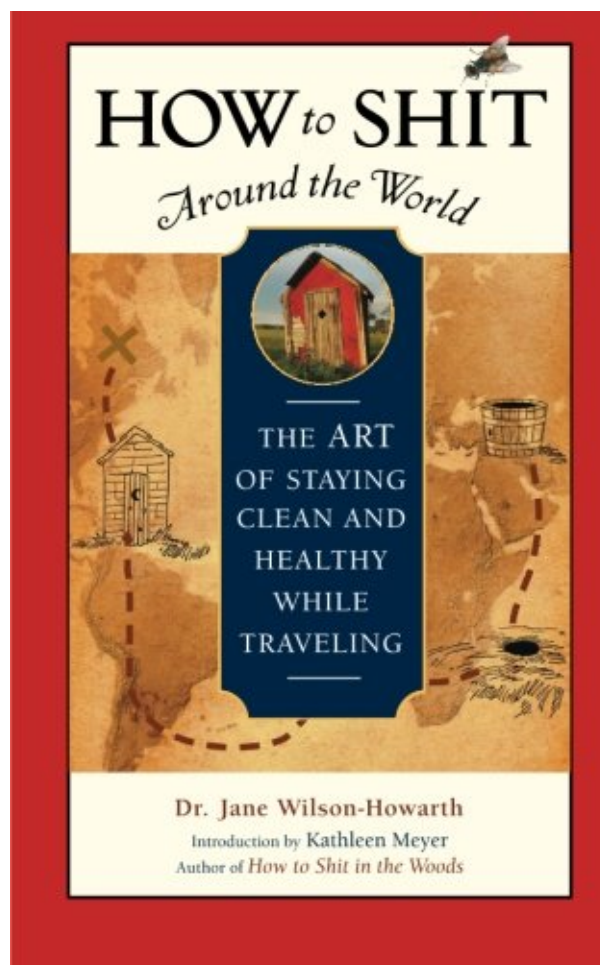


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HOW *to* SHIT

Around the World



THE ART
OF STAYING
CLEAN AND
HEALTHY
WHILE
TRAVELING

Dr. Jane Wilson-Howarth

Introduction by Kathleen Meyer
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About the Author

Dr. Jane Wilson-Howarth is a fellow of the Royal Society of Tropical Medicine and Hygiene and has run clinics and health education programs in Asia over the last 14 years.

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There's no way, and probably no good reason, to be subtle about it — diarrhea, parasites, and other gastrointestinal unpleasanties can be part of the price travelers pay for trying to see the world. Fortunately, this frank, witty guide lets world-explorers fight back against their invisible assailants. A noted traveler and writer, Dr. Wilson-Howarth explores such issues as sanitizing unhealthy water, safely consuming exotic foods, avoiding dehydration, keeping good hygiene on the road, and immunization. A special section details the dreaded creatures — spiders, leeches, worms — that can put any tour into a tailspin. With special tips for children and elderly travelers, as well as ways to dodge ailments such as malaria, typhoid, and hepatitis, How to Shit Around the World is the perfect, if not the most polite, traveling companion.

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Features

- Used Book in Good Condition

About the Author

Dr. Jane Wilson-Howarth is a fellow of the Royal Society of Tropical Medicine and Hygiene and has run clinics and health education programs in Asia over the last 14 years.

Most helpful customer reviews

4 of 4 people found the following review helpful.

I "do" travel and I emphatically disagree with the 2 star rating customer

By Amazon Customer

I have travelled to all countries in North, Central and South America as well as Europe and I will be visiting Asia soon and I found this book incredibly helpful. "NO," most travellers do not know everything and the most seasoned travellers get sick because they take chances all the time.

I will give an example: there are those of us who are avid animal lovers and we can go years with petting strays in the streets without a problem. I have to warn you that cats are especially disease-ridden and show no signs of the many diseases they carry. I just got over a horrid one month debacle of ring worm! It was

awful!

I never got this from dogs and i fed and cared for street dogs from Panama to Georgia, Europe and NEVER BECAME ILL.

But I adopted a street cat and she was scratching; since i am not accustomed to cats, i thought it was fleas like the street dogs- it wasn't! It was ringworm and she licked my face as dogs do and I got ringworm all over my face(and body). Cats carry disease and you do not know it until it is too late! There have been countless incidents of ringworm from cats- you must research this- you will see! This cat was lovable but i had to get rid of her -she caused me a horrfic nightmare that lasted 6 weeks. This book helps you to avoid illness like ringworm. Let's face it those of us who love animals allow our love to override our logic as I did knowing cats carry disease.. I am highly intelligent, but in this case I allowed my personal feelings for this cat to get in the way of my judgment because I reasoned i could take a chance- and a very expensive chance it was. dogs never caused me illness i had at least 20 dogs at different times in different countries and as they say if you have a wound a dog's lick can disinfect it. Ringworm in humans is transmitted most frequently by cats.

I am no longer terrified of getting food poisoned thanks to this helpful guide of what NOT TO EAT and which restaurants to avoid:) Thank you for this.

1 of 1 people found the following review helpful.

Funny Christmas Gift

By Amazon Customer

I bought this gift for my step brother as a prank Christmas gift because he travels the world so much. After taking a sneak peak at it, I find it both funny and helpful if he were to ever be in any of those situations. I hope he gets a good laugh and good use out of it!

1 of 1 people found the following review helpful.

My son is a world traveler and I must say ...

By Hugo Boss Mom

My son is a world traveler and I must say in some countries (not naming names) the bathrooms are nothing more than a hole in the floor (I have pictures to prove it) I thought this book would help him in his travels :D

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