

ZORO GARDENS

25¢

HOME OF THE NUDISTS

CALIFORNIA *Pacific International* EXPOSITION

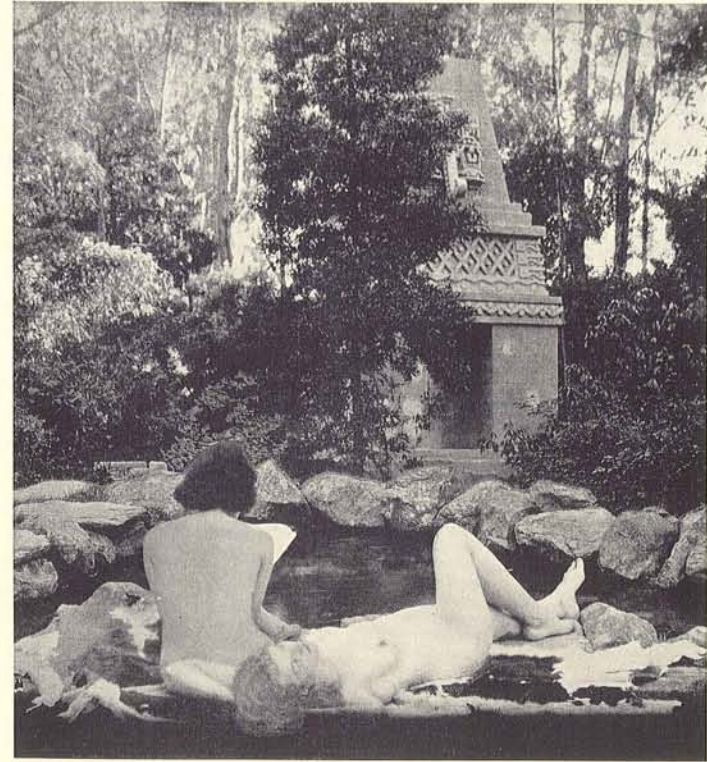
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ALL PHOTOGRAPHS IN THIS BOOK
WERE TAKEN IN ZORO GARDENS

Photos on Covers and Pages 1, 5, 6, 10, 11, 12 by Tim Childs
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"BUT THEY SHALL SIT EVERY MAN UNDER HIS VINE AND UNDER HIS FIG TREE; AND NONE SHALL MAKE THEM AFRAID."

In one of Nature's great garden spots, amid sheltering eucalyptus trees, small flowering plants, and by the side of a babbling brook, a great experiment in living is taking place in the glorious sunshine of California.

Healthy young men and women, indulging in the freedom of outdoor living in which they so devoutly believe, have opened their colony to the friendly, curious gaze of the public.

It is a daring experiment, but these young crusaders,

with the joy of youth in their hearts, and the natural love of adventure which has made them Nudists, are anxious that others should observe the glowing health and happiness which their modern adaptation of the age-old Sun Worship is bringing them.

