

BROKEN GUTS

(Tong Sia!)



A 'Rough' medical guide
for Foreign Travellers
in
Thailand and S.E. Asia

By Anthony Aikman



This 'rough' guide is only intended to be a simple and practical help for Travellers, dealing with ordinary ailments and accidents that may occur on their journeys. There are whole areas of medicine NOT covered — child-birth, cancer — things like that. As explained on the Hospital page (107) every Thai town has a good, well-staffed, helpful public hospital where visitors are welcome. (this is NOT the case in INDONESIA!)

Each section has suggestions for medicines and treatment. Generic drugs are fine and cheaper. It is what's IN the drug and NOT the Brand name, that matters. So check in the Label to be sure. It'll be in Thai and English

Warning!

This book is as littered with spelling mistakes as autumn is with fallen Leaves. But then who invented Spelling anyway.

And

You read between the lines at your own peril.



Make yourself a small First Aid Kit
The suggestions for this page 132-134.



Don't rely on a shop-made kit - it'll have little in it, and will give you a false sense of security.

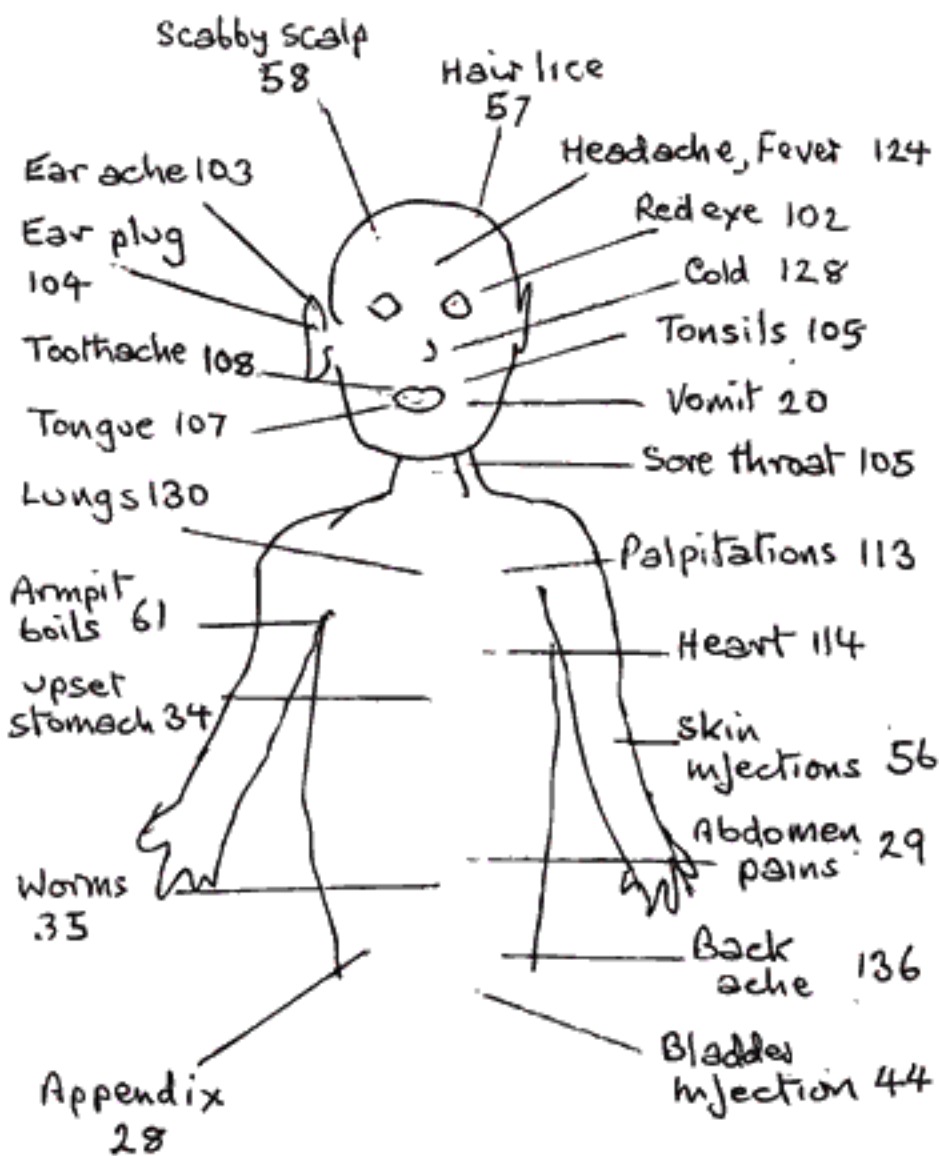
-- And don't go rushing off to the nearest Internet. Some health sites are good, but others may only confuse.



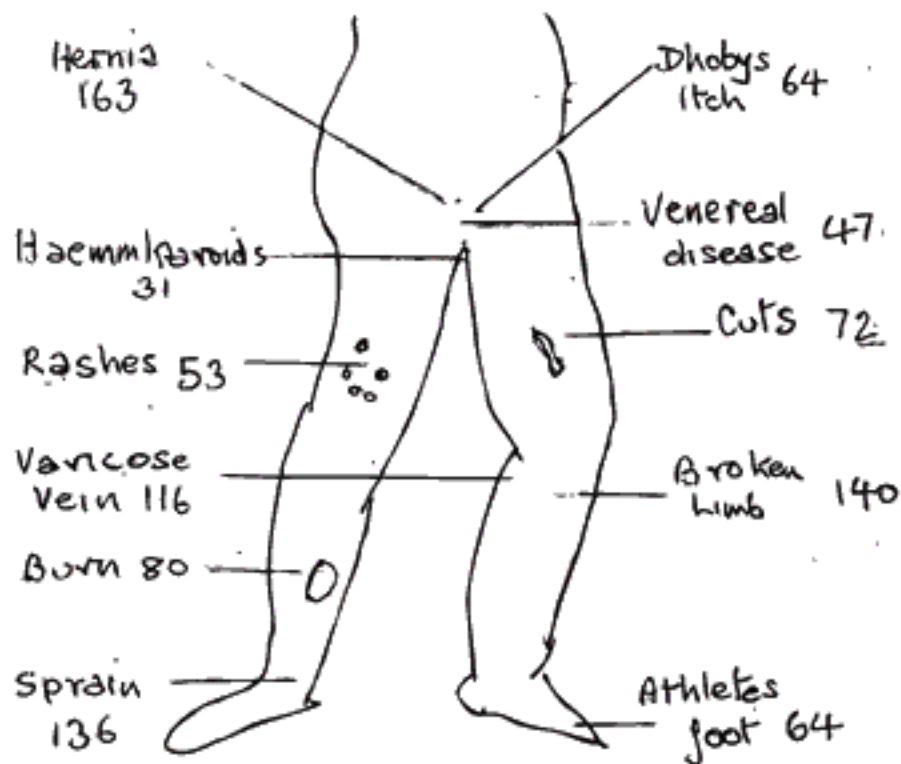
A lot of Keeping HEALTHY is common sense. 'Listen' to your body, and be kind to it. For you are relying on it to keep you going. Like a Rolls Royce car - you want it to be running for 70 years or more.



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Diarrhoea (if you can spell it)

or The Squirts - if you can't.

History records how ruthless slave traders 'tarred' the backsides of their victims to suppress any symptoms that might reduce their sale price. But now we have better remedies.

usefull medecines for your 1ST AID KIT

1. Metronidazole. Effective against all types of Diarrhoea - with or with blood in it.
2. Amoxycilin - Combine this with Metronidazole especially if there is blood and fever.
3. Loperamide - This stops the squirts in its tracks, but does NOT cure the cause.

Because we are often caught unprepared consider carrying a small piece of moist sponge (A washing up pad). House it in a small plastic bag. You'll probably find water to rinse it, and your fingers - afterwards



Dose

Amoxycilin 500mg x1

Metronidazole 200mg
x 2

Repeat dose
3 times

Loperamide x 2

PLEASE
Help!

plus

Paracetamol 500mg
x2

Drink lots of Water

Only eat Rice
Porridge/or
Bread soaked in
warm water (w/ milk)
and sugar.



ADDITIONAL MEDECINES

To stop Vomit - Domperidom

Thai brand name Emex
(green strips of 10 pills)

To stop Gut ache - GELUSIL

(an anti-acid - strip of big white pills
to chew on)

To SOOTHE Guts - MAGESTO

(Triangular white pills containing ginger and
clove. Encourages the will to eat)



One time in
Tangiers, I found
myself staying
in the 'Pension Colon'
near the Petit Socco.

As Tangiers was

frequently described as the 'Arsehole of
Africa', I assumed this was one step up the
intestinal canal. In fact it proved very clean
and tidy and the French owner assured me
that 'Colon' referred to colonial not guts.

AT THE PHARMACY (or before)



Where is the toilet - TEE NAI HONG NAM

Where is the Pharmacy - TEE NAI LAN KAI YA

I have stomach ache - ME POO-et Tong

I have diarrhoea - ME Tong Sia

vomit - UAK (oo-ak)

Diarrhoea with Blood - Kee(skik) me LOOAT (blood)

Hospital - ROONG PAYA BAN

Doctor - MORE

Medicine - YA

Pills / Liquid / Cream - YA met / ya nam / ya tar

one / two / three - nung / song / sam

How much - Tow Rai

Toilet Paper - KRADAT HONG NAM

Advice: Study / Read the medicine
Make sure it contains what you want
The contents will be listed in Thai and in
ENGLISH.

MAKE YOUR OWN COCKTAIL

(Recipe for brewing Ginger Beer)

The amounts below will make 1.5 litres

* Use a soft drinks plastic bottle. If it explodes it'll be less lethal than glass!

2 Table spoons warm water } Mix, Leave.
1/2 teaspoon sugar
1/4 teaspoon dried YEAST

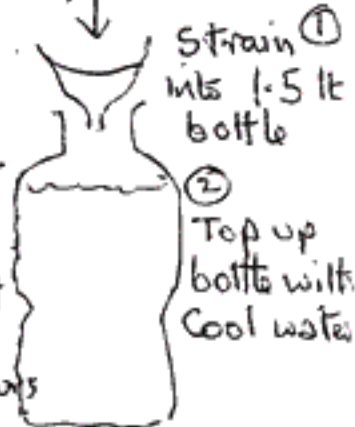
1 cup sugar } Grate Lemon rind, add
Juice of 2 Lemons } to sugar, Lemon, ginger
Rind of 2 Lemons }
1 Spoon dried ginger } Add 1 cup Boiling Water
Leave for 10 mins.



POLICE
STATEMENT

Warning: Anyone
suspected of making
This lethal potion
can be detained
without charge

③ Add Yeast
mix
④ Cap.
Bottle Tight
⑤ Leave
From 12 hours
to 3 Days



TRAVELLERS TAILS.

BANG SAPHAN in those days was an idyllic place. A long palm-fringed bay. A pretty restaurant perched over the shore — except we always came away with Diarrhoea. the waiter whispered that the Cook hated foreigners and stuck his fingers up his arse before preparing their prawns!



Perhaps it was a lie (Thai - Go Hok) and the waiter had a grudge against the Cook. Certainly the sea-food was great — it was only afterwards — — —

Food Poisoning

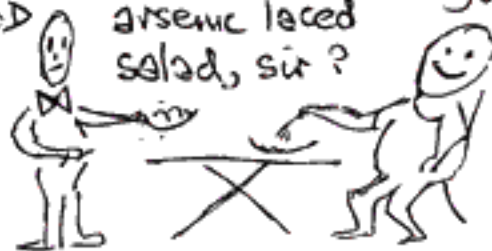
If a combination of Loperamide, metronidazole, amoxycillin is not working - get to a hospital. There are some very nasty bacteria about - such as Botulism. No wonder people are worried about biological warfare when just 0.5cc of botulism bacteria could kill half a million people. Thai farmers seem to have a love affair with many nasty pesticides - Although organic farming is now on the increase. So - if you are doing your own cooking buy vegetables partially eaten by insects and choose Leafy rather than root vegetables which absorb and store chemical residues. Also wash vegetables thoroughly before cooking. Formalin, borax fungicides and bleaching agents are often found in sea-food and salad.

"VEGETARIAN RESTAURANT"
IN ORGANIC

FOOD
ONLY

arsenic laced
salad, sir?

Yum
Yum



Wayside and Woodland - Eating.

The traveller never need go hungry in Thailand strike off up some remote track and suddenly a motor-bike will wizz past with side baskets hung from a bamboo pole or a big metal box strapped on the back - These food and/or ice cream sellers go from village to village - particularly those hill-tribe villages with no shops. The food snacks - fried pork, fish or chicken are usually delicious - only BEWARE or at least on your guard, for that food was probably bought yesterday in a market and may have been travelling a while in the heat. Fish is particularly suspect and you'll only discover your mistake later. A trick about fresh meat that may be a bit off - wash it with a handful of crushed garlic - apparently 5 star hotels do it all the time.



When is a Kow not a Cow - Market eating
'Cow' in that means rice. And 'Cow Pat'
is not something you avoid stepping on -
but 'stir (pat) - fried rice. Add on the
meat, eggs you want with it and you'll
get it cooked up in seconds in a flaming wok

Cow - Pat Guy = Fried Rice Chicken

Cow - Pat Moo = Fried Rice Pork (Moo = Pig)

Cow - Pat Kai = Fried Rice Egg (Kai = Egg)

If you want boiled chicken you ask
for 'Cow Man Guy'. Man means delicious. It's
referring to the rice which is cooked in the
broth of the chicken. Plus you'll get a
side dish of broth soup.

If you want fried meat with plain rice.

You ask for Cow moo taut, Rice pork fried
or Cow Guy taut - Rice chicken fried.

Taut means fried. If you like soft fried eggs
say Kai MAI Sook (Not cooked)

Sook = well cooked, Dip means under-cooked



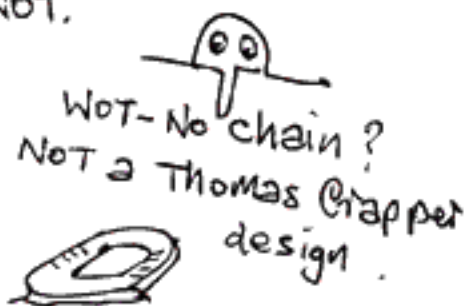
? Is there a menu in
English? Please

THAI Toilets.

Visitors unfamiliar with Thai toilets may be puzzled by a flexible squirting nozzle. (And lack of toilet paper). Usually the nozzle sits in a socket on the right side of the loo. When you finish your business, remove nozzle aim it up your anus, press the release catch on the top and a shaft of water (high pressure) will shoot up and jet wash you clean. It is important to aim it correctly otherwise you'll receive an unwelcome flush up your back instead of your back-side.

In a squat toilet there will more likely be a trough of water (fed by a tap), and a plastic bowl floating in it. Don't be squeamish about washing your arse. It's more hygienic than wiping it. As for squat toilets - squatting is a far more natural position to shit - than sitting.

To Squat or Not.



FRONT DOOR or Back Passage

An englishman going to the doctor in Italy may be surprised when asked to lower his trousers in order that his temperature be taken. "I'm not a race-horse!" he may wish to exclaim. But it's not just thermometers that go up the 'back passage' - medicines too. (Suppositories). And although you may be more used to putting your pills where you put your food - there's a good reason for stuffing them up the other end. In the Rectum medicines get absorbed into the system faster than in the stomach, where there are acids and enzymes to get in the way. And sometimes if you are unwell, swallowing pills may make you vomit them straight out - which won't happen the other end. And IF you do decide on the 'back passage' - shove them well up!



VOMIT or PUKE in Thai - OOAK

When you eat something bad - vomiting is nature's way to get rid of it quick! You can help this by sticking 2 fingers down your throat or drinking large doses of very salty water.

cholera and related infections: In Indonesia it's called M and M. M = MUNTAH (vomit) M = MENCENT (diarrhoea). It usually occurs at the start of the dry season when wells run low and get infected!

Symptoms: Fever and Headache. You'll feel dizzy, queasy and then everything inside will want to come outside - at both ends!

However rotten you feel, lying there - Don't quit. You don't die of cholera itself - you die from DE-Hydration. So, no matter how much you 'Throw up' Keep pouring water down your throat. Get someone to fill bottles of water.



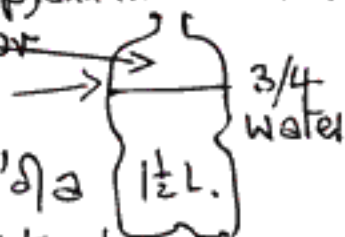
add sugar, a pinch of salt
crack open an amoxycillin capsule
crush in some loperamide, and
Emex. Keep drinking. Most
will get thrown up. But some
will stay in and start to help
- rehydrating the body and
suppressing the infection

Re-hydration DRINK

Unless you are Masai and can trot all day through the Rift valley in temperatures of 130°F (50°C) without feeling thirsty - you will sweat and lose a lot of essential fluid and minerals. Or you may have a bad dose of diarrhoea, or cholera and desperately need your fluid level topped up, and medicine.

Add 2 heaped spoons Sugar

plus a teaspoon Salt.



and (if available) the 'milk' of a young coconut. No, don't try to shin up a palm tree like the locals - you'll break your neck!



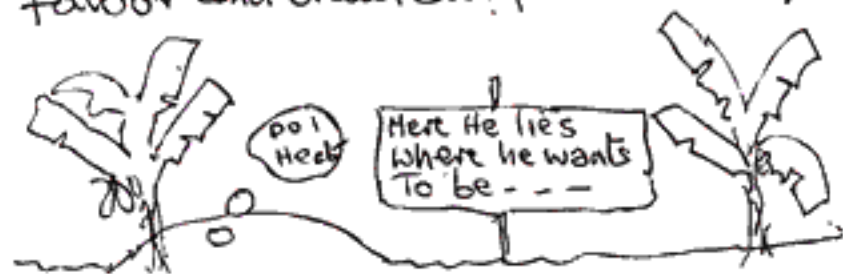
remembers
Rope your ankles!

Keep pouring



Add
Loperamide
Diazepam.

MAKE A SUPPOSITORY. Crush up a DIAZEPAM (To calm spasms) and some anti-biotic, in VASELINE, wrap around a bit of tissue/Toilet paper - bung it as far up your backside as it'll go. Stuff in a wad of toilet paper and try NOT to CRAP it out for 10 minutes. If this happens in some remote village get someone to drive you to the nearest Health Centre - it'll be on an motorbike or pick-up truck, and however awful you feel once you get to a hospital and are put on 'a drip' or given the right shot - things will get better. And try not to die in some tribal village because 1. To save fuss with the police they'll probably toss your body in the nearest river 2. They'll be worried your ghost (thai = Pee) will haunt the village. So do them a favour and crawl away outside their patch



Buddhism and Botany

My question to a monk was 'Can one be re-incarnated as a tree - or any plant?' But he didn't answer - perhaps he thought I was silly. Why I asked was because in my hahoe village compound, overhanging my bamboo hut is a tree that folds shut its pairs of oval leaves each evening at 5.17pm precisely. And that is the signal for me to have a welcome beer. I call it the Go-to-bed tree (Leguminosae Nod-off) But what tells it to shut its leaves all together and on-time? It hasn't got a clock or a brain, or eyes. Could it be some re-incarnated clock-mender, could it hold the soul of some traffic-warden with a greedy eye out for parking meters that read 'Expired'. There are other plants that react to stimuli - the Venus Fly Trap (souls of persistent Fly swatters) But I've never met one that can tell the time.

"5.17
Time to open the bar!"



The LIVER - Look after it!

The liver is the food factory of the body. Here digested proteins (from fish, meat, eggs etc) are stored as Amino-acids and sent to where they are needed as body-building blocks. Excess proteins are converted to UREA and excreted as sweat or urine.

* So when you next tuck into that next expensive 16 oz Steak, reflect that 90% of it will come out as piss!

In the liver alcohol is converted to sugar, but drink too much and you'll pickle it! the liver produces BILE needed to digest milk products and fats. Because lots of things get stored there - nasty amoeba bugs like malaria or dirty water protozoa can make their home there and cause abscesses which if they burst can be fatal. Drink lots of clean water to keep it flushed out and healthy.

Another drop of poison?



HEPATITIS

This disabling condition of the LIVER comes in various forms: A, B, C, E etc. Some more common (A, B,) it is caused by bacteria and can be caught from dirty water or dirty food (A), or by intimate human contact (B).
Symptoms: You feel rotten, nauseous, listless, not hungry, giddy, head-ache etc.

We can be immunized against A and B.

After a while with the Masai - who wanted to make me their blood brother - blood letting, and sharing is a part of their culture - I decided to get a shot against Hep. B. the english nurse exclaimed to the surgeon at large, "Oh, you can't mean B. that's only caught by exchange of body Fluid!" Everyone in the waiting room watched me. Turning a deep crimson I said, 'No - it must be A.'

I had once caught A in Morocco and the elderly english water-colour painter James Wyllie put me to bed in his rambling Kasbah house while his arab maid fed me herbal teas that had me up and running in a week. Later I discovered my liver was so enlarged anywhere else I would have been hospitalized for weeks. I wish I knew what those herbs were.

The only advice is to drink lots of water and No alcohol, eggs or proteins, and rest (You won't want to do anything else).

Hepatitis B is much nastier and longer lasting. The best advice is prevention. Once I overheard a doctor say that it was easier to catch Hep. B. from a prostitute's nose bleed, than to get H.I.V.

