fashion or clothes shopping, I do like dressing up sometimes and expressing myself with certain colors, fabrics and styles.

However...there is one item of clothing that I prefer to keep buried and forgotten in my dresser: my bathing suit.

The bathing suit is one of the most useless articles of clothing ever invented by humanity. It doesn't help you bathe or swim. Its *only purpose* is to cover up the body parts that American culture (and other cultures) has deemed obscene: butts, genitals and [FEMALE nipples](#)

In the U.S., the general consensus seems to be: remove bathing suits and all hell will break loose. The beach will become overrun with public sex and perverts. This comes from our society's gymnophobia (fear of nudity) and the idea that nudity = sex.

The fact is, we can do just as well as without bathing suits, if not better. Swimming nude used to be the norm in ancient Greek culture. Nude spas have been around for centuries. In America, [nude swimming was mandatory and considered the norm at YMCA's](#) and in schools up until the 1970's. Many of today's [nude beaches](#) have been around for decades, proving that all kinds of people can indeed swim and sunbathe naked together with civility and respect. Acts of public sex are illegal at a nude beach just like anywhere else.

Though the bathing suit has gradually shrunk down from full-length costumes to today's teeny bikini, the practices of skinny-dipping and nude sunbathing have never disappeared. The

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liberating feeling of swimming without a suit is a common reason people get into nudism.



Felicity Jones Nude Bathing and Swimming at “Big Deep,” Woodstock, New York

Sure, people can wear swimsuits as a form of self-expression. There are all sorts of swimsuit designs out there. But I would argue that the discomfort, inconvenience and cost far outweigh any joy you might feel from wearing a stylish suit that fits.

Here’s why I think we’d all be better off without bathing suits:

1. They’re uncomfortable, tight and restricting before you even go in the water. Then you swim and get it wet... now you have cold, sopping wet fabric clinging to your skin. If you were swimming in the ocean or at a sandy beach, you’ve probably got some sand in your crotch, too. You get out of the water, and now the rest of your naturally-water-repellant skin dries while the suit stays wet for *at least* the next 15 – 30 minutes. For women who sit in wet bottoms, this can be the ideal breeding ground for a yeast infection. That should be a pretty big clue that we’re not meant to be wearing these things.

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2. They're unhygienic and unsanitary. Swimsuit fabrics trap detergents, perspiration, dirt, fecal matter and bacteria and then carry all that right into the public pool. This can lead to the spread of Recreational Water Illnesses (RWI's). This is why it's important to shower before entering a pool. But how many people actually shower first at American public pools? According to 2012 survey by the Water Quality and Health Council, only 32% of American adults said they always shower first, and many Americans — 44% — don't even think a pre-swim shower is necessary.

And due to America's weird hang-ups about nudity, how many of that 32% are showering *in their swimsuits* and still entering the pool with germs attached? We probably have the dirtiest public pools of any developed country.

Ever swim in a pool with a strong chlorine smell? That's not an indicator of a clean pool. In fact it's a result of impurities from people's bodies mixing with chlorine in the water. This creates chloramines, which give off that irritating odor.

Needless to say, the preemptive shower is much easier and more effective when done naked. And any bacteria, fecal matter, sweat, germs, etc., that get trapped in suits could be avoided altogether if everyone swam nude. When kids were required to swim naked at the Y, hygiene was the primary reason given, and it's still a good reason. Though we now have better chemical technology, chlorine is not some miracle pool cleaner.

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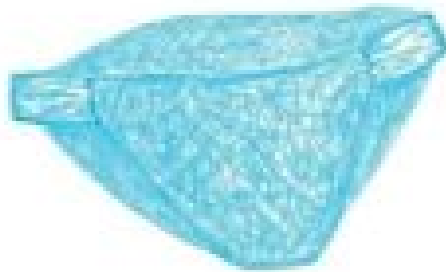
The ever-dreaded bikini season

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HOW TO GET A BIKINI BODY:



PUT A BIKINI ON A BODY



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Read this <https://www.theguardian.com/lifeandstyle/2018/jun/11/bathing-suits-are-unhealthy/> on [Felicity's Blog](#)