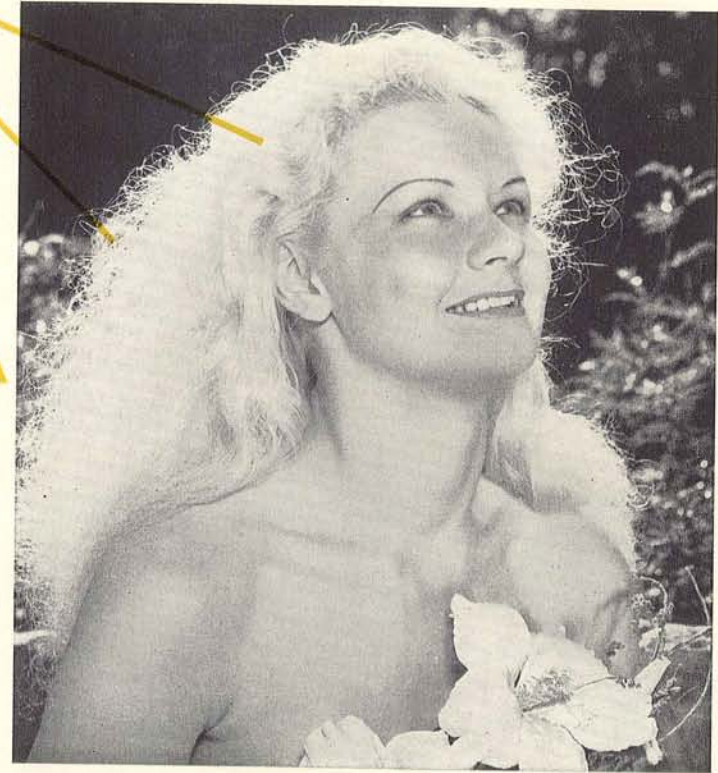
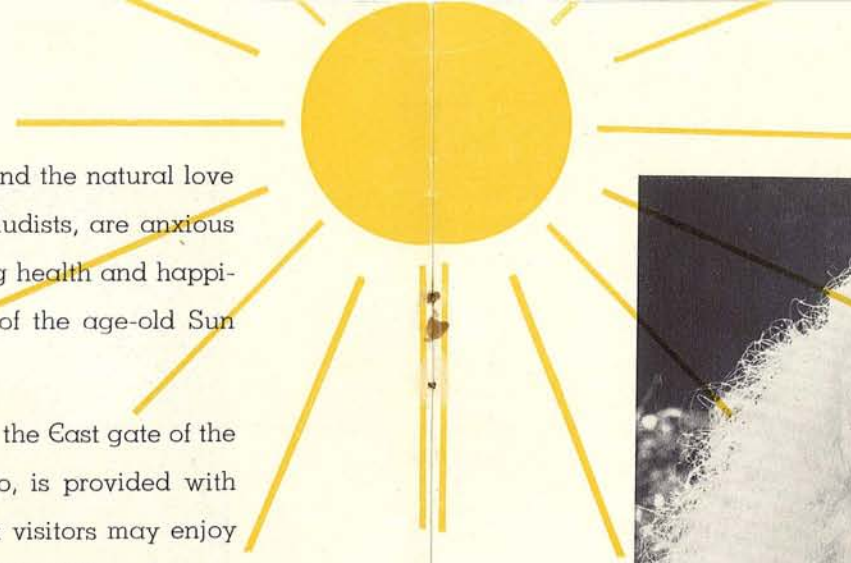
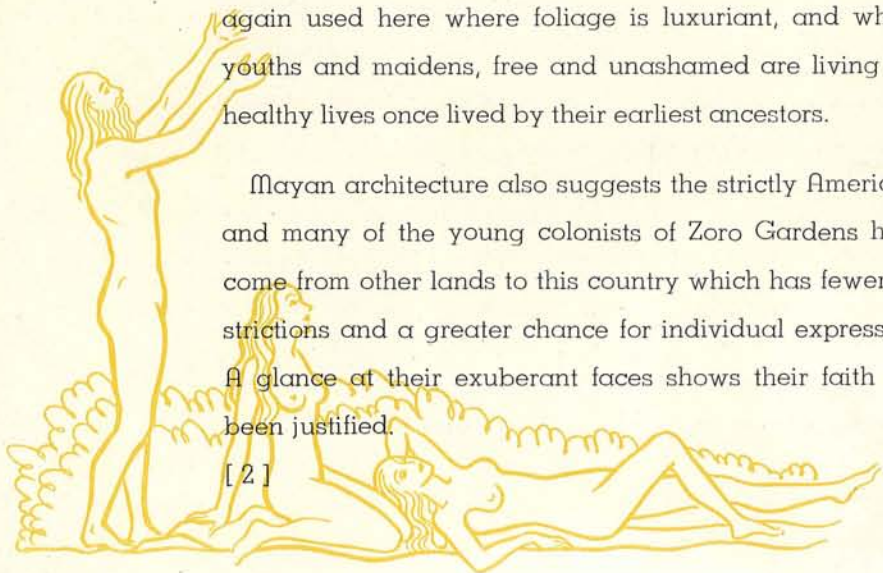
The home of the Nudist colony, near the East gate of the Exposition in Balboa Park, San Diego, is provided with raised seats and special paths so that visitors may enjoy an open, frank view of the life and habits of the colony.