In the Loita hills high above the Rift valley the Masai warriors live as they have for centuries. They keep cattle and they hunt lions. Mobashu, who could knock over a gazelle with his throwing club at 50 yards - always wore over his red 'shaku' robe a dinner jacket (trimmed) - present of some old white hunter, perhaps. Here is Mobashu attired for an outing - his ear lobes rolled-up for safety.



Wells disease - Leptospirosis

Spread by injected rats' urine and caught by swimming in places that rats regard as their private watering holes.

Well, you can't blame the rats - who does he NEVER peed in a swimming pool?

Dangerous places are still pools or irrigation ditches. Every year there are several thousand cases reported - usually in the North-East of Thailand. Trouble is you won't know you've got it, apart from feeling unwell and running a fever. Fortunately a good dose of anti-biotics does the trick and it's rarely fatal. Not even to rats.



APPENDICITIS

Our appendix would seem to be one appendix we could well do without



Appendix?

Ah, of course. It's something at the back of a book.

GROANS

No, you fool it's in here - somewhere

I think he wants a doctor not a librarian

Because the appendix

is a 'dead end' sac. Things collect in it

The appendix can get inflamed and burst.

symptoms: 'sharp severe pain lower abdomen. High Fever. Take big dose of Amoxycillin + Paracetamol. Get to a doctor Peritonitis is when appendix bursts and injects internal body cavity. Immediate operation required.

Acute Abdomen.

Severe abdominal pain with high Temperature. This may or may not be caused by inflamed Appendix. The pain may be all over middle belly. The belly may be swollen. Take anti-biotics (Amoxycilin), Paracetamol. Eat only rice porridge and drink a lot of water. Try eating under-ripe papaya fruit. (Not over-ripe). If there is no improvement in 3 days see a doctor.

Abdominal pain with No fever is NOT acute. There is no infection. It may be caused by a temporary blockage, or by intestinal worms. If a friend places an ear over the lower belly - should hear gurgles which means even thing is moving along normally.



Piles (For those who can't spell ---
haemorrhoids, hemorrhoids, hæmmorrhoids, hemharoid
Byron often complained of Piles - he used to get
them on sea voyages. Perhaps he strained
too hard - a fatal mistake, because if you
squat over a mirror and strain - if you have
piles they'll pop out like red pips. Piles
usually go away if you wash your anus
with HOT, soapy water. And don't rub in
toilet paper - use a soft sponge.
There are also effective creams like ANUSOL.
A renown Sri-lankan acupuncture Guru
claimed he could cure piles with pins.
He gave a slide lecture in which enlarged
shots of arseholes filled the screen. He
referred to the piles as GRAPES -- I gled.

The Doctor
said I had
GRAPES



CONSTIPATION

I once heard a lecturer declare "Britain had an unwritten constipation" - which puzzled the politicians almost as much as a church congregation where the priest unwittingly asked us to 'pray for the ordinands in the cemetery.'

You are unlikely to get constipation and perhaps if you do treasure it - it won't last long - although once on a mission trading raft down the Ichito river in Bolivia I couldn't go for 3 weeks. I cured myself eating over-ripe Papaya - pips an' all.
DRINK LOTS of WATER!

Medicine: BISODYL
(little yellow pills) A good laxative
A useful phrase might be
KEE MAI BEN (I CAN'T SHIT)



I haven't had
a shit in 6 months

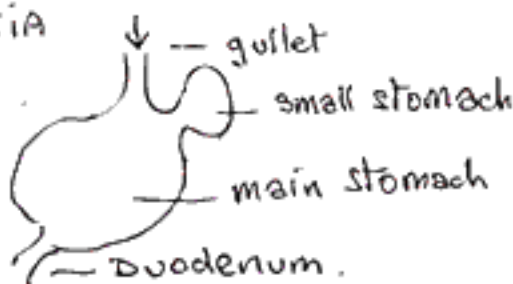
GUINNESS BOOK
of RECORDS
APPLY HERE

*These crap-house
artists - when they die
will find erected in the sky
A fitting tribute to their wit
A monument of
solid shit.



HIATUS HERNIA

Cows have
4 stomachs,
we seem to
have 2.



There is a little 'bubble' of a stomach at the top. Usually it causes no trouble but it can. Because of the narrow opening into the main stomach - indigestible foods can be lodged there and a lot of gas produced - hence belching or burping. And a general feeling of being full of wind. In severe cases an operation is done to remove it. - but mostly care and consideration to what you eat and how you eat (slowly) will sort things out.

Cut out the spices, raw alcohol, hot food.



GUT Ache (Poo-et-Tong)

Everyone gets indigestion - some more than others. The stomach 'juices' that help dissolve food are acidic. Usually this 'acid' doesn't hurt us because the stomach wall is protected by a lining of grease (Mucilage). Too much acid will cause discomfort. This can happen because of anger, worry, smoking, over-eating etc. And we usually cure it by swallowing or chewing anti-acid medicine. Voregas is a milky anti-acid liquid. Gelusil are powdery anti-acid tablets. 'Heartburn' occurs when stomach acid fizzes up into our gullet (The food-Tube from throat → stomach) - which has no protective lining. It is a 'burning' feeling.

I think it's heart-burn



♡ ♡ ♡
You are so romantic
Give me a kiss

A glassy
milk would
be more good

Stomach Ulcer.

When acidity in the stomach is very strong 'burns' or ulcers may occur on the stomach wall. These ulcers may also occur in the Duodenum. Excess acidity may be caused by smoking (Smoke goes into the stomach just as it goes into the Lungs), anxiety, anger, stress. Generally these stomach pains are worse when the stomach is empty - so frequent small meals (snacks) help: biscuits, rice, porridge, ---

ulcers (according to new research) may also be caused by bacteria and cured by anti-biotics. Severe cases of ulcers cause vomiting with blood.

What to do? Modify your diet - cut out spicy foods - although here too new research suggests chilis may not be harmful after all. Be kind to your stomach and feed it 'baby' foods - boiled rice, fish, mashed bananas



WORMS

As I can never remember the correct Thai word - I say 'SAI-DOOAN' which are lugworms for fishing bait. Intestinal worms come in 2

groups 1. little itchy anal worms which may come out as white threads on your shirt

2. Big long monsters which may grow $\frac{1}{2}$ metre long while residing and feasting in your innards. Called Tape-worms - they have hooks on their heads to stop being 'crapped out'.

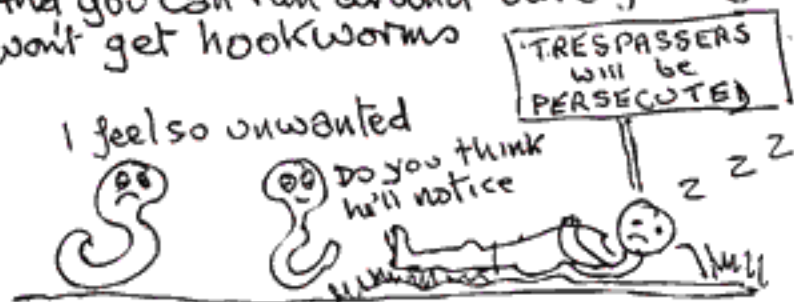
There's a good pill for both ALBENDAZOLE brand name ALDA. Swallow 2.

Symptoms vary. The itchy ones are obvious. The long ones may block the intestine and cause a 'bloated' belly (esp. in kids) but there won't be any fever.



Other Worms

There are a whole variety of very nasty worms that will try and find a way in to you if they can: hookworms, bilharzia, pig-meat worms, guinea (skin) worms - but you'll be unlikely to catch them in S.E. Asia. The worms that come in through the skin or un-cooked food have complicated life-cycles, sharing us with other hosts. In the Yemen it was a common sight to see people patiently drawing long thin worms out of their arms, expertly rolling them on a matchstick. These were caught swimming in the wash pools outside Mosques where the water was often a livid green. My first day in Uganda I jumped into Lake Victoria and got a stern warning from my boss about the perils of Bilharzia. As for pig-meat worms - Thais love eating Pig (Moo) but it's always well cooked in a blazing Wok. You may get an upset tummy - but it won't be worms. And you can run around bare-foot. You won't get hookworms.



DRINKING WATER. (NAM KIN)

Making water safe to drink:

1. Boiling
2. Sunlight
3. Simple filter.
4. Drop of Iodine



In Thai villages you'll often see - outside houses, big earthenware jars with cup and ladle. Drinking water for passers-by.

If you are thirsty out walking be cautious of drinking from streams in case there may be water-buffalo upstream. But if you come on water from a bamboo pipe - that'll be safe. you don't HAVE to guzzle down water non-stop. During Ramadan muslims don't drink from dawn to dusk - They make it up - afterwards. The same with the Masai in Africa. And you can over-drink water - and the thinned blood makes the brain feel drunk!



And then There's ICE !

the illusion about ice is that it always looks so sparkling clean. In Phnom Penh I let the ice melt and it became murky water - the ice factory drew its water from the Mekong river. In Thailand and Cambodia ice cubes with a hole through the centre are safe to drink. In Indonesia ice often arrives in a village wrapped in a sack on the back of a bicycle and the ice man saws off a piece to buyers. Sometimes the ice block gets dusty - but you can always wash ice, at least on the outside. Still it must be an improvement on ice exported centuries ago from America. This was cut out of the Hudson river and shipped to West Africa in sailing vessels packed with sawdust. If you want to carry ice on a treck - wrap it well in newspaper. In Africa on Safari we cooled our beer in soaked canvass bags.



WATER, water everywhere--- But?

On a mission boat down the upper waters of the Amazon - we just dipped our mugs over the side. It was the colour of mud. 'Bolivian Whiskey', we called it. But for the faint-hearted a drop or two of Iodine should knock out most bugs.. You can also strain it, or/and boil it. A plastic bottle of water left in the sun for a few hours will purify itself.



The Travellers Palm is so named because the water it collects at the base of the fronds will help you on your way - except it also collects dead bugs.

In Indonesia you are usually served warm 'boiled' water (Air Panas) - so you know it's safe - and hot water is often just as refreshing as cold. Tibetans consider hot water as a useful medicine.



SEA WATER Tonic

Rather like ICE. it depends where it comes from. Gulf of Thailand beverage is not to be recommended. Where the sea is crystal clear as in the islands offshore Sumatra and Phuket - a glass of seawater will give you all the minerals you need. In other places it with a lot that you don't.

It has always been assumed that ship-wrecked sailors must NOT drink sea-water. To test this, after World War II, the R.A.F. sent a volunteer in a rubber dingy to drift on the ocean currents from the Canary Isles to the Caribbean with NO fresh water supplied - apart from the infrequent rain showers. He lived mostly on sea water and it was concluded that so long as you drink it BEFORE you are dehydrated. you can survive on it.



 We drink it all the Time

URINE - AN ACQUIRED TASTE.

Perhaps there will be a day when you can buy it off the shelf like Whisky-blended or from the original source. Most inbibers prefer their own product. I once met a rastafarian biking south through Egypt heading for Ethiopia 'I smokes the good ganga, and I drinks my own Urine' he informed me proudly. 'Keeps me strong.' Ghandi did too. I've heard it's supposed to keep away colds. I tried it for several months - leaving a glass of night's pee in the 'fridge, and swigging it back cold in the morning. A drop of orange juice helps.



Warning
make sure
it is CLEAR
AND NOT
CLOUDY
(infected)

* And people trapped in mine-disasters have survived days on it

Before the Big Bang?

Scientists inform us the Universe and everything in it was created in a split-second. They call it, the 'Big Bang'. But what comes before? Surely before was Nothing. From Nothing comes Everything. That seems to make sense. Certainly from Something you can get another something - each one of us for example. But we are limited - we can't fly or swim underwater. If there is a MYSTERY behind everything - couldn't that MYSTERY be No-Thing. And from No-Thing comes All-things. And No-Thing has infinite possibilities, whereas a-thing, or Anything doesn't. It's trapped - like us - into what we are. Here and Now. But No-thing is forever - together with No-where. How exciting to be part of No-where and No-thing. Perhaps Death is the release from Something, and re-uniting with Nothing - A sort of sacred mystery. Or perhaps I'm nuts.

A bit hard on
the poor post-man

PSYCHIATRIC
CLINIC



And you say - correct
me - you want to
be No-Thing
living No-where?

KIDNEY(S) They come in pairs. Unlike liver and Heart you do have a spare in case one breaks down. Like the other organs they rank high in literature. In Torrocks' Jauents and Jallities by Surtees Our hero comments "... Also a pot of stout - but blow the froth off the top, for it's bad for the kidneys. Kidneys are filters. They filter just about everything from the blood, and check them over. The 'goodies' go back, The 'badies' are passed down to the bladder and pissed out as urine. So if your kidneys aren't working properly toxic products will accumulate in the blood. If you refuse to drink for a long time your kidneys will pack up - and that's very painful (as well as fatal). Most of us know roughly where they are but not how to look after them.



URINARY Infections



"I know they
are somewhere
round the
back?"

symptoms:
Back Pains
Bladder Pains
Pissing Pains.

SELF-Check



Pee into a Clean glass
Is it clear - Good
or milky Not-Good
Are there little specks in it
Are you running a fever (over 37°)
What to Do: DRINK a lot of Water
Medecine: Amoxycilin and/or
Co-trimozazole - or Bactrin
or Trimoprim.
Take 500mg capsule Amoxycilin 3x a day
or/and Trimoprim, for 3 days. If it
doesn't clear up go to a hospital.
Who will probably prescribe more
of the same for longer

Pain.

In Yemen locals stub out a cigarette on their arm - presumably this pain makes them forget whatever original pain they had.

In Cambodia the same effect comes from covering the body with heated tiny bulbous glasses (small brandy glasses)



outside Phnom Penh railway station (from which trains only rarely run. In the evening dozens of practitioners are busy heating glasses which are reverentially placed over the torsos of their victims - to "suck" out the pain.

the Thai hill tribes thrash themselves with branches. So if you have masochistic tendencies - go for it. I prefer PARACETOL

PLATO and the Psyche (Greek for Soul)

30 years ago before they put up a fence
you could wander freely around Delphi.—
Just as pilgrims had done in ancient times
you could dip in the Castalia pool where the
waters of Lethe [forgetfulness] gush out from
the foot of Mt. Parnassus. The waters would
erase all memory—so that fresh and unburdened
pilgrims would walk up the sacred way to seek
knowledge from the Oracle. Where the path
zig-zags, stand 2 big stones inscribed
with the Apollonian Hymns that declare
"Man Know Thyself." Plato, who composed
them had this to say:
"And if The Soul is to know itself—
It is unto a soul that it must look:
The Stranger and the Enemy—
We see him in the mirror."

MIRROR, MIRROR
on the wall,
Who is the
fairest of
us all?



Ugh!
is that
me.



THE
MIRROR
never
LIES

V.D. (Venereal Disease)

Presumably the name derives from Venus - Goddess of Love, though we're probably more likely to pick it up from lust.

In the Army the rules decreed that only the Chaplain and Officers above the rank of Major could catch it from a toilet seat. Everyone else caught it through more intimate activities. It's obvious to advise Condoms - but passion may catch us unprepared. 2 Categories ÷

1 Gonorrhoea (The Clap) 2 Syphilis (The Pox)
At least Byron knew when he was CLAPPED (- which was often), but he suffered from haemorrhoids too - poor fellow.

Symptoms: A few days after the loving embrace you severe peeing pains (described as peeing razor blades), and white pus may seep out from your 'urethra' (the organ you pee from)

I brought
in the
culprit,
Doctor



Good work,
Colonel.

Cure. I once lived in Fez, Morocco. Not far away were the hot sulphur pools of Mouhay Yacoub. It felt romantic swimming there in the moonlight while all the other pilgrims chanted 'Allah Akbar' - until my Fez host advised me not to gargle as the so-called Pilgrims had come to be cured of their gonorrhoea.

Left untreated Gonorrhoea will wage war on all the genital organs and will win - open ulcers and sores. Infertility. Not a pretty thought - or sight. In pre-antibiotic days the army had a treatment - the 'umbrella'. This implement was inserted down a soldier's 'dick' - opened, and scraped back up. The thought of that, plus bromide in the tea, kept many men celibate.

Don't try cure yourself. Go to a hospital or clinic. They'll know what best to do. And they'll also give you an Aids Test. If you are far from a doctor - swallow a lot of TETRACYCLIN - But Don't rely on it to cure you.



Syphilis (The pox)

Legend has it that the conquistadors brought it back to Spain from the Andes after having 'it off' with Lamas. In those days it was a 'plague'. People died in agony by the score - clutching their gonads.

Problem is nowadays it may go un-noticed. The only symptom is a small non-itchy, watery sore in the genital zone. It may be buried by pubic hair and barely visible.

The sore will appear a few days after sex, remain for a few days and then vanish.

This doesn't mean the Syphilis has gone away - rather that it's spreading out from the 'bridgehead' - like an invading army.

So if you did not take precautions - inspect your genitalia as carefully as checking out the whereabouts of minefields in Cambodia. If Syphilis goes unchecked and untreated - it will turn into secondary syphilis with vague symptoms - fevers, stomach pains, giddy fits. It can still be cured. But if it goes deep underground - it will be uncureable. The result - heart disease, paralysis, insanity. Nietzsche, and many of the late greats had it.

Get Cured QUICK! If you are nowhere near a doctor and you think you may have V.D. Dose yourself with "Penicillin G." (Syphilis) or any anti-biotics you do have - Tetracyclin is a good choice for the Clap. Above all make sure you get tested a.s.a.p.

H.I.V. As for A.I.D.s just about every one by now should be aware of the hazards. There are also a lot of false rumours - you CAN'T catch from drinking from a teacup of an aids patient - NOR can you catch it from a toilet seat! unlike Syphilis or Gonorrhea which are spread by bacteria and can be cured by anti-biotics. H.I.V. is a virus - just like a cold, or 'flu'. The symptoms can be suppressed but as yet it can't be cured. Many people have sadly got it - not by their own fault, but from injected parents at birth, or by injected blood transfusion.

IF you think you may have a venereal disease but are too embarrassed to admit, go to any Government Hospital and offer to donate Blood. The staff will be most helpful. A sample of your blood will be taken - Quite painless, and TESTED. Within 30 minutes the report will come back - A card with everything: -
Malaria, T.B., Syphilis, Gonorrhea, H.I.V checked off. Should you have tested positive for anything you will be politely informed and advised according. And given a medical prescription to take to the hospital pharmacy at a small charge.



Skin Problem - Prevention

skin infections are usually either :-
Fungal, Parasitic, Bacteria, Allergy.

Advice - Wash well and frequently - use Sulphur soap or Asepso (A green bar) or Dettol soap. Also wash and rinse your underwear and change often. Wear loose light clothes. Inspect your skin at the slightest itch or sore. If you can catch the infection early it will cure quickly.

Powder - St Luke's prickly heat powder is a good choice to dust armpits, crotch, socks etc. It comes in a small square container with a green & red border plus a snake emblem.



THE SKIN - HAPPY HUNTING GROUND.

Although most of us wash fairly frequently that doesn't reduce the hordes of microbes feasting off our skin. Most are harmless but some are not. From the microbes - (bacteria, parasites, fungi, viruses) - point of view, our body is rather as we regard Planet Earth. There are some zones more hospitable to life than others. The hot humid tropical jungles of armpits and crotch have more microbes per cm^2 than the dry savannahs of the forearm. There is the cool temperate forest of the scalp, the arid deserts of the shins and the marshy swamps of the between-toes. So next time you wash - however hard you scrub - They'll be back!

My mum always said
'scrub behind
your ears'

Microbe Removal
Services

only a few million and
we're done

Do you want
The Hoover
on this
one?



Fungal Skin Infections

1. Athlete's Foot

In between and under toes.

Skin peeling - white and red.

hard to get rid of. Can control with fungicide cream. TONAF NOT much good here. Cream with MICONAZOLE is better. Vaseline and Sulphur helps.



2 Ringworm

Red, raised patches (welts) with a raised

perimeter ring. Can occur anywhere - leg, foot, face, neck, crotch. Rub in TOLNAFTATE (TONAF) - or any fungicide cream. Takes about 5 days to clear.



3 "Dhoby's itch" Crotch rash. Dhoby is an Indian word for 'laundering'. the rash which is incredibly itchy may come from unwashed under-wear.

red or brown patches in groin area. shave pubic hairs. Rub in Tonal (or any fungicide) cream. change under-wear every day. Apply cream even after rash disappears.



P.S. at my boarding school matron used to tie boys' hands to the bed ends to stop them scratching themselves to bits - and paint soothing lotions on the bits!



P.S. Fungal infections.

If you can't find TOLNAFTATE There are other fungicidal creams - look at the ingredients - most contain Miconazole or something ending in --azole. Fungal infections always ITCH (kan). A slower cure would be to rub in Vaseline or Vaseline mixed with Sulphur powder. Or mix a teaspoon of cooking oil with a teaspoon of paraffin or petrol - Benzene. Just as we don't share toothbrushes, don't share underwear else you may catch someone else's problem. If you have some Calamine lotion (soothes burns) - that will soothe crotch rash but it won't cure it. Dhoby's itch comes from the Indian word for laundry not from some individual who invented it.

Dhoby Mansion



SKIN Parasites - nasty tiny bugs that decide to make a home - stay in your skin. - scabies, lice, ticks, bed-bugs. -
1 Scabies. You can catch it from dirty sheets, pillows, clothes - or just catch it.
symptoms: little raised pimples that ITCH.
(Not to be confused with Ringworm as it has no regular outline.) Scabies can occur anywhere on the body - and spread.



