



How to Shit Around the World: The Art of Staying Clean and Healthy While Traveling (Travelers' Tales Guides)

Dr. Jane Wilson-Howarth

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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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