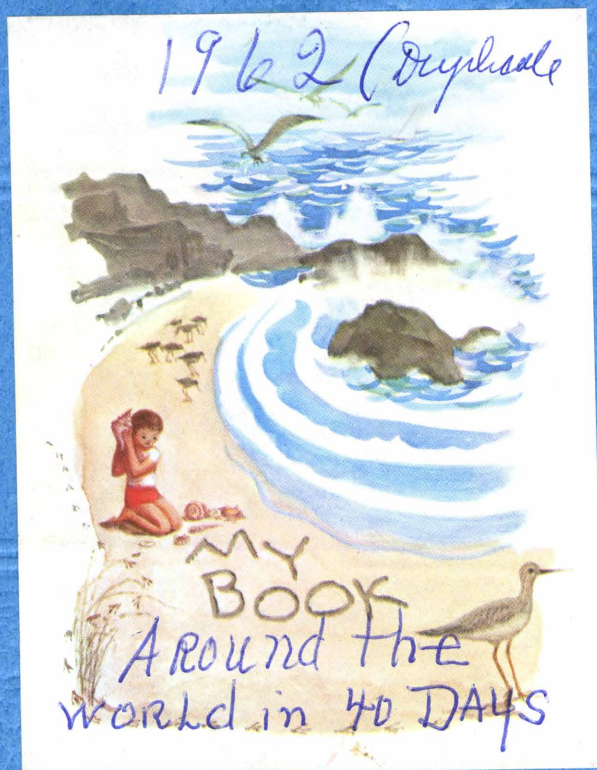


My



AROUND THE WORLD IN 40 DAYS

1962

The following are letters to the family written during the trip and sent to Hilding to be duplicated for the rest of the family.

Bernice Eddie and I left on October 23, 1962, with 2 medical errands in mind: One, to attend the World Medical Conference in New Delhi, India, and two, to visit the ICMRT (International Center for Medical Research and Training) in Kuala Lumpur, Malaya, sponsored by the Hooper Foundation. We signed up for World Medical Tour C, which took us through Egypt. We came home December 1.

Jo Thelander

Over the Atlantic
10/23/62 (24 London time)

Just had a little nap and woke up thinking the purr of the plane was the surf at Seafirth. My watch is set at London time and says 2:15AM. Bee kept hers on California time and it should say 6:15 PM. It is very confusing and it is surprising what darkness, a little imagination and possibly some self-hypnosis can do to bring about sleep. Maybe we will feel differently 8 or 10 hours from now.

The first surprise on our Polar flight non-stop to London was re-fueling in Los Angeles! The next one was the pilot's announcement when off ground that we would be flying over the Grand Canyon. Actually our route has been midway between Denver and Albuquerque; between Omaha and Kansas City; over Joliet and Chicago. This was the last announcement before darkness set in, but I doubt very much if we have headed very far north since then! It has been a lovely trip across USA. The visibility over the Grand Canyon was perfect. The walls from our height looked like the Mexican Lace agates in coloring and I suppose they are not so different, only on a giant scale. I have seen the Canyon many times from the air, but never been down to it. Am hoping to do this next spring when I make my trip to Arizona. The Continental Divide stood out clear and majestic, and after a little clouding the mosaic of the plains appeared. The sunset poured its pink, purple, and tawny colors over the entire sky above us and tipped the clouds below with equally brilliant hues.

The passenger list is not long: six in the first class and some forty in economy. We therefore have 3 seats apiece and can stretch out and sleep in comfort.

Bee's sister, who went to the airport with us, treated us to a hot roll and coffee before we left; we had a snack between S.F. and L.A., and then Cornish hen dinner before dark somewhere over Illinois, a really square meal. The cares of practice flit through my mind less and less often. In another day they will be gone.

Atheneum Cort Hotel
London 10/24/62

It is now 8 PM here on Wednesday, 12 Noon in S.F. This will give you some idea of what change of time does to you. We arrived on time at London, 7 AM (11 PM, S.F. on 23). No sleep except the little cat-nap in the plane--a life-saver, at that. When we came to the hotel about 8 AM, we were told the room would not be available until 12, so why not

leave our baggage and take a tour of the city first. This we did--but after a cup of coffee.

The tour started at 9:30 AM and lasted until 12:30. London has been foggy and rather cold, especially for our way of dressing--no top coats. We first toured the city, the old streets, parks, Parliament buildings. Buckingham Palace, the fountains and statues. Spent considerable time in Westminster Abbey and then watched the Changing of the Guard at the Palace. Here we had a bit of luck--(1) we saw the change of the horse guard and drove right behind the men in red, (2) next we saw the change of the Palace guard, and (3) we saw the royal carriage come in. Our guide said that the queen sends the carriage to pick up ambassadors if they are to present their credentials. So we will check the papers tomorrow and see who arrived. It was about one O'clock when we got back here and we were pooped--I don't mean maybe! We were at the stage where we thought "only 1 day in London, we better take an afternoon tour, too." But we finally decided after a bit of lunch to go to bed, get warm and rest awhile. We both slept until about 4 PM and felt much better for it. We then took a taxi to St. Paul's Cathedral and again were in luck: The Navy was having its annual Service for the men in blue and we stayed to watch it. We could not go in, as seats were reserved, but saw the Navy men and the dignitaries arrive. There of course was parading and music. Admirals in droves appeared and last but not least, Princess Alexandra, the patroness of the Navy or something. She was very chic in a burgundy colored suit barely reaching her knees! We then came home by a London bus, and so endeth our day. This hotel is very French--would rather it were real London while in London.

Tomorrow we go to Athens....Papers say it was Costa Rica's ambassador to Senora Britain, Senora Chittended....Just listened to BBC on Cuba--very sensible and informative.. Interesting broadcast on education--Hepziba Merrhum participated.

Athens
10/25/62

Here we are in Athens, and the first impression is most delightful. It rained a little in London this AM. Bee went to the Museum, but I rested, paid bills and got ready for the noon departure. We had breakfast with Mr. and Mrs. E. Jacobs, who were staying at the same hotel and knew us both, which was interesting. It cleared fairly well by noon--the plane left in time and it was a very beautiful flight. The Alps were clear as was part of Italy and most of Greece, giving us a bird's-eye view of the area. Meals were served--service very courteous. In the airport at Athens we saw Kathleen Stewart for a minute. She was on her way to Beirut and will join us for the tour of Egypt.

The drive in from the airport is a lovely highway with oleanders and peppers bordering it. The traffic of cars, busses, and street-cars is as heavy as in our cities. The cars are colored, not all black like in England. The neon lights and window displays make for lots of color and brightness. The people are very courteous. The hotel is spacious and attractive, the meal was fine.

Tomorrow we had 2 tours--one in the morning and one in the afternoon. On Saturday we hope to take a cruise to some of the Islands, and Sunday we thought we would go to the Greek Orthodox Cathedral before leaving for Cairo. It is really thrilling to be in Athens.

10/26/62

This has been a marvelous day. We had 2 major tours. The morning one took us to the Temple of Zeus, the Olympic Stadium, past the Royal Palace and gardens and to the Archeological Museum. The afternoon took us to the Acropolis. On the way up, we stopped at the Temple of Bacchus and saw what was really the first stadium and the origin of the Olympic Games. Of course we have seen pictures all our lives of the Parthenon, and the Temples, but Athens and the old ruins are so different from anything I ever imagined. Athens as a city is not unlike San Francisco, it looks white and clear and has many hills plus water. The hills with the ruins are very high and they are almost solid rock of a light color nearly like marble. It is beautiful--the entire climb to the top with pillars and arches and other remnants of ruins, plus the tremendous view of the city in all directions. I am quite sure no ruins have ever impressed me as these have.

The Greek people are very handsome and they have a modesty and dignity about them as well as courtesy which make a stay here very delightful. It is still hard to adjust to the change of time. We are now almost reversed--9 hours ahead of you.

King George Hotel
Athens 10/27/62

Tomorrow we leave Athens for Cairo. Got the N.Y. paper tonight and wonder if we will get to India. If the Cubans don't get us, the Chinese might. Anyhow, I have seen parts of Greece. Today we took a 12 hour cruise among the Islands of the sea between Athens and the other Peninsula of Greece. We stopped at Aegina, passed Poros and stopped again at Hydra. These islands like Greece itself are volcanic mountains. They are almost solid rock with very little vegetation. The buildings are all of stone and brick. Most of the rock is light-colored--beige or pink--and this gives a very white and clear look to the villages, which scramble up the hillsides. On Aegina is another lovely Grecian Temple dating back to 600 years B.C. Hydra is almost all rock. There are no automobiles or carriages, only donkeys to climb the hills, walks, and of course and the sea with boats and ships. It is a very dramatic setting. We had a box lunch aboard and also tea. Dinner is never served until after 8 PM.

Athens has a population of $1\frac{1}{2}$ million and with its port Piraeus it has 2 million. It is very well lighted, with gay neon signs mostly in Greek, but also "Mobile," "Shell," "Firestone," "General Electric" and a number of others. Many cars are American made, mostly Chevies, but there are also cars from Germany, France, and England. They may have some of their own make too. There are innumerable taxis, no "yellows" but every other color.

