



History of Medicine Cruise in the Eastern Mediterranean and the Black Sea

18 October - 1 November 2009

Rome • Olympia • Epidaurus • Istanbul
Sochi • Trabzon • Sinop • Sevastapol • Ephesus • Athens

*"A very special and memorable cruise.
I have come back bursting with enthusiasm.
It was all brilliant."*

Anne Carvosso, participant on the History of Medicine Cruise,
September 2008



Jon Baines
tours



The Amphitheatre at Epidaurus

Cruise in comfort to a wide variety of fascinating destinations in the company of intelligent, like-minded people. Hear about the history of medicine in the Mediterranean and listen to enlightening lectures by excellent speakers who provide context to your visits with their expertise. You will also have the opportunity to speak and add your own contribution to discussions in Open Forum. This two week cruise on board the elegant and relaxed Prinsendam is led by Mrs Sue Weir, with lectures by Dr Bill Bynum, Dr Helen Bynum, Mick Crumplin and Peter Burke, including escorted private shore visits to sites of medical historical interest.

Fly to Rome where you will board the Prinsendam, and meet your tour leader and lecturers in the evening. Spend the next day cruising at sea en route to Katakolon in Greece, and on the way hear lectures by Bill Bynum on “The History of Medicine in the Mediterranean & Black Sea” and “Health, Sport and Medicine in Ancient Greece”. Spend your first evening at your leisure.

Arrive in Katakolon the next morning and make your first shore visit to the ancient site of Olympia. After lunch, visit the Olympia museum and spend time on the mainland at your leisure. Back on board in the

evening, hear Mick Crumplin speak on ‘The Dardanelles – Military and Medicine’.

Continue along the coast of Greece to arrive at the beautiful classic town of Nauplion. Visit the impressive vast amphitheatre of Epidaurus and explore the graceful town at your leisure. Back on board in the evening, hear Helen Bynum give an enthralling insight into Florence Nightingale with a talk on ‘Florence Nightingale at Scutari – the making of a Victorian Heroine’. Afterwards, Peter Burke will give an Australian perspective on the battle at Gallipoli. This will set the scene for the following day's cruise along the Gallipoli Peninsula.



Olympia



Peloponnese coastline (top) Blue Mosque Istanbul (above)

Head towards Istanbul the next day, cruising the Dardanelles, and agreeably fill your time at sea listening to two interesting lectures. The first by Helen Bynum on ‘Travelling for Health’, and the second by Mary MacKinnon on ‘Nursing, Nightingale and Now – A Comparison’. Arrive in Istanbul in the afternoon, and visit the stunning Blue Mosque and the awe-inspiring Aya Sophia.

The next full day is devoted to exploring some of the magnificent sites of Istanbul, the ancient capital of Byzantium and the only city in the world to span two continents. Cross the Bosphorus from Europe into Asia to visit the Selimiye Barracks, the British Cemetery and the Florence Nightingale Museum at Scutari where she tended the Crimean wounded and laid the foundations for modern nursing. Enjoy lunch amidst the colour and bustle of the Spice Bazaar and in the afternoon visit Topkapi Palace with its superb imperial Islamic architecture – including the surgeon’s house and the house of circumcision. Later, Yesim Isil Ulman, Associate Professor at Istanbul

University, will give a talk on “A Western Physician at the Ottoman Court”. Afterwards, you may return to relax on the ship or test your bargaining skills at the fabulous Grand Bazaar.

Depart Istanbul and move north to cruise the Black Sea, during which you will hear two lectures. Helen Bynum will talk on “Taking the Waters: Life at the Health Spa” and Bill Bynum will shed fascinating light on “Stalin, Roosevelt and Churchill and their ailments”. Afterwards, there is time to spend at your leisure enjoying the facilities of the Prinsendam.

Arrive in Sochi in Russia and go ashore to visit Stalin’s summer residence and the famous resorts of Sochi, including Matsesta, renowned for its therapeutic hot springs since ancient times. In the evening, hear Peter Burke talk on the ever topical subject of “Wine as Medicine”, before a cocktail party in the evening.

