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I've been to USA 24 times, South Africa and many parts of Europe 12, Japan 5, etc., and never suffered jet lag or any flying problems. I have always liked flying, and would have like to be a pilot.

On long trips I like to be tired before leaving to sleep well on the plane. Even in Business Class I take a large thick pillow to snuggle into and sleep. Theirs are small and getting smaller. Get a thin light plastic carry bag with large soft handles (or stitch them onto the pillow) that you can put your arm through to leave your hands free to hold rails and to carry or pull cases (with locks or strong tight straps so no one can open them and push drugs in). Large cases should have wheels. Touch rails no more than necessary and clean your hands after using them, especially before rubbing your nose. Don't lick your fingers to turn pages.

Have pockets for your tickets and passport, inside your coat, never on your rump from where things are easily stolen.

Flying and arriving safely today means taking care and avoiding traps such as carrying what you may think is not a weapon. A small 5 cm folded pocket knife to open plastic wrapped foods was taken from me at Auckland airport when going to USA, to be picked up on my return to Auckland five weeks later. Otherwise I would have upset the Americans and lost it for good. On the plane, long, sharp, hard, strong plastic knives were given to us with meals! How's that for idiots and bureaucracy!

An intelligent friend from the Waikato University arrived home with severe air travel sickness, jet-lag, and who knows what else, and died within days. Avoid this by minimum toilet use, touching as little as possible and blowing your nose when you leave it, and the plane, and Leg Lifting (See Human Health). Humans and animals can cope with one whammy (sickness), even if severe, but few can tolerate two or more ailments at the same time, even if neither are severe.

In their typical long grass on a farm in Texas, Fire ants that can kill calves, invaded me, and then, as they do, all started biting at once. For the next few days I felt off colour, but kept travelling and running field days and seminars. A Texan with me noticed I was slower and said I was doing well, and that it would go within days.

The reason for this mention is to avoid insects (ticks, fleas, mosquitos, etc.) and cockroaches entering your bags and your home. On return open your bags well away from your house with a fly spray handy.

Get a maximum allowed size, strong carryon brief case, with a lock. Your travel agent should be able to tell you the maximum sizes for various airlines. You can use it as a foot rest to be more comfortable with your feet up a little, so that the blood flow under your legs is not cut off. The reason for the lock is to keep it locked so that no one can open it and place drugs in it while you are in the plane toilet, and then follow you through checkout. If you get through, they can follow you nonchalantly to your vehicle, and then explain that they have lost a carry on present for a friend who he has just met and couldn't find the parcel, so may have put it into your case on the plane by mistake. He will have no cases with him. If you suspect him using you to carry drugs for him, ignore that and let him take them and don't report him, because he'll lie and blame you.

As you board, ask the steward if you can please have your meal ASAP because you are stressed and tired and would like to go to sleep ASAP. Show them your seat number so it registers.

Don't take the airline advice of drinking plenty because it will mean taking more toilet trips with possible infections. Drink well soon after the flight.

Take Imodium or similar anti-diarrhoea capsules with you on the plane.

If you are gluten intolerant, mention this when booking and tell the staff as you board. Otherwise you can wait for ages for your food, dose off, then after the meal, not be able to get to sleep. To help sleep, I take deep breaths saying to myself, "Sleeeep, then as I exhale, Reeeelaax," both slowly. After three of four, I usually start to yawn.

To stop blood clots forming, airlines suggest twisting your ankles, but that doesn't do much - no more than twisting your wrists would do when doing a blood donation or test. Squeezing your fingers into your hand works, so does squeezing your toes. I suggest removing your shoes ASAP, and every now and then, lifting your legs up and down once per second for as long as you can, with your feet hanging down, and squeezing and stretching your toes and moving your feet up and down. Do this at

home or in your office daily, to improve blood flow to your feet, change tummy fat into muscle, ease your back, and work your lungs. Initially you'll be able to do it for only a few minutes. It is a much better exercise than walking in a plane. It circulates your blood and gives more exercise to much of your body, including lungs, to help avoid clots forming. Consuming mangoes in any form helps fat disappear.

Flights cancelled, delays, etc.

Many airlines oversell because out of 400 possible passengers there are often some who miss the flight. If you get to an airport and your flight is over-booked, cancelled or whatever else, get to the checkout counter concerned as quickly as you can, and when you get the message from checkin, pause, take a deep breath and then burst into tears loudly, and mumble about you have to be at (long Maori or unheard of suburb name) at the expected time. Put your head in your hands and your elbows down on the counter and create a peaceful crying scene, saying, "I know it is not your fault, but what do you suggest I do." A hankie helps.

People like being asked for suggestions, and it puts them on the spot.

Never threaten, and always be polite. Most staff of good companies are told to never create a scene, or cause customers to, especially in public, so you'll get their undivided helpful attention.

It can work because there is usually at least one person on each flight who doesn't arrive in time.

If you're convincing enough, they may even put you in a higher class which are almost never full. Our family of five were moved up to First Class when flying home from Fiji to Auckland.

If there are two or more of you, it is harder to act, especially if one starts laughing at you, so the others should keep well away, but have their passports ready. If it's bad weather, some may not make it, so you may get their seats.

Good luck! It worked once for me from Melbourne to Auckland.

Don't lose your suitcase waiting for flights at airports - people dose off, so suitcase thefts occur. Take one strong, not easily cut strap or rope, and tie it from your suitcases to your arm, so any movement of it wakes you. Also thread the strap through the handle of the large pillow you'll be sleeping on.

Please email the above to those travelling with you, and please tell them that it is from www.vaughanjones.info that has dozens of chapters on Farming, Budgeting, Animal and Human Health, Gardening, Lawns, Investing, Dogs, Horses, Poultry, making your own letter-head and Organics in the near future, and of course, Grazing.

Enjoy your flights.

Vaughan Jones

Author and International Agricultural Consultant & Journalist.

ONZM Queen's Honour in 2013, for services to farming. 99% in Dairy Farming Award in 1948. NZ Dairy Board winner of the 1959 Most Improved Dairy Farm in the Waikato Award. Represented New Zealand at Agricultural Journalist Congress in USA in 1992 & Austria in 1994. Author and MD of the charitable www.grazinginfo.com eBook since 1970, with 520 members, now free, to help farmers, and promote the farming software and 260 chapters of practical organic farming to help farmers, lifestylers and vegetable growers. 62 chapters are on Human Health because a third of farmers are unwell.

NZ M.Mkt Institute founder and first chairman. Doubled sales, and exports for many companies, including Gallagher Group, New Zealand, from \$3m to \$23m in four years.