Although we have been constantly warned about heat, it has been cool here. If it continues as at present, my one poor suit will get a real workout.

Nile Hilton
Cairo 10/29/62

Here we are at the end of our first day in Cairo. We had a nice flight over and were met here without any difficulties. It has not been hot either in Athens or here, but warm enough for summer clothes in Cairo. As you see, we are at a Hilton. It is new and very modern, not unlike the Jack Tar and many others in U.S.A. The Nile flows down one side of it and there is a big square with gardens and pools on the other. Our room has twin couches that make up like sofas when not used and we have a balcony where we can sit and sun ourselves or as we did tonight, watch the stars. Kathleen Stewart is here and we sat on her balcony tonight. Our itinerary has been rearranged somewhat and we started with the Museum this morning. We have a very good guide who is going to stay with us on our entire tour of Egypt. She gave us a refresher course on its history and then took us through a part of the museum. We saw the things I have wanted to see the last 30 years, namely Tutankamen's treasures and those of Achmacten and Nefertiti. It is most interesting to compare the old art here with that of Athens.

The Nile here is wide -- about 1 block, maybe more, very muddy, really brown, not rapid. There are little boats plying up and down it and a few bigger house-boats probably like the one we will take. This afternoon we took a walk over the bridge and along the bank. When we came back, we went to the Shephard Hotel for tea. It is English, quiet and more dignified than the Hilton. Like the Palace or Fairmont, compared with the Jack Tar or St. Francis. The story here is that the Hilton has taken the best chefs and other help from the old hotels.

We looked around at the shops a bit, but are conservative about buying until we have been here a bit longer.

Tutankamen's tomb is fabulous. It has 3 gold cases that fit one into another like a set of boxes and inside the innermost were 3 more sets of coffins, one fitted inside the other, all made with gold plate and jewels and having a mask or form of the king on the cover. Inside the innermost was the body of King Tut. There is an entire floor of the museum with objects taken from the tomb. You wouldn't believe so much could go into the one tomb. The things are very well preserved and very beautiful. We will see what tomorrow brings.

Cairo
10/30/62

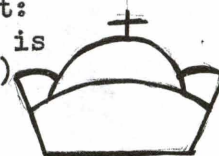
This morning we went out to the old city of Cairo and saw the first Christian Church in Egypt started by the Apostle Mark. It is called the Coptic Church. It is beautifully decorated with wood carving over practically all the walls and these inset with carved ivory. These carvings are dovetailed together and we are told this was the origin of dovetailing wood

together without the use of glue, wood pegs, etc. The wood is of sycamore mostly but also ebony and cedar. The pews are carved everywhere except the seat. The cross is different and is as follows:

The cross represents Christ and the 3 prongs on each end the 12 Disciples. Everything is symbolic. There are Christians, Mohammedans and Jews living peacefully together in the old city and worshipping in churches, mosques and synagogues. The Jews have almost all left in the past few years, however. We would not be allowed in Egypt if we had a visa for Israel. In this same part of the old city is the cave where Mary and Joseph and the Christ Child hid when they fled to Egypt. It is flooded when the waters are high. We could not see it. From the church we went to the mosque. It has the center dome and 4 half-



domes, which is the way the more recent mosques have been built: We have to cover our shoes or take them off. The entire floor is covered with heavy Persian rugs. There is a pulpit (in fact 2) in this mosque. The acoustics are wonderful and you can hear the ring of Allah resounding through the entire structure.



The mosque is on a hill that overlooks all of Cairo. It has the round domes of mosques and the sharp spires of minarets at the 4 corners. The Nile and its boats can be seen. In one area of Cairo they are building new apartments in an attempt to improve living conditions for the poor. The beggars are all over the streets. It is very dirty and very smelly. Fortunately for us, it is not hot and we have not yet been bothered by flies or mosquitoes.

Next we went to the Bazaar. It is exactly as you see it in the movies: narrow streets, dust, dirt, noises, beggars, people carrying objects on their heads, the long robes, veiled women, crowds, donkeys and carts.

I shall reread the Bible with a new understanding after having visited here. In Athens they pointed out where St. Paul had preached and here St. Mark. Alexandria was where the early schism in the Church occurred. Some of the Christians went down the Ethiopia. Here was Babylon. Here also was Cleopatra, Caesar and Anthony. Even Bonaparte came here. Things were happening 4000 and 5000 years ago -- a hundred years seems but a day.

Cairo
10/31/62

This has been a very full day. We left at 8:30 to visit the Pyramids and the Sphinx. Our first stop was at the site of old Memphis, the early capitol of Egypt. This part of Egypt is very fertile. The trees are date palms, peppers, cassie and eucalyptus. There are all kinds of vegetables grown here including tomatoes, potatoes, cabbage, beans, and in addition, sugar cane and rice. The people live mostly in mud huts or these are roofed with canes or a similar plant. The transportation is on top of heads, on donkeys both by back and cart-drawn, camels, and automobiles. There are sheep and cattle, though not very numerous. There are many birds of the heron family, and of course the ibis, which looks a lot like the heron. We saw the tombs of the sacred bulls, which really represent tremendous underground vaults and huge caskets, the lids of which weigh many tons. They are one-piece slabs and were brought down from the Aswan dam area in barges when the Nile was high.

The tombs of the important people were also elaborate and we visited one that had exquisite carvings on the walls. In some the color was still present. These are about 5000 years old. The kings were buried in the Pyramids. These mummies have all been removed or rifled so there is nothing to see inside the Pyramids. Curiously the Pyramids did not seem as big as I had expected them to be. Not even the Sphinx came quite up to expectations. My imagination probably ran away with me. The desert is very interesting -- this evening we returned to the Pyramids and Sphinx and heard a recorded history of Egypt and these Pyramids given by several different speakers. The lights were used for emphasis. It was a beautiful evening, starlight, warm and a crescent moon. It was very impressive to hear the story told in this manner.

For about an hour this afternoon we had a visit with the head of the Medical Society here and peppered him with questions. This was very instructive. Tomorrow we leave for Luxor.

Luxor
11/1/62

We are nearing the more primitive areas -- the Winter Palace Hotel in Luxor -- huge rooms twice as high as the ordinary and 3 times as big, but no bath, no toilet, no writing paper, no shelves or any of the little or big conveniences we are accustomed to. We therefore assume the plumbing is equally primitive and the water supply unsafe. So we have brought out our chlorine tablets and other safeguards, eat only recently cooked foods and drink tea diluted with hot water. The doctor we talked to yesterdayterday promised that in 5 years it would be cleaned up -- maybe. It is exactly as you see it in the movies: people live in mud huts, children look absolutely filthy. They sit in the dirt, with flies all over them, munching away on a piece of bread or some fruit. The average life span is 35 years.

We visited the Karnak Temple today. Went there in a horse-drawn old-fashioned buggy; driver up front; 3 in each cart behind. The ride was lovely along the Nile. The trees and flowers are beautiful. The temple is huge. It could hold both Westminster Abbey and St. Peter's. The entrance way has dozens of statues on each side of Sphinxes with rams' heads. The huge pillars by the dozen and the walls between are covered with pictures etched into the stone -- every inch is covered. Many of them are perfect, and even show the color. They are about 4000 years old. The Sacred Lake is a part of the same area. It is square and has a cement walk around it. The water oozes into it from the Nile, very lovely. Tomorrow we leave early to go to Thebes.

11/2/62

Today has been a hot, busy day. We got an early start, 7 AM, took a small sailboat across the Nile to the west side or Thebes. We spent all morning visiting tombs. The West side of the river was used for the Dead, the East for the Living. We first saw Tutankamen's tomb. This is the one royal tomb that has been found that had not been robbed. In the museum we saw the boxes, 3 of them, one inside the other. Here we saw the 4th one,

and in it is the mummy of King Tut. The lid has a good image of the king. Three statues from the tomb, one of pure gold, are in the museum. The coffin or box of it and the walls of the vault are decorated and many of these are beautifully preserved, even to the colors. From there we went to the Valley of the Kings and then to the Valley of the Queens. We were 1000 feet below the surface, in large vaults hewn out of solid rock -- blocks long and every inch decorated. It is most fascinating. It is hard work, heat, sun and flies to combat, but we seem to manage. Tomorrow we go to Aswan. These ancient peoples were certainly preoccupied with dying and preserving themselves after death. In picking up rocks here, I picked up a petrified seashell just like the ones at Seafirth. The sunset through the ruins is very lovely, and the ruins are full of bats not so lovely!

Aswan
11/3/62

This has been a beautiful day. After doing up another temple in Luxor we flew here to Aswan. To get here we drove over the dam and then went back to see it later. Of course we also saw it from the air. The desert is different here. It is much more rocky, with huge granite deposits, black, gray and pink. Boulders of granite are in the river bed. There are also islands in it, so the river is different. It is very beautiful. There is some traffic on it, though this is not heavy, some sailboats and small craft mostly. Our room looks out over it and has a lovely view. Aga Khan's tomb or mausoleum is across from us and is very impressive. We go there tomorrow. This Africa is very dramatic. I like the desert and the hotel is very nice, so we are real comfortable. The dam we crossed is the one put up by the British about 1900 and raised by additions several times, so it is quite high and effective. The new one is going up some few miles down the river. They are only at the blasting stage still, surveying the underpinnings, etc. On our way to the dam we stopped at a granite quarry. This is the place the old kings got their granite for their caskets, monuments and obelisks. The granite ledges and steep cliffs to the river remind one of Yosemite.