Treatment - The most effective creams or Lotions contain
LINDANE (GAMMA BENZENE HEXACHLORIDE)

Hexin a white lotion comes in small plastic bottles, contains 1% Lindane

JACUTIN is foreign, a gel, cost much more has only .3% Lindane - stings sharply.

Hexin - You RUB in, and don't shower for 24 hours. Then shower and re-apply JACUTIN The same - only don't rub it in.

Hey SCABIES!
not Rabies,
Doctor.



Lice (Hair and Body) AND Bed Bugs.

I usually borrow the dog's flea-lice-tick powder for an occasional preventative sprinkle but wearing it's collar might look odd.

HAIR lice: wash your hair and rub in some HEXIN Lotion (Lindane) very hard, then leave for 24 hours before rinsing off.

Bed Bugs. Bed Bandits - they emerge from cracks in old wooden bed-frames at night attracted by your warmth or smell.

If the bed looks 'dodgy' spray it with insecticide or cover the mattress with a plastic cape or newspaper. If you wake up in the night scratching - shine your torch, you may see an army of tiny black bugs. You'll come up in a red rash or welts.

Rub in ANTI-HISTAMINE cream and swallow some anti-histamine (yellow) pills

ANTI-HISTAMINE cream contains MEPRAMINE and is good for ALL stings and Rashes.

Anti-histamine pills (chloramphenamine Maleate) also makes you drowsy.



Scabby Scalps

You may 'pick up' a scabby scalp from a dirty pillow or a dirty crash helmet etc. If it's bad you may wish to cut out the hair around it. Treatment is the same if you don't :- rub in Dettol, wash, rub in Sulphur cream or antibiotic ointment - Tetracycline or chloramphenicol. Some scabs take a while to go, or - just when you think they've gone crop up somewhere else. Prevention is best - wash your hair with Asepto or Dettol soap. The fancy shampoo won't usually contain disinfectant. If - like me, you don't like 'barbers' mirrors, or 'barbers' chit chat - trim your own hair - you don't need fancy clippers, just a pair of sharp, blunt ended scissors. Damp the hair - flick up the sides - trim. Flick up the back and swoop in - you can see most of the back - left or right, in the mirror - Guess the rest. Unless you want a souvenir, try not to do a Van Gogh and lop off an ear.





Bacteria skin injections appear as bright red spots that hurt (not itch)

The slightest scratch can easily become infected.

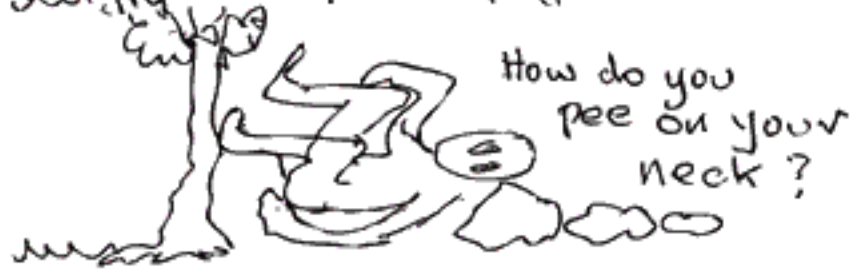
If you get scratched while out walking or working a good idea is to pee on it.

As soon as possible apply anti-septic (Dettol or Iodine) or anti-biotic cream:

- chloramphenicol or your own - powder from a capsule of tetracycline mixed with vaseline. Depending on size of

scratch cover with a plaster or a dressing. If the injection spreads swallow Amoxycilin or Tetracycline check to see if you have lumps (lymph nodes) behind knees, in groin, armpit.

check your temperature - Most bacteria skin injections if treated swiftly will quickly go.



Skin Infections from PLANTS.

We are all aware of stinging nettle rashes. A lot of plants can cause irritation or a rash after contact with skin. So wearing long socks or long trousers is a good idea when walking in the undergrowth. Usually these rashes are cured by anti-histamine cream and anti-histamine pills. An immediate help may also be to pee on the rash.

There are also poisonous plants where the rash needs to be treated with anti-biotic creams and pills. Do not ignore these rashes - they are sore not itchy and can spread quickly. Check for lumps (swollen lymph nodes) at the back of knee, groin, armpit - to see if infection is spreading. Wild honey (a bit messy) or crushed garlic can also be an alternative dressing.



Boils

In Thai they are called 'Sue' (as in legal action.) Small ones will go away if you apply anti-biotic cream and swallow AMOXICILIN or TETRACYCLIN capsules. Chase this down with a few multi-vitamin pills. Big boils may need to be lanced (cut) - but you'll go to a doctor for that.

ARMPIT Boils



Armpit boils are (most probably) a bacteria infection. They may take ages to cure, as can come back. They may be caught from washing in dirty water. Try not to catch them. Use anti-septic soap. Shave your armpits. As it's probably the sweat ducts that get infected. Dust in Sulphur powder or Sulphanilamide powder or cream plus a sprinkle of St Lukes. Or use Tetracycline powder (break open a capsule)

I didn't say I'll "sue"
I said I
have them



Bollock Boils

A good bollockologist is hard to find. I once had hard boils on my balls that wouldn't cure. A London specialist demanded I write out a cheque for £100 while I was stripped naked and then only prescribed anti-acne cream. A second consultant advised me to have them cut off in his private clinic at only 1000 guineas. It was a Thai doctor who realised it was a parasite infection caught from swimming in polluted sea and sunbathing on the sand afterwards. Parasites collect and multiply in the sands of the heavily polluted seas in the upper Thai gulf.

So if you swim - make sure you scrub down afterwards as if you've been near radiation. Parasitic creams like lindane (Jacutin or Hexin) will do the trick but it may take time. Also sprinkle on dog tick powder

"It's a 'revolutionary' device"



SKIN Cancer

' As a boy, I helped the village fisherman put out his nets and pots. He wore long thigh boots. I once asked if he could swim. He laughed, 'treat the sea like boiling oil! Perhaps the same should be said of the sun. Despite advice, foreign tourists love frying themselves on beaches while the orientals wisely stick to the shade.



I learned my lesson on an african dhow sailing from Lamu. I fell asleep shirtless on the deck - later, what was left of my skin peeled off like a snake's. So avoid the sun if you can wear a light, thai style shirt. (Not the thick blue

' ones used by farmers.) Watch out for moles that get painful or spots like indentations.

Some put their trust in 'barrier creams' - but are they as effective as they promise?



LEPROSY

You won't catch Leprosy - but you may come across it - particularly people begging outside Temples at festivals. Don't worry about placing a coin in their mutilated hands. You can't catch leprosy from touch any more than you can catch aids.

I was on a mission in the Solomon Islands several children had leprosy. In the early stages it is evident as hot patches or lumps on the back and can be cured by treatment. The first time I drove the kids to hospital I wondered whether I should wash my hands. The Matron glared at me "if you don't give those kids a bloody good hug - you'll have me to answer to." And it's just as good advice if you know someone with aids. A hug works wonders.

Hug 'em
or else!



A stitch in Time---

There's this nasty open gash. You've rinsed it, and staunched the bleeding by pressing a pad of tissue or cotton wool to it, and probably bound it up with a bandage. Unless you want to have an ugly scar you have to close the gash.

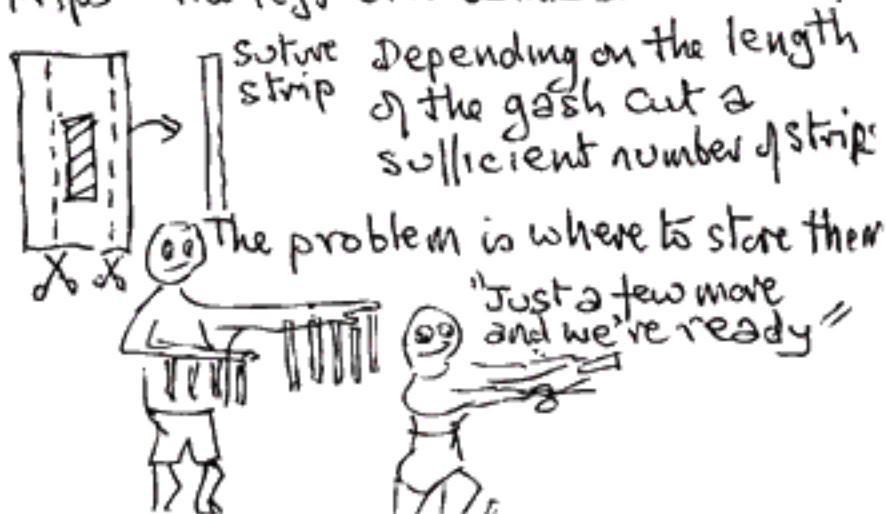
1 sticky tabs or suture strips

2 stitching

3 super-glue.

One problem with stitching (or super-glue) is the wound may re-infect and need opening

tabs or suture strips! The sides of their fabric band-aids are sticky. Snipped off longways they make excellent suture strips - the left-over bandaid is usable.





1. Clean the wound with dil. dettol or Hydrogen Peroxide

2. Sprinkle in Sulphur powder or anti-biotic powder or cream.

3. Press end of strip firmly on far side of wound. Draw wound sides together as you stretch the strip and press firmly down on near side. Repeat with more strips until entire wound is drawn together.



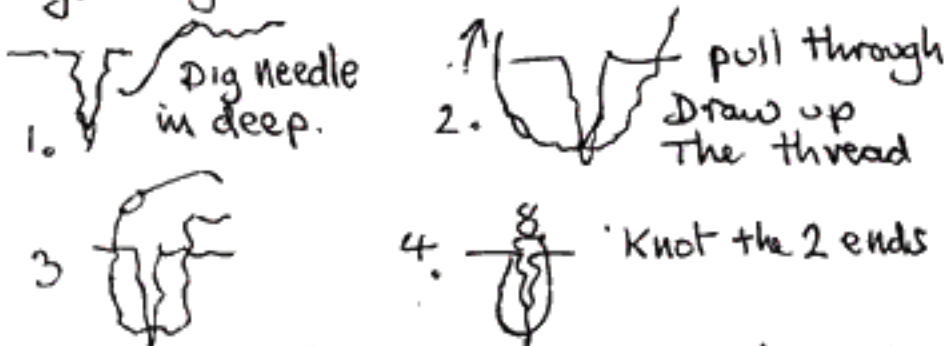
Dust over with anti-biotic powder or cream. Cover with Gauze. Fasten with strips of plaster

You'll probably need to re-do this daily until it's clear there's no infection, and the wound remains tight closed - perhaps 3-5 days

Advantage - There are no stitches to worry about. You can purchase ready made Suture strips. They are called LEUKOSTRIP (6 sealed strips)

Stitches:

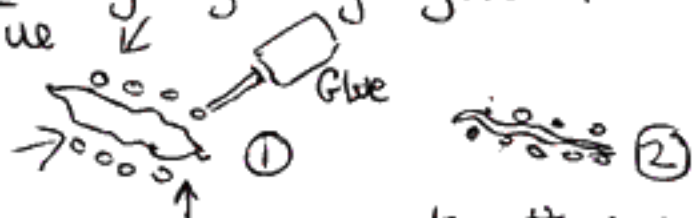
1. Best with fresh wounds up to a day old
2. Stitches must go deep - not superficial
3. It's unlikely you'll have any local anaesthetic (Lignocaine) - but don't worry it really won't hurt much. (It's the thought more than the reality that hurts.)
4. If you don't have a sterile needle and thread - make your own. A bent needle is best. You can bend a sewing needle a bit before it snaps. Sterilize needle in diluted dettol or alcohol. Use silk thread if you have it - but anything will do - even fishing twine



5.  start in the centre, and repeat at close intervals along each side. Cover with anti-biotic powder or ointment, and a gauze dressing.

SUPER-GLUE

Try to buy a tube that has solvent included. When used to close wounds put a few drops of Superglue along each side of the wound (already well cleaned), and press together - trying not to get your fingers stuck to the glue



push wound sides together and hold for a moment until it sticks.

Super Glue can also be used to stick back in place broken off tooth crowns and probably stick long enough for you to get home to your Dentist



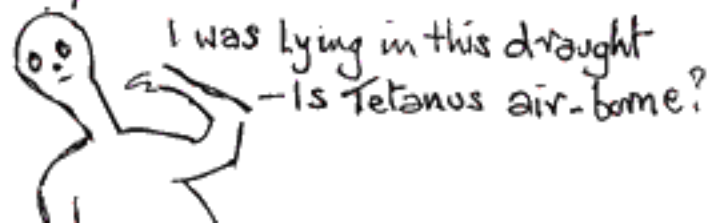
TETANUS

Tetanus (Like Rabies) is one of those things you have to treat at once-or it's too late!

You have to decide if the wound was dirty enough to need an anti-Tetanus shot. Rusty nails, horse dung - all may harbour the Tetanus bacteria. Gardening Ladies pruning their well manured roses without gloves have been known to die from a single prick.

Symptoms: A stiff neck, a stiff jaw - which seizes up. Hence the name 'lock jaw'.

But by this time a tetanus shot will have no effect. Spasms set in. If you have Diazepam and swallow enough that may control the spasms. Swallow too many and you'll go to sleep for good. As a precaution get an anti-tetanus shot - although some people are allergic to this. If you have trodden on a nail force in some Hydrogen Peroxide Solⁿ followed by a Tetracycline dressing. Swig down some Amoxycillin.



TEA FOR TETANUS

A doctor in Sri Lanka once told me that drinking a lot of Tea was an anti-dote to Tetanus symptoms. Unfortunately I didn't ask him - What Tea and How Brewed? As Ceylon tea is world famous perhaps it was what goes into Liptons and Tetleys. My grandfather's book* mentions that the Calumba root - A woody climber with deeply veined leaves and a wood of bright yellow - is a cure. The bitter tonic is obtained from the yellow wood. But unless you are a fanatical botanist you'll be more concerned getting to a hospital than experimenting with wayside and woodland climbers



* TROPICAL Planting and Gardening
by H.F. Macmillan.

S.O.S. "Save Our Souls"

We know where and what is our Body and our mind. Even our Spirit - 'high spirited, in poor spirits - etc. Perhaps we identify spirit with personality. But the soul? - even though we refer to it a lot - "pon my soul," "There's a good soul" - it remains a mystery. But it's important, for if there is only bit of us which may survive death - surely it's our soul? Our soul is no-thing, just as our feelings are no-things except they propel us into actions good or bad. St Augustine likened the soul to a dusty room that he hoped God would sweep clean. Perhaps we are born with a space for our feeling to develop in. If the soul is home-grown then so are our feelings and we are responsible for them. Or is our soul a tiny no-thing, a replica of the infinite NO-Thing and longs to return to its maker. who knows? And yet - just as with our body - we neglect it at our peril. The only trouble is - the Drug Store doesn't stock any medicine to help.

I need something
for my soul. ☹️
it's a bit out
of sorts. --



[Pharmacy]

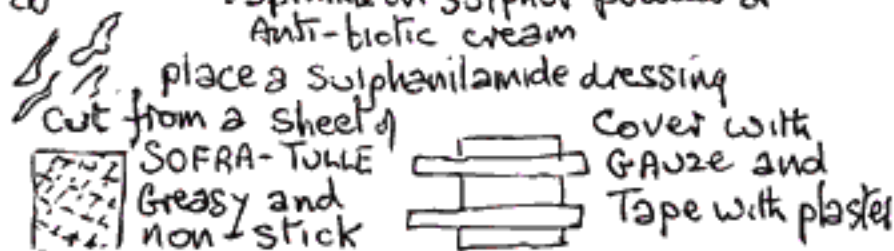


Cuts and Wounds.

IF you get cut in the wild - piss on it.
Urine is a natural anti-septic. So also is
Saliva. Queen Eleanor saved the life of her
crusader King by licking his arrow wound
for 2 weeks - so that gangrene did not set in.
Back home splash on some Hydrogen Peroxide
IF the wound is infected it'll sting and come
up in white foam. Rinse this off. Douse
with dilute Dettol or Iodine. Then →
1 sprinkle on
Sulphenilamide / or Anti-biotic
powder / cream



Bigger Wounds. Sprinkle on Sulphur powder or
Anti-biotic cream



KNIGHTS TEMPLAR
HOSPITAL



INFECTED WOUNDS.

1.  SNIFF The Wound
Does it smell 'off'?

- 2 Test with Hydrogen Peroxide.
 Does it foam?

- 3  Dress With anti Biotic cream or powder + GAUZE

- 4 Swallow Amoxycilin 500mg
 4 pills at once

If wound gets worse plus pains behind knee and groin (Leg wounds) or in armpit (arm-wounds) - Get a shot of Procaine Penicillin. This is usually 'oily'. Comes in small bottle. Needs syringe with big needle for fast injection

Inject either here or here
 You Can't do it yourself
pour penicillin into open syringe.

5cc syringe
 Replace stopper
 invert AND expell a bit of liqo
Big needle

Take the Plunge.

- 1 choose the spot and rub clean with cotton wool and Alcohol
- 2 Have a plaster ready to cover prick-hole afterwards.
- 3 Invert syringe and eject a bit of fluid to remove air bubbles
- 4 inject needle firmly, holding syringe in one hand and forcing down stopper with the other.



5. when syringe is empty withdraw needle
 - 6 Wipe with cotton wool and alcohol
 - 7 DRY with paper tissue
 - 8 Place plaster over prick-hole.
 - 9 Dispose of used needle safely.
- * Only use BIG-needle. Small ones take ages to force the oily liquid in.

ouch!



DRESSINGS

- 1 SOFRA-TOLLE this is a non-stick Sulphanilamide dressing. (containing Framycetin Sulphate) It comes in sheets of 3" x 3". You cut out the size you want peel off the outside and place the greasy Gauze over the wound. Because it is non-stick it can be easily and painlessly replaced. (It is also very good for burns.)
- 2 Anti-biotic. Break a capsule of TETRACYCLINE and mix yellow powder with Vaseline. the ointment will be very powerful and effective.
- 3 DRY dressings: Mix TETRACYCLINE powder with Zinc Oxide powder and a few drops of water. The yellow paste will dry and stick to wound. Each day simply paste on a little more. The wound will heal underneath - No need for gauze or plaster
- 4 Mix Sulphur (or Sulphanilamide) powder with Zinc oxide + drops of water and paste over wound. Sulphur encourages healing
- 5 Crushed garlic mixed with cooking oil makes a good if stinky dressing
- 6 Wild honey - Sometimes you see women selling forest honey squeezed from honey-combs. Excellent as a dressing for bacteria skin infections. 'Refined' honey has no potency.

EXTRA... EXTRA !!

Sulphur dressing are considered 'old-hat' But they encourage healing. Anti-biotics may slow it. There are 2 Sulphur creams on sale (though sometimes hard to find). One is just Sulphur in vaseline. The other is SULPHANILAMIDE in vaseline.

Sulphanilamide powder comes in small yellow sachets and is already mixed with zinc oxide to help it stick. The label in english reads 'SULFA'.

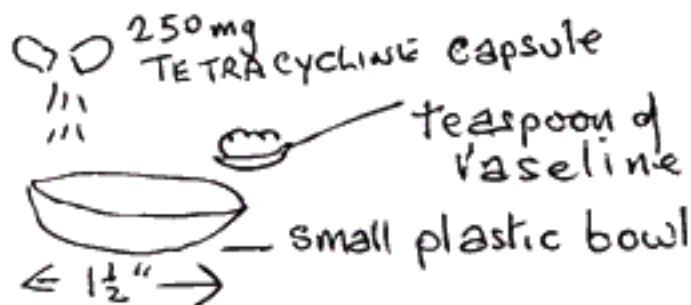
More readily available is NEOMYCIN SULPHATE powder, called BANOCIN - ready to sprinkle on wounds.

With a bad wound any anti-biotic poured in will help. Break open a capsule of Amoxycillin or Tetracyclin or Chloromycilin.

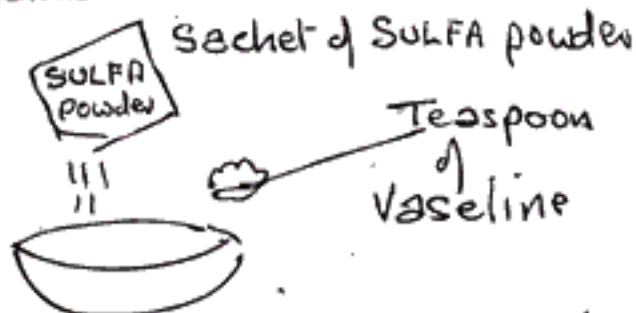


All these anti-biotics end in SIN?

Anti-Biotic Cream



Sulphanilamide ointment



Staunching a Wound.

Pressure pad, Tourniquet, Pressure point.
The usual way we try to stop or reduce bleeding is to press a pad (tissues, cloth) against the wound - and usually this works.

A deep cut (from a kitchen knife or a machete) on finger, hand, arm, foot, leg may require more than just a pad.

A tourniquet involves winding a length of string tightly around the cut finger or leg or arm between the cut and the rest of the body so as to stop blood flowing into the area. A tourniquet MUST be loosened every 10 minutes otherwise severe damage may be done to the limb.

Pressure points refer to where an artery can be pressed against a bone to STOP arterial bleeding.

It also refers to sensitive areas of the skin - this information is useful in Acupuncture and Martial Arts.

staunching a wound (2)

A pad.



press a pad firmly against open wound.

Remove - douse wound with dil. dettol - Re-apply

Tourniquet

A cut wrist



Apply the
Below the
CUT.