Thousands of dollars have been spent on the gardens. There are over one thousand species of plant and tree life, and at every season of the year flowers bloom abundantly. The green brook of Zoro winding through the gardens, the walks and the lighting arrangement which illumines the pageantry presented each night, add to the veritable Utopia which has been created.

Two splendid temples of Mayan architecture are in the grounds. Architects comment on the fitness of this earliest type, so linked in our minds with semitropical lands, and again used here where foliage is luxuriant, and where youths and maidens, free and unashamed are living the healthy lives once lived by their earliest ancestors.

Mayan architecture also suggests the strictly American, and many of the young colonists of Zoro Gardens have come from other lands to this country which has fewer restrictions and a greater chance for individual expression. A glance at their exuberant faces shows their faith has been justified.

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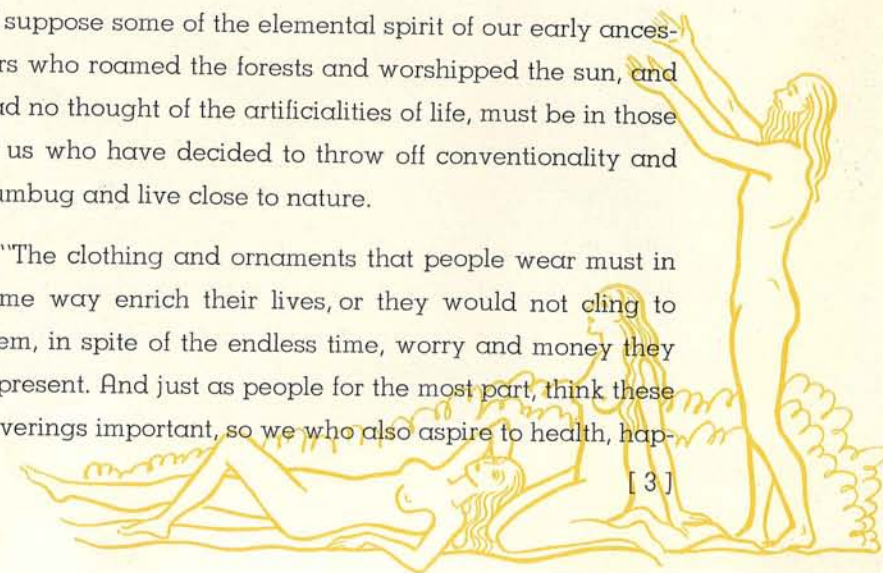


TANYA, Queen of the Nudists, Speaks

"I suppose some of the elemental spirit of our early ancestors who roamed the forests and worshipped the sun, and had no thought of the artificialities of life, must be in those of us who have decided to throw off conventionality and humbug and live close to nature.

"The clothing and ornaments that people wear must in some way enrich their lives, or they would not cling to them, in spite of the endless time, worry and money they represent. And just as people for the most part, think these coverings important, so we who also aspire to health, hap-

[3]



piness, and beauty, think the lack of clothing important, as only in this way do we give our bodies, Nature's most precious heritage—a chance to get the life-giving rays of the healing and powerful Sun—and only in sunlight will the cells of our body renew themselves and remain well and beautiful.

"It is the most glorious feeling to shed one's clothes and breathe good fresh air. The people in this colony are an average cross section of life—stenographers, artists and professional workers—and they take every opportunity



A TINY TURTLE FINDS FRIENDS IN THE COLONY



possible the year round to sun themselves. Here there are hours for communion with nature or relaxation, and we gather together without self-consciousness in our games or round the camp-fire.