On our drive to the airport we saw men in the fields plowing with a camel and an ox teamed. More to follow....We are 18 on the trip, a nice group.

On Board Boat on the Nile
11/5/62

We are sailing up the Nile, which means going south to Abu Simbel. We were late in starting last night so it was 8 PM instead of 4 PM before we got under way. The boat is chartered for our group. There are 18 in the group -- 16 and 2 guides. There are 5 men, all doctors except the tour leader. One of the wives is a doctor and all the single women are either M.D.'s or in one of the related sciences. It is a quiet, congenial group -- not as fractious as the one that I was with in Russia. They come from N.Y., Michigan, Puerto Rico, Ohio and California.

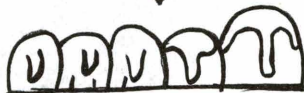
The boat is supposed to be a luxury launch and relatively new. It

is called the "Abu Simbel." A new one is under construction, to be called the "Star of Abu Simbel." It was not ready in time and we are told that this is due to negotiations regarding engines from America. Some question of money. The money here is very tight. The owner of the boat is on the trip. He is an Arab who speaks English well. His wife is English. "Luxury" here does not quite fit our definition of it. Because the group wasn't very large, they gave us all private rooms, otherwise there would be 2 to a cabin with double bunks. The "bath" consists of a shower in the toilet area. There are crickets and cockroaches visible -- I don't know what else "invisible."

It is not unduly warm and the breeze is cool in the morning and night. None of the little "luxuries" are supplied, such as soap, kleenex, etc. So much for that. Almost forgot, there is a swimming pool aboard -- about 6 X 6 ft. The meals are fair -- we eat only cooked foods and drink tea or coffee for safety's sake. It is supposed to be safe, but their ideas of safe and ours may be as far apart as the "luxury."

We are on the area of the Nile above the original dam -- so the river is quite wide, very calm. The banks are all rock with practically no vegetation, mud huts the same color as the rock, a few have some little painted decorations on them. In the little flat places mostly on the shallow bend of the stream there are black sheep and goats, a few cattle, women in black robes tending them. The people are tall, slender and have good posture -- probably from carrying things on their heads. They are black but do not look negroid like our blacks.

Yesterday in the morning, we had a real interesting tour. We left the hotel at Aswan by boat (sail), visited Elephantine Island. It gets its name from the curious huge black rocks on it. They really look like elephants coming down to drink, or in some areas, with their tails to the river:



In the past this island was a headquarters, but now is not used much -- the commercial city is around Aswan on the opposite bank. From the island we went to Kitchner Island. Lord Kitchner bought this island, had his home there and planted a tropical garden -- enlarging on the native vegetation. When

he died, he left it to the United Arab Republic and it is now known as the Kitchner Botanical Gardens. It has palms, sycamores, ebony, teak trees, many others and a wide variety of shrubs and flowers, a great many bougainvillia, morning glories and other plants which we in semitropical and desert-like California are familiar with.

From there we went to the Aga Khan's Mausoleum. It is a very impressive mosque with a central dome. It is built of native sandstone, which is in various shades of tans, pink and lavender. Inside it is very simple with a few polished granite pillars, pink with black and white crystal. The tomb is all in white beautifully carved Carrara marble. It looks like carved ivory. Behind it is an altar also of white carved marble. His wife puts a fresh red rose on the tomb each day. She lives in a castle a short distance from the tomb from November or December until March. When she is not there, the servants place the rose on the tomb.

Carved altar



Carved tomb

11/6/62

Today is election day -- maybe we will get the results tomorrow.

We continued up the Nile last night, docking at midnight at Abu Simbel. Some stayed up for it or got up, but I slept through it. The Nile scenery continued about the same, rocks, sand, few green patches with herds of sheep, goats, cattle and camels, men and women in robes watching them, and mud houses. Very little traffic on the river -- and occasional sail or junk. We had tea in the afternoon and dinner at 7:30.

An interesting sight was the collection of flocks of white birds, probably egrets or white herons, in a tree. Just at sunset, they seemed to gather from everywhere and light on this one tree. We also saw flocks of wild geese.

Abu Simbel
11/6/62

Today we were called at 5:30 AM to see the sun rise on Abu Simbel. Abu Simbel consists of 2 temples built by Rameses II for himself and his favorite wife, Nefertiti. Both temples are carved into the solid rock. The rock itself is like a half-dome rising out of the Nile, only it is of sandstone, a much softer and crumblier rock. The facades face the East. Rameses Temple has 4 colossal figures in front of himself of course. These are 65 feet high and fairly well preserved except one, which is broken above the knees and fallen down. In front of the 4 colossals are several smaller statues of gods and goddesses. In front of this was the courtyard; behind and carved back into the rock 180 feet is the temple interior, with its hypostyle, vestibules and sanctuary. It is supported by square pillars about 4 X 4 feet left from the original rock -- the door "posts," all 4 sides of the pillars, the walls and the ceiling are decorated with carvings depicting the lives, battles, offerings, worship of the gods. Much of the coloring even is still on the life-size carvings and paintings. The other temple is smaller and alongside the first. It has 6 huge figures on the facade, 2 of the king with the queen between. It has the same general arrangement of vestibules and sanctuary, and similar pillars, carvings and color as seen in the first one. At present both temples show active work going on. It is not clear yet how, or if, these temples can be saved when the flood waters back up behind the new dam. The dam won't be ready for another 5-7 years, but even so, the work to be done is tremendous. One suggestion made is to build a cofferdam around the temples to keep them isolated and dry. However, this will mean pumping the water out as it seeps in and will be difficult and costly as a permanent method. Another suggestion studied is to cut the whole temple out of the solid rock and raise it to higher ground. This would be difficult, and since it is sandstone, might crack and break up the temple. They are making copies of every inch of wall for reproduction. They may have to be content with partial salvage and reproduction....The larger temple is so arranged that when the sun rises, its rays enter the main gateway and door and pass back to hit the 4 figures of the 4 main gods on the wall of the sanctuary.

11/7/62

We arrived back at Aswan this morning about 7. We had a pretty good look at the site of the new dam and it looks like tremendous construction over a mile or more on each coast. Undoubtedly it is a gigantic engineering feat. At Aswan we were delayed for several hours with much snafu going on. Should we get off and motor the rest of the way or go through the locks and then go on? It was off again, on again, and finally the last minute we went through the locks. There were 6 of them, so it took quite a while. It was a beautiful day today, not too hot, and so we floated down the Nile lazily. The shores got greener and greener with tropical vegetation and planted fields. In the background always the red sand and the rocky protuberances. There were more sailboats out and more traffic with junks and freight. At 6 o'clock we arrived at Komombo, and since there is an old famous temple, we stopped to see it by moonlight. This is a very large and fairly well preserved temple but of a later period extending into A.D. It was built in part during Cleopatra's time. By now the Greeks had come around so it shows Greek influence. As the guide said, it picked the worst part of each country's art -- Egypt and Greece -- and combined it. If you don't look too closely, it is very beautiful and very impressive, especially in the moonlight. It did have one wall of carvings representing their medical instruments not unlike those of our day. The new god we met here was the crocodile. Like now, if you can't lick them you join them. When an animal became a pest they made a god out of it.

11/9/62

Yesterday was a rough day and I worked a crossword puzzle instead of writing last night. B. got the paper to see how the election turned out and called to me, "Nixon is in!" But when I looked at the date it was Nov. 6 and election wasn't over yet. Maybe we will learn today. There is where I got the crossword puzzle anyhow.

We anchored at Komombo until 5 AM, then set sail again. Rumors float around on a trip like this and you are never quite sure why things are done as they are. At one time it was said the river was shallow and the captain didn't want to take the boat out at night; at another time he had had no sleep and needed a rest. At about 9:30 we landed at our last temple, Edfu. This is quite modern, about 250 years B.C. It shows a great deal of Greek influence. The capitals on the top of the pillars are decorated and often 6 or 8 capitals in an area will each be of different design. This temple is very well preserved and does remind one of the Greek structures. There is a huge courtyard, then the facade with huge pillars and statues. This has the best statue of Horus in front of it. Horus is the hawk god. Again if you can't lick them, join them. Inside are the usual divisions: hypostyle, vestibules, chapels and sanctuary. The sanctuary is of granite, highly polished and carved. All the walls and all the pillars are carved over every inch of space, as is the ceiling. It is always repetitious, same thing over and over like a broken record. I think it must eventually have broken the culture too; so much concern about preserving yourself for the future. From there we took the bus back to Luxor to catch the plane. I have never eaten so much dust in all my life put together. So I scrubbed and washed and worked my crossword puzzle.

