As far as the men has left the cave, their travel has accompanied different kind of external harmnesses

- The weather and hostile environment
- The enemy and the wild animals
- The diseases in the strange country
- Illnesses related to the travel

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In 1988 a new medical discipline has appeared

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1Samuel 5,1 – 6,1

...And the Philistines fought, and Israel was smitten, and they fled every man into his tent; and there was a very great slaughter for there fell of Israel thirty thousand footmen... And the ark of God was taken... When the Philistines took the ark of God, they brought it into the house of Dagon, and set it by Dagon.

...But the hand of the LORD was heavy upon them of Ashdod, and he destroyed them, and smote them with emerods, even Ashdod and the coasts thereof...

And it was so, that, after they had carried it about, the hand of the LORD was heavy upon Ashdod and the coasts thereof. And the men of Ashdod said, What means this heavy burden which is come upon us? So they carried about the ark of the LORD about the country of Ashdod, from one place to another; in seven months they made the ark abide at Ashdod. 

1Samuel 4:17-18

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Main forms of traveling from stone age till the medieval ages

Building – up commercial roads

Military actions

Pilgrimages
It was said that Julius Caesar suffered from sea-sickness. That’s why he ordered a day rest for the Army and the horses after crossing the English Channel.

The Chinese were the first to document the effects of altitude, in a classic text, the Ch’ien Han Shu, that describes the route between China and what is probably Afghanistan around 37-32 BC:

'From Pe Shan...Again on passing the Great Headache Mountain, the Little Headache Mountain, the Red Land and the Fever Slope, the men's bodies become feverish, they lose colour and are attacked with headache and vomiting; the asses and the cattle all being in like condition.'*

*Marc Aurel Stein: Innermost Asia, detailed report of explorations in Central Asia etc. 1928, Vol.1, Chapt.8: The search for the ancient Chinese high roads.

In the middle ages the great plague pandemic killed the one-third of inhabitants of Europe
The Venetian council ordered the arriving ships for waiting outside the lagunas for 40 days - quaranta giorni. The island of Lazzaretto Vecchio was the decided place for that, where the old plaque-hospital and the cloister was found.

Edwin Jenner (1749 – 1823) English surgeon, the discoverer of the vaccination and methods.

In 1797, Jenner informally submitted to the Royal Society a brief paper describing his experiment, along with an account of the traditional folk wisdom of cowpox’s preventative powers. It was returned to him with the hint that if he valued the scientific reputation he had established, he should not argue for his idea on the basis of one experiment.

April 14th.

I am so sea-sick, that I cannot write another line; except, to say--God Almighty bless you, my dearest beloved Emma! I prays, ever,

NELSON & BRONTE.*

Edward Jenner (1749 – 1823) English surgeon, the discoverer of the vaccination and methods.

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In December, 1931 Mr. Churchill paid a visit in New York. Due to the English „tradition” he took off the taxi cab on the LEFT side. He listened only to the right, and a taxi cab, was coming from left, hit him. He suffered head-injury, and multiple rib-fracture moreover - as a complication - he got a pleuritis, either.

Churchill returns to England. He is heavily smoking his cigar, contrary to his pleuritis.

The modern forms of traveling 1.

Mass tourism, tourist industry

Expatriots, guest workers
Refugees, migrants
Visiting friend and relatives (VFR)
The modern forms of traveling 2.

*Humanitarian aid and missions*

*Adventure travel, recreational sports*

The recent form of travelling 3.

*Trafficking, international prostitution*

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**The travel - industrial revolution had a profound effect on travel medicine in Europe, and subsequently spread throughout eventually the world.**

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**In our ages new, travel-related illnesses have appeared, which weren’t known before:**

- jet – lag
- „economy class syndrome“ (DVT)
- high altitude sickness
- AIDS, SARS
- air- and space sickness
- „mal de ski”
- Traveler’s psychosis
- traveler’s diarrhoea
The low-cost airlines and „last minute” offers appeared. These made the travel accessible even for the less wealthy people.

Because of the multiplying of the number of travels, and the cheaper forms of traveling respectively, three new and high risk groups have appeared:

• family travelers
• young travelers („backpackers”)
• old age travelers

That’s why the western-European travel medicine’s priorities have changed. The idea of „travel health” was replaced by the „travel medicine”.

- Travel health = prevention
- Travel medicine = prevention and therapy*

The travel business developed the old-age people and the pensioners, as a potential buyers of the pre- and post tourist seasons’ offer

The traditional trias of the primary (biomedicinal) profilaxis,
- the vaccination
- the chemoprofilaxis
- and the infectiological-based travel advice has already unable to prevent the whole spectrum of peri-travel illnesses, accidents, neither their therapeutical procedures, too.

„More travel advice and fewer vaccination needed”*

The four-leave clover theory

• Prevention. Vaccinations, chemoprophylaxis and giving information.
• Wilderness medicine. Preparing travelers for extreme sports and adventure travel, and providing advice regarding the safety of the sports (especially for winter sports and diving) and the safety aspects of the equipment involved.
• Travel insurance medicine: Advising travelers about travelers’ insurance. Policies have changed from the simple travel insurance into the modern assistance based travel insurance (BBP). Travelers are made aware of the risks of activities, the benefits and costs of available insurance, and how to file for claims when necessary.
• Assistance medicine. This deals with organizing medical providers abroad for Hungarian travelers, managing repatriation processes, and treating travelers when they return home sick or injured.


The four-leaved clover theory

TRAVEL MEDICINE

travel insurance medicine

assistance medicine

wilderness medicine

biomedical prevention

The four-leaved clover theory of the travel medicine

Insurance medicine
Forensic medicine
Traumatology
Sport medicine
Toxicology
Internal medicine

Emergency medicine
Intensive therapy
Public health-care

The experience of space tourism was exhilarating. You could gobble like a pig and weight nothing...

The space research business (NASA, Russian Federal Space Agency) has offered space visit for the civilians since 2001. The fare of an extraterrestrial ride costs 25 million US$. The seats has already fully booked...
Returning from the Moon- the cosmonauts was quarantined because of the possible extraterrestrial exposures, 1969.

Perhaps travel cannot prevent bigotry, but by demonstrating that all peoples cry, laugh, eat, worry, and die, it can introduce the idea that if we try and understand each other, we may even become friends.”

Maya Angelou, „Wouldn’t Take Nothing for My Journey Now”

The number of travelers will be the triple of the present figure (1.6 billion people)! Therefore the travel medicine doctors will be never unemployed!

Thank you for your attention!