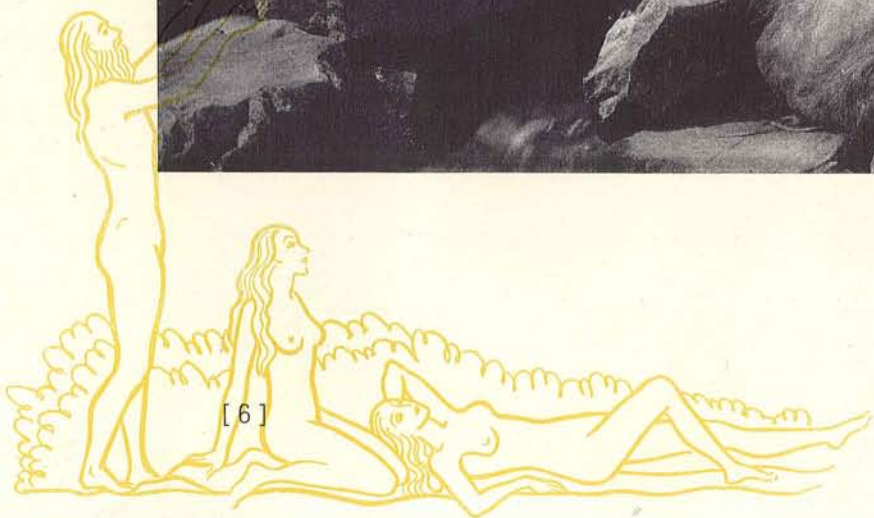
"We Nudists have none of the curiosity of our non-Nudist friends about the human body because we have thrown away taboos and mystery, and realize the kinship of all nature.

"We welcome, however, the crowds of people who come and watch us, in this the only Nudist colony open to the public, because we feel that when more people see our simple way of living at close range, they will understand the reason for Nudism."

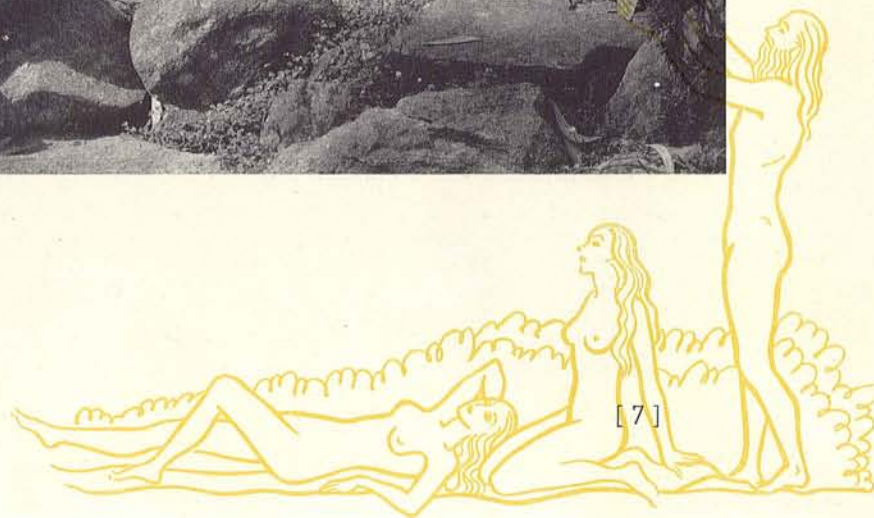


SUCH IS THE SALUTATION OF THE DAWN

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PERSONALITIES OF THE COLONY

Representatives of twelve countries are sojourning in Zoro Gardens. All over the world, in every land and clime similar instincts have led lovers of freedom to take the final plunge into "living the nudist life" rather than standing on the side-lines, and watching others gain health.

What strikes the visitor after his first curiosity is satisfied, is the natural beauty of the human body when scores of people in the nude are engaged in outdoor activity. Next, one is startled by the contrasting types in Zoro Gardens.

First commanding our attention is blond, statuesque TANYA, recently elected Queen of the Nudists; Tanya with smiling eyes of violet and masses of golden hair, falling simply and luxuriantly in natural waves over her shoulders. Tanya loves horseback riding, but not so much as art. She draws and paints every moment she can, and has won three scholarships in an important Art Institute.

