

# TRAVEL LOG of Iris Jones



## What's not needed is a needed shot

"These shots won't do you much good anyway," the nurse said. "The important thing to remember is be careful of what you eat and drink in India."

I rubbed the cholera shot in my right arm and the typhoid shot in my left arm and thanked her. For what, I don't know.

I never drink water or milk when I travel, not even in Denver or New York, so it will be no hardship to avoid the water in India.

What is more difficult is finding your way among the various health authorities who advise us on travel. I will not forget the cheerful Australian medical officer who gave me shots 20 years ago for cholera, yellow fever, typhoid, tetanus and small pox before I learned that the only requirement for entering Singapore was a smallpox vaccination.

My child was old enough to go to school before he stopped running away from doctors, because of that.

I was delighted at the elimination of the last case of smallpox from India, and also when the U.S. immigration department no longer required smallpox vaccina-

tors for most travelers returning from abroad.

What I hadn't counted on was tour directors, or at least the one who advised that I take cholera, typhoid, anti-malaria pills, pills to prevent Delhi Belly, and gamma globulin for possible hepatitis before going to India.

"If you've had cholera and typhoid shots before, just get a booster a few days before you leave," I was told. That was easier said than done. The county health department checked the World Health Organization book, which agreed that a booster shot for cholera was in order. The clinic they sent me to, however, insisted I have two shots, a month apart.

Needless to say, that's not too easy to do when you've waited only a few days before you leave.

I took the first shot of the cholera vaccine, with a promise to come back a month later, on my return, for the second one. I then drove to the county health department to have my health booklet approved.

That's when I took the typhoid booster and the nurse told me that the shots were not all that useful and to

keep check on my food and beverage intake.

This means that immunization shots for typhoid and cholera are not too viable and that nobody is certain whether an individual dose has the required strength to keep you safe. You get an edge but no guarantee.

This explains the instructions given by the pharmaceutical manufacturer that anyone who has not been immunized against cholera in the last six months go through the two-shots-a-month-apart routine.

Important instructions agreed upon by all doctors are that you heed the following rules in countries like India and Mexico, where the climate is hot and you are not immune to the parasites which may grow in certain foods.

- Drink boiled water. If you're not sure, drink only carbonated water because it's hard to cheat on that.
- Avoid fresh vegetables, salad dressings, cream custards and other items known to spoil at home on a hot summer day without refrigeration.
- Peel fruit.

These are good instructions. Anyone who travels with

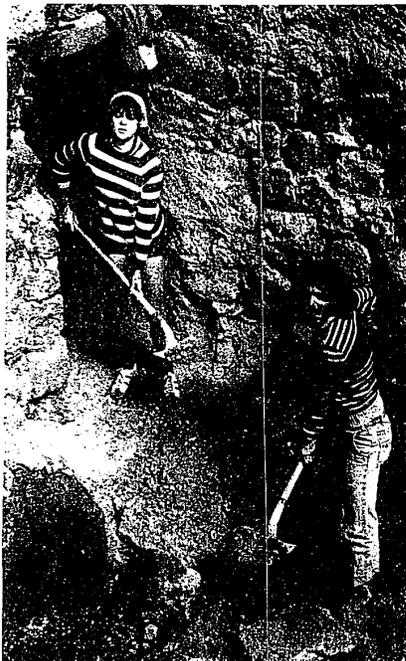
children should put a baby on a canned or powdered formula before traveling, not because the milk in Minneapolis or Tulsa isn't good but because it's different and the baby isn't used to it.

My family follows the same rule for water. We know the water in Corpus Christi and Los Angeles is perfectly good, but we don't drink because our stomachs are not used to it and we don't want any upsets when we travel.

Otherwise, I eat anything the local people eat in the U.S., Canada, England, continental Europe or anywhere else in the sanitized western world. It is only in very hot or undeveloped countries where I make it a point to avoid uncooked food.

By following this policy, I have learned to ask for the speciality of the region being visited.

The closest I ever came in hundreds of thousands of miles of travel to Delhi Belly or Montezuma's Revenge was in Cordoba, Spain, where I ate a bowl of cold milk soup laced with garlic. I knew after the first spoonful that I should have passed on the soup, but I didn't want to offend the waiter by asking him to take it back.



Bryce and co-excavator clear rubble from site in Siagues.

## The pay may be terrible but the fringes can't be beat



Bryce and friends enjoy a brief respite from the day's labors.

### Things to know to dig

The following few paragraphs includes the information needed for digging the European scene.

Digs are sponsored by the U.S. National Committee for International Council of Monuments and Sites. Correspondence should be made to the attention of Natalia Kraviec, 1522 K Street N.W., Suite 530, Washington, D.C. 20005; telephone 1-202-254-3465.