Wind and twist string firmly around fore-arm until bleeding stops. Apply wound dressing. Release pressure after 10 minutes - then re-apply

Pressure Points. these 'pulses' occur in the wrist, groin, arm, foot, neck. Pressing at these points will stop blood flow. (Only an expert should ever press on the neck pulse - as this is the carotid artery and takes blood to the brain).

Like a tourniquet you must release pressure after 10 mins, leave for 2 mins then re-apply. Quick thinking may save a life.



BURNS

IF you burn your finger or hand - Cool the burn in ice or water. A blister is nature's way to protect the damaged skin beneath. Blisters usually burst.

Small burns: To stop infection getting in mix a little zinc oxide or 'SULFA' powder with a few drops of water and wipe this over the burn. When its dry cover with thin gauze and tape at corners. IF you prefer a 'greasy' dressing smear on some Vaseline. Or cut out a piece of SOFRA-TOLLE, place over burn, cover with gauze and tape. You can smear on any anti-biotic cream with or without the Vaseline.



Next time you're drunk - try not to sit in the fire

Bigger Burns.

Drain blister - for it will burst anyway.
(A pin prick at the bottom of the blister)

Decide on a GREASY or DRY Dressing.

1 Greasy. Splodge on a little dilute antiseptic. Rinse with clean water.

Cut out a piece of SOFRA-TULLE. (Peel off the plastic outside). Lay greasy gauze over burn. Cover with thin dry gauze.



IF NO SOFRA-TULLE smear Sulphur ointment or Anti-biotic cream on one side of GAUZE before laying in over the burn

Be careful where you stick that pin!



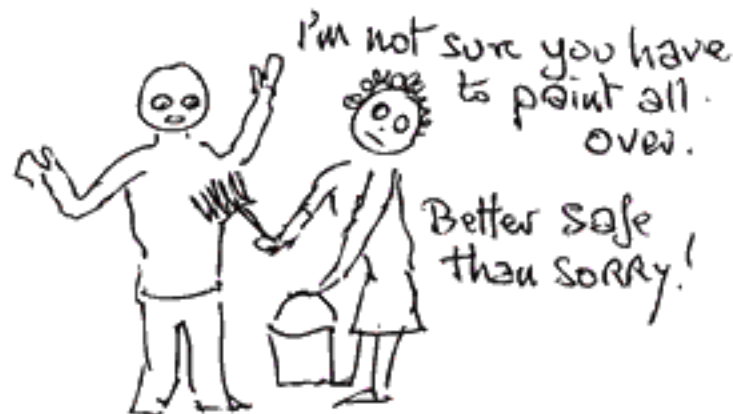
What fuss
It's only a
tiny prick!

DRY Dressing.

This has a big advantage. No need to change dressing - just add to it.

Sprinkle on a little Sulphanilamide powder or mix Sulphanilamide "SULFA" powder (and a little Zinc oxide powder if you have any) with a little water to make a paste. Paint this lightly over the burn. Allow to dry.

You can cover with loose gauze but no need. With this dressing you can swim and shower - and afterwards simply paint on a little more. The burn will heal under the paste. When it starts to itch - it is healing. If it looks or feels inflamed swallow Amoxycilin 500mg 2 x a day.



Exhaust pipe burns



BEWARE
Hot exhausts of
parked motorbikes

Travellers who rent
motorbikes, or friends
who travel pillion — Be
Warned — unless you want
to take home a burn
souvenir the size of
an orange!

And it's not usually your bike that's to
Blame. You squeeze in to park against
a neighbour with a scorching exhaust.
These burns can take ages to heal
as the burn may go deep. A dry powder
sulphur dressing (see previous page) may
be best (covered with gauze), re-painted
each day. It will leave less of a scar.
Healing may take 2-3 weeks. Long
Trousers & long socks help protect legs.

CUSTOMS



Anything
To
declare?



Only my
scar!

SPECIAL TREATMENT

Many years ago the water-blow painter James Wyllie who lived in TANGIERS, had known the GHAOU - the famous chieftain of the RIF mountains. The GHAOU told him how, when attacking a rebel fort, molten lead had been poured down on him - He let Wyllie feel the lumps of lead still sealed in his skin. He had been saved, he said, by lying in a bath of olive oil for a month. Pure olive oil is a bit like raw honey - once it has been refined it loses its healing properties.



On Siberut Island (Sumatra) a man was brought in whose palm had been scraped off his hand by a runaway log. The govt. medic. wanted to amputate. Instead we sat his hand in a bowl of dilute salicylic acid (Aspirin) for a month. The hand slowly healed over - and he still has two

GANGRENE

Any infected, untreated wound can cause GANGRENE. Limbs, fingers, toes where the blood supply is slowed as with frostbite, heavy smoking, a tourniquet applied badly (pressure not released from time to time) can all succumb to gangrene. Also bullet and Landmine wounds. In old battles arrow wounds often caused it. King Richard (Lionheart) died - not from the arrow wound but the resulting Gangrene. Smell an infected wound - it smells sickly sweet. Drops of Hydrogen Peroxide will froth up. Rinse a bad wound with Hyd. Per. frequently. It'll flush out the Gangrene. It's called a Surgical Toilet. Apply Anti-biotic dressing, procaine penicillin injection and lots of anti-biotic pills.

SURGICAL TOILET



No, don't
remove your trousers
Just give me
your arm

Useful words and phrases.

GAUZE	(PA PARE)
Bandage	(PA PARE)
COTTON WOOL	(SAMLEE)
Garlic	(KRA TIEN)
Honey	(NAM PER-UNG)
BURN	(PARE: FAI)
Itch	(KAN
Hurt	(JEP)
Smell	(MEN)
Bad	(MAI DAI)
Wound	(PAVE)
Boil	(SUE)
DIRTY	(SOCK-APROD)
Needle	(KEM)
INJECT	(CHEET YA)
Powder	(PONG)
Wash	(SAK)
Stitch	(YEE-AP)
Mosquito	(YONG)
Bite	(KAT)

INSECT BITES.



The Masai NEVER wash unless to shower under a pissing cow. Kids especially delight in these dousings which, they claim, keep off the flies and bugs. For the same reason they plaster the walls of their mud huts with wet cow dung. Perhaps it's not something you should try unless you want to lose your friends - downwind. There are very good local insect repellents - in particular a blue and white plastic bottle, labelled '15'. There's no need to buy expensive 'Jungle formula' sprays or lotions in Europe or America.




Some people pay
to be pissed on.



Mosquito Bites

Don't scratch a bite - unless you want it to get infected.

Do wipe a few drops of 'spit' over the bite. It'll soon stop itching and subside. Rub in anti-histamine cream.

Beware - night bites around the eyes. You'll wake up with 'bags' you'll hardly see between.

If you don't have a mosquito net - get a face net, or make one. Wear a cap too or the net may collapse onto your face, allowing the mosquito to sting through. You may look like a bank robber, so don't parade your face net in public.

If you have lots of bites swallow some anti-histamine pills. Mosquitoes like smelly feet and inside Crash Helmets. So store shoes and helmets inside your room, unless you want to start the new day with a surprise.

Mosquito coils. Place near open window. Try not to spend the night inhaling the fumes.



CREEPY CRAWLIES

Scorpions - in Italy small and green. In the Yemen black and big as dinner plates. In Sumatra we were always careful when lifting old sheets of corrugated tin. In Africa a sign above the toilet read 'Kick hard first.' Once I was about to slip on my shoe when a large scorpion shot out. You never know where they may be lurking. Fortunately they are rarely deadly and like spiders prefer to scuttle away to safety.



Quick,
someones
coming



First one under the seat
gets the first
nip, okay.

-- Plus a few more.

Centipedes and Millipedes - You don't have to count, but some have a lot more legs and these are usually harmless. The really nasty one is a brown Centipede Indonesians call 'lipan'. It sneaks in under doors and through cracks, and delivers a bite like a million volt electric shock. The pain lasts hours. So if you are sleeping on someone's floor make sure you sweep it first. While you are writhing in agony rub in anti-histamine cream, swallow pain-killers, and some anti-histamine pills and bite on a leather belt to stop screaming.

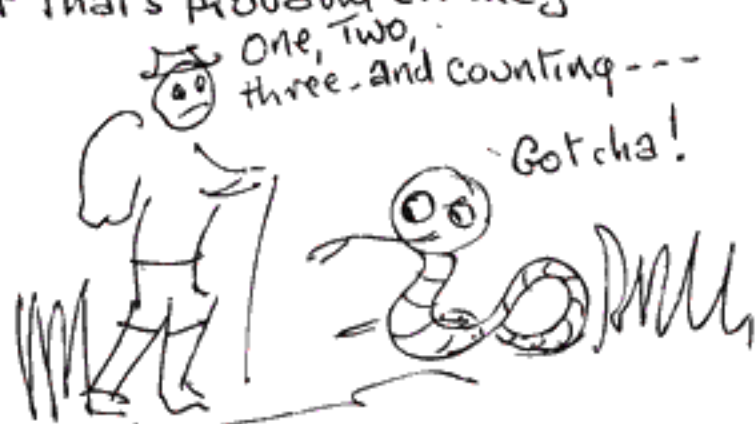
Fleas: Flea bites vary -- some are a lot more voracious than others, and the swelling take longer to go down. Don't sleep with too many stray cats and douse flea powder liberally.



Snake - Bites.

Snakes are like mushrooms - unless you are an expert you won't know if what bit you (or what you bit) was poisonous until it's too late. Generally snakes keep out of the way unless they are broody with eggs, or you step on them when they are asleep. So - if you are bitten, what do you do. And even with the deadliest you have about 20 minutes to decide before you die.

Suggestions: Apply a tourniquet (if that's possible) above the bite. Slash open the bite and flush with water - if there is a stream close by - use that. If a Cobra rears up and spits venom at you - don't rub it off. You may have scratch cuts on your skin. Wash it off. Black Cobra (Ngu Hao) is called the 2 step snake in Vietnam - 2 steps later and you're dead! But that's probably an exaggeration.



Snake-Bite Remedies

H.F. Macmillan 'Tropical Planting and Gardening'
"The following are of reputed value in
snake bite remedies:- Banana or Plantain,
Juice of leaves and stem applied to the wound.
(and you can always eat a banana while you're
waiting!) - - - Lime or Citrus fruit - Juice
of fruit. Mimosa pudica 'Sensitive plant'
(root and leaves). Mongoose Plant (*Ophirrhiza*
mongos) - leaves said to be chewed by the
mongoose as an anti-dote for poison
after a fight with a cobra.

A least one doesn't have to be a botanist
to recognise a banana plant or a lemon.
So if there is one nearby - try your
luck. Up-river in the Gambia I met two
Germans who had a business collecting
snake venom. When I arrived one of them
was being buried by the surviving partner.
Swallow Anti-histamine pills.



Leeches

These little bloodsuckers don't just live in still pools, you'll find them waiting for you in rivers, or dropping down your neck in a tropical forest down pour. You don't feel them. They are cunning. They anaesthetise the wound so they can go on sucking your blood undisturbed. Pull them off quick and treat the wounds later with anti-biotic cream as it can easily get infected. Official advice is to dislodge them with salt or a lighted fog - but most peoples instant reaction is to pluck them off fast.



Leech.

Cockroaches. don't usually bite - so don't worry about them. They seem to spend a lot of time up-side down in bathrooms waving their legs helplessly and begging to be set up right again.



DOG Bites

In Thai towns most dogs are inoculated annually and carry a date tag on their collar! But there are always strays!

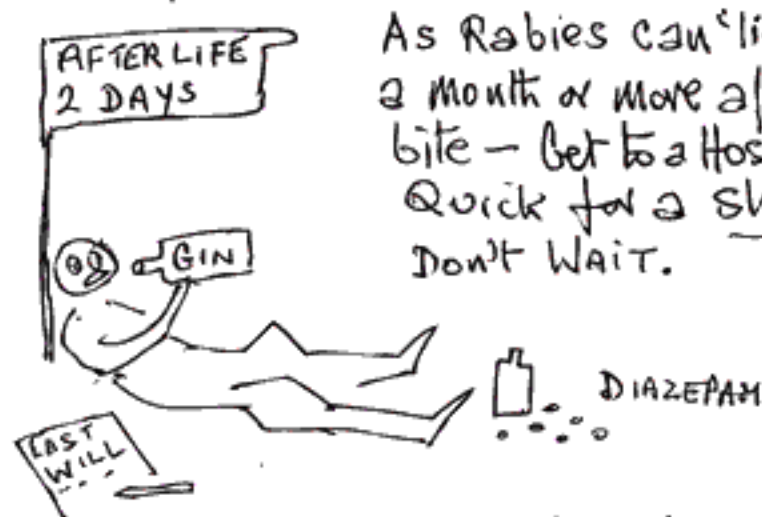
Rabies: It's not much use discussing symptoms. Once you've got them you're doomed - and the best thing is to write your "WILL" - while you can still write.

However slightly bitten wash the wound carefully with warm soapy water, then iodine. Study the dog (if it's still there) Is it foaming at the mouth, is it walking in a wobbly manner? Has it got an owner? Try to speak to the owner.



Not that you'll rely on what they say - but the way they respond may be an indication

Rabies is like Tetanus - It's the 'back-breaking' spasms that will Kill you! So if you happen to be in some remote place when the seizures hit you, let's hope you have enough GIN and Diazepam to ease you into After-life



As Rabies can 'lie low' 2 month or more after a bite - Get to a Hospital Quick for a shot! Don't Wait.

Herbal cure for budding botanists. Macmillan mentions that the root of the DATURA (Thorn Apple) is used to treat bites of mad dogs but Noël Coward's song may be more comfort to victims...

-- The toughest Burmese Bandit
can never understand it
But Mad Dogs and Englishmen
Go out in the mid-day Sun ---

LAST WORD

James Wyllie the water-colour painter who lived in Tangiers, had a DATURA tree in the courtyard of his house at N° 0, Place du Kasbah.



The datura has white or purple trumpet flowers that give off an exotic scent at dusk.



Under the Datura tree on top of a plinth - the death mask of Seneca glared out gloomily over

the courtyard. 'Miserable old bugger,' said Wyllie, who often chatted to Seneca when short of company. 'Still, wouldn't you be in his place - ordered to poison himself to death by Nero, his ex-student. He was Nero's tutor, you see. He knew too much - Most unwise ever to know too much!'



Jellyfish Stings

It's often the small jellyfish with very long filaments that can be the most dangerous - tendrils may have got cut off (by an outboard), and be barely seen when you are snorkelling around reefs. But those threads will still be potent and can deliver a very nasty rash of stings. I once got a very painful jellyfish rash in Sumatra. A local claimed to know the cure - we hoisted sail on my outrigger and set off for a small islet to collect leaves of a white flowering mangrove. On the way back a sudden storm broke our mast and nearly tipped us over. Back home MR Tamba prepared a poultice from the crushed leaves. It had no effect at all!

All because of a sting---



Better advice:

Piss on the rash. Then use anti-histamine (pills and cream) AND PAIN Killers.

useful words

Snake - Ngu (Not Noo which is RAT)

Bite - kat

Dog - MA

Poison - YA PIT

MAD DOG - MA BAA

Leech - Pling

Bee - Per-ung

Jelly fish - Manger Prung

Hospital - RUNG PAYA Ban

Doctor - MORE

Go - BAI

Injection - cheat YA

Urine - Yee-oh.

♪ "Oh, the birds and the bees,
and the cigarette trees..." ♪

Do plants have sentiments? And if this world was 'peopled' only by plants would there be any need for feelings? - for compassion, love or enmity. Do feelings evolve as animals evolve. When ants go to war do they share a collective hatred and a collective jingoism. When two octopus frantically mate is their shared lust fashioned as instinctive - and what is ours? Will we have to wait until the human species evolves before our own sentiments improve. Will Homo Sapiens (a misnomer if ever there was) evolve eventually into a Homo Compassions, with infinitely finer feelings. A sense of foreboding denies me this hope.



Sentimental on Simeleue

Simeleue Island's west coast has only a dirt track along the shoreline under the coconut palms threading together the tiny minaretted villages. Out to sea the horizon spreads uninterrupted all the way to Zanzibar. A little way beyond Nancolla entwined together on a low dune stand two trees, - a pandanus and a tree which sheds each night fragrant, fragile lilies, carpeting the dewy morning grass with pink and white flowers which emit a delicate and delicious perfume. It is almost as if they are a symbol of shared sentiment, so that I cannot help wonder if these two trees so completely embraced enjoy a mutual harmony growing there, wrapped around each other like castaway lovers at the edge of a new born and pristine world



The Senses.

Most of us are fortunate enough to have taste, touch, smell, sight and hearing.

Maybe we can't smell as keenly as a dog, or see as swiftly as a fly, But we get by quite well. As we age some senses - taste, sight, hearing may deteriorate.

Unless we have an unfortunate accident our sense organs - eyes, ears, nose, tongue etc look after themselves quite well and most ailments are minor injections - quite easily cured. But do not ignore them. If an eye injection is ignored it may lead to blindness. If we insist on listening to deafening music we may end up deaf. In fact a little deafness may be an advantage in Thai where music is played LOUD

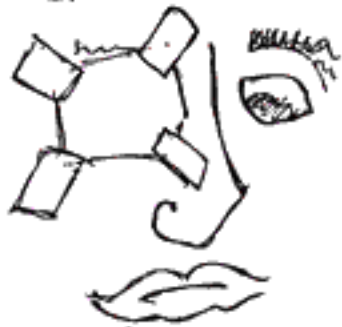




The Eye

RED Eye [Conjunctivitis] THAI TA DENG
Eye(s) sore and itchy. Whites of eye are
bloodshot.

Medecine - anti-biotic eye drops.
Chloramphenicol 1%. Back this up
with CHLORAM ointment (chloramphenicol)
Smear into eye before sleep. It's sticky
but that doesn't matter as you'll be
asleep. If the infection is bad also
swallow some TETRACYCLINE capsules.
Eye grazes. If the surface of the eye
is grazed by a splinter or grit - use
eye drops and anti-biotic cream, and
cover with a patch to let the damaged
eye rest.



A little pad of
Cotton wool, cover
with gauze and
tape. Keep the
eye patch 'Loose'.

EAR PLUGS (an essential)

Don't travel long distance without them.
Foam rubber are best (from any Watsons drug store.). In an emergency make your own.



Tear off 2 pieces very thin (Tissue thin) plastic

○ Cut out 2 bits of foam rubber
(from a washing-up pad)

☁ Get a dab of cotton wool
and a length of sewing thread



Tie up with thread

Cotton wool

Foam rubber

It'll look like a miniature condom
They won't be perfect but they'll cut
out a lot of the cacophony.



Tonsils



Tonsils are the little flaps at the back of the throat that sometimes get inflamed.

My Uncle was a Surgeon of the old school. "If in doubt - cut 'em out!" He even took out his own (according to my aunt) in front of the bathroom mirror, and King Paul's of Greece - presumably not in the bathroom, for which he was knighted and mine (for 50 guineas) and then insisted I eat a diet of dry toast while all the other newly tonsil-less kids in the ward were wallowing in ice-cream and jelly.



Don't forget to say 'Aaaaah!' Dear.



Tonsillitis

If you've got a sore throat, stick out your tongue in front of a mirror and shine a torch in. If the back of the throat and/or tonsils have bright red blotches reach for the anti-biotics (NOT the scissors!) You may also feel swollen lymph nodes each side of your neck. A strong dose of AMOXYCILIN for 2/3 days should do the trick.

Gargling: Gargling with warm salt water is supposed to ease the pain or - crush up some aspirin, dissolve in water, gargle and swallow. that should help. or buy some throat lozenges. There's a disgusting one called Fishermans Friend which stinks of old tar and dead crabs.

Ah - the Tang of the sea.



TONGUE

If the eye is the 'window of the soul', the tongue is the 'eye of the innards'. A nice pink tongue tells us all is well within. But tongue can have their own problems.



1 Red and white blotches. show vitamin deficiency - get a bottle of multi-vitamins

(PANVIT) - is a good brand. and swallow a handful. Also tetracycline pills

2 Cracks - even 'hairy' cracks.

Don't panic! Vitamin pills especially Vitamin B complex plus tetracycline should do the trick. Also take some Iron (Ferrous Sulphate) pills.



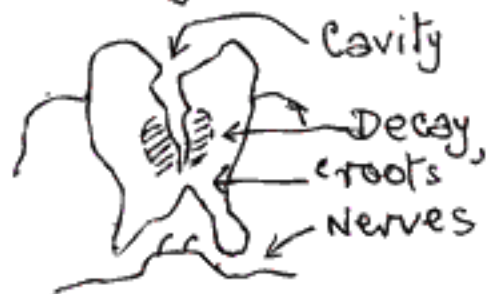
Do you eat GRASS?



No, But I smoke it.

TOOTHACHE

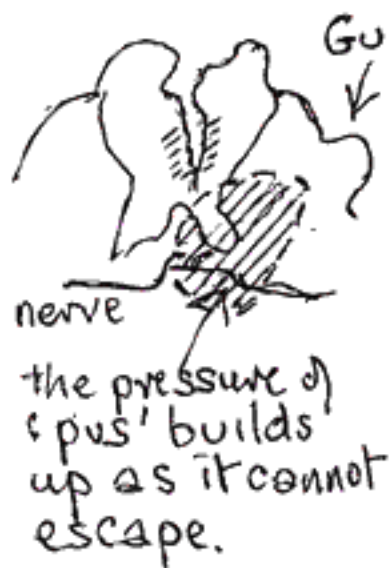
Apart from 'broken guts' there's nothing like toothache to spoil a trip.