11/9/62

Today made up for yesterday. We left at 8:30 to see the Suez Canal and the Red Sea. Only 7 of us went so we had a big car, 7 passenger Chrysler. We took a triangular route. First to Ismalia, then along the Canal to Suez, where we lunched and then home. It was a beautiful



drive. The weather was cool. The part of the country to the Canal is luxuriant, green, built up, and entirely beautiful. The drive along the Canal is most lovely. The sides are of yellow sand, the water is a glorious blue, and ships are lined up all along the way. In one area we counted 23. The Canal joins the Red Sea. There is a nice club where we had a delicious meal, shrimp and rice curry. At this point one can see Sinai across the Canal, the Red Sea, and Africa. Ismalia is a gem of a city. Coming home we came thru the desert again and got here at 5 PM just as the sun set. Both Bee and I went down and had our heads scrubbed and hair set by a real fine hairdress and all his assistants. Even that was an experience.

11/11/62

Here we are in India--arrived this morning after an all-night flight, that is all night with clock moved ahead again 3 hours. We are now exactly 12 hours different in time from San Francisco, so we are beginning to push back until we gain a day again.

Before leaving Cairo yesterday, we visited a fever hospital, about 1600 beds. It was very sad and pathetic. They are very short on nurses, short on doctors, and on housing and equipment. The kitchen looked pretty good. Otherwise there flies all over. The mothers stayed with the children. The screens were incomplete or torn. They had a great deal of typhoid and dysentery, still a lot of tuberculosis, and then a scattering of other disease. Immunization is compulsory for smallpox, diphtheria, and tuberculosis, but of course there is no way of making it compulsory in a country like Egypt until they get better public health and that means more education. Probably the saddest thing was that they had 3 classes of hospitalization, depending on what patients could pay. They do have antibiotics to treat with. The doctors were very nice and showed us all of it. They said, "We do the best we can" and I believe it. They have plans for the next 10 years to gradually improve conditions.

After the hospital, Bee and I went back to the museum by ourselves and browsed around for an hour or more. Things became more meaningful to us after having made the tours, seeing the temples and tombs and tombs and statues that were left in the original place, and then going back and looking at the art that had been removed to the museum.

The plane was late in getting off, so we did not leave until 8:30 PM. It was only an hour's flight to Beirut in Lebanon and then we transferred to a jet 707 and came to New Delhi in 5 hours. So by Delhi time we were here a little after 7 AM. The plane was huge, 140 passengers,

and full. These planes have two rows of seats, 3 deep which isn't too comfortable. I had an aisle seat and slept a little. They served a quickie dinner between Cairo and Beirut and then another between Beirut and Delhi, so we had plenty to eat. It is very interesting to note the different services on planes. The Air India was very nice. The hostess wore the Indian costume, a sarong--English was spoken very well. The crew members were very kind and helpful.

Getting through customs at Delhi was bedlam, mostly because of lack of space to handle the crowds smoothly. We have had no baggage opened yet for inspection. There is little red tape about registering money etc., but not much. We had breakfast and then took a nap. They got us fouled up with rooms and gave us single ones here, so we are trying to get them changed. It is surprising how crowded all the planes are, but they probably do not fly as many as we do. So far all have looked American-made, but they are not kept up very well, certainly not like ours.

We have learned about the election and I sent Pat Brown a card congratulating him. We have also been able to follow the Cuban crisis and the Indian one, but on the scene all seems quiet.

The driveway from the airport in was beautiful highway with trees and grass. They drive on the left like England. There is heavy traffic with cars, trucks, bicycles, donkeys, oxen, etc.

Hotel Janpath
New Delhi
11/11/62

The Conference opened today in a very beautiful and dignified manner. I always feel joy and pride when I see the flags of all nations lined up. The President of India gave a very erudite speech and Nehru also addressed the gathering. Then the President of the World Medical gave his farewell speech and the new one took his oath of office. Following the program, all the guests were entertained at the President's Palace Gardens. The gardens and the formalities of the reception were the most beautiful I have ever seen. The grounds are many acres in area, formal, with many, many fountains, beautiful big lawns and well-trimmed trees and shrubbery. There were about 100 soldiers in beautiful white and gold uniforms at attention--in 2 rows leading to the Palace--12 on each side, another row across the entire front of the Palace, a similar arrangement on the garden side. There were two long tables at right angles in one corner of the large green area with white, gold, and red uniformed servants. The band played their national anthem, the President arrived, walked around the entire square, shook hands with almost everyone and then sat down in one corner of the garden with the VIP's and had his tea. We had fruit juice or tea and delicious cake. There must have been 700 to 1000 there. It was a really dignified and beautiful spectacle. We are tired tonight--no real sleep in past 24 hours--so will go to bed early.

Ashoka Hotel
New Delhi 11/13/62

As you see we have changed hotels. If it is difficult to accomodate a convention in S.F. you should see it here, or rather hear it from the

tourists office. Poor fellow, he certainly has been panned and roasted. We got moved along with the rest, even though we didn't squack. We have a marvellous room here and just finished having tea on the balcony with little sandwiches and cake.

But to get caught up on our doings, yesterday we attended the conference in the morning and heard 3 talks on rural health. That is the theme of this years program. The minister of Health is a woman and the main speaker was Barbara Ward (Lady Jackson), an English woman. She gave an excellent talk on Farming, nutrition, motivation, storage, transportation, pesticides, and health! In the afternoon we went to the Bazaar (Central college Industries, Emporium) and brought a few nick nacks. It was very interesting. In the late afternoon we were invited to Lady Hardings Medical College, by the women physicians for tea. This is a womans medical college staffed by women and takes only women and children. There was quite a large group there and we had a real nice time. Then in the evening 9-11 we were entertained by the Indians with a beautiful Ballet program. Today we heard more about rural health, education, and an excellent speaker, Dr. Hogdan from the Ford Foundation. He is a sociologist. As you see medicine here is much broader in its concept than at home. This is good for us. At 10:30 AM we visited the Childrens Hospital of Lady Hardings Medical School. It was a notch above Cairo, but not much more. This P.M. we saw some films then came home for tea and dinner and then we are going out to another cultural program. I hope the mail is going through--the war scare is real here and affects travel some too.

11/14/62

Another busy day. We went to a second program of dancing last night. The first night was classical, last night folk dancing. For a whole evening of entertainment, I think the folk dancing probably was the most enjoyable. It was excellent ballet and a very nice dividend to the Conference. This morning we went to the Institute of Communicable disease. This is its new name, but actually it is more concerned with Malaria, Filariases, and other protozoan diseases. However, it is also gathing statistics on tetanus (in one small village 500 cases). This was an exciting institute to see especially with Bee Eddie. We saw everything from monkeys to mites. They were raising mosquitos and bed bugs. They showed us how to calculate the age of a mosquito by studying the ovary. The method was discovered by the Russians. The men were very enthusiastic; many had been in other countries; some of our people were working there. Medicine is a common denominator to all the countries.

This afternoon we took a 3 hour tour of the city. We saw the oldest mosque as well as the new temples of Budhism, Hinduism, and Moslem. We visited the old city, the old wall, the old palace, and then saw the government buildings, the Presidents Palace, Nehrus home, and many other points of Interest. Tonight we have the banquet and tomorrow we leave for Jaipur and Agra where we will see the Taj Mahal. India so far is very different from what I expected. New Delhi is a beautiful city, spacious, fine buildings, parks, and gardens. The people are kindly and humble. There are a few beggers, but very few here and I suppose I saw

some sacred cows in the old city, but otherwise I have not seen any in the main city. One feels akin to the people, like to the Athenians. The Arabs were more foreign. We visited Ghandi's memorial--It is a large area enclosed by stone wall--an altar and a black marble plaque where he was cremated. It is incomplete still.

Jaipur 11/15/62

This has been a fine day for motoring. We left the hotel in Delhi at 10 this morning and drove to Jaipur, sight seeing a little along the way. Mostly we enjoyed thoroughly seeing the countryside for 200 miles. The road was paved, but narrow and we got considerable dust from the fields. India is not as I expected to see it. I thought it would look crowded and every inch cultivated as I remembered it in China. Instead of this, most of it looks like our country between the west end of Nebraska and the California border. It has all kinds of terrain, low lands, some fields, pastures, and a lot of rocky mountains with sage brush and Cacti. There are scattered mosques and domed tombs along the way. There are thousands of Cattle, sheep, and goats. The Indians are vegetarians and they don't kill. The cow particularly is sacred and beef is never eaten. Apparently they respect all animals because we saw pigs, monkeys, and peacocks and were told there were tigers in the jungle we drove through. The Jungle, to me looked very much like the hills of Tiburon viewed from Paradise drive between Seafirth and Belvedere. Even the birds are unafraid. There are thousands of cows and pigeons and all other kind of animals about. For transportation besides cars and buses one sees Camels, Donkeys, Horses, and Bullocks plus bicycles galore. Then there are men and women in Sari's and Turbans carrying everything from babies to Crockery on their heads. From a distance their costumes are very colorful, but they might not stand close inspection. The leaves are turning, but they are not as vivid as Minnesota or New England. Nevertheless they make the hillsides very colorful in soft browns, yellows, and greens.

At Amber we stopped to be greeted by the elephant. Amber was the first capital before the Pink City of Jaipur was built. It is beautifully located on the hillsides of a ravine which has been dammed up to make an artificial lake. We mounted the elephant with a guide and thus went up to the temple. It was just before sunset and the views all about were very lovely. There was the original old wall or ramparts on the hill across the ravine and glimpse into the valley between the peaks. At the top was an exquisite little Hindu temple. The inside of which was entirely carved in white marble.

