

THE ROYAL SOCIETY OF EDINBURGH



PROCEEDINGS

Section **B** (Biological Sciences)

ISSN-0308-2113

PUBLISHED BY THE ROYAL SOCIETY OF EDINBURGH
22 GEORGE STREET, EDINBURGH, EH2 2PQ

1982

EDITORIAL BOARD

W. W. FLETCHER
University of Strathclyde

W. C. BOWMAN
University of Strathclyde

J. MORTON BOYD
Nature Conservancy Council

R. I. CURRIE
Dunstaffnage Marine Research
Laboratory, Oban, Argyll

G. J. F. DUTTON
University of Dundee

C. H. GIMINGHAM
University of Aberdeen

J. C. GOULD
Central Microbiological Laboratory,
Western General Hospital, Edinburgh

K. E. HALNAN
Hammersmith Hospital, London

J. HAWTHORN
University of Strathclyde

R. M. S. SMELLIE
General Secretary
Royal Society of Edinburgh

D. M. HENDERSON
Royal Botanic Garden, Edinburgh

A. M. MACLEOD
Edinburgh

J. D. MATTHEWS
University of Aberdeen

R. J. ROBERTS
University of Stirling

F. W. ROBERTSON
University of Aberdeen

J. A. F. ROOK
Agricultural Research Council, London

J. E. SMITH
University of Strathclyde

A. WATSON
Institute of Terrestrial Ecology,
Blackhall, Banchoy

W. H. RUTHERFORD
Executive Secretary
Royal Society of Edinburgh

TRAVEL: DISEASE AND OTHER HAZARDS

A Symposium organised by
The Royal Society of Edinburgh and
The Royal College of Physicians of Edinburgh
held in The Royal College of Physicians of Edinburgh,
9 Queen Street, Edinburgh
on Friday, 12 March 1982

Chairmen:

Dr JOHN A. STRONG, P.R.C.P.E., and
Sir KENNETH BLAXTER, F.R.S., P.R.S.E.

Organisers:

Dr J. C. GOULD, Director, Central Microbiological Laboratories, Edinburgh,
and
Dr DANIEL REID, Director, Communicable Diseases (Scotland) Unit, Glasgow

CONTENTS

Introduction	1
Some late nineteenth-century Scottish travellers in Africa by DEREK A. DOW	7
The medical hazards of travel by WILLIAM M. JAMIESON	17
Tourism and illness by DANIEL REID	23
Food, drink and travel by FRANCIS MACKAY	37
Intestinal infections in travellers by A. M. GEDDES	47
A card aid to combat travel illness by PETER MCKENZIE	53
Tropical diseases of importance to the traveller by A. W. WOODRUFF	57
Sunburn and its prevention by G. W. BEVERIDGE	61
Accidents and travel by J. K. MASON	63

Some motoring hazards and their prevention by EDWARD MURPHY	73
Does it matter where I go? by G. MELVYN HOWE	75
Recent examples of travelling infection by J. C. M. SHARP	97
Communication and disease by IAN D. CARTER	101
The organisation of hazard prevention to travellers by ANTHONY C. TURNER	117
Prevention and precautions for the individual traveller overseas by JAMES A. GRAY	127
Disturbance of circadian rhythms and sleep by A. N. NICHOLSON and BARBARA M. STONE	135
Some thoughts on stress, fatigue and frustration in travel by CAIRNS AITKEN	141

(Issued 17 December 1982)

Foreword

This Symposium was organised jointly by the Royal Society of Edinburgh and the Royal College of Physicians of Edinburgh as a timely reminder of the extent of present-day travel and of the numerous problems that may arise. Travel, whether it is for business or pleasure, should certainly be encouraged. It can be educational and should be enjoyable, and for many engaged in the world of international business, travel has become a way of life.

Clearly the health problems associated with travel are often easily preventable and if tackled energetically, many of the risks can be minimised with ease. The disappointment of having a few days of a well-earned holiday affected by illness is bad enough, but a death from malaria in a traveller, which could have been avoided if proper advice had been given, is a tragedy. Individuals and organisations, including the medical profession, travel and insurance agencies, airline and shipping companies, should lead the way in ensuring that proper advice is given to the traveller so that he is protected as far as possible from the hazards associated with his journey.

The speakers at this Symposium have identified not only health and other problems encountered by travellers, but also the means by which these hazards may be avoided.

August 1982

K. L. Blaxter,
President, The Royal Society of
Edinburgh
J. A. Strong,
President, Royal College of Physicians,
Edinburgh
J. J. A. Reid,
Chief Medical Officer.
Scottish Home and Health Department

Acknowledgments

Much of the success of this Symposium has been due to the organisational assistance given by Miss Sandra McDougall to whom we wish to record our thanks. Our gratitude is owed also to Mr W. H. Rutherford and Miss Carole A. Anderson who have been most helpful in arranging the publication of this volume by checking and preparing the typescripts for the printers. Our thanks are due also to those organisations who materially supported the meeting and they are listed below.

ABBOTT LABORATORIES Ltd, Kent
BANK OF SCOTLAND, Edinburgh
BEECHAM PHARMACEUTICALS, Brentford
JAMES BUCHANAN & Co. Ltd, Glasgow
CIBA-GEIGY PHARMACEUTICALS DIVISION, Horsham
EDINBURGH DISTRICT COUNCIL
ESSO PETROLEUM Co. Ltd, Glasgow
GLAXO LABORATORIES Ltd, Greenford
LEGAL & GENERAL ASSURANCE SOCIETY, Glasgow
LILLY RESEARCH CENTRE Ltd, Windlesham
MAY & BAKER Ltd, Essex
MERCK, SHARP & DOHME Ltd, Hoddesdon, Herts
ROCHE PRODUCTS Ltd, Welwyn Garden City
ROUSSELL LABORATORIES Ltd, Middlesex
SCOTTISH HOME AND HEALTH DEPARTMENT, Edinburgh
SMITH, KLINE & FRENCH LABORATORIES Ltd, Welwyn Garden City
STUART PHARMACEUTICALS Ltd, Cheadle
UNILEVER PLC, London
WELLCOME FOUNDATION Ltd, Cheshire