Toothache occurs when decay in a cavity (or the cavity itself) exposes the nerves among the tooth roots.

FIRST- Pin Point the Pain.

Is it inside the tooth, or is it below the tooth, and is the gum red, tender, swollen? - this maybe an ABSCESS (an internal boil)



Gum swelling

An Abscess presses on the tooth nerve causing intense pain



An abscess NOT an address



CURE

Ordinary 'mild' toothache, Swallow paracetamol, Scrub out teeth with dilute dettol and perhaps swallow a couple of capsules of TETRACYCLIN in case of an infection.

Dentist: A dentist will have the sign of a large Molar above his surgery.

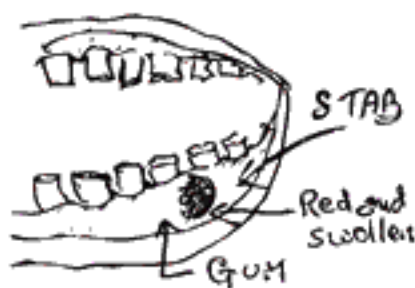


Abscess: Perhaps you are far from any town and the pain is awful. If you are

Lucky and the abscess is small, a stiff dose of anti-biotics (plus paracetamol for the pain) may cure it. Swallow 4 (250mg) Tetracyclin and repeat later and so on. OR Amoxycilin. OR if you are

brave - stab the swollen gum (like lancing a boil) with a sterilised needle.

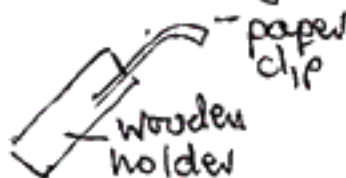




Prepare a slightly bent needle (larger needle!) open mouth wide and jab. The 'pus' should pour out and the pain diminish.

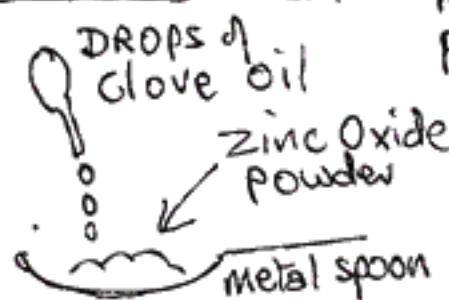
A dentist will drill down through the tooth until he reaches the abscess. Then very thin anti-septic rods are pushed down to treat and drain the p

Dental tools: A paper clip straightened out with an end hammered flat will make a good tool.



AND small rubber bands make good dental floss - for cleaning between teeth

Temporary filling



mix into a paste
Press into dry cavity. Allow to harden. Don't eat or drink for 2 hours

Tooth Extraction

Front teeth have one root but Molars have two or three. A pair of pliers may extract a wobbly front tooth easily - but not a molar.

In Sumatra a man came in one evening with a wobbly front tooth - he refused the pliers (I had no proper extractor). Remembering 'Tom Sawyer by Mark Twain' I tied a length of fishing twine around the base of the tooth, and the other end to the door knob. I told him to 'open wide' and slammed the door. To my surprise he uttered a loud yell and vanished into the night with my door handle bouncing after him at the end of the twine.



HEART-BEAT 'LOOP-DOOP'

"Loop-Doop" - that's what a normal, healthy heart should sound like. The double-beat is because the heart pumps blood around the body and to the lungs at the same time - it's really two hearts in one.

If you are getting breathless, chest pains etc you could have a friend press their ear to that area just below your left breast, and listen. Is the heart beat regular or irregular, and to be more precise - is the regular beat normal or not. Is it loop-Doop or is it hap DAP?

The 'hap DAP' means the heart is tired and has lost its ZAP!

With an irregular beat the rhythm stops and starts like a wonky metro-nome and that suggests problems.



Well?

chest pains when you get up?

Dizzy spells when you walk uphill?

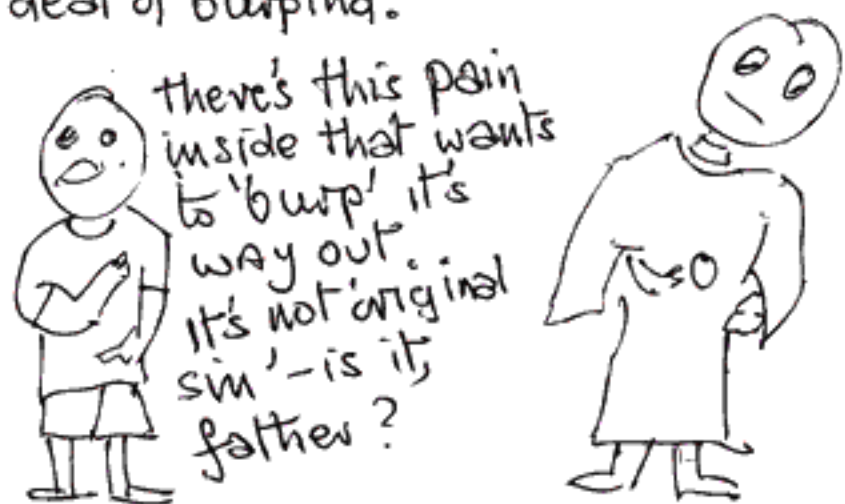
Are you sure it's not just indigestion?

PALPITATIONS

It is often recommended to take a small (75mg) aspirin tablet daily - when you get older - to ward off heart attacks. But too many aspirins may upset your stomach acidity and cause palpitations - which you may think are heart pains and so take more aspirin and get more palpitations.

Anyone with a stethoscope can spot these palpitations - they sound like bath water gurgling out. The associated pain is heart-burn (Acid indigestion) - so swallow anti-acids like GELUSIL. And change your diet - less spicy foods, less alcohol, cut down the smoking. Eat papaya fruit.

With palpitations you may get a good deal of burping.



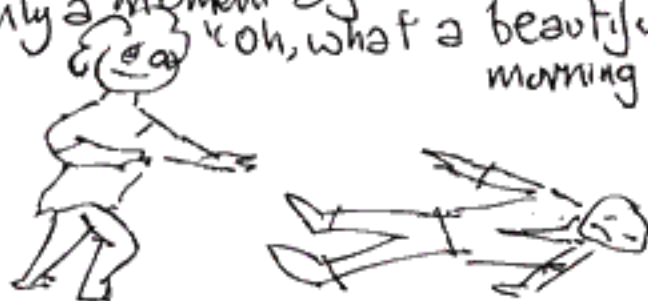
Heart Pains

If you have chest pains, irregular heart beat, dizzy spells etc - you can safely take 1 Dioxin pill (0.25mg) each morning BUT DON'T drink coffee with it.

Any Thai hospital will 'electronically' give you a heart scan - which the Doctor will interpret. It is very cheap - only a few dollars.

Most heart attacks occur within 5 minutes of getting up in the morning. For hours the body has been lying flat and the heart only has to chug along gently to maintain the flow. Suddenly you leap up. The blood has to get up to the Brain - the heart has to suddenly work fast. So get out of bed gently. Feet on the floor first - then the rest of you.

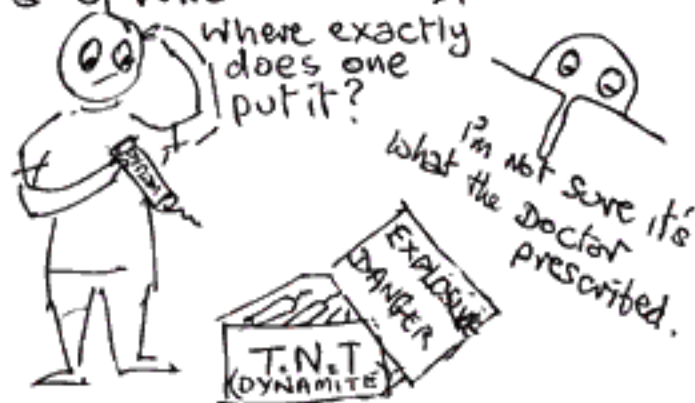
only a moment ago he was singing
"oh, what a beautiful morning!"



STROKES AND FAINTING

Fainting occurs when, for a brief second the blood does not get to your brain - so you fall down (horizontal), the blood flows normally and you recover.

With a STROKE, a blood vessel may burst in the brain - the pressure of this on the brain will cause brief unconsciousness. A minor stroke will cause no more than a tingling numbness down the arm, which will soon wear off. A major stroke where the blood haemorrhage causes the nerves to disfunction will cause paralysis to the leg, arm, jaw. It will usually affect one side of the body but speaking and swallowing may be difficult. Aspirin is supposed to be a good guard against strokes. If you have had a stroke you may carry Nitro-Glycerine tablets to pop under your tongue if you think a stroke is coming on.



Varicose Veins.

Leg veins buckle, bulge and twist when the valves (in the groin) that help 'lift' blood back up the body are defective.



Usually one valve is worse than the other, and the ugly veins will be more prominent on that side. In men a defective groin valve may cause varicose veins in a testicle.

The testicle is painful and feels like 'a sack of worms' (VARICOCELE)

If you have prominent varicose veins try to protect them from thorn scratches. Wear long socks or elastic tubular bandages. Tubular bandages are handy hiding places for money bills. Cycling is a good exercise to improve blood circulation in the legs.



Doc, help. I got worms in my Balls.



I can recommend this wood-pecker

or is amputation an option?

Blood Pressure.

Blood must be under pressure to force its way around the body. The heart is a pump that sends it on its way. Pulses help to control the flow, valves in the veins stop back-flow. Too much pressure and the blood squirts into the brain like a jet - causing headaches and dizziness and eventually a stroke. Blood pressure can vary with your mood and habits and what you eat. Cigarettes, spices, caffeine increase blood pressure. When you have the pressure measured there are 2 readings. A normal, safe, reading would be 130 over 70. If the upper reading is over 160 and the lower over 90. Consider diet changes or medication. A safe pill to lower pressure is Reserpine. It comes in a medicine called RESER.

He said No SALT,
No chilis, No
Coffee. But
he didn't say
No Sex?



Pulse Rate

Pulse beat reflects heart beat only it's a single (not double) beat. A normal pulse rate is 72 beats a minute. Higher than this, combined with high temperature (over 37°C or 98.4°F) indicates fever. But ordinary exercise will raise heart beat, just as lying down will lower it. Babies have a faster heart beat than adults. A slow heart beat is common to top Athletes. Years ago a famous runner, Zatopec, had a heart beat of 32 p.m. 150 beats p.m. is about as fast as the heart can beat. So if you have a low beat you have more scope to speed it up. Some cyclists have a heart monitor on their handle bars.

'and about time!'



Low Pressure

A lot of people suffer from low Blood pressure - the blood flows too slowly, also causing 'dizziness'. This may be the result of Dengue Fever, Malaria or Anaemia. Trouble is there are no easy fix-it pills. I suppose you could smoke a lot of strong tobacco, swallow amphetamines, or drink Coffee or pep. drinks like Red Bull. But that may give you a lot of other problems. Alcohol is a depressant - go easy on it. Take some iron pills (Ferrous Sulphate)

low pressure in itself is not harmful unless it's so low the blood can't flow properly.



TAPPING the CLAVET

Just like letting a bit of air out of a hard tyre, opening a vein seems a sensible way to reduce high blood pressure. When we were students a professor told us "200 years ago they took your blood out, and nowadays they pump it in. The result is the same, the weak perish, the strong survive. Nowadays when maggots are being used to clean wounds, and leeches to reduce fever perhaps 'tapping the claret' will once again become a regular medical procedure. Don't try it yourself - you may cut into an artery by mistake and that could be fatal. Also it cannot be recommended if you have anaemia or are mal-nourished. Unfortunately it most likely killed Byron.



Extract from 'Wanderings in South America'
Charles Waterton 1823'

" - I took 10 grains of calomel and drank large quantities of tea, weak and warm. At 5pm the pulse had risen to 130 and the headache was unbearable. I now opened a vein allowing the blood to rush out rapidly. I closed it after loosing 16 ounces. The relief was instant. The fever and headache abated and with the help of regular doses of quinine I recovered. - - - "

Not however a procedure to be recommended to your D.I.Y. experimenter. For a start the network of blood vessels on wrist and arm include arteries and veins. And you won't want to cut the wrong one - unless, of course, you think its time to expire - and then 'Roman fashion' you should lie back in a hot bath and invite your friends to view your demise.



ANAEMIA (lack of iron in the Blood)

Red corpuscles in the blood need iron to form haemoglobin which absorbs oxygen and transports it around the body. We get plenty of iron in green vegetables - like "Pop eye's" famous spinach! But pregnancy, poor diet, malaria can all cause anaemia. Lack of iron means that although you are breathing normally, the oxygen is not picked up by the blood leaving you tired, dizzy with pale lips. Buy some IRON (Ferrous Sulphate) pills. Swallow several a day - Don't worry if your urine changes colour. Inhaling Carbon Monoxide fumes (car exhaust smoke, charcoal stoves) - because it also combines with haemoglobin and prevents it absorbing oxygen. If you decide to put your head in the oven and turn on the gas - please leave a note on the door otherwise someone finding you may be so shocked they'll light a fog and blow themselves up.



DIABETES

INSULIN (produced by the pancreas) helps sugar to enter cells in the body and create ENERGY. Lack of insulin means despite all the carbohydrates you eat, they are not providing energy. Instead, the blood - overloaded with sugar that the cells cannot absorb, will have this sugar filtered off by the kidneys and pissed out in urine. Signs of Diabetes - Dizzy, faints, thirst in the night, dark blotches on feet and legs.

Doctors in Ancient Greece knew about it. They tasted the urine for sweetness. You may not wish to do this. You could try peeing near ants - to see if they go for it. In Thailand Diabetes is called LUAT WAN - or sweet blood. In Indonesia KENCING MANIS - Sweet Piss. You can be tested very easily with a diagnostic strip (DIABUR) which change colour if there's sugar in your urine. Often you only have to change diet - No sugar, soft drinks, cakes



Dengue Fever and Malaria

Both are spread by mosquitos - but there's a big difference - Dengue Fever is a virus spread by day time mosquitos. Many of us are naturally immune to it - however it cannot be cured by medicine. Only the symptoms reduced. So take care! Malaria is a parasite (a tiny one-celled blob) spread by night time mosquitos. It destroys red blood cells and may (especially in young children) lead to organ failure. It can be cured by medicine - but is getting more resistant to most of them.

Symptoms

DENGUE

Violent headache
Behind eyes
EYES bloodshot
Possible bleeding
from nose and ears
Fever can last
10 days

MALARIA

Headache and
joint ache all over
queasy stomach
Fever on and off
Can last 3/4 days



? I just feel
terrible.

What to do

lots of tourists come armed with a whole battery of drugs like harnum and Fansidar that will probably make you feel worse than the disease.

Take simple precautions.: cover up, use insect repellent lotions on exposed parts especially feet and legs, used a mosquito net - or a head net if sleeping out in a hammock. Burn a mosquito coil - but not in a closed room. Spray your room if in doubt.

Malaria and Dengue tend to strike when one is run-down. Pregnant women and under-nourished small children are susceptible. Also people suffering from anaemia.

Most Thai malaria is unpleasant but harmless.

"Cerebral Malaria" - The nasty one occurs only

In the East along the Thai/Cambodian border.



Monks umbrellas
headnet, gloves
boots - ready for
anything - except it's
rather hot!

Treatment

Dengue Fever - treatment is just to help suppress the symptom; Fever and Headaches. Take Paracetamol 500mg every hour or so. If you start to bleed (nose, ears, anywhere) Go to a hospital quick - where you'll be put on a 'drip'.

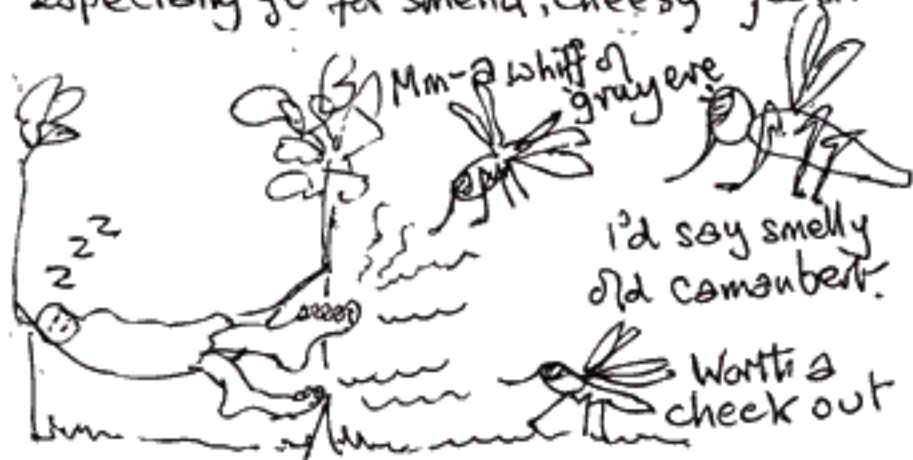
Malaria - chloroquine (chloroquine diphosphate 250mg) is readily available unlike Fansidar or Malarium, it is a benign drug. It can help ease rheumatism and clear out any amoebic parasites you may have lurking in your liver. The usual dose is 3 pills (750mg) at once then 1 pill six hours later and another 12 hours after that. Also swallow Paracetamol for the headache and fever and IRON pills to boost the blood if you don't know whether you've got Dengue or Malaria - take chloroquine anyway. As for Cerebral Malaria - you'll probably wish you were dead anyway. chloroquine won't help here - you'll need Fansidar or the new wonder cure - ARTESAMATE.

Alternative Cures.

A chinese herbal cure has been around (in china) for years but only recently has it been refined to an available drug.

It's called ARTESAMATE. The only problem is that where it's readily available over the counter - Burma, Cambodia, what you buy (despite the fancy wrapping) may be fake.

In Sumatra a home-made cure is to boil up the young leaves of the Papaya (PAW-PAW) into a green soup. The papaya contains an enzyme that aids digestion and as Malaria makes you feel queasy - the soup will settle your stomach. Remember Mosquitos can sniff you out from 50 yards. And they especially go for smelly, cheesy feet.



COLDS

There's nothing so irritating as a bad cold just when you start a holiday: runny nose, headache, sneeze etc. There's a good local cure available everywhere in Thailand called 'TIFFY' in a green sachet. It consists of Paracetamol 500mg and anti-histamine (chloramphenamine HCl salt). So you can make your own - stronger version. Swallow a couple of Paracetamol plus 2/3 anti-histamine, and repeat as necessary. It'll dry your nose up and stop the sneeze. It may make you a bit dozy - but that will help you sleep at night. Also try a hot honey and lemon drink before bed.



coughs

--Then just when you think you're over the cold, it turns into a sore throat with a dry 'tickly' cough. You can check your own throat in the mirror. Open your mouth wide, stick out your tongue and shine a torch inside. If there are red blotches on the pink background then you have an infection and may need anti-biotics. Take AMoxycilin 500mg 3x a day or Penicillin G. For a really bad throat take ERYTHROMYCIN. These are fat red pills and have a 'mouldy' taste. THROAT 'ELIZIR' Grush up some Paracetamol and/or Aspirin. Add powder from 2 AMoxycilin Capsules, crush in 4 anti-histamine pills, add sugar. Spoon some into small glass of warm water - gargle and swallow.

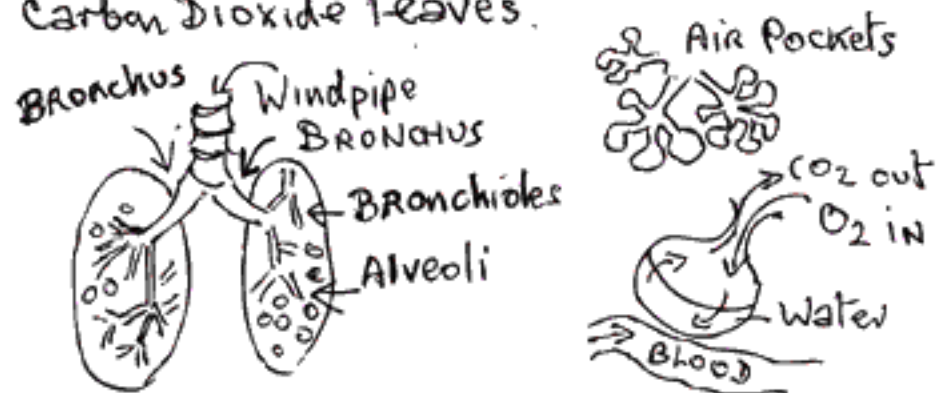


Some say gargling with warm salt water helps sooth the throat. Or Honey and Lemon.

When the 'blotches' retreat you are getting better

Your Lungs

When the doctor taps your chest it is To 'Sound them' - to hear if there is fluid in the Lungs. Try tapping 2 glasses - one empty, one half full of water - notice the difference. Lungs, like gills in fish or the skins of Frogs need to be moist in order to absorb Oxygen. Lungs are made like sponges - thousand of tiny, damp, air pockets that soak up Oxygen quickly and expell Carbon dioxide (the exhaust fumes). Gills of fish, skins of Frogs, air pockets (alveoli) of Lungs are 'INTERFACES' where Oxygen enters blood vessels and Carbon Dioxide leaves.



If the air pockets are DRY they can't work
If the air pockets are full of water they
can't work - We COUGH out the water

Pneumonia or Bronchitis

Pneumonia: Lungs are DRY, tight pain across chest, dry cough, high Temperature

Bronchitis: Lungs are flooded, wet fluid cough, temperature above normal.