SONIA . . . "native daughter of California," has for years belonged to various nudist colonies in the state as her glowing health and cheerfulness will testify.

Then there is dark slender SUSANNE . . . representative of Belgium . . . capricious and gay—a dancer by profession. Nudism, we understand is popular in Scotland. BONNIE . . . our Scotch lassie is one of the reasons why.



JAY and FAY, twin Nudists, have come all the way from France to join the colony. They live outdoors practically all year round, and their bronzed bodies seem almost a part of the natural surroundings. Strict vegetarians, like most Nudists, they eat largely of raw foods.

Heedless of all distractions, is

the student ALEXANDER . . . from the state of Michigan—dietician of Zoro Gardens—an engineer and a University man, who is using his Nudist leisure for research and study.

Next, Prince ARLO . . . "Prince of Good Fellows," who has represented Zoro Gardens in Archery tournaments in the east. He fashions his own bows and arrows.



The powerful man, with a physique like iron, evenly sun-tanned and strong as Samson, is GEORGE BARR of San Francisco. Born in the Crimea, a part of Russia, Barr came to this country when he was fifteen. He was on the verge of death many times, and turned to exercise to save his life. It is Barr who plans and directs the Physical Culture program for the colony.

By the brook and basking in the sun is often BOBBETTE . . . Little Sister of Queen Tanya . . . She is a bubbling personality, smart and quick, with twinkling, almond-shaped eyes, and thick, auburn hair hanging past her waist, which at home she "braids like a Dutch girl."

DIANNE . . . with the large, round eyes, rosy cheeks and reddish hair . . . who loves Photography and has taken rare pictures of the Sand Dunes of Indiana which she roamed as a child.

MARY, Princess Whitecloud, active and wiry, with olive skin and dark eyes, which indicate her Indian heritage.

LUCILE, kindly and quiet, called the "Madonna" by painters . . . who has posed for Mona Lisa for one of Chicago's great artists. Her eyes are wide and hazel.

And RUTH . . . loved by her comrades and formerly their Queen . . . A radiant specimen of young womanhood . . . with flute-like delicacy of feature, and beauty of body and spirit.





OUR PROGRAM FOR HEALTH

By

GEORGE BARR
Physical Director

Our Nudist program is perhaps the simplest in the world, and yet it takes intensive discipline and determination. And so when I give you the general points of our program, I mean day in and day out. One cannot be a Nudist intermittently.

Here in Zoro Gardens, where I am in charge of exercise, this is our schedule: The first thing in the morning after a bounteous draught of water to wash us within, comes a swim in the brook, or shower baths in the special rooms provided in the Gardens. A swift game of ball or a run through the grounds tones up our blood stream.

Breakfast . . . in the out-of-doors . . . singly, or together, but always in the nude. Early visitors to the Gardens will see us on chilly mornings around the camp-fire with piles of oranges, grapefruit, tangerines, and whatever is in season. With fruit it is always the quality rather than the kind.

After breakfast our "Sun-bath" . . . the most important item on a Nudist program. We completely relax in full sunlight.

Then time for completing our toilets; for hair, and nails and bodies must be cared for, even more so when one dispenses with clothes.

Then hours for the pursuit of individual occupations . . . and as much as possible these should be carried on in the Sun.

Lunch, which for most Nudists is very easy to prepare. Some use the kitchen. Some eat it raw.

While the Sun is still high, we get in at least an hour of strenuous exercise: swimming, running, wrestling, or medicine ball.

More time for chosen pursuits . . . then supper . . . of vegetables . . . or what we will. Then a walk, and a night of restful sleep. With sunlight, and exercise and proper food during the day, the body will rebuild itself, tissue by tissue, during these eight hours of sleep.

The skin is an organ of breathing, and elimination is most effective when we exercise in the blazing rays of the Sun. Clothes suffocate our bodies. It is a well known fact that once in an ancient ceremony, when the body of a youth was gilded or lacquered, he did not live more than twenty-four hours. The heavy clothing, constantly worn today, slowly but surely keeps us in a half asphyxiated condition all the time, and reduces our powers of resistance.

