

# *Gourmet* THE MAGAZINE OF GOOD LIVING

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**EASY SUMMER ENTERTAINING**  
GRILLED STEAK & CORN COOKOUT  
SOUP & SALAD IN THE GARDEN



# Travel Journal

## WELL-BEING ON THE ROAD

BY PATRICIA J. BELL

Although they are probably the most important aspects of any trip, health and well-being en route are usually either taken for granted or given but cursory attention in most people's planning. Following are some suggestions for enhancing wellness while on the road.

\* Good starting points for assessing health considerations associated with any prospective destination are the Centers for Disease Control in Atlanta, Georgia (404-332-4559, Travelers' Hotline; 404-332-4555, recording). Regularly updated information is available by recording or fax on health risks around the world and immunizations.

\* An all-purpose reference for the library shelf, Stuart R. Rose's *International Travel Health Guide* (Travel Medicine, Inc.) includes excellent general trip preparation and precautionary information, plus a country-by-country medical guide—all of which is updated annually. Lawrence Bryson's *The Travel Health Clinic Pocket Guide to Healthy Travel* (Silvercat) is a handy small volume for packing away in your suitcase.

\* A breakthrough in the area of immunization this year came with availability in the United States of a new vaccine for the widespread, highly contagious Hepatitis A virus. Sold under the brand name of Harvix, the vaccine is a longer-lasting and more comfortable injection than the standard gamma globulin treatment.

\* As the discipline of travel medicine becomes more sophisticated, there is an increasing number of specialists offering a full spectrum of services for those traveling to a health-risk part of the world or anticipating a long-term stay abroad. Dr. Bradley Connor's Travel Health Services (50 East 69th Street, NY, NY 10021, 212-570-4000) provides expert advice on all aspects of travel health, an international physician referral service, and a complete range of immunizations not usually available from general practitioners.



\* For the nagging problems of jet lag, thousands of savvy time-zone travelers have found relief and help in the resetting of body clocks through various preventive and remedial measures. Those interested in exploring the dietary path can find this fully explained in Ehret and Scanlon's *Overcoming Jet Lag* (Berkley Books). The controlled manipulation of light and darkness is the basis of the Oren, Reich, Rosenthal & Wehr approach in *How to Beat Jet Lag* (Henry Holt). And the use of the hormone melatonin is the of-the-moment jet-lag remedy; this last is best discussed with a physician.

\* Should a medical emergency arise during your travels, it is reassuring to be aware of a number of organizations that supply worldwide medical assistance. Services range from contacting reliable English-speaking physicians to arranging for emergency medical evacuation. As options and fees vary, it is wise to contact these organizations directly for particulars before leaving home: U.S. State Department Citizens' Emergency Center (202) 647-5225; International Association of Medical Assistance to Travelers (IAMAT) (716) 754-4883; International SOS, (215) 244-1500 or (800) 523-8930; AirAmbulance Network, (305) 447-0458 or (800) 327-1966; WorldCare, (800) 521-4822.

\* A regular fitness program that is conscientiously pursued at home will often fall by the wayside when traveling. Jim Morelli's *Working Out on the Road* (Hunter Publications) gives helpful hints on incorporating exercise into a travel schedule as well as a directory of fitness facilities in major cities across the country that offer day memberships. The health club is now a fixture at most large hotels, often along with such extras as jogging trails and personal training sessions. For those who prefer to exercise in private, SpectraVision (available in more than 200,000 hotel rooms) has created an hour-long yoga and stretching video workout that can be performed in the room with no special equipment needed.

\* Sun protection—both UVA and UVB—is a vital consideration for those heading to the tropics or even a skiing holiday. For easy packing both Tréo and Avon SSS make a combination lotion with moisturizer, SPF 15 sunblock, and insect repellent all in one. The more solar-shy can opt for the Solumbra line of lightweight, washable, UV-protective clothing produced by Sun Precautions. Its catalogue is available by writing to 2815 Wetmore Avenue, Everett, WA 98201, or by calling (800) 882-7860.

\* More than ever, top hotels are looking for new ways to cater to the physical well-being of their guests. In addition to fitness facilities, many have instituted spa-style amenities specially aimed at the travel-weary. The Four Seasons hotel in New York City, for example, offers guests jet-lag revival massages, and The Oriental hotel in Bangkok has a series of state-of-the-art revitalizer jet-lag treatments.

\* An array of top-quality travel products—including health aids such as water purifiers, antibacterial wipes, rehydration drinks, first-aid kits, moisturizing sprays, and even an antipollution mask—is sold by mail order from Magellan's, Box 5485, Santa Barbara, CA 93150-5485. A free catalogue can be obtained by calling (800) 962-4943. ♦