If you have either a dry or wet cough and a high temperature 39°C - 42°C

you need Paracetamol to reduce the temperature, Anti-biotics to fight the infection. AMOXICILIN 500mg is best for dry lung infections. TETRACYCLINE

may be better for Bronchitis infections. You can also take anti-histamines that will help to ease the cough.

And stop SMOKING. You can't overdose with anti-biotics. So don't worry about taking too many. Don't give Tetracycline to young children if you can avoid it.



We put
the hand-cuffs on
To help him quit.
And I've got the key

Short of Breath

You may have panting attacks - like a dog with its tongue out. This may be anxiety, the result of smoking or you may have asthma attacks.

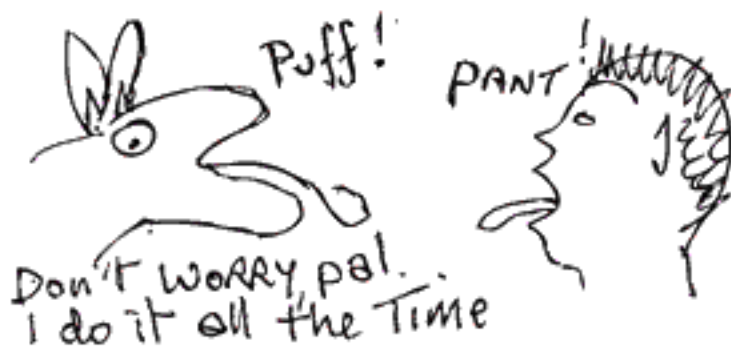
Try THEOPHYLINE - brand name is ASMASOLON. Take a tablet when you get the 'pant's' - or take 1 tablet morning and evening for a while.

(Theophylline expands the bronchial tubes in the lungs.)

Relaxed - deep breathing will also help.

Coughing up BLOOD:

if this happens often despite taking anti-biotics you may be wise to get a test for T.B. (Tuberculosis).



DROWNING

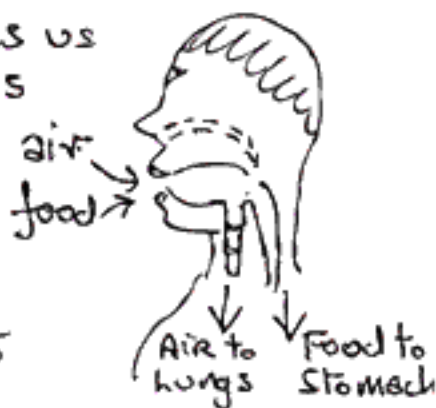
IF you get mouthfuls of water it's natural to choke - trick is, try Not to. Like trying Not to sneeze. So try to keep your mouth shut tight until you reach calmer water. Remember - we can all hold our breath awhile. Also - learning to float will give you some confidence. Take a deep breath and 'bury' it inside. Now, lie back with arms and legs stuck out STIFF, like a star. You will (after a few tries) float. You may get so good that you can tuck your hands behind your head, whistle, sing - and still float. Knowing you can float will help you survive rapids or choppy seas. Also try floating on your front holding your breath and with your arms loosely clasped around your knees. Inches above a storm may be raging but underwater you bob about calmly. Coming up for air when you need.

Floating ON



FLOATING UNDER

Choking
choking always takes us
by surprise. Perhaps
someone makes a
joke as we're eating.
Trouble is we have
to share our throat
for food and air to
pass down.



When food drops into our air passage
- usually an automatic cough will shoot
it out. Sometimes the air passage gets
jammed. If a firm pat on the back won't
dislodge it - clutch the victim from
behind with both hands clasped together
in front and SQUEEZE hard.



SQUEEZE
HARD!

Unfortunately this is not something
you can do yourself. If you
start turning 'blue' let's
hope you have a quick-thinking
friend who will 'fish around' the
back of your throat with a
finger, and give a 'kiss of
life' - if necessary.

Kiss of Life

Try to do it properly otherwise it may be the Kiss of Death! IF the person isn't breathing (maybe because of a fall or drowning) - ANY AIR you can force into them will help.



Bend their head BACK.
To open air passage



Scoop your finger in their mouth to make sure it's empty.
(No false teeth blocking it)

Take a deep breath and pinch their nose shut to prevent air escaping.

④ cover their mouth with yours and -
BREATHE into it.



⑤ After each delivery take another deep breath yourself. Don't rush things. Don't panic. The air you are forcing in is keeping them alive. Between each delivery allow time for their breath to expire. With babies cover your mouth over its mouth and nose.

Aches and Sprains

From time to time we all suffer from aches, twists, sprains in our muscles or joints.

Perhaps we've slipped, lifted something too heavy the wrong way, done too much exercise.

Suddenly we find we have a stiff neck, a 'frozen' shoulder, a twisted knee, a sprained ankle, a slipped disc. The pain can be awful.

Try to strap up (if that's possible) the area affected, or demobilise it in a sling or with a crutch. Take analgesic medicine like Piroxicam 20mg, Aspirin, Paracetamol - which soothe inflamed nerves.

Swallow 1 piroxicam with 2 paracetamols only, go easy on piroxicams else you'll go dizzy. Don't drink strong coffee when you take piroxicam.

Strap up sprains with elastic or tubular bandages. Rest a bad shoulder by putting an arm in a sling.



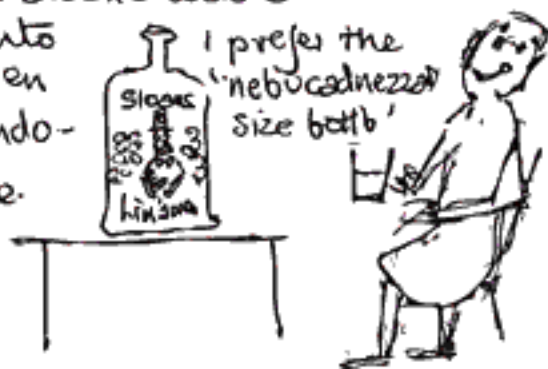
make sure the sling supports fore-arm and elbow.



make sure the bandage immobilises the foot.

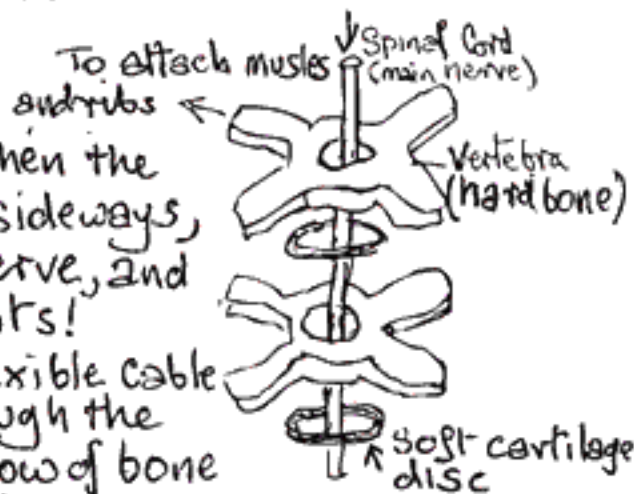
Liniments and Lotions

Doctor Sloane in Victorian garb - as depicted on the bottle label of his liniment must be as famous a figure as Colonel Sanders - certainly in S.E. Asia. On the muslim island of Simeleu the locals went for it in a big way - though perhaps not always for the right reasons. When I first arrived I had so many requests for repeat doses that I wondered if the entire island population suffered from strained muscles. One old man came back so often I jokingly asked him if he drank it. To my astonishment he nodded vigorously. "Bagus" (Good) he insisted, adding that it cured his headache. When I explained it was not meant for that sort of ache he seemed puzzled. To merely rub it on seemed to him a waste of a wonderful elixir. Even the mullah exhorted me not to stop the supplies "There's nothing against drinking it in the Koran" he said. I'm not sure if Dr. Sloane was around when the Koran went into print, but he's been immortalised in Indonesia ever since.



A slipped Disc

you may be
Lifting a heavy log when the disc slips sideways, rubs the nerve, and the pain hits!



Imagine a flexible cable running through the middle of a row of bone nuts and soft rubbery washers. A slipped disc can be agony. Don't try to cure it by violent exercise. Be as gentle with your back as you can. A trained chiropractor may 'click' a bad back into trim with careful manipulations. A bad massage may leave you crippled. Take Piroxicam 20mg with Paracetamol. (2 piroxicam + 2 paracetamol - morning and evening)



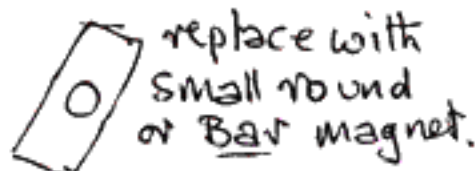
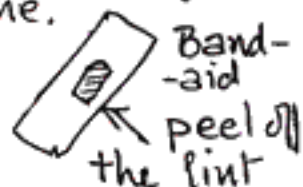
Can this help



It's not a new Disc I want
It's a new spine.

Magnets

Ever since rowing at University I have had recurrent back problems. Since wearing a small magnet all I get is the occasional ache.



stick onto back or front of wrist but NOT next to a wrist-watch or it may STOP.

The effect will take a couple of weeks to 'kick in'.

The only disadvantage is you may find knives and forks 'leaping' onto your wrist in restaurants. Or that your hand is suddenly 'handcuffed' to a lamp post.



Massage Parlours

I wonder why they sanitize the expression and use 'parlour', when torture chamber, or Sand M cell might be more appropriate. And while we are about it - avoid Beach Massage. I knew someone who had a beach massage and spent the next month strapped on his back in Hospital.

There are 'traditional Massages' with professional masseurs - and there are Massage Parlours where the ladies may be professionals - but in an other profession.

If you find yourself lured to a small room, tossed into a tepid bath, a scrubbing brush applied to your genitalia, hauled onto a bed and your back used as a trampoline so that you have to crawl back to your hotel on all fours - you may have made a very understandable mistake. On the other

hand as there are people who are prepared to pay a lot to be whipped, lashed, chained up and have everything except a stake driven through their heart - I'll say no more.



Breaks

When I first heard actors say 'Break a leg!' before going on stage - I was worried that they meant it!

It may be your bad luck to break a leg in some remote spot - miles from anywhere. And there are motor-bike accidents when regardless of what may be broken inside, you are dumped in the back of a passing pick-up truck and jolted at high speed to a hospital, where even if you arrive intact your wallet may not.

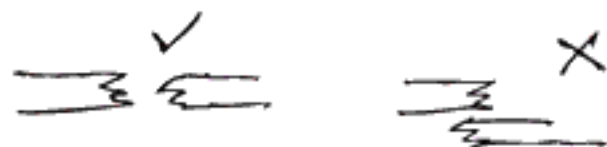
In Indonesia every village has a bone-mender who does a thriving trade as hospital often suggest amputation as the quickest and cheapest option. The treatment involves neither splints nor plaster - but manipulation with oils rubbed in. The bone may mend but only with a distinct bend. Perhaps the bone mender, should be re-named the bone - bender. Go to him at your peril.

Excellent! it's bended very well.



D.I.Y.

Remember - if you can get the broken ends roughly in line and keep them that way - the break will heal naturally.



1 Wrist and fore-arm breaks.

If you are on your own strap your arm up as best you can and improvise a sling to rest it in. If you have someone with you get them to make a simple splint. It must be light yet firm. Thin strips of bamboo will do, or even the spines from a stiff yard broom also

Tape

Toilet paper



Broom

lay the damaged arm on a flat surface and gently straighten it, pulling very slightly to make the broken ends are in line.



Do 10 Y continued.

Place some toilet paper or tissue to protect the skin. Lay the splint along the forearm and well into palm of hand



Tape the splint into position.

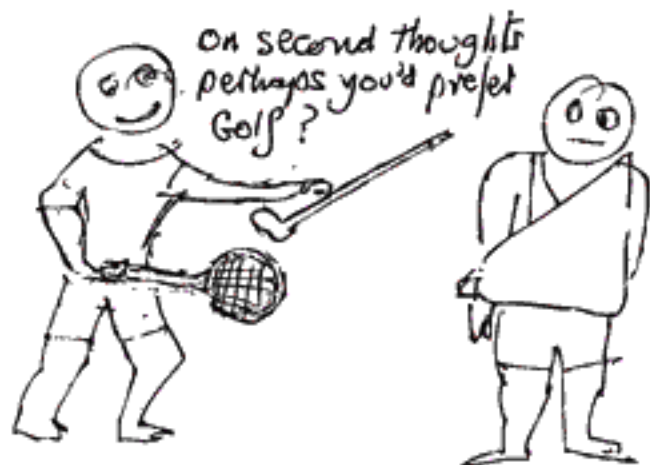
Carefully turn fore-arm over, place splint on back of hand and forearm tape into position

Make sure the splint goes to the fingertips and extends to the elbow.



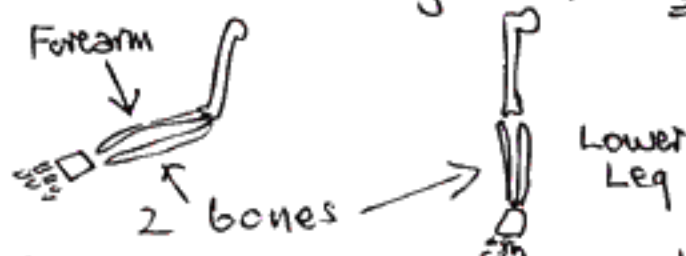
Bind the entire splint with a bandage and place arm in a sling.

(The sling must support elbow and wrist)



Double bones

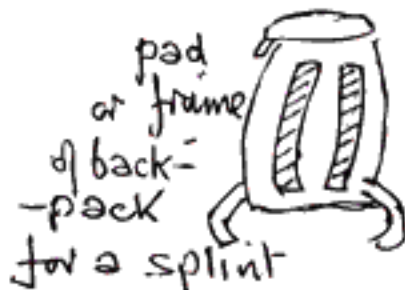
Forearm and Lower Leg both have 2 bones



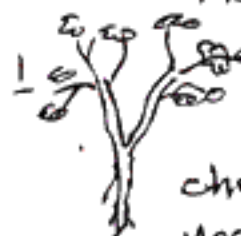
It's unlikely that you'll break both
So if you only break one - when you
come to line up and splint the broken
one - the unbroken one will add support.

Break-2-Leg.

Unless you have someone to help you
are in trouble. If you have had a bad
fall - wait - until you calm a bit. Look
around to see if there's a forked branch
you could make a crutch to help you
hobble out. Try to straighten your
leg and bandage it to a straight
stick or a stiff pad or support from your
backpack



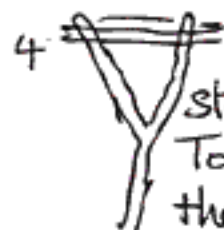
Making a crutch.



Look for a forked branch long enough to do.
chop it out LONGER than you need, trim and shape.



Cut out 2 lengths of branch the same thickness to act as cross-bars



Tie some string to the Tops and force the Y closer together



5 Attach the cross-bars with nails & string or both



6. Wrap a bit of cloth round the cross bar - enclosing the lashing string.

TRIM to size



It won't be brilliant but at least it beats crawling



Severe Breaks.

If the snapped bone has pierced through the skin,
Try to reach for
your 1st Aid Pack
and pour some iodine or dettol on,
to stop infection, and bandage with
whatever is handy. If you can hear
sounds of human activity shout for
"HELP" (Thai)



CHOO-AY
DOO-AY
(Indo.) MEMBANTU
SAYA.



← This is where a

neck whistle comes in handy.

And if help arrives point, and say
"Broken" Thai = Sia! Indo = Patah.

If you have a mobile phone use it.
And if it's out of range maybe someone
can climb a hill and use it to call for
help.

It's a new
"pigeon post"

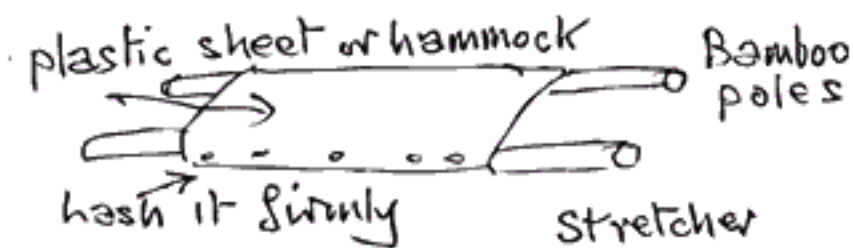


Fractured Thigh.

if you think your thigh is broken, try to insist whoever comes to your aid to tie both your legs together at the ankle and knee. This will help keep the broken thigh in the right alignment. Ask to be carried on a stretcher - not over someone's back.



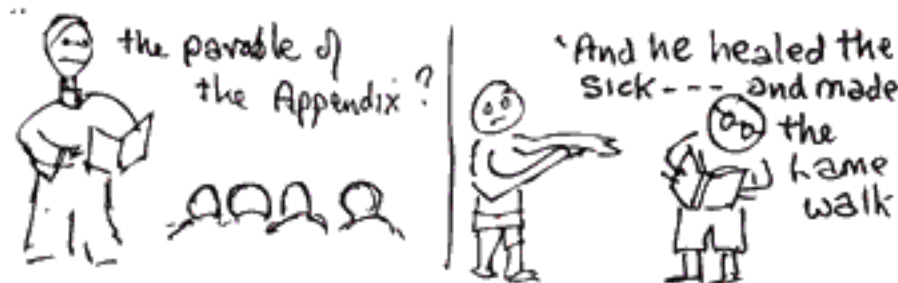
Rope ankles and knees evenly together



If - perhaps because of floods you have to wait days in a village before help arrives - Lie still (Ankles and knees tied) because if the broken ends are in line they will start to knit together. However a fractured thigh bone will need 3 weeks to mend.

A tale of two books.

I once had an excellent old book by the St John's Ambulance Brigade - it contained everything you needed to know about splints with clear diagrams. It was a black book embossed with a silver cross. Up the Ichito river in Bolivia I met a young Scottish missionary. He had a book of similar appearance except his was the Scottish book of Common Prayer. We were both waiting for river boats going in opposite directions. I don't know how the mix-up occurred but a few days later one of the Indian boys on my trading raft slipped and broke his arm, and when I got out my little book it opened at the 23rd Psalm. And, I assume, hundreds of miles up another river the Scottish missionary, addressing his congregation found he was reading the rules for Concussion instead of Communion.



Motor Bike Accidents

The majority of fatal accidents are caused by NOT wearing crash helmets. Helmets are compulsory for pillion passengers too. As are headlights - even in day time.

Helmets with visors are useful on dirt tracks - against dust, flies-in-your-eyes, and low hanging branches or bamboo snags. Big all round helmets are hot and heavy and block-out hearing but there are lighter ones that are quite adequate. Touring cyclists seem proud to sport colourful helmets while bikers have the habit of stowing them in the front basket where they are not much use.

As mosquitoes have a fondness for shoes and helmets - unless you want to start the day tearing both off and hopping about cursing - keep them INSIDE at night.



Landmines

Unfortunately 'Warning Signs' often get removed and used to repair roofs - So you may be in a mine zone and not know. It only takes a weight of one pound to set off a landmine. Cambodia and Laos are littered with thousands of mines. So stick to well used paths and don't stray off them. Rocky ground is safer than fields. An exploding landmine impacts UPWARDS. so that the wound is full of dirt, grit, cloth. This may cauterize the wound, stopping blood loss, but with all the filth the great danger (apart from the injury) is **GANGRENE** and **TETANUS**. Unfortunately where the greatest danger occurs - Cambodia and Laos, is also where the medical services are worst, and if you need a blood transfusion you won't know if the blood is safe.

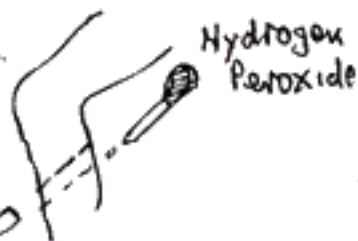
"Nurse - There isn't a sell-by date on the Label"



Gunshot Wounds - If you do get in the way of a bullet, hope it comes out the other side and without hitting any vital organs en route.

All you can do (if you are able to) is pour anti-septic (Dettol, or Hydrogen Peroxide) over and into the wound. Try to staunch the blood flow with a pad, and bind it up as best you can. Swallow anti-biotics and seek immediate help.

The Hydrogen Peroxide will do a 'Surgical toilet' inside the wound, clean it, and flush out any infection. If the infection is NOT flushed out quickly it can fester inside for years. If the wound(s) are caused by shotgun pellets it may be possible to remove some (or all) of these. Do NOT try to remove a bullet as it may be lodged near an organ or an artery. and hasty removal may cause irreparable damage.



Avoiding Getting Shot.

If you find yourself in the middle of a gun-fight, keep your head down-right down; get behind any protection even clods of earth, stones, anything - fake dead! In the Yemen - where everyone carried an AK-47 it was a good idea to be able to shout "Allah Akbar" (God is Great), or "Am habdulli la" (Thank God), or 'Sodierk' (friend) - in the hope it's harder to shoot a friend than an enemy. And SMILE (no matter how scared you are). Be Polite even if they are spitting in your face. Keep smiling - it may save your life.

I once walked into a Kmer Rouge ambush in Cambodia. A shell splinter had shredded my bicycle tyre. The K.R. wore olive green uniforms. They never smiled. As they stopped me, the wind blew off an old lady's hat. I picked it up and gave it back. 'Ah Kun' (Thank you) she said. The K.R. looked at my bicycle and



smiled. I handed out cigarettes and money. I think that 'hat' saved my life - often little gestures do.