Laurie's Hotel Agra
11/16/62

I just said to Bee this is the night I write about peacocks and parrots, monkeys and men. It has been another very interesting day--mostly motoring. The hotel at Jaipur was another old castle made into a hotel. We thought our rooms probably had been the servants quarters. By daylight this AM we could see how beautiful the gardens were. It is a constant surprise to me how much space there is in the cities devoted to gardens or just vacant. We wouldn't think of letting so much space

go to waste. We couldn't afford it. The Palace hotel had acres of green lawns and the hedges were carved into forms resembling birds, elephants and so on. There were flower buds and potted plants used for decoration all about. It must be a tremendous job to keep the gardens up and yet the faucets leak, repair work is crude, the places where attractions have been made are never painted over. Bath rooms particularly are very crude and terribly unattractive. We had a tour of the city in the morning. It is another city especially designed and built by a fairly recent Maharajah, namely in the 18th. century. It boasts of being the first planned city and it does have wide streets, ornate gates of entrance and a fairly attractive ornate palace now used primarily for a museum. There are some rooms used on occasion for entertainment--Jacqueline's reception was held there and we saw the Elephant chair she rode on to the top of the Amber Castle. It may have been the same elephant, but it sure was not the same seat that we had. The Sandstone here is red and the city is called the pink city. The temple is trimmed in many places and decorated with white carved marble. It has 2 large Elephants carved out of 1 piece of white marble. The walls and ceiling are carved and painted in very delicate and beautiful patterns like our childrens prints. There is much beauty in it. I even liked the armory because the guns, swords, and knives were hung up in patterns even forming a "good by" over the exit. We left at noon to proceed to Agra. Unfortunately it is not moonlight and so we could not see the Taj Mohal tonight. The country today was flatter and looked more fertile. People were working in the fields everywhere. Plowing is done by oxen, irrigation by a water wheel driven by oxen. Threshing, we saw done by hand using the wind to blow away the chaff. There are cattle everywhere, both black and white. Few of any other color. The animals and even the birds are so unafraid that the driver had to honk his horn to scare the birds off the road. The chief delay in travel was due to herds of cattle, sheep, and goats, or camels on the road. Monkeys are all about and in this area Peacocks can be seen most anywhere. The Castle had a beautifully painted Peacock gate, one of four gates leading into the peacock court. The Peacock throne is in Turkey and India has only a replica of it. We also saw green parrots in fairly great numbers, herons, and the ever present crows, pigeons, and doves. The houses are made of mud almost exclusively and have thatched roofs or no roofs at all. There are clusters of them together, but I haven't learned yet if they are privately owned or how the people live--from the road it looks as if people and cattle all live together. The shops are shallow cells in the wall and all lead out to the street. Most of the shopping is done on the walk in front of each shop. One sees anything and everything going on, Barbers cutting hair, a mother delousing her girls head fruit, vegetables, Jewelry, Bicycles sold in small shops one after another. It is a kindly friendly place, very few beggars, the people laugh and play, appear relaxed and kindly. I haven't seen the Cobra yet, but almost every other kind of beast or reptile.

Associated Hotels of India Limited
11/17/62

Well we are back in Delhi with planes cancelled so we are hoping to get booked on Pan Am and go directly to Bangkok skipping Benares and Calcutta. We will see.

The Taj Mahal was not a disappointment. I was afraid it might be as I am apt to over imagine what I read and hear much about. It is a beautiful building and represents excellence in many arts. The work of course was done by top artists and they undoubtedly tried their best. The architecture itself is very lovely. It is all in white marble and has the graceful minarets at the 4 corners. The river is behind it and the large well kept gardens and fountains in front of it. A poem or story is inlaid in black stone. Of course the Hindu writing is decorative in itself. This writing is done like a frame around the entrance ways.

The rest is decorated with inlays of semi precious stones in varied patterns of flowers and designs. Jade, Amber, Lapis Lazuli, pearl, Jasper, and some other 40 or 50 varieties of stones are used for the inlay. The parts not decorated in this manner have carved floral designs in the white marble. Instead of windows, there are carved openings in the marble like lattice work. The queen and the Rajah are buried underground in the crypt and there are duplicates of the tombs up above. These too are all decorated with inlay floral designs of semi precious stone and also Hindu writings in black letters of inlay.

In addition to the Taj, we visited the Red Fort with numerous courts and palaces. This period shows considerable Persian influence in architecture and decorations, white marble from Jaipur was used extensively and was decorated both by carving and by inlay. They still do beautiful inlay in marble and I wanted to take a table top home with me but it was too heavy.

Bangkok
11/18/62

Here we are in Thailand. The local planes in India were all cancelled in order to fly troops and supplies to the border. For the same reason we made the trip to Jaipur and Agra by car. This change pleased us much because we drove thru country--the entire circuit was about 600 miles and it was very educational indeed. At Agra we had a telephone message that the plane to Benares and Calcutta had been grounded and our flight cancelled, we were to report to Maiden Hotel. As usual on this trip when we got to the hotel, they had no record of us, so we had to start phoning the travel agency and see what next. Actually they expected us to return to Ashoka, messages having been garbled. But since we were only 2, they were able to get us on a Pan American flight at 6:15 this morning. It was non stop to Bangkok and it was a lovely morning. We started out at sunrise, it remained clear and we could see Mt. Everest even though we were 600 miles from it. We also got a good air look at Rangoon. It looked like a well designed city from the air with a square gold mosque at the center. The country was the most luscious green I have ever seen from the air. The fields looked like a green velvet carpet. There was less of the "mosaic" than is seen over U.S. or Europe. I guess this flight isn't too far from the "Hump" of war days, none the less it was exciting to be that near the Himalayas, Everest, the country of the "Burma Surgeon" and all the rest. The flight took 3½ hours and we

had breakfast of ham and eggs aboard. This brought us into Bangkok a day early and we were unable to get into the Rama Hotel. We are at the "Grand" and it is better than anything we have had since leaving Europe. It is Sunday and the main travel agency is closed so we will have to plan details tomorrow. I still expect to come home Pan American Flight 2 on Dec. 1st., 8:30 or 9:30 PM whenever it gets in. We were on flight 2 today. Bangkok is unique, westernized orientals. From today's impression, the children are more western than our Chinese youngsters in S.F. Chinatown. I got the biggest kick walking down the street and seeing teenagers behaving very much like ours but with Oriental faces. The little Youngsters were playing a game with bottle tops--Another group had a stand and were selling peanuts. Their play was so much like ours and they seemed to have the same free strut as our uninhibited ones do. We encountered no begging and no staring with curiosity at "foreigners." My first impression was of complete naturalness. I may change my mind tomorrow.

Hotel Rama, Bangkok
11/21/62

Good morning--it looks like another nice day. To date we have been most fortunate, or else we are enjoying it so much that we ignore the weather, but we really have not suffered from heat, flies or mosquitos. We had expected all of these. Our rain coats were used in London for a heavy mist, otherwise they have been packed away. Yesterday morning we left at 7:30 for a tour of the canals called Klongs and saw the water markets. It was a most delightful experience. The canals crisscross the city everywhere and as soon as you are out of the main city street, everyone seems to live on a canal. They use it for bathing, washing clothes, sewage, and trade. The farmers come in with a "canoe" of fruit, vegetables and fish. The housewife hails him and buys his supplies. They do have the most gorgeous fruits and vegetables here. The people are free and happy and busy. In addition to the markets, we visited the "Dawn Temple." The temples here are odd. They are mostly in the form of a pagoda-like spires. This one was decorated with chinaware made into flowers and other ornateness. Budhas are seen everywhere. The Brahmin monks have brilliant orange robes that are worn very much like a sarl. We climbed up a couple of flights of stairs on the outside of the temple and got a marvelous view of the city. Bee climbed the third, but I stopped at rung 2. On the way back we passed the Palace and stopped to look at the royal barges. There are seven of them, beautifully decorated in gold leaf or painted golden, and the prow comes up like a bird or animal. They are taken out once a year--October 24, for a procession on the canals. Rama VI is always called "The King and I." In the afternoon we drove to Nakorn Pathom. The round trip was about 75 miles and it gave us a glimpse of the country as well as a visit to the oldest Buddha temple in Siam. It is known for its "Standing Buddha" and he does stand at quite a height--probably 50 or 60 feet, maybe more. The country is entirely flat and barely above water. The rice fields are wet, the water buffalo bath in the canals, the houses are built either on stilts or a garage-like space underneath. The people wade in the water, and the kids ride on buffalo backs. Most of the area we passed through was covered with rice, which

is a luscious green. Then there were rows and rows of coconut palms. This is the land of teak wood too, and the buildings are largely built with a wood that looks like the brown teak. Our guide said the lumber was not teak but related to it. The area looks like a seaside resort--no not quite--the houses do, but they are distributed for each farm or whatever they call their property here. Beautiful brown wood. The city has a large number of lumber yards and as our guide said, "We are not a hungry people--China and India have hungry people."