Start the next day with a lecture by Bill Bynum on ‘Malaria in the Eastern Mediterranean and the Black Sea’, followed by the opportunity for all to participate in an Open Forum. Spend the rest of the day at leisure in Batumi, a Georgian port town and resort with a Turkish flavour in a beautiful lush subtropical setting among citrus groves, tea plantations and mountains rising up from the sea. Suitably refreshed, cruise onto the bustling, historic port of Trabzon in Turkey the next day. Drive up to the Byzantine Greek Orthodox Sumela Monastery, an atmospheric building which clings to a sheer rock wall high above evergreen forests and a rushing



The Seaport at Sochi



Shore Excursions

The History of Medicine Cruise includes a number of private shore excursions. These excursions provide separate specialist itineraries with guides and private transport. All admission fees are included.

No Tips

All tips on the History of Medicine Cruise for both the ship's crew and local guides have been paid in advance.

stream. On your return to Trabzon you will drive via traditional mountain villages, stopping at the village of Macka. In the evening, hear Mick Crumplin talk on 'Medicine and Surgery in the Peninsula War'.

Onto Sinop in Turkey the next day, a port on a jutting promontory that has existed for one thousand years. Spend the morning at leisure with the option of exploring the attractive town. In the evening, Mick Crumplin will speak on 'The Crimea – Death or Glory?'.

The following day, head onto the Ukraine to visit Sevastopol for a full day tour of the battlefields of the Crimea. Visit the Panorama, then drive past the British Hotel for lunch at Balaclava. After lunch, drive back via Raglan's Look Out from the ill-fated Charge of the Light Brigade.

Onwards to cruise the Eastern Mediterranean, while taking part in a final 'Wrapping It Up' talk by all lecturers where there will be a last opportunity for questions and an Open Forum discussion.

Arrive at Kusadasi in Turkey and go ashore on a guided tour of the historic site of Ephesus, with time at your leisure on shore in the afternoon.

Cruise back to Piraeus the next morning to disembark and join your flight from Athens back to Heathrow.



(Top) Balaclava Harbour; Sumela Monastery; Ephesus (above)

Itinerary 18 October - 1 November 2009

18 Oct London / Rome

Am Depart London Heathrow on British Airways flight for Rome
Pm Arrive Rome and board the Prinsendam
Eve Evening: Introductory Session with the Tour Leader and Lecturers

19 Oct At Sea

Am Talk: "The History of Medicine in the Mediterranean & Black Sea" Bill Bynum
Talk: "Health, Sport and Medicine in Ancient Greece" Bill Bynum
Pm At leisure

20 Oct Katakolon

Am Visit to the site of Olympia and the Museum
Eve Talk "The Dardanelles – Military and Medicine" Mick Crumplin

21 Oct Nauplion, Greece

Am Visit to Epidaurus
Pm Time at leisure in the town of Nauplion
Eve Talk "Florence Nightingale at Scutari – the making of a Victorian Heroine" Helen Bynum
Talk "Gallipoli – an Australian perspective" Peter Burke

22 Oct Istanbul, Turkey

Am Cruise the Dardenelles
Pm Talk: "Travelling for Health" Helen Bynum
"Nursing, Nightingale and Now – a Comparison" Mary MacKinnon
Arrive in Istanbul
Eve Visit Blue Mosque and Aya Sophia

23 Oct Istanbul, Turkey

Am Visit the Selimiye Barracks, British Cemetery and the Florence Nightingale Museum at Scutari.
Cruise across the Bosphorus
Pm Lunch at the Spice Bazaar. Visit Topkapi Palace including the Surgeon's House and the House of Circumcision
Talk: "A Western Physician at the Ottoman Court" – Yesim Isil Ulman, Associate Professor at Istanbul University
Return to the ship or visit the Grand Bazaar

24 Oct Cruise the Black Sea

Am Talks "Taking the waters: Life at the Health Spa" Helen Bynum
"Stalin, Roosevelt and Churchill and their ailments" Bill Bynum
Pm At leisure

25 Oct Sochi, Russia

Am Visit Stalin's summer residence
Pm Visit the resorts of Sochi including Matsesta, known for its hot springs, used since ancient times
Eve Talk "Wine as Medicine" Peter Burke
Cocktail Party

26 Oct Batumi, Georgia

Am "Malaria in the Eastern Mediterranean and the Black Sea" Bill Bynum
Open Forum
Pm At leisure

27 Oct Trabzon, Turkey

Am Drive to visit Sumela Monastery
Pm Return via mountain villages
Eve Talk "Medicine and Surgery in the Peninsula War" Mick Crumplin

28 Oct Sinop, Turkey

Am At leisure, option of visiting Sinop
Eve Talk "The Crimea-Death or Glory?" Mick Crumplin