Ganga - Marijuana

A few years ago you could buy 1 kg blocks of it in the 'Russian' market (Tuol Tom Pong) in Phnom Penh. The Cambodians use it to spice up their cooking - but it's 'heavy' stuff and you may discover your rented bicycle from the Capitol Hotel has this urge to fly. Not wise in a city where the careless tourist is prey to 'snatch and grab' thieves on motor bikes.



Ganga - Cannabis sativa

The narcotic is a gum resin developed to the greatest extent in the unfertilised flowers of the female plant

The drug occurs in several forms - as ganga (the pressed flowering tops),



bhang (leaves and flowering shoots together)
chavas (the gum resin found in the stem)
- This is the most powerful.

The names given to the plant indicate;
'Leaf of delusion', 'Increase of pleasure',
and 'cement of friendship'

WOMENS
INSTITUTE

COOKERY
CLASSES

Now if we mix it
with jam or
honey

We get
mmm !!!

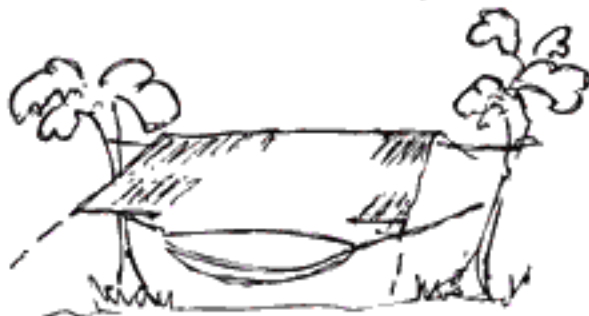
Hubby's
delight



Camping

The 19th century naturalist Charles Waterton - whose exploits in the South American jungle included capturing caymans (alligators) alive with his trouser braces, recommended a hammock protected by a large 12 ft x 10 ft painted sheet as the ideal sleeping accommodation in the tropics.

Thai army hammocks (green) are light, strong and have 2 layers - so you can slip in between them - but you'll need a cover



overhead, and a face mask against bugs.

Don't worry if you look up to find a green tree snake coiled up

above you. Just don't disturb it and it'll go away in its own time. You can make a cover (flysheet) from plastic cape (or taped-together plastic waste bags) - with a string support and string at each corner.

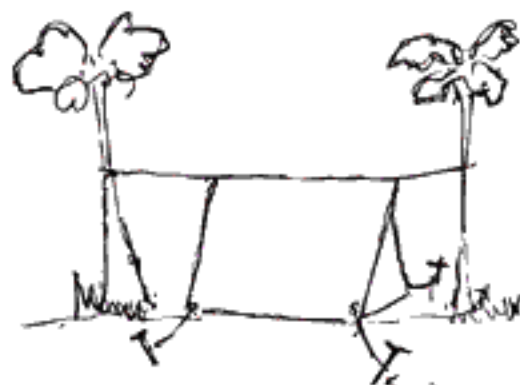


Hallo



Extracts from 'Wanderings in South America 1823'
-- carry nothing but what is necessary for
your own comfort and the object in view. A
sheet about 12 ft long, 10 ft wide, painted and
with loop-holes each side will be of great use;
in a few minutes you can suspend it between
2 trees in the shape of a roof. Under it in your
hammock you may defy the pelting shower
and sleep heedless of the dews of night. A
hat, a shirt and a light pair of trousers will
be all the raiment you require.

Tents -- are useful for stowing things and
the zip in bug net will stop you getting
nipped. Or you can make your own
with cut-out garbage bags, string and
tape and suspend it between 2 trees.
cut out plastic bags into squares and tape
together. Lay and tape a long string down
the centre and knot the corners with string



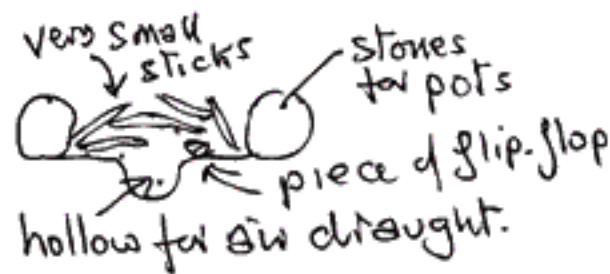
Add a floor and 2
triangles for front
and back.



Yes, and try doing it
when it's pissing
in

Camp fires

The Masai in Africa carry a fire-stick which they spin, toss in a bunch of dry grass, blow and get a blaze going in a few seconds. But you're not Masai so buy a cigarette lighter, and a snapped-off bit of a broken flip-flop makes a good fire-lighter - especially if the wood is damp. Also any Thai market will sell little bundles of waxed sticks - they weigh and cost nothing. Make a bit of a tunnel under the fire to allow air in - it'll blaze up easier.



And if you want the embers of your fire to last overnight - so you don't

have to start all over again next morning - cover the fire lightly with pieces of turf. The fire will continue to smoulder underneath.

A bit slow to boil.



perhaps we should take the earth off?

Cautionary Advice
Although camping in the wilds is fairly safe in Thailand - there are tricky customers anywhere - out for your body or your loot. It may be safer not to tell locals where you are going, and point in the opposite direction. You'll probably wake up anyway with a dozen kids staring at you. Maybe you won't need to pitch tent or hammock - There are little thatch roof, open-side huts everywhere, used by farmers. They won't mind. You may find pots and a fireplace too. As for wild animals - In Africa we had to build stockades to keep the Lion out. The only Lions you'll see in Thailand and on Singha (Lion) beer labels. And although boy scouts are called 'Lue Sua' (Tiger cubs) they few tigers that have escaped being turned into Chinese medicines will keep a wary distance.



Camping Words.

String (th = chew-ak)

Rolls of coloured plastic string hang outside many shops.

Tape = Tape Plastic = Plastic

Bag = Too-ung Big = Yai

Hammock = Bay Tent = Ten.

Light a fire = Dang fai Wood = Mai

Cup/glass = Gay-aw. Plate = Jan.

Knife = meet. Lighter = Fai chet

matches = Mai Keet. Sleep = Non Kap.

All night = KLang Keun Go away = OK!

Morning = Torn chao Piss = Yee-o

Boil water = Dom Nam. SHIT = Kee



SAFEST Place to Sleep - THE FOREST

(apart from snakes and red ants etc)

I was once about to be chopped up like firewood during inter-religious riots in Indonesia when a woman rushed up shouting "But if you kill him here, his ghost will haunt the forest and the rubber tappers will be scared to work!"

In those jolly days when Muslims attacked Christians and vice-versa and I was caught in the middle I usually grabbed my hammock and headed up into the forest which at night was quite safe. No one went there for fear of ghosts. However it's best not to tell anyone - or to say you're going in the opposite direction to what you intend



Forest fires

Although it's unlikely you'll be caught in a forest fire - it could happen. Fires can move faster than you can run and you may not be sure in dense smoke which direction to run. In the dry season a lot of illegal burning goes on 1 To destroy bamboo forests 2 to improve grazing 3 enable an illegal development. And you don't want to be in the way. With a wind to whip it up a fire can 'shoot' through overhead branches and then drop back down to devour the undergrowth. What to do. Strange though it seems the official advice when surrounded by fire is not to run - but to scoop out a shallow grave and cover yourself with handfuls of dirt, dust, humus. Fire doesn't penetrate soil more than 1" (2.5 cm). But it may be harder to put into practise than to suggest it.

Erin
"I expect we can
get up in a minute"



Have Mercy on the Doctor.
He has already seen a dozen patients, and has another twenty waiting outside. He has to decide quickly on often vague and conflicting evidence. Is it Malaria or Dengue? Is it acute abdomen or worms. Is there likely hood of Tetanus?

Help him by listing the symptoms and for How long, and How Often etc.

On Simeleue Island they took me to a boy who had fallen from a coconut palm 10 days before and broken his thigh. When I tried to splint it his whole body threw spasms. There was only a small surface wound but his jaw was 'locked'. There was nothing I could do but give him Diazepam and pray. He died at midnight. I hate it when kids die. That pleading look of appeal in their eyes haunts one. I've seen kids die too often from malaria and other things. Why a few pills - the price of a pack of cigarettes - would have saved them. And there's dad smoking and his child dying. "Imshallah," he intones "God willing". And is God really willing a kid should die for the price of the fags his dad is smoking.



Diagnosis by Radar.

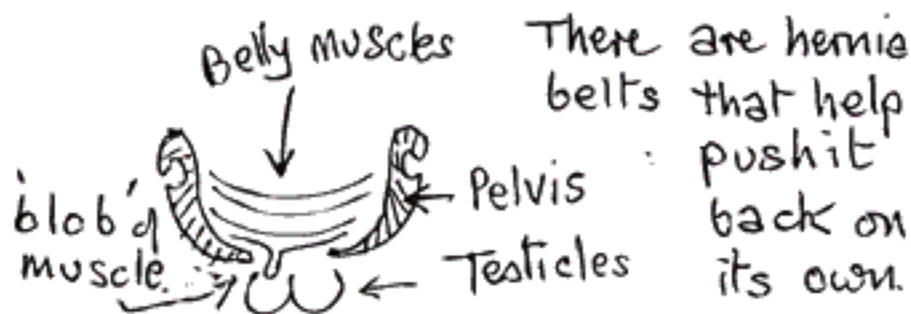
In a largely Christian area on Sumatra, I took the place of Brother Bernard, who had ministered to the spiritual and medical needs of the community for 40 years prior to his sudden demise. He had 2 advantages over me: God on his side, and his "Radar". Frequent references to this mysterious 'Radar' puzzled me. "He was the only doctor in all Sumatra with such a radar" his patients declared. 'With it he could see what was wrong inside us.' I got them to draw it. Suddenly it dawned on me that Brother Bernard's 'radar' was, in fact, a portable T.V. aerial. He waved the antenna over his patients and abra-cadabra - came up with the answer. One could only admire him the more for it. I tried with a magnet. If it pulled paper-clips it could also pull out pain - but they were unimpressed. Over Brother Bernard's tomb 'eternal' Lamps flickered to his memory.

Sadly, for me they had buried his radar with him.



Hernia

We all know how muscles bulge and the skin stops them 'popping'. When muscles in the lower belly are under strain they may 'pop' out through overlying tissue or 'pop' down into the testicle sac. This is a hernia. Sometimes an operation is needed to push the bit of muscle back.



We all know how we SHOULD lift heavy weights - keeping our knees together. But sometimes we are in a group helping lift a tree-trunk or push a car and we have to do our bit. When you feel your gut muscles complain. Don't try to be



Ouch! Superman!
Slacken off
a bit.

Concussion

if you've taken a tumble and hit your head hard you may feel dizzy and 'disconnected'. Get a chum (or use a mirror) to shine a torch at your eyes and check they follow the beam left to right, right to left. You probably just need to swallow a couple of paracetamols and lie down for a bit - but if you continue to feel unwell, get to a hospital for a check-up. And explain what happened.

Except for the skull (and unlike insects and some reptiles) we don't have body armour to protect our vulnerable organs. And even our skull has its weak spot - especially behind and above the ears where it is thin and where a hard knock can cause blood vessels to rupture. Also the skull is a stitch-up of various plates which can be un-stitched in a 'fracture'. If you enjoy watching 'boxing' - would you like to have your head used as a punch-bag and risk Parkinson's Disease in later life. They love 'kick boxing' - but the gloves are much softer, the rounds shorter and no-one gets hurt - much.



And they even encourage kids 19 and 10 to do it?!
!!

Bruised and Broken Ribs

There's not much you (or anyone else) can do except strap them up - wrap a bandage around your chest and back - and take Piroxicam and paracetamol. Sleeping may be your worst problem so you'll be excused for wanting to take DIAZEPAM 1x10mg or anti-histamine (chloramphenamine Maleate) to help you feel drowsy.

If you've had a bad fall and start coughing blood - a broken rib may have penetrated a lung. A hospital X ray will decide that straight-away. If you have fallen down a cliff - don't walk if you can help it - try to get carried in an improvised stretcher.

Words like Fall down (thai - Tok long

Broken Inside (Sia kang Nei - Th^{Ind - Tumbuh.}
Patah dalam - In.

Can't walk (Dem Len my die
Jalan khaki Tidak bisa



Government Hospitals

In Thailand and Malaysia they are good, in other countries less so. But they are also free and medicines moderately priced and written in English - so if you need more you can obtain them from any pharmacy.

Arrive early, and bring your Passport. When you enter you must REGISTER. So line up with your passport ready and say WHY you have come. Now wait until you are called and handed a registration card. Next - Collect a 'Number' from a slot machine and wait until your number is called. Report to the Nurse who will write down your problem. Another nurse will take your blood pressure. Wait until your name is called. A nurse will hand you a form and tell you the Room to wait outside. When it is your turn go in. The Doctor will examine you and write a prescription which you take to the hospital pharmacy (usually near the entrance). Wait until called, collect medicines, pay, and leave.

Hospital (Thai - RUNG-PAYA-BAN
IND - Rumah SAKIT.

Government (Thai - RAT-A-BAN)

Government Hospital
(usually open 7.30am.)

ENTRANCE

INFORMATION
DESK

REGISTRATION
DESK

Pharmacy

↓ ① ↑ Register

② Sit until called and
given a card.

Give
Prescription
Wait
Collect.
PAY.

slot
machine ← ③ Collect a number

④ Wait until Number is called
Report to Nurse!

⑤ Go to Nurse 2 → [N₁] Give
information

→ [N₂] Blood
pressure

⑥ Wait until
Name called → [N₃] Collect form
Go to Room
Number

1
2
3
4

⑦
Wait outside
See Doctor ⑧
Thank, Doctor.
Take prescription

⑨

Essential Words.

By pointing out where the problem lies and giving information such as:- pain, itch, ache, blood, fall down etc you will help the doctor. (who is over-worked and underpaid.) But even words like itch and ache can be mimed.

Hurt: Thai-Jep ' Ind-SAKIT

Itch: Thai-Ken

Blood: Th - loo-at.

Wound: th - pore

Fall down: th-Tok hong

A good doctor will sum up your condition as you walk in the room, by your appearance the way you walk or hold yourself. Don't over do the acting. The Doctor doesn't want to be coughed all over. He'll be watching and listening. If it's a rash-he may not be sure - so he'll try one medicine and tell you to return in a week



Ah, yes - I was thinking how I would rather be out on The Golf Course.

Vitamins

A Thai diet is quite healthy as it includes lots of vegetables and fruit. But in some parts of the North East (Isaan) and in Laos - a main element to a meal is 'Sticky Rice' (cooked in a bamboo tube). This is nothing more than carbohydrates. Also among the hill tribes a meal may be just upland rice plus some chilis. Chilis have little vitamins, and the vitamin B in rice is lost during milling. 'Yellow' or partly milled rice is far healthier but harder to cook and in Asia it's considered 'poor' and only fed to prisoners. Stir-fried or steamed vegetables retain vitamins (boiling destroys them). So long as you eat some fruit, green veg. and tomatoes you should get enough vitamins. If you go on a hill-tribe trek - most of your food will be boiled rice and watery cabbage soup. - But treks only last a few days - so you'll survive.



Vitamin Deficiency Problems.

mouth ulcers/Sores at corner of mouth.



Lack of Vitamin A - eat GREEN vegetables



Gum boils -

- early sign of scurvy

Tuck into Citrus Fruits to get Vit. C.

Irritable, nervy, cracked tongue - Maybe you are short of Vit. B (complex) Most cereals, nuts etc contain Vit. B. (Also yellow rice).

Nuts and yellow rice also help build up immunity to Malaria.

Vit. C. is generally supposed to help stop you getting a cold. But go easy on Vitamins. All the excess your body doesn't need will be 'poissed out'.

There goes all those vitamins



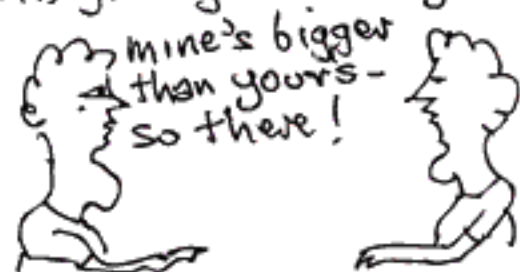
A all those expensive steaks.



Minerals

People often forget or ignore minerals but without them we'd fall apart. As kids we were all aware of 'rickets' (bent bones) and drank milk because of the calcium in it. Calcium is also needed for strong teeth. Iron is essential if our blood is to carry oxygen around the body. Without it we get Anaemia - tired, pale lips, weak. Spinach and green vegetables contain Iron.

Phosphorus - in fish and young coconut milk is reputedly good for the brain. Sodium and Iodine are essential which is why we eat salt. In Indonesia elderly women often have Goitres (swollen Adams apple) through lack of Iodine. Sea-salt and sea-weed contain Iodine. And nowadays it's added to domestic salt. Zinc is supposed to help older men with prostate problems. As recommended earlier, a glass of pure sea-water will give you all the minerals you need, and a glass of impure sea-water will give you a lot you don't.



mine's bigger
than yours -
so there!

Size isn't
everything!

Medicinal Plants - Papaya



green
oblong
fruits

The milky 'latex' that exudes when papaya (Paw-Paw) is cut - is papain - a digestive enzyme. A dried extract from this is included in

meat tenderizing powder. When collecting the fruit be careful as the latex can cause an itchy rash. But the fruit (slightly unripe) is a great aid to stomach disorders; aches and ulcers. In Sumatra young leaves of papaya, chopped fine and boiled produced a green soup - used to soothe malaria fevers.

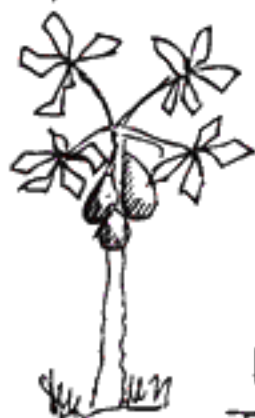
As a meat tenderizer pop a few chunks of the green fruit in with the stew - it'll soften even the toughest buffalo meat.

Another
5 minutes?



PLANT MEDICINES PAPAYA.

(Almost same as page 173)



A thick green soup made from crushed green papaya leaves is used as a tonic against malaria fever in Sumatra.

Papaya contains an enzyme that aids digestion (the sticky milky fluid that comes out when you cut it.)

The Toughest meat will tenderize when stewed with chunks of green papaya fruit.

Papaya fruit will soothe stomach ulcers
the pips will cure constipation



Garlic - the wonder herb.

herbal lore claims garlic promotes blood circulation, combats hardening of the arteries, 'fights' bacteria, viruses and fungi - and even keeps off mosquitos (although that may be due to the 'killer' breath garlic eaters exude)



peel, chop up, swallow. or use in cooking.

There is no doubt that garlic is nature's ant-biotic. Taken internally for coughs, sore throats or externally on wounds (crush, mix with cooking oil, apply to wound covered with ordinary dressing) it may sting! The only thing it doesn't help is bad breath. So if you are a garlic chewer -- keep your hearty "Good Mornings" -- well -- less hearty



'Western' Herbal medicines

Anyone relying on some favorite herbal-based medicine - who assumes they will find it for sale in S.E. Asia should think again.

An example is Tea tree oil. This comes from the leaves of the Australian 'paperback' tree, *Melaleuca alternifolia* (the myrtle family). It is highly effective as anti-bacterial and anti-fungal but if you 'swear-by-it' - bring a bottle with you.



peely Bark like eucalyptus.

Although it is called Tea tree - Don't imagine it's a healthy herbal tea - An infusion from the leaves is highly Toxic if drunk.

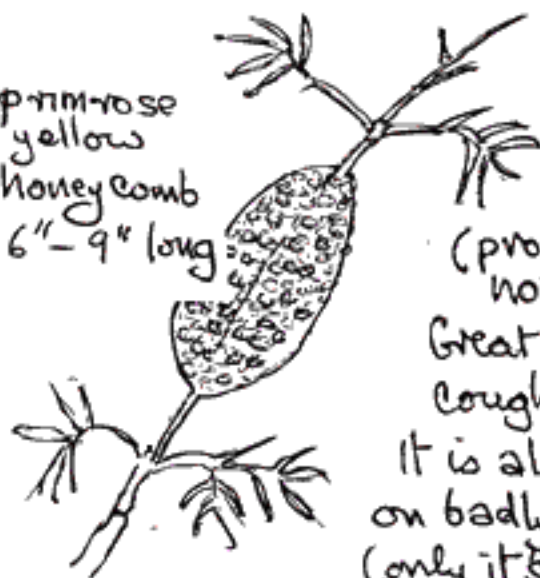


There are plenty of teas in S.E. Asia:
 Green Teas, Chinese black (or red) dust
 Tea - it's this tea you'll get offered
 at Tea stalls in Thailand. This brew
 will be strong and sweetened with a
 big spoonful of condensed milk. Along
 with it will be a free glass of hot (unsweetened)
 Chinese tea which may seem better than
 the oversweet 'cuppa'.

Thai	Tea	Hot	Sweet
	char	Lawn	wan
Indo.	Teh	Panas	manis.

Honey - another natural 'anti-biotic'

prim-rose
yellow
honeycomb
6"-9" long



Only it must be
The 'real' stuff
- Squeezed out
of a honeycomb.

(processed honey does
not help much)

Great for sore throats,
coughs, bronchitis.