Doctors today cite the sleeping habits of the Dionne Quintuplets even in sub-zero weather as an example of the theory that extreme cold weather does not produce the common cold, which is the contributing cause of so many other diseases. It is now generally recognized that this enemy of mankind arises from hot, stuffy, dry rooms, overheating and worry. We Nudists have for the most part eliminated these. At any rate, not a Nudist has had a cold or any other ailment since entering Zoro Gardens, although many a night has been decidedly nippy.

I cannot put the Colonists, who have not had previous body building, on the rigorous program of strength stunts which I engage in, as I have been training for years; but every Zoro Garden inhabitant goes through a daily Physicul Culture schedule fitted to his or her strength.

I am the diet fiend of Zoro Gardens. Bananas, coconuts, tangerines, oranges and a few green vegetables make up 75% of my diet. Whole grain cereals and honey, and dairy products, the other 25%.

Health fascinated me as a child. I was sickly and deter-



mind to win it. I made Health my life work. I realized that Nature works by Law and I studied the law. For my "strong man" stunts and breaking chains it is not just sheer muscular strength . . . but the study of the law of Mechanics and the law of Leverage.

The bodies of certain people survive in spite of wrong treatment but others haven't the strength to cast off the poisons, and "they get theirs" where their system is weakest. Why not try to take care of our bodies as most people take care of a first-class automobile? And most of all . . . Nudists cannot backslide and expect to get away with it. Life is like a sport—To play it, you must stick to the rules of the game.



RUTH

"IN THY HEART, THE DEW OF YOUTH
ON THY LIPS THE SMILE OF TRUTH."

THE PAGEANT

GIVEN NIGHTLY IN ZORO GARDENS

In the wooded glade of Zoro, a pageant of primitive peoples is presented nightly. Every participant is in the Nude. The Queen, who enters in a ceremonial garb, also disrobes when she receives the blessing from the High Priest.



Modern Nudists pay allegiance to the life-giving qualities of the Sun, but this picturesque pageant revives an age-old ceremony connected with the time honored worship of the Sun.

The story of the pageant presents a simple and interesting ritual. At the sound of music, a shepherd boy appears, running from the Temple of the Sun God to announce to the High Priest, standing at the top of the sacred steps, that the Queen, daughter of Zoro, Sun God, approaches.

The Maidens, lying at rest in the Gardens, hear that their Queen has left the Temple of the Sun God to bring to them the blessing of the Sun. They rise to greet her.

From the distance, slowly ascends the figure of the young Queen, preceded by her four sisters. She carries in her arms, spring flowers, symbols of love and sunshine.

When they reach the altar, the Queen alone remains to receive the blessing of the High Priest. She then descends the garden steps and joins the group of maidens. One of her sisters disrobes her, another takes her flowers, and she stands among them, completely revealed, a beautiful Daughter of the Sun, with her arms raised to the sky.

Turning now, she slowly remounts the holy steps and receives from the High Priest the holy oil with which she blesses her maidens. Again music is heard. The recessional begins, and two by two, the maidens, living examples of the grace of the human form, wend their way down the path to the Temple.

This symbolic picture of life and beauty, is presented nightly as a reminder of the Sun Worship ceremony of ancient days. Long after the Pageant has ended, visitors to Zoro Gardens linger on, spellbound by the grace and naturalness of the youths and maidens in the colony.

OUR PHILOSOPHY

IN LINE WITH THE POETS AND
SAGES OF EVERY AGE.

