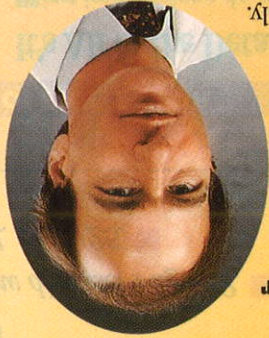


Mad Cow Disease

Dr. Bradley Connor



Should I get a hepatitis A vaccination before I go on my trip?

The Doctor Says: Probably.

problem throughout much of the developing world and it is very easily prevented.

The vaccine is safe and effective. You

are not being overly cautious to consider it even for popular tourist destinations south of the border in this hemisphere. Some areas are riskier than

others, but it is hard to be specific about which is which.

It is a very bad disease if adults get it. You can be tired and miserable for as long as six months. Older adults are at risk of more serious disease and even death from this infection.

This is probably the most important vaccine for travelers.

I'm going to England. Should I be worried about getting mad cow disease from eating beef there?

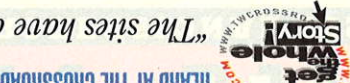
The Doctor Says: Probably not. Based on reports about links between beef and mad cow disease and the risk to humans, one might indeed be concerned.

But the upshot from experts is this: The beef from England is safer than it's

Experts in the field who reported on the subject at the International Conference on Emerging Infectious Diseases, held in March in Atlanta, reported that the procedures for preparing carcasses now eliminate the neural elements (brain or spinal cord elements) that pose a risk.

Would I order beef? I think I would.

Dr. Bradley Connor is a specialist in travel medicine, a member of the faculty at the New York Hospital-Cornell Medical Center and medical director of Travel Health Services in New York.



"The sites have a California orientation."

Useful Web Sites

In the Internet bulletin board in Travel Weekly's Crossroads site, at www.twcrossroads.com, we asked agents what Web sites they find useful.

The following are some suggested by Pat Fessler, a

commercial agent with Carlson Wagonlit Travel in San Francisco, who designed an

adult education class on Web travel.

Fessler, whose sites have a California orientation, wrote, "Many local travel businesses have very informative and visually interesting sites."



The home page of Wild Women, a tour company in Sebastopol, Calif.

- Mountain Travel Sobek in El Cerrito, Calif., at www.mtsobek.com
- Wild Women, a tour company in Sebastopol, Calif., at www.wildwomenadv.com
- Karen Brown's travel guides, at www.karenbrown.com
- Let's Go budget travel guides, at www.letsgo.com
- Geographic Expeditions in San Francisco, at www.gecoex.com
- KPIX-TV in San Francisco, at www.kpix.com/live/

Buying the Right Luggage

When clients want suggestions on luggage purchases, consider these tips from Fodor's "How to Pack: Experts Share Their Secrets":

- Frame: Fiberglass inner structures for lightness and strength.
- Construction: Taped seam zippers, reinforced covered joints, lock-stitched seams.
- Fabric: If leather, top-grain or full grain. For fabrics, ballistic nylon.
- Closings: The simpler, the better. Zippers should be double-stitched and self-repairing.
- Handle: Look for handles attached with screws. They are easier to replace.
- For telescopic handles that pull out of the case, choose one that locks in place.
- Wheels: Widely spaced and at least slightly recessed into the bag's frame.

Fodor's guidebooks are available in bookstores or by calling (800) 533-6478.