It is also very effective
on badly infected wounds
(only it's sticky stuff)

In the bamboo forests of North Thailand -
during the dry season Dec → May, small
yellow honeycombs can be found in the
bamboo. These can be taken, eaten or
squeezed for the honey. The bees don't
sting. There are also stingless ground
bees but these are hard to spot and
when dug out the honey will be earthy.

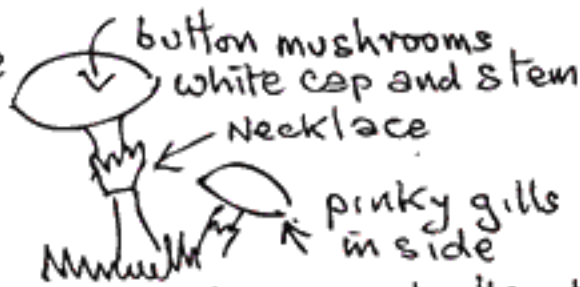
Not exactly 'Gourmets choice'!



Mushrooms

Poisonous kinds are said to turn bright yellow when cooked. Mushrooms/Fungi with a slimy skin or which, when bruised shows a deep blue colour—should be avoided.

Best are those which when young are round white buttons—



a day old they open like an umbrella—the gills become pink or purplish-black.

 the white 'oyster' mushrooms sold in their markets are trumpet shaped and best when small and fresh. When old and yellow—avoid.

Be wary of those countryside 'gourmets' who consider everything wayside and woodland as their larder, and collect and eat accordingly. When whole families gorge on bad mushrooms—they often die together in an agony of cramps and vomit.

"It's like
Russian
Roulette"



Ughh!
often the most revolting looking fungi
are edible and the prettiest - the most
poisonous. Centuries ago when I
studied botany - Professor Dobbs, our
mycology whizz - who through long
association with his subject had
almost turned into one - led us students
on fungal forays through the dank
autumn woods where with glee he
would gobble down the most disgusting
specimens. His favorite was the aptly
named Phallus impudicus (Dogs
Stinkhorn) - a bright red phallus
emerging from a white 'foreskin'.
Dobbs would hold the rotten-smelling
fungus aloft and solemnly devour it.



I always wondered
what Mrs Dobbs
looked like - and all
The little Dobbs



Drugs

Just as some European countries are relaxing their laws, others - in Asia, are stricter. So gone are the days when you wander in poppy fields, watching the opium being scraped off the poppy fruit and lying in a hill tribe village hut that same evening pulling on a long pipe while a pretty maiden warmed the bubbling opium a yard away at the far end of your dreams. Of course you could still try, but nowadays the police may be in wait - even up a remote track ready to do a dope test. And the Government Hotel (prison = Kook (Th)) may not be the nicest place to languish - unless you like to sleep ten to a cell on a concrete floor with a hole to piss and shit down.

Opium is called Pim - and if you chase it down with raw alcohol (Lao Kao), chances are you won't wake up. Nowadays it's YA BAA (crazy medicine - Amphetamines) that's all the rage - and the cops can spot it with a urine test. Be warned. And don't smoke gongas either even if your Guide says it's safe. "That was quite a trip - You may both end up in the same cell."



while it lasted"

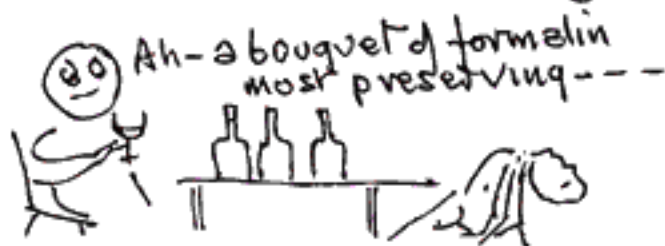
Booze

There used to be only one beer in Thailand "Singha (Lion) Beer" It was said the flavour came from the formaldehyde they put in it. Now the macho beer is Chang (Elephant) - and it's quite strong. Don't be surprised that Thais give you the thumbs-up when they see you drinking it.

There are a number of Thai 'whiskies' or rice liquors - MEKONG is cheap and you may like it with ice and soda.

Farmers and Fishermen drink raw spirit called hao kao (white spirit) or hao dang (red spirit.). So if you like knocking back melts or turps go for it. It's also great stuff for lighting fires and stripping paint. You don't have to wait for the 'Happy hour' with hao kao - it's happy hour all day long except you'll be lying flat out in the dust unable to remember a thing.

Thais also produce wine. Years ago it came labelled Thai Red, Thai white -- Now it's called Chateau something. Same stuff.



Word Aid Kit

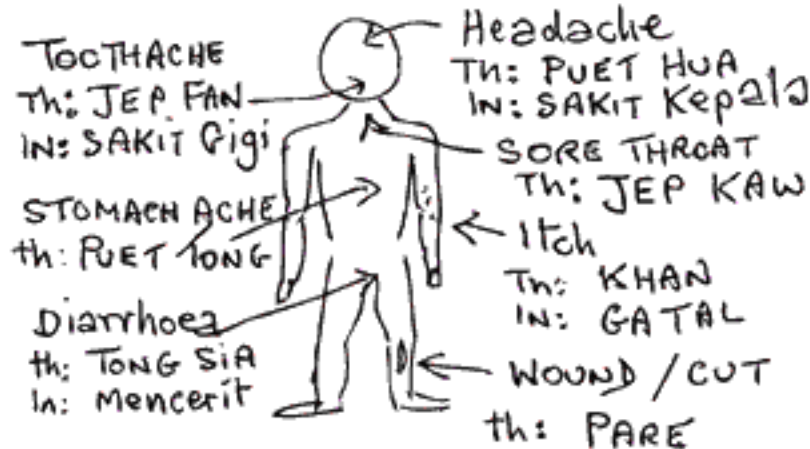
Suppose you are allowed ONE word only for the rest of your life - what would it be? 'help! food! love?' Unlike Cambodia and Indonesia where kids are eager to practise their english - and to you they practise on, - thais have neither interest nor curiosity. Yes, and Hallo may be as proficient as they get. The english language is taught in Thai school - Kids copy it down from the black-board, but rarely speak it, because teacher can't either. of course at Bus stations, tourist offices, big hotels you'll always find someone to help you IN ENGLISH, but don't count of that out in the sticks. So learn a few useful words (NOT phrases), make your own little A → Z dictionary of 100 words, - You may not speak them correctly as Thai is a tonal language, but it will help. And don't wave your arms about or appear 'pissed off' - that certainly WON'T help



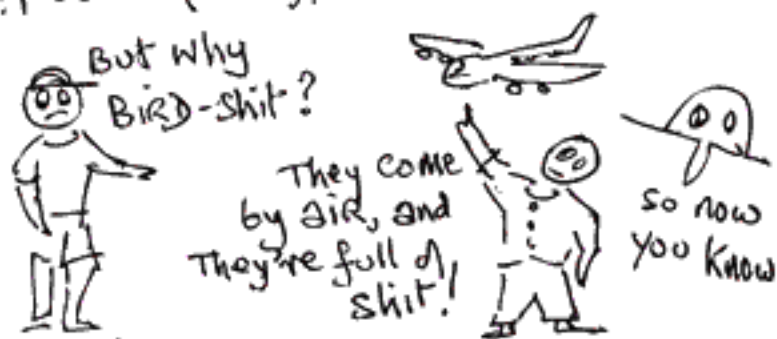
"Guy" -- You
Thick idiot,
"Guy". IT means
near doesn't
it



SORRY chum
Guy means
Near, but it also
means FAR.



Confusions: In Thai Koo-ay means Penis
 In Ind. Koo-ay means Cake. In Thai
 Goo-ay means Banana. Katalai = rabbit
 Katoi = lady Boy. In Thai ma = dog, but
 it also means horse. And Guy means Near
 but if you stretch it a bit, it means FAR.
 You may hear farangs (Westerners) called
 'Kee NOK' (Bird SHIT). In Indonesia you are
 an orang (person) asing (stranger) or an
 orang barat (West).



Krenjai and Wai (Why)

Krenjai is when you apologise to someone even though it's They who are in the wrong. It's a bit like the English habit of saying 'Sorry' - even when you don't mean it.

So when the neighbour has his ghetto blaster full on and it's 2 a.m. - no one will tell him to turn down the volume - That would be to intrude, and to tell someone they are in the 'wrong' will make them Lose Face. But there is a way round this. You (in the right) apologise to him/her (in the wrong). Him/her accepts your apology with a 'Mai ben tai' - (it doesn't matter) Everything will be sorted out (maybe) and no-one will lose face.

Turn the bloody noise down!



No.



Maybe

I'm awfully sorry to trouble you but...



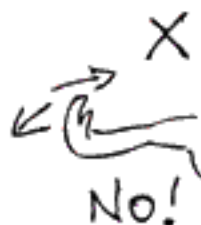
Wai (why) palms pressed together and a brief head bow. Students wai to Teachers, people wai to their superiors (who then wai back) Even the till gurls at supermarkets wai. It's a Thank you and a greeting - only don't overdo it

Good morning	selamat pagi	sawat dee
How are you	Apa Kabar	sabai dee lo?
Good	baik	dee
A little sick	sakit sedikit	mai sabai
vomit	muntah	ooo-ak
diarrhea	menceit	tong sia
eye	mata	taa
ears	telinga	hoo
teeth	gigi	Fan
Toothache	sakit gigi	jep fan
foot	khaki	Tao.

post office	Kantor Pos	Prai-Sani
bank	bank	Tana-Khan
Hotel	Hotel.	Rong-tam
toilet	Kamar Mandi/Wese	Hong-nam
drinking water	air. minum	nam kin?
Bus	Bis	lot
open	buka	burd
close	Tutup	bit (bid)
have	punya	mee
not have	tidak punya	mai mee.
Yes	Ja	chai
No	tidak	mai chai
it doesn't matter	tidak apa apa	Mai ben nai

Do's and Don'ts.

Beckoning



Never Point



At anyone



Don't splay
out your
bare feet

Don't dress
immodestly
at Temples.



Do smile even when stressed out
And when that's smile when you
have a problem. It's a smile of embarrassment
— They are NOT smirking.

In Cambodia don't 'sock' someone if
they say 'DARLING' to you. It means 'going
for a walk' (in Thai 'DERN LEN')

"DARLING"



Do I look GAY? Do I walk
funny!



"DARLING"

EXTRA...

Thais have adopted a number of western words. Just the word 'Farang' comes from 'Farangset' meaning French (For Thais tend to modify words when they accept them -) When you pay for a meal the correct term is 'KIT TANG DUAY' - (Think money together) Nowadays most Thais say 'check - Bin'. (Bin presumably being BILL) To 'check' something is a word familiar to any Thai mechanic. Check took Yang - check everything. Foreigners know BANGKOK is the Thai Capital - except Thais who call it KRON: TEER. Actually the real name has 147 letters and rattles on about the City of Angels, the palaces of Kings and so forth - but it's a bit of a mouthful to 'splurt' out on the Bus. Everyone can learn to say thank you - KOP Koon or even go wild and say thanks a lot - Kop Koon Mak often Thais don't actually say thanks, They 'wai' instead - it's the same.



1st Aid KIT

Unless you want to cart a wheel-barrow of drugs around, your 1st Aid Kit should only have the essentials. Imagine if you are allowed only 10 medicines - what would they be? A good idea is to have 2 small zip-up 1st Aid packs. 1 literally 1st Aid - plasters, iodine, gauze, -- Just to patch yourself up if you come off your bike or take a tumble out hiking -- but remember to take it out with you!

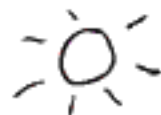
2 this carries the medicines. There's no need to carry it with you on short outings - it can stay at base camp. But do make a list of what is in each pack and replace items BEFORE you run out.

My own kits come in 2 small green zip bags from BOOTS $4\frac{1}{2}" \times 4\frac{1}{2}" \times \frac{1}{2}"$. You can cram a lot into them.



FIRST AID Bag Contains

- 1 SOFRA-TULLE (greasy anti-biotic gauze)
- 3 SULFA powder packets (sulphanilamide)
- 10 Fabric 'bandaids' (Neoplast)
- 1 small pkt. of gauze dressings
- 1 micropore roll
- 1 roll of zinc-oxide sticky tape (Neotape)
- 1 tiny bottle of Hydrogen Peroxide
- 1 small container of Vaseline
- 1 small bottle of Iodine (Povidine)
- 1 small tube ANTHISAN cream (anti-histamine)
- 1 small bottle of Dettol
- 1 small pair of scissors
- 1 very small plastic bowl (1 1/2" diam.)
- 1 very small jar anti-biotic cream.
(Tetracycline powder in Vaseline)
- 1 Sacket zinc oxide powder
- 1 small (hotel size) bar of soap.



First Aid - Medicines

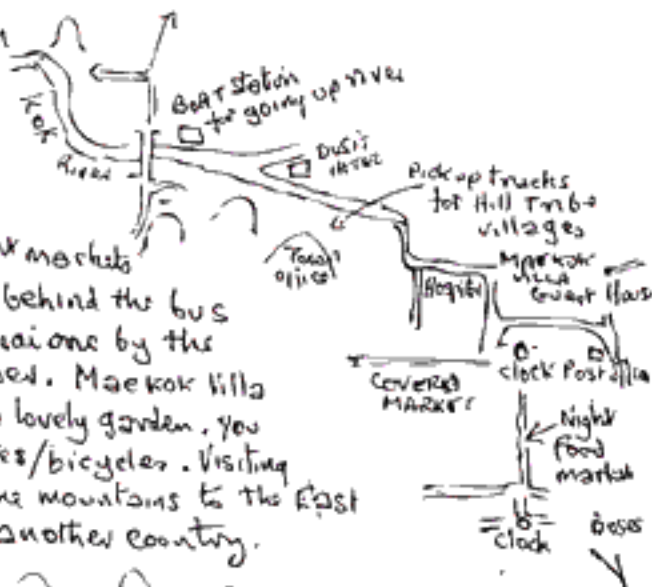
- 10 Amoxycilin 500mg capsules
- small bag of 20 Paracetamol 500mg
- 6 Gelusil anti-acid tablets
- 20 Tetracycline 250mg capsules
- 10 Metronidazole 200mg pills
- 10 Loperamide pills
- 10 Piroxicam 20mg pills
- 20 Anti-histamine pills
- 10 Diazepam 5mg pills
- Tiny bottle of eye-drops (Chloramphenicol 1%)
- small tube of TONAF anti-fungal cream
- small tube of Hexin lotion (Lindane for scabies)
- small tube of Sulphanilamide ointment
- 10 Chloroquine phosphate 250mg pills
- small jar - Tiger Balm ointment
- small tube of muscle-ache balm

HOSPITAL
Casualty

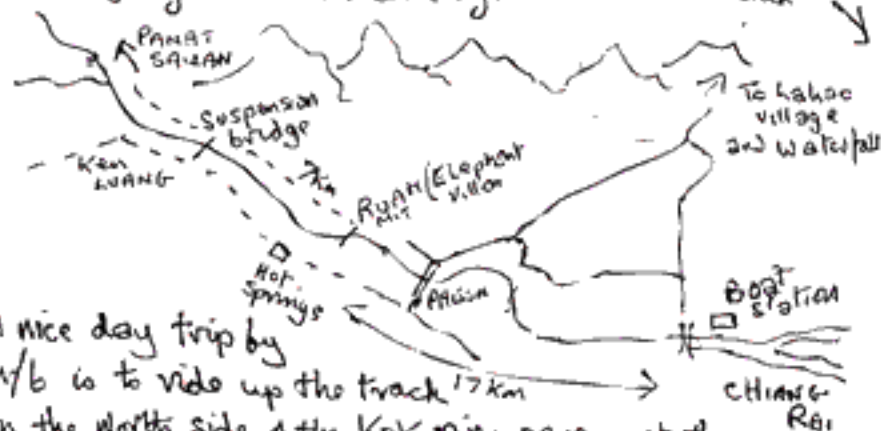


Picture Postcard: CHIANG Rai

A small northern town with no high rises, close to the Kok river.



There are 2 night markets the Tourist one behind the bus station. The Thai one by the old clock tower. Maekong Villa Guest house has a lovely garden, you can rent motorbikes/bicycles. Visiting the hill tribes in the mountains to the East is like going to another country.

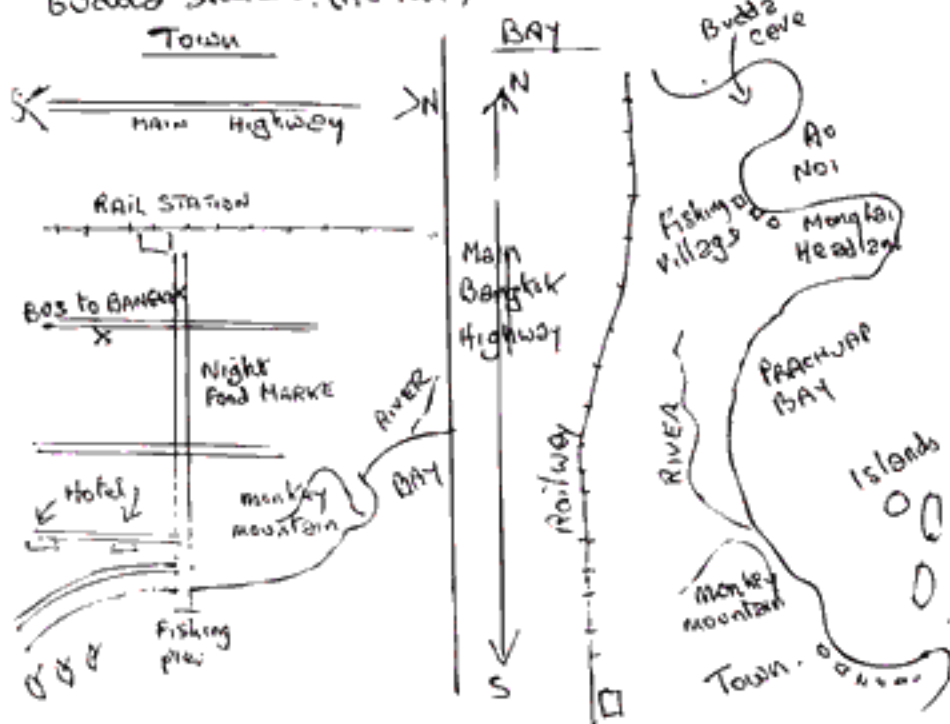


A nice day trip by m/b is to ride up the track 17 km on the North side of the Kok river, pausing at the elephant village RUAM MIT, continue through 3 hill tribe village to the Suspension bridge at chader. Cross this continue 3 km to Lahoo village of Ken Luang - turn around drive back along track on South side of river. Swim in the Hot Springs. Continue to Chiang Rai

You can go up river from the Boat station. Boats to Ken Luang leaves at 10.30 am. Getting back is less certain.

Picture Postcards: Preduab Kiri Khan.

A seaside fishing village/town 90 kms south of the overbuilt tourist town Hua Hin. It is set at one end of a deep bay with headlands and rocky islets out to sea. Apart from one new hotel (and the older commercial hotel) nothing offends the skyline. Old wooden fishing houses back the shore. There is a fishing pier that used to be busy until the fish ran out. Lots of small boats lie moored in the shallows. The commercial hotel is the place to stay. All rooms overlook the sea. The town ends in 'Mirror mountain' - a refuge for hundreds of greedy monkeys (hold onto your bag.) Steps climb up to a tiny monastery. Beyond the north end of the bay is a headland containing a fascinating deep cave full of budda statues. (Ao Noi) - Take a torch



Sinteloe Island lies about 100 miles off the West Coast of Sumatra (Aceh). It can be reached by a small plane S.M.A.C. flying from Medan.

by an irregular ferry (Bintang Java) from Sibohga. (office near the ferry office to Nias), and a regular ferry from Meutaboh. (this was before the Earthquake and tidal wave!)

The main town Singalang lies in a deep bay. From here a dirt road runs across the island to La Sikkin (the landing strip) then north up the West Coast to Salur. At Salur passengers get off the daily 'truck'. There is a small boat that goes to Kampong Air. At Salur a river comes into the sea.



North of Salur the pristine coast is as it has been for ever. Coconut palms fringe the shore. Waves thunder onto coral reefs.

At Salur sailing outigger comes set off from the river to fish and return at sunset.

The river is navigable for 7 miles. After that it comes out of the dense jungle hills in a great torrent. There are huge butterflies and wild boar that the locals hunt with spears (and fed to the dogs). Also big black apes abound. The sea is clear as glass and no jetsam mars the unspoiled shore. At Nancolla a pretty mosque peeps thru the palms and water buffalo swim at evening in the shallow bay.



Where to stay - Clean and Comfortable.
Any average Thai Town will have one or two commercial hotels. The room rate will vary from a fan room (Pat Lon) to air-condition (Hong[room] air). 250 baht to 400/500 baht. Both will have a T.V. - many nowadays have cable T.V. - with BBC, French, Italian, Australian channels. These hotels probably won't suit the younger set who may prefer a guest house where they'll meet fellow travellers.

If the town is on the river there will be food stalls set up on the bank in the evening. Getting out at a bus station ask a Tuk-Tuk driver to take you to a HOTEL (RUNG-RAM) Not expensive (MAI-PANG) Clean (SA-AT), comfortable (SABAI). If you are a young backpacker the Tuk-Tuk will probably take you to a guest house where he gets commission. If you stow a pad of sponge-rubber - it'll be useful in buses and as a hip rest if you have to doss down! on a bench for the night.

