



This Concerns You

PLEASE READ IT AND KEEP IT THROUGHOUT THE CRUISE

HEALTH HINTS FOR CRUISE PASSENGERS

DOCTORS AGREE THAT A CRUISE IS THE BEST TONIC, and it is unsurpassed for a healthy, jolly and interesting holiday, but in order that the utmost benefit may be derived from the **CRUISE and SHORE EXCURSIONS TO PLACES OF INTEREST** the following health hints and warnings are given, which are especially intended for the guidance of those passengers who are making their **first visit** to foreign ports and sub-tropical regions.

THE SUN in Southern latitudes is extremely powerful, and even short exposures of the unprotected skin may result in severe sunburn. Avoid remaining in the sun with the head uncovered—even for a few minutes—otherwise sunstroke may be the result. Sun-tan, if desired, ought only to be acquired by short exposures daily of skin which is usually kept covered, and which is very susceptible to severe sunburn.

SUNGLARE GLASSES are a comfort and a protection against eyestrain in strong sunlight, and minimise the reflected glare from the sun.

AFTER SUNDOWN and during the night the temperature drops considerably, necessitating warmer clothing during the evening.

It is advisable to wipe perspiration from the throat with a handkerchief to avoid cold in the throat.

AT NIGHT passengers are warned that it is inadvisable to sleep in a draught insufficiently covered.

FOOD, FRUIT, AND LIQUID REFRESHMENT.

The partaking of food or liquid refreshment **purchased in the street privately by passengers** at foreign ports merits particular attention. Thus food, fruit, etc., exposed for sale on street stalls or in open markets is very liable to contamination in hot climates by flies and dust and handling, and may quickly become unsound and dangerous to health.

Thick-skinned fruits, such as oranges and bananas, are safe if in sound condition.

Thin-skinned or soft fruits may be dangerous.

THE FOLLOWING SHOULD BE AVOIDED :—

Fruit the least bit damaged or decayed, or already cut up and sold in slices—such as Melon or Pineapple.

Any uncooked food such as Ice Cream, Salads, Raw Shellfish, etc.

Unboiled water.

Coloured native drinks sold in the streets.

Raw cow's milk or goat's milk.

Native sweets or cakes sold by hawkers.

It is advisable to confine the consumption of food, fruit and liquid refreshment to that procured from or furnished at high-class shops or hotels.

Failure to observe such hints regarding food and drink may result in the contraction of such troubles as tropical, climatic, or summer diarrhoea, dysentery or typhoid fever.

Passengers should refrain from rapid or **copious** drinking of ice-water on board or ashore when overheated, or depression, colic, and digestive disturbances are likely to ensue. Iced drinks, if taken, should be sipped slowly after allowing the body to rest and cool down if overheated. Iced drinks should be avoided if the bowels are out of order.

Tincture of Iodine is an excellent antidote for mosquito bites, other insect bites, or abrasions of the skin.

The above advice is usually followed by those living in semi-tropical and tropical regions.

SAFETY FIRST!!