To qualify, a person must be 17-24, pursuing or have obtained a degree in art history, history, architecture, architectural preservation, archeology, or French; able to communicate in French on a conversational level; must submit a transcript showing courses in French and a letter of recommendation from French instructor. The cost is \$15 to work in France (insurance fee), plus transportation fees. In England, the work fee is \$30, plus transportation.

Projects include work on churches, structural mending, and preservation of 12th-15th century buildings.

The program is in cooperation with the French Ministry of Cultural Affairs. Applications are available as of Dec. 1 for the 1979 program. Workshops in England and France will be during July and August.

In a tiny village in France, a young traveler from Southfield digs in the ruins of an old castle.

He isn't being paid for his labor, but he is enjoying a travel experience that is available to other adventurous souls.

The village is Siagues, south of Paris and west of Lyon, where Bob Bryce is participating for the second year in efforts to dig out and restore a 12th-Century castle which may be of special interest to Americans.

Marie Joseph Paul Yves Roch Gilbert du Motier, also known as the Marquis de Lafayette, is said to have once lived there. Lafayette, the French patriot who fought with Washington's revolutionary armies, returned to his own revolution in France exactly 200 years ago, which gives Bryce's 1978 visit something of a bicentennial flavor.

Bryce is an architectural graduate of Lawrence Institute of Technology in Southfield. Last year, he saw an advertisement which asked Americans to apply for the unpaid job of digging out an old castle. He mailed in his resume, but found out later that applicants don't really need special skills to be accepted. (Requirements elsewhere on this page.)

"The people of the village are the most hospitable people I have ever met," he said. "We don't pay for anything in the grocery store or at the bar, and we share in their daily lives and their festivals. It's great fun," he said.

It's also a lot of work. "In two weeks last year, I excavated a small archway about three feet across, passing the stones from hand to hand."

Volunteers live in the village school, and they take their turns cooking.

"When it's your turn to get a bucket of milk from the farm, you walk to the farmyard and wait for the woman to finish milking the cow. The cream is thick on the milk," Bryce said.

One day, he and his crew finished clearing out a fireplace so they lit a fire and invited the villagers to party in the old stone tower. They drank so much of the local wine they didn't get much work done that day, he said.

On another day, the castle labors ceased so that volunteers could sing and dance with villagers in an annual festival. Bryce thinks they live better than we, even if they "don't have radar ranges."

"Their standard of living is slightly lower but their quality of life is higher," he said. "They eat fresh food, live in a house where their family has lived a long time and enjoy every diversion."

"Everybody goes to the movies when it changes. A circus of three or four performers is creative and includes audience participation, so it's better than Barnum and Bailey."

What Bryce liked best in the town was sitting at a small table in the village square, past where they walked the cows every morning on the way to the fields and likewise every evening on the way home.

"My stay in the village was only part of a three-week European vacation, but it allowed me to live in a village and do things I would never otherwise do when I travel," he said. "The people of the village made me feel very, very special."

### Tour guides free

Twelve colorful tours throughout southeast Michigan are offered in this year's Autumn Color Tours guide, available free from the Southeast Michigan Travel and Tourist Association.

Each tour brings together area attractions such as Greenfield Village, Meadow Brook Hall and Cranbrook with special seasonal places to visit such as roadside cider mills, pick-your-own orchards, historic sites and antique auctions. All 12 tours are within a short drive of the metro Detroit area.

The many fall festivals and activities scheduled throughout the nine-county area are described in SMTTA's Fall-Winter Calendar of Events. The brochure covers events through March, including sporting, theater and cultural items.

For free copies of both the guide and the events calendar, write Southeast Michigan Travel and Tourist Association, American Center Building, Suite 330, 2777 Franklin Road, Southfield 48034.

## The Observer & Eccentric Newspapers Hawaiian Tour



November 30, 1978 and Returns December 15, 1978 Cost per person is \$899 (based on double occupancy). You may join the tour by sending a \$25.00 deposit to secure your place on our program. Space is limited, so get your deposit in early. For further information call our travel desk and we will send you a color brochure.

Call our Travel Desk at 591-2300, Extension-244

This tour is conducted in cooperation with Hamilton, Miller, Hudson & Fayne Travel Corporation of Southfield.

### HARBOR COVE

YOUR OWN LUXURY TOWNHOUSE FOR THE WEEK-END!

FROM \$1400\*

... Minutes From Boyne Highlands ... Indoor Tennis & Racquetball Facilities Available.

Special Rate For Long Weekend PLAN YOUR FALL VACATION NOW ASK ABOUT OUR GOLF PACKAGES

CALL TOLL FREE

For Reservations & Information 1-800-632-7131

\*Rate Subject to 4% Mich. Use Tax  
HARBOR COVE  
P.O. Box 544, Harbor Springs, MI 49740  
616-526-2159