The temple is a huge dome-like structure in golden color, tapering up to a spire. In addition to the standing Buddha there is a reclining one almost as large. The temple is 285 feet high. There is no entrance to it. We were shown the cell where the first Buddhist missionaries from India lived. We had dinner here with Dr. and Mrs. Althausen and then went to see native dancers here at the hotel. These were interesting because they gave us information regarding saluting, wedding customs, etc. It was educational rather than mere dancing... The flowers are beautiful--orchids grow wild. We saw papaya grown, pineapple, coconuts, etc. Each house has in front of it a "birdhouse temple"...

Hotel Rama
Bangkok
11/23/62

Two days have passed without much time to write and this includes Thanksgiving. In Bangkok Thailand, we had 2 invitations to Thanksgiving dinner. Dr. and Mrs. Brown, friends of Bee's invited us first, so we had Turkey, cranberries, and pumpkin pie with them. The Althausens were there too. Mr. Kugel, a brother of Bob Kugel Iowa, invited us too. I am on a committee with Bob, but have not met his brother otherwise.

On Wednesday Mrs. Brown took us shopping in the morning. Thai silk is hand woven here and we not only saw the weaving but piles and piles of the finished product. I got myself a little dress of it. A Mr. Thompson from U.S.A. became interested in it when he was here during the war years and he has done a great deal to help the industry, especially in dying and printing the material, as well as marketing it. It is not inexpensive and even here, but of course considerably less than at I. Magnins. We also saw their Jewels. I am not a great hand at buying jewels--I don't know their value and I don't wear much, so I mostly looked at it. We also visited a "supermarket"--the fruits and vegetables were most interesting. A great many that we have not seen before. The market set up is more like a Farmers market at home. It has a cover, but otherwise the dirt floor, open front and no cellophane wrappings. It is of course additional experience and plain fun to ride around the city with someone who knows her way about. It is a big city with many wide streets, but also with old narrow ones and canals everywhere. It is at sea level and

water comes up to meet you anywhere. Yesterday morning we took a half day tour to the Temples and the Palaces. This area of buildings is very, very ornate. The most beautiful part I thought was the doors. These are of black ebony inlaid with mother of pearl in a very fine design, consequently they shimmer lavender against the black background. The rest is of porcelain, tile, and gold plus painting and carving. The inevitable serpents tail decorates all corners and are in gold or they are painted a gold color. The roofs are mostly of tile in very brilliant colors. There are spires, domes, and the awful grinning huge porcelain or glazed tile figures guarding the entrances. Having come from Athens, to Egypt, to India, to Siam, this is very garrish. Although interesting and colorful it does not appeal to me like the others have. Of course it is not new to me because much of it is very like what I lived with for a year in China in the Twenties.

Mrs. Brown tells me the young folks here watch American movies and the teenagers are what they see. Since the movies are usually second rate ones, the models they see are not the best. This confirms my first day impression, namely that the youngsters act Western. It is particularly surprising, since there is not much English spoken and there are very few signs in English, much less so than in India or Egypt.

We stopped at the Women and Children's Hospital where Dr. Sem is director, but he had an emergency operation and we barely caught a glimpse of him. He was the doctor that Pieter talked to before the operation on the Siamese twins. Sem has seen 3 sets operated and has a 4th. coming up. According to the statistics here they occur 1:34,069 deliveries, which is the same as quadruplets.

In addition to the Temples and Palaces of the court, we saw the Temple of the reclining Buddha some 200 feet long and also the marble temple. The latter is more modern and is of Italian Carrara marble--otherwise the roofs and general design is Thai. The Palace Temple has the Emerald Buddha which is really of Jade and small--that is about 3 feet high and so high up we could barely see it.

Hotel Rama
Bangkok 11/23/62
6:30 PM

Here we are still in Bangkok. Planes are not too reliable in this part of the world. We planned to leave a day early because Bee wanted more time in Kuala Lumpur. The only flight was Garuda at 12:30 PM. When no one had called by 11, we phoned the Travel agency and were told that the flight was delayed until 9:30 PM. We then thought maybe it would be wiser to stay here overnight and travel on our scheduled flight tomorrow. We were told, however, that the flight had been cancelled because the King and Queen had chartered the plane to take some dignitaries up country. Now we are hoping this one goes tonight. From then on plans should be more reliable. We took our 4th. tour, so time wouldn't be wasted and saw the new docks. They are huge, with a great many cargo ships from several countries. The greatest number that we saw today were from Denmark. This is where they get their Teak. They use it as ballast on return trips. It is a progressive busy little country this Siam! They say in 5 years all the canals will be filled up, new houses replace the old and the city

thoroughly cleaned up. In addition to the docks, we saw the Snake Farm at the Pasteur's institute. They produce the anti-venom there for the treatment of snake bites. The Cobra and the Krait are the most poisonous. These snakes are very prevalent and there are 1000 deaths a year from snake bites. There are a great variety of snakes here. We had one crawl up on the patio at the Browns last night. Buildings on stilts may be wise! The institute immunizes against all other diseases too, rabies, small pox, tetanus, diphtheria, etc. On the way back we stopped at still another mosque and this time saw the gold Buddha. This statue which weighs several hundred tons was discovered in 1954 to be of gold. It had been plastered over with cement and when it was being moved it was dropped, the cement cracked in one area and showed the gold. It is estimated to be 700 years old, but no one knows how long or why it was hidden in the cement mask.

Hotel Merlin, Kuala Lumpur
11/25/62

While waiting for Bee's friends to pick us up and keep us busy today and tomorrow, I will pen you a few lines about Kuala Lumpur. This is now the Capital of the Malayan States. It is a very beautiful place; tropical, with Palms and heavy, heavy foliage, warm and moist. Orchids grow everywhere and adorn every table. On our tour of the city yesterday we visited a rubber plantation. The trees grow tall, most of the leafy branches are high and as you look down the rows of trees, the branches make beautiful gothic arches. There are 185 trees to an acre. Each tree survives 25 years. Women take care of collecting the rubber. A diagonal cut over $\frac{1}{2}$ of the circumference of the tree is made as high up as the girl can reach. A cup is hung at the low part of the cut by a wire around the trunk. About 2 hours are allowed to collect the sap. This flows out as a white liquid. The next day another cut about $\frac{1}{3}$ - $\frac{1}{2}$ inch below is made and the strip of bark removed. When the bottom of that side is reached, the other half of the trunk is stripped in the same way. From the rubber plantations we went to the Batu Caves. These are about 250 steps up the mountain--quite a hike. The caves are large and open up at various places to the sky above. This makes them very lovely with light and shadows and some vegetation growing out of the sides. The rock itself is uninteresting, being a plain gray with some lighter shades. The view of the green plain below and the exotic vegetation was beautiful.

The city has many modern and lovely buildings--big parks, and when the government buildings are completed it ought to be a very enchanting capital. The people are alert, anxious to please. There is a mixture of Chinese, and many darker Indonesians. All of these people we have seen are on the move. The impact on the world eventually will be great. One fears communism less when one sees the pride of independence of the people.

Hotel Merlin
Kuala Lumpur
11/26/62

It won't be long now! Tomorrow we leave this nice place. This is where Bee has her boys working, so we are being royally entertained. The International Center for Medical Research is here (ICMRT) and the

fellows working here are from Hooper Foundation. Yesterday Dr. and Mrs. Dunn picked us up at about 9 AM and took us for a ride to the mountain top and the rain forest. The vegetation here is very different from at home. There is a great deal of rain and heat and the jungle is heavy. There are tall straight trees with the foliage mostly at top that are very lovely against the blue sky. It is a very beautiful peninsula. Only about 200 miles across. The Dunns were able to point out the building, shops, Universities and so on. One certainly gets the feeling of activity and business as well as enthusiasm. This we have felt all across these Countries, from Egypt through India, Thailand and here. There also is a strong impulse to be independent and do things their one way, which is not conducive to the growth of communism. We had lunch with the Dunns in their lovely home built on the hillside with a view toward the mountains. In the afternoon we had another ride to the Lake made by the dam. Alice 6 and Eric $4\frac{1}{2}$ joined us on this trip. The water and food here is safe. The mosquitos have been largely exterminated. In the evening Dr. Rudnick took us out to a Chinese dinner and after it we went to the native amusement place--much like Tivoli or our beach entertainment. There were Chinese theatres, dancing, merry-go-rounds, and all types of slot machines, shooting galleries and of course eating places all over. The night before we went to the "Sunday Fair." So called because the Moslems start Sunday at Sundown. It too had everything to see and to eat. It closed sharply at twelve. I bought a scarf. The corn on the cob and the Shishkibab tempted us, but we had dinner before we left and refrained. Today we spent in the labs.

