



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

*Jane Wilson-Howarth*

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## **How to Shit Around the World: The Art of Staying Clean and Healthy While Traveling (Travelers' Tales Guides)** Jane Wilson-Howarth

This book deals with the litany of the traveler's basic health problems. Readers will learn how to avoid and deal with:

Traveler's Diarrhea

Unhealthy water

Weird foods

Strange Toilets

Dehydration

Gastroenteritis

Immunization

Lack of adequate hygiene

Worms

Snakes, Spiders and Leeches

Going outside

Bathing

The special problems of children

Issues with seniors

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