29 Oct Sevastopol, Ukraine

Am Full day tour of the battlefields of the Crimean War - visiting the Panorama, then drive to Balaclava past the British Hotel. Lunch at Balaclava. On way back stop at Raglan's Look-out. If time permits, stop at Inkerman memorial on way to Balaclava

30 Oct Cruise the Eastern Mediterranean

Am Talk: "Wrapping it up: Any Questions?" Bill & Helen Bynum, Mick Crumplin, Peter Burke
Open Forum

31 Oct Kusadasi, Ephesus

Am Half day visit to Ephesus
Pm At leisure

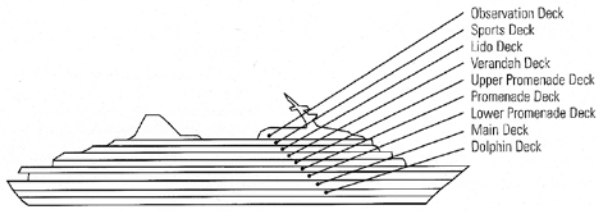
1 Nov Piraeus

Am Disembark at Piraeus and depart from Athens on British Airways flight
Pm Arrive London Heathrow

"The shore excursions were all very interesting and well thought out with good preparation and very helpful specialist lecturers. The Sevastopol day was a wonderful experience."

Joan Towers, participant on the History of Medicine Cruise, Sept 2008

If transferring to an Intercontinental flight from Athens it is advisable to spend an extra night in Athens, in case of unforeseen eventualities. We can assist with booking a hotel and transfers.



The Cabins

AA Grade Deluxe Verandah Suites

The cabins vary from 181- 191 square feet and include two twin beds or one king-size bed, walk-in wardrobe, bath and separate shower, sitting area, private verandah and floor to ceiling windows. The suites are equipped with flat screen TV, DVD player, mini bar, telephone, hair dryer and safe.

C,D,E Grades - Ocean View Staterooms

The cabins vary from 181- 191 square feet with a picture window and all include two twin beds or one king-size bed, walk-in wardrobe, bath with shower. All the cabins are equipped with flat screen TV, DVD player, mini bar and telephone, hair dryer and safe.

K Grade Inside Staterooms

The cabins vary from 128- 138 square feet and all include two twin beds, walk-in wardrobe and shower. The cabins are equipped with flat screen TV, DVD player, mini bar and telephone, hair dryer and safe.



(top) Twin outside on the Atlantic Deck,
(above) twin outside on the Main Deck

Tour Leader

Sue Weir is a former nurse and a registered Blue Badge Guide. She developed a special interest in medical history and runs her own company Medical History Tours which takes groups and individuals to places of medical historical interest both at home and abroad. She has written Weir's Guide to Medical Museums in Britain, has a Diploma in the History of Medicine from the Society of Apothecaries, is a past President of the History of Medicine section at the Royal Society of Medicine and is President elect of the British Society for the History of Medicine. Sue was tour leader on the previous History of Medicine Cruise.

“Sue Weir was simply wonderful at organising us all, being helpful as well as extremely knowledgeable”

Dorothy Vollum, participant on the History of Medicine Cruise,
Sept 2008

The Prinsendam

Designed to explore the world in elegance and style, the MS Prinsendam accommodates just 793 passengers looked after by 428 crew. She gives guests the feel of a classic yacht with the spaciousness of a cruise ship. Most of her staterooms feature commanding ocean views and many have private verandahs. The MS Prinsendam offers many cozy areas in which to find your favourite spot.

Facilities include the La Fontaine, Pinnacle Grill and Lido restaurants, the Explorations café and the Queens showcase lounge. There are two swimming pools, Jacuzzis, a spa, fitness centre, library and internet centre, putting greens and sports courts. Lectures take place in a dedicated conference centre and there is the option to take part in the open forums.



Prinsendam Aft

Speakers

Bill Bynum is Professor Emeritus of the History of Medicine at University College London and was head of the academic unit of the Wellcome Institute. A Yale graduate in medicine, he began his career in the history of medicine with a Cambridge PhD before moving to the Wellcome. His recent books include *The History of Medicine: A Very Short Introduction*; *The Oxford Dictionary of Scientific Quotations* (ed. with Roy Porter) and *The Dictionary of Medical Biography* (ed. with Helen Bynum). If he isn't reading and writing you usually find Bill in the garden.