Cathay Hotel, Singapore
11/27/62

Here we are in Singapore. Contracted to S'pore--like San Francisco. Our hotel was changed as you will see and for the first time we were not met. It is easy to get around here as English is spoken very generally. Our hotel room has a lovely view out over the Harbor and we can see ships at anchor. Also below is a greenpark. Singapore is somewhat hilly and has a nice sky line. The flight over was lovely, visibility good and it took only an hour. Three of the doctors and one of the wives saw us off at Kuala Lumpur. It really is a nice group out here. One of the doctors here has already called and will pick us up this afternoon. I will devote one letter to the American organizations over here, that we have encountered. I think I have it fairly straight. Last night we had an Indonesian dinner at Dr. Lie's. He and his wife are both doctors and working at the ICMRT labs. All the Hooper people were there. One of the boys picked us up and brought us back. He backed into the ditch once, but having a small British Ford the boys picked up the rear end and no harm was done. Out of 8 cars here 5 are Fords--cute little things. This is said for the benefit of Jack and Bernie. As I said no one met us here and we took a taxi to Raffles Hotel only to find we had no reservations. Fortunately we still have one set of vouchers, mine were taken from me by the travel Agency in India to make some changes and not returned. The agency boy came to Raffles and transferred us and for compensation offered us a free tour tomorrow, which we accepted. Then as explanation he said their head man was in jail. He had pocketed the money instead of paying for the

hotels etc. Now they are trying to bail him out. Singapore has a reputation! Notices in the room says drunkenness not allowed. The door must be bolted at all times. Not responsible for baggage, etc. Now for a look around, lunch, and a tour with Dr. Lei.

Cathay Hotel, Singapore
11/28/62

It is 3/4 hour before our tour picks us up for sight seeing, so maybe I should try to analyze "foreign aid" as I have seen it on this trip. Our first encounter was the World Medical Association. This is international but probably 60% of the costs at least are paid by U.S.A. It is still not truly "world" because only $\frac{1}{2}$ of the nations belonging to U.N. are members. This is in part due to the fact that the countries behind the iron curtain have not joined it and in part due to the lack of national organizations of doctors in many countries. The W.M.A. is purely medical in distinction to W.H.O. (World Health Organization) which includes public health people, nutritionists, social workers, Economists, in fact representatives of all organizations that deal directly or indirectly with health. In order to promote health, education for instance is of extreme importance. A correct diet is important, money to buy food, change of eating habits established for centuries and of course cleaning up water, milk, eliminating mosquitos, and all of the environmental problems that affect health. We call this ecology. These 2 organizations work together in many areas but W.M.A. is more concerned with medical education, bringing up standards of training, having a code of ethics, so that what happened in Germany during World War II cannot happen again--such mass destruction of humans--poison warfare and the like. Both organizations have plenty to do. In addition to these 2, the Army and Navy have international research institutes in many countries, in fact we have encountered them in almost every country. I am not clear on all the things they do, but of course since our service people are living all over the world, their health is important. The research institutes are studying local diseases especially those not prevalent in our country--malaria, filariasis, dengue, plague, Japanese encephalitis--just to mention a few. Their findings of course are of great importance to the native countries too. Many natives participate in the work and this is educational. Even though organizations are not set up to treat the natives, they benefit the health situation considerably. Another organization is that of University supported institutions. Several of the Universities of U.S.A. have international centers for Medical Research and training (ICMRT). These centers are assigned to the medical schools. The one we visited at Kuala Lumpur is sponsored and paid for by the Hooper Foundation of U.C. The Medical school also has one at Jakarta, Java--Tulane University has one at Colombia. There are 5 of these all together. The object is two fold (or more). One is to train U.S.A. doctors in diseases not present in our country. This is of course extremely important and can be done effectively only by being where the diseases are. The other object is to help the countries to learn more about their diseases and how to eliminate them. There are diseases spread by mosquitos, fleas, lice, ticks, mites, etc. It is important to know what animals harbor these and which ones are reservoirs for the disease. The skunks in Marin are infected with Rabies. One part of the study consists of following the migration of

birds and the spread of infected lice by them etc. At the institute in Kuala Lumpur the natives trap birds, rodents, and mammals. These are brought in each morning. Then each researcher takes his share of study from each animal. One picks off the ticks, lice, etc., and carries them off for his work; another draws blood for studies; an autopsy is done and another person studies the intestinal tract for parasites, also the liver, lungs, Brain etc. The hide is preserved and there is even an exchange between the Academy of sciences and Museum all over the world. I found this extremely interesting and of much of it I was unaware. Another U.S.A. organization we encountered was the Peace Corp. Mr. Lewis Butler of S.F. is on the administrative staff at Kuala Lumpur. There are about 200 workers assigned in this area. The local people contact the administrative staff and ask for certain types of workers. Thus a new hospital may need a technician to supervise setting up the laboratory, buying equipment, etc. Another hospital in an area of the aborigenes just outside K.L. needed a doctor. The administration, then asks for peace Corp Volunteers in each of these fields to fill the requests. The volunteers are carefully screened and given good briefings before they come out. They then stay on the post for 2 years. The idea is not only to meet a need, but to get themselves educated about foreign countries. They get room, board, and expenses, and I think \$100 a month is banked for them in U.S.A. They are on no direct salary here. In addition to the above mentioned groups, I presume there is also medical missionary work. This, I have not encountered, but in riding around sight seeing like here in Singapore I saw Churches and institutions belonging to Catholics, Seven day Adventists, Mormons, Presbyterians. The country is distinctly moslem here--although there are Budhist and Hindus too. We also saw a Confucian school. They do live together in peace it seems like. Singapore is now an independent state with a head of state. The people here are about 78% Chinese, 14% Malayan and the rest all others combined Indians, Indonesian and 2% white British and U.S.A. plus Australians etc. Most of the business is in the hands of the Chinese. These are not red and not in sympathy with communism. The schools are divided and teach in Malayan, Chinese, etc. but all are taught English. Singapore is an Island connected with Malaya by a causeway. Part of our tour today took us into Johore. It is one of the Malayan states and its head is a Sultan. It is described as the richest of the states. Its products are rubber, coconuts, wood, and a variety of fruits and vegetables. The homes are big and not unlike ours. Both Johore and Singapore have very beautiful residential areas. The port of Singapore is huge, the seaside has a beautiful esplanade with trees, flowers, and a green lawn. We see practically no beggars. There are lots of cars, motor cycles, and bicycles, and Trishaws (rickshaws replaced by a bicycle). It rains a great deal and the temperature is 70-90 most of the time. It has been nice while we were here and no rain except a few drops until this evening after we returned. We have visited the medical school. It has graduate research facilities and an enthusiastic staff. Both here and in Kuala Lumpur there are organizations for the spastics, the deaf, and the blind. Singapore will probably join the Malayan states in a loose federation, each state retaining its independence. Certainly here like all the other countries we have seen, there is great activity. Singapore has rows and rows of new apartment houses as a redevelopment. U.S.A. had better not be too smug or we will find ourselves outstripped by the awakening countries.

The Ambassador Hotel
Hong Kong 12/1/62

Today is the long day--Dec 1, way until tomorrow mid-night. I want to tell about yesterdays sightseeing before it gets confused with todays. Hong Kong is an Island at the tip of the China peninsula, just like Singapore or like S.F. would be if we were cut off at the level of the airport. We are staying in Kowlan which is the tip of the mainland. Our room looks across the narrow strip of water to Hong Kong. The Island is hilly. The hills being much higher than twin peaks. There is much greenery, but also apartment buildings and homes scattered way to the top. The business section is along the shore. The buildings are moderately high, about like S.F. There are no bridges or causeways, only Ferries still. There are 3 navy ships out there, a passenger vessel came in this morning and there are numerous ferries, small vessels, junks and fishing vessels. At night the neon lights along the shore, the navy vessels lit up and the shimmering of scattered lights to the top of Victoria make a most beautiful sight. We hated to go to sleep. Last night the new moon and the crisp air added to the delight.

On our tour yesterday, we ferried across then took a funicula to the top of Victoria peak. From there we had a panoramic view of the whole area. It is as beautiful as Rio and almost as beautiful as S.F. The car drove up and met us at the top. We motored down the mountain around the lakes (dams and resevoirs) and finally lunched on the floating Palace. This is a Ferry Boat painted and decorated in the usual ornate Chinese fashion, anchored in the water. We went out to it in a sanpan manouvered by Chinese women with paddles. They scolded and ranted at anyone who sailed into their courses. The Chinese lunch was very good. Bee had a fieldday taking pictures.

One of the interesting things we saw was the River Colony. About 15,000 people live in Sanpans on the river. These are crowded together as close as they can be. The people eat and sleep and live on them. They fish and buy produce from other river boats. Unfortunately school attendance is not compulsory and probably many of the children do not get any education. There are, however, schools and one sees children in attendance by the dozens. I gain the impression that the native people have greater motivation and ambition where they are on their own, as in Malay, India, and Thailand.

The shops here are out of this world. The entire area around the hotel consists of arcades of shops for sweaters, silks, embroideries, gems, jewels, linen and of course tailors and dress makers ready to sew you up in anything. With a ceiling of \$100 however you can't go very wild buying. Gift packages under \$10 are permitted and I presume are relatively sure to get through. We will see, I am sending some. Today we go up the penninsula a ways and I'll report on that later.