WE AGREE WITH ROBERT LOUIS
STEVENSON WHO SAID:

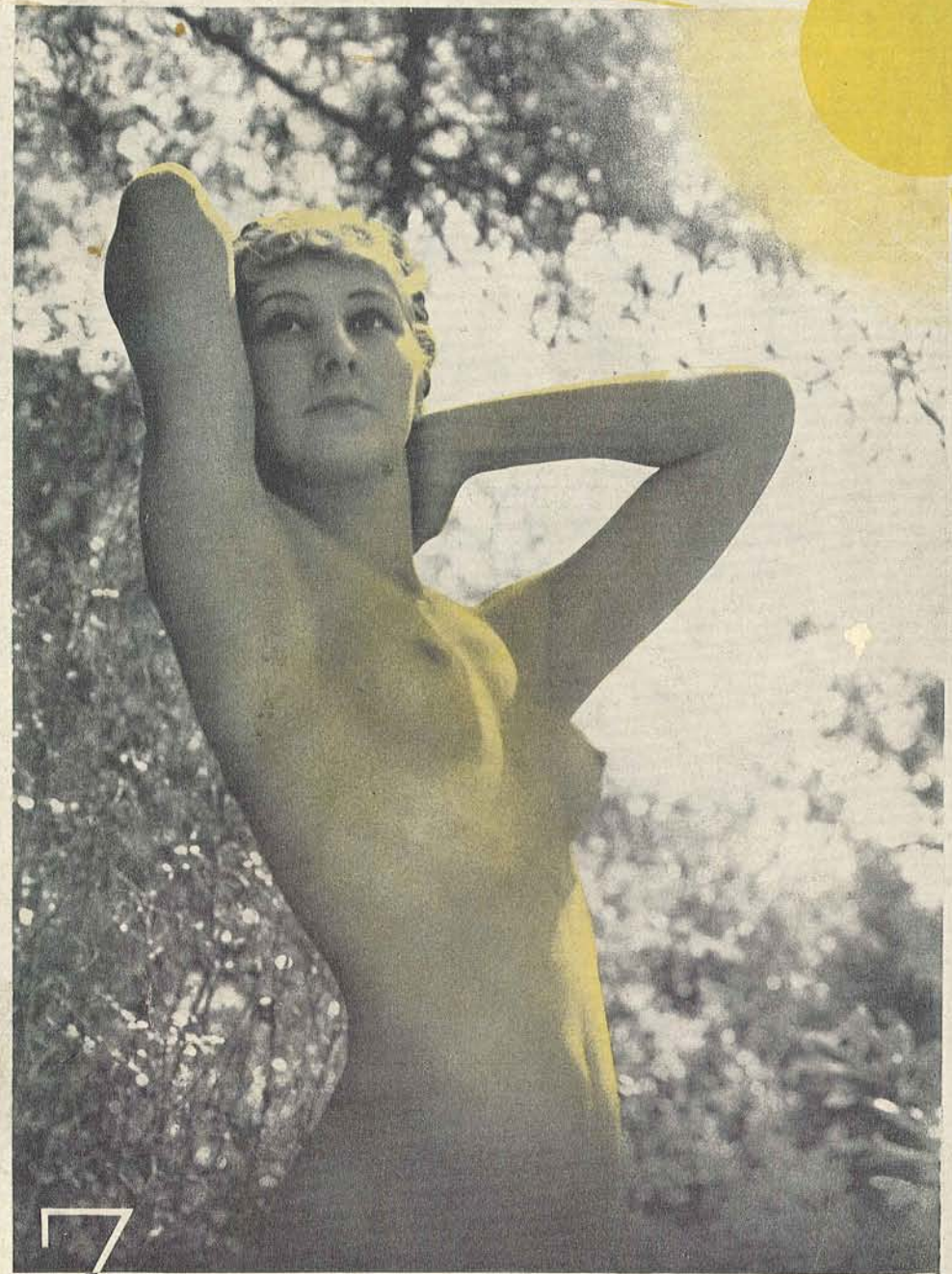
"TO KNOW WHAT YOU PREFER,
INSTEAD OF HUMBLY SAYING "AMEN"
TO WHAT THE WORLD TELLS YOU YOU
OUGHT TO PREFER, IS TO HAVE
KEPT YOUR SOUL ALIVE." ▲



ZORO GARDENS

WORLD'S ONLY AUTHENTIC NUDIST
COLONY OPEN TO THE PUBLIC

CALIFORNIA PACIFIC INTERNATIONAL EXPOSITION . . . SAN DIEGO



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