Helen Bynum has a PhD in the History of Medicine from University College London, and lectured at the University of Liverpool before beginning a freelance career as a medical historian. She is joint editor of OUP's *Biography of Diseases* series, which includes her *Tuberculosis: A Biography*. Previously concentrating on the history of tropical medicine (*Tropical Medicine in the Twentieth Century: The Liverpool School of Tropical Medicine 1898-1990*) she prefers the temperate climate in Suffolk.

Michael Crumplin is a retired surgeon and served as Chairman of the Court of Examiners of the Royal College of Surgeons. Having studied medicine in the Napoleonic wars for 40 years, he acts as a resource for diverse bodies and productions, including the film "Master and Commander". As curator and archivist at the English College of Surgeons, he was involved in the development of the new Hunterian Museum, has written three books and many other publications.

Peter Burke pursues a double role as surgeon and historian. Gaining the D.H.M.S.A. in 1978, whilst working in the N.H.S., Peter returned to Australia where he is in active general surgical practice, and, currently is Editor in Surgical History for the R.A.C.S. A prolific contributor and collector, he has lectured and examined at the University of Melbourne.

Mary MacKinnon is a senior nurse and medical writer who has had wide responsibilities in the UK and worldwide for diabetes care.

"The lectures were first class and the short papers from volunteers were very good"

Gordon Chambers, participant on the History of Medicine Cruise, Sept 2008

The costs are based per person on twin or double cabins. Single supplements are detailed below.

There are a number of higher grade suites. Prices are available on request.

The fully inclusive cost of the cruise per person sharing a twin/double inside stateroom on the Lower Promenade Deck (K Grade) is £2995.00 per person. The single supplement is £498.00

The fully inclusive cost of the cruise per person sharing a twin/double ocean view stateroom on the Dolphin Deck (E Grade) is £3,180.00 per person. The single supplement is £545.00

The fully inclusive cost of the cruise per person sharing a twin/double ocean view stateroom on the Main Deck (D Grade) is £3,250.00 per person. The single supplement is £565.00

The fully inclusive cost of the cruise per person sharing a twin/double ocean view stateroom on the Lower Promenade Deck (C Grade) is £3,350.00 per person. The single supplement is £585.00

The fully inclusive cost of the cruise per person sharing a twin/double verandah stateroom on the Upper Promenade Deck (AA Grade) is £4480.00 per person. The single supplement is £1890.00

The cost includes:

- Economy flights and all taxes on the scheduled services of British Airways between London / Rome and Athens and London
- Comprehensive briefing notes and ship's details
- All transfers between airport and the Prinsendam
- British Tour Leader (Sue Weir)

On the Prinsendam the cost includes:

- 14 nights' accommodation with private facilities
- Full board on the cruise (lunches not included on the excursions except in Istanbul)
- Full use of facilities on the Prinsendam
- All port taxes, tips and admission fees
- A full program of lectures
- A full program of private shore visits to Olympia, Epidaurus, Istanbul, Sochi, Trabzon, Sevastapol and Ephesus
- Services of local English speaking guides

The cost excludes:

- Shore visits not mentioned
- Meals during shore excursions (except in Istanbul)
- All personal extras such as drinks and laundry
- All optional excursions, tours and visits
- Travel insurance

NB. All itineraries are subject to change according to local conditions. Due to the nature of the cruise places are limited.

To book a place on the cruise please request a booking form.

About Jon Baines Tours

To travel with us is to dig below the surface, revealing the deeper destination. Of course, you will visit the great historical sites; marvel at the wonders of architecture and engineering; be moved by the riches of culture and art; and experience the most spectacular landscapes in the world. What we also do is make sure that you see the country as it is today, giving you privileged access that independent travel and other tour companies rarely get close to. We give you a variety of experiences, from the sublime to the humble, in the company of intelligent, curious, like-minded people. And while we can be worthy, we also make sure that you have a lot of fun.

Whether your journey is for study or pleasure, we make sure that you travel, understand and enjoy.



(top) Stromboli; Nauplion; Prinsendam at Istanbul;
Uzungol Lake, Turkey (above)

**To book a place on the cruise please request a
booking form from**

JON BAINES TOURS LIMITED

1A Salcott Road, London, SW11 6DQ

Tel: +44 (0)207 223 9485 / 0207 223 5618

Fax: 0207 228 7290

Email: info@jonbainestours.co.uk

www.jonbainestours.co.uk