The Ambassador, 4 PM
Hong Kong 12/1/62

Here we are awaiting the boy to take us to the airport. We left at 9:30 for our tour of the "New Territory." This is the land on the China

peninsula given to the British for 99 year lease. There are about 38 years left according to our guide. The ride was 65 miles long over good roads. The country we saw was almost entirely mountainous with the small valleys highly cultivated. We were in sight of the waters most of the time as we went up one side of the peninsula and came down the other. There are 5 cities or towns on the route. This took us up to the China border "no mans land" or "Berlin wall" of this area. A river divided the place from Red China. There are guards--British on this side and I presume Chinese on the other. On our way up we passed the government houses built to help the refugees. They are apartment houses, and apparently only 1 room is allotted per family. Classes for the children are held on the roof and the areas between the apartment houses are used for work and play. The inevitable "hole in wall" shops are everywhere. There were actually swarms of people in the area, but they seemed happy and well enough fed. Apparently fairly strict control to prevent crossing from Red China over here is maintained, but smuggling goes on. The guide said this was probably for freedom and partly because Red China is hungry.

It has been very interesting reading the papers and getting the slant of the news from various countries. It will now be fun to get it from U.S.A. opinion. I will add a supplement to this on weather, insects, and girls later.

12/1/62

We stopped at Tokyo at 10 PM time which was 1 hour ahead of Singapore. We stayed here 2 hours at the airport and looked at the shops. The flight from there to Hawaii is 6½ hours. One hour more to go, but we met the sun at about 3 AM and have just finished breakfast at 5:30. I believe it will be 11 AM in Honolulu--6:29 by Tokyo time.

Pan American, Inflight
12/1/62 5:30 AM 1 hour
from Honolulu

Now for some summaries. First the weather has been from fine to excellent all the way. We have had our rain coats out twice, but they really didn't get wet. It sprinkled a little in London and some slight sprinkles for a few minutes in Singapore. Kuala Lumpur promised us a 4 o'clock shower every afternoon, but it didn't materialize. Egypt produced some fairly warm days, but never unbearable. It was dry! Kuala Lumpur and Singapore were warm and rather muggy, but again never unbearable. As for mosquitos, flies, and gnats, we just have not encountered them. We used repellants a few times. Our health has remained fine--no diarrhea--a little hacking cough from time to time with air conditioning and heat alternating. Our beds have been comfortable and we have slept well. The travel service has been spotty, but it has never really inconvenienced us or interfered with our good trip.

The planes--Economy flights I do not like--3 seats in a row and the rows too close together. Makes it crowded and uncomfortable. We have had a variety of lines--PAA, Arabic, India, Indonesian, Japanese, and Malayan. The Indian stewardess wore Sari's. The Japanese native dress in the first class division only. The Arabic girls all tried to look

like Cleopatras with a terrific amount of make up about the eye and with their black hair done up in bee hives, rather short, and stubby. I couldn't admire them. The Chinese, but particularly the Malayan girls are slim and pretty. On a quick pass through countries such as our jaunt was, I gained these impressions--Athens, beautiful, intelligent and well balanced; the Arabs rather dull, abrupt and indifferent; the Indians, intelligent, gently and exceedingly kind, thoughtful and unobtrusive. The Malaysans, the most western of all, happy, independent, friendly. Singapore, aggressive, out for the dollar, but Darling. Hong Kong likewise--They are all on the go--Apartment houses were being built by the scores in all the places visited. Begging, except in Egypt, was nearly gone; Health plans seemed to have been formulated for all the countries, and health and sanitation should improve. Education is stressed and in many places compulsory. We had very little contact with government people, but the fellow on the street was certainly for freedom of the individual.

San Francisco looked like a jewel from the sky. The pilot reported "visibility unlimited," and so ended the circuit--a most delightful trip with a most delightful companion.

Egypt's Aswan Dam

--Praise and Doubts

By William Tuohy
Times-Post Service

Aswan, Egypt

"Egypt is an acquired country," wrote the Greek historian Herodotus centuries before Christ. "It is the gift of the river."

The river is the Nile, the longest on earth, life-giver to a civilization.

Among Egyptians, ancient and modern, the river Nile evokes a mystical feeling.

"We have nothing but the Nile," says Salah Galal, science editor of Cairo's Al Ahram newspaper. "Whether Christian or Moslem, we Egyptians have a kind of worship of our river. It is our god, because without the Nile, we are doomed. We must use every drop."

DAM

In pursuit of the goal, Egypt, with Soviet aid, made a \$1.5 billion investment in the high dam at Aswan and today, ten years after construction began, the massive structure is nearly completed.

Over the years, Egyptian officials have emphasized the positive aspect of the dam — irrigation, electricity, flood control and navigation.

But today many scientists are worried about the adverse side effects the great dam may bring to the ecology of plant, marine and human life in Egypt.

"When man tampers with the Nile," says one specialist, "he can never be sure exactly what it will bring."

LAKE

This view may be overly pessimistic, for the expected advantages of Aswan are manifold — as befits one of man's greatest works. It is more than two miles long, 330 feet high, and almost 3000 feet thick at the bottom.

It will create Lake Nasser, more than 300 miles long, whose waters are expected to increase the cultivated land in Egypt by nearly 2 million acres.

The dam will double Egypt's electrical capacity,

Aswan is also expected to increase the Egyptian yearly national income by more than a half-billion dollars.

SILT

But the side effects may provide the Egyptians with sorrows and problems affecting the rhythm of the river on the land.

The major drawback is that the high dam will retain most of the silt in the river — backed up in Lake Nasser.

In the past, the silt and sediment in the river — 130 million tons a year — were left behind by the annual flood and actually formed the rich alluvial soil of the valley of lower Egypt.

The river's sediment also carried the nutrients that maintained marine life both in the Nile delta and in the eastern Mediterranean Sea.

Perhaps even more troublesome in the eyes of medical experts is the threat of diseases spreading because of the high dam.

Medical men in Cairo and at the World Health Organization in Alexandria say that unless proper precautions are taken, the waters of both Lake Nasser and the new irrigation systems may encourage the spread of parasitic diseases such as schistosomiasis (a severe endemic blood disease).

Another incipient scourge that might stage a return to upper Egypt is malaria.

PEOPLE

Some experts worry about other aspects of Lake Nasser, including the amount of time it will take for the lake to silt up and ultimately become useless. Estimates vary from 200 to 700 years, but no one knows.

Then, too, there is the problem of some 50,000 Nubians in Egypt, and another 70,000 in the Sudan, displaced as the lake's waters have risen.

Inhabitants of a traditional society whose ways have not changed for thousands of years have been uprooted and moved elsewhere with

the concomitant human social and environmental problems. Criminality and delinquency rates have risen.

WAR

In a nation at war, some observers have raised the question of Aswan's vulnerability to enemy attack. But so high is the dam that, according to experts, only a multiple nuclear attack could breach it.

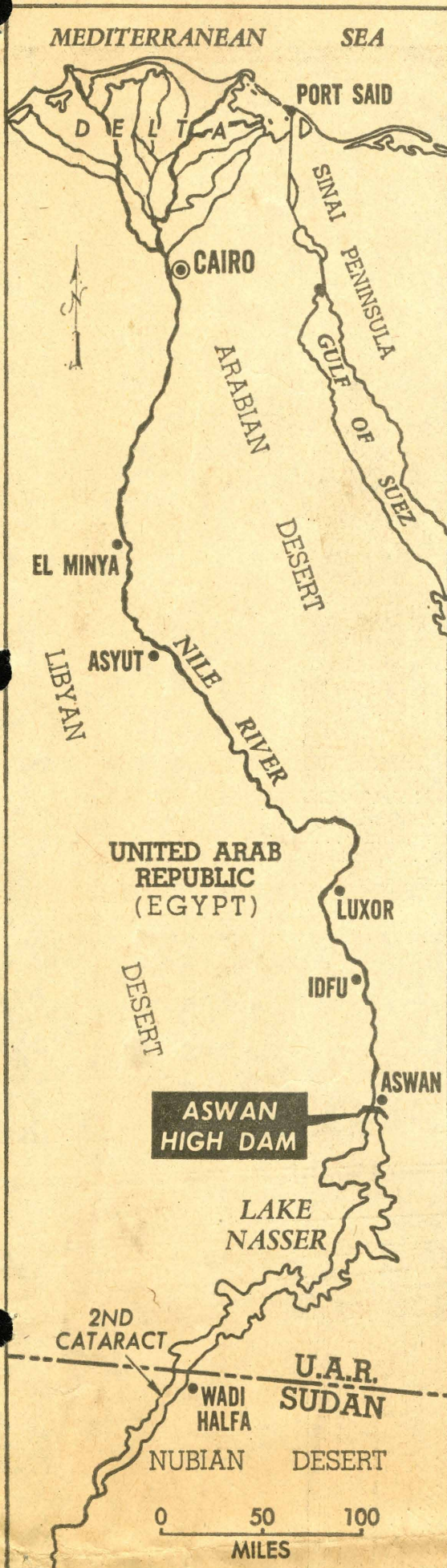
However, the power station is much more vulnerable and could be knocked out by conventional bombing.

That is why the Russians have been installing Sam-3 missiles around Aswan.

Aswan is almost finished. The last two turbines in the 12-turbine power plant are being installed.

Egyptian experts are hopeful that the adverse side effects of the great dam — stretching across the Nile from the Libyan desert on the west to the Nubian desert on the east — will be vastly outweighed by its benefits.

"Without the high dam we would face famine. We need more high dams not to raise our standard of living, but merely to maintain it. Without the dam — its water, its electricity — we in Egypt are nothing."



—Times-Post Service Photo

The Aswan dam and the lake it will create