

### **DT015 - The nudity taboo**

May I answer Anne Lewis-Smith who finds the idea of people being seen on television chatting in the nude a 'horror' (letter, 18 January 1993)? The history of psychiatry and sex crime proves the dangers of the nudity taboo. To prohibit exposure of a particular area of the human anatomy leads to that area becoming the subject of unwholesome, even unhealthy, curiosity. For some this curiosity may become obsessive, and in rare cases, pathological. Those who have experienced life in places, such as certain French resorts, where nudity is allowed (even expected) know that newcomers speedily adjust to the situation and begin to enjoy an exhilarating sense of freedom. Only by living in such a community, for however short a time, can one grasp how stifling, and how monumentally unnecessary, the nudity taboo is.