

HOW *to* SHIT

Around the World



THE ART
OF STAYING
CLEAN AND
HEALTHY
WHILE
TRAVELING

Dr. Jane Wilson-Howarth

Introduction by Kathleen Meyer

Author of How to Shit in the Woods

Dr. Jane Wilson-Howarth and

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



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There' diarrhea, parasites, and various other gastrointestinal unpleasanties can be part of the cost travelers purchase trying to see the world.s no chance, and probably no justification, to be subtle about any of it — that can put any tour into a tailspin. A particular section details the dreaded creatures — Wilson-Howarth explores such problems as sanitizing unhealthy water, properly consuming exotic foods, avoiding dehydration, keeping great hygiene on the road, and immunization. A mentioned traveler and writer, Dr. spiders, leeches, worms — Thankfully, this frank, witty instruction lets world-explorers fight back against their invisible assailants. With special strategies for children and elderly travelers, in addition to ways to dodge ailments such as malaria, typhoid, and hepatitis, How exactly to Shit All over the world is the perfect, if not probably the most polite, traveling companion.



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My son is certainly a world traveler and I have to say . Extremely funny book and the chapters are blocked away in an excellent length with funny stories through the entire chapters. It even has a recommended vaccination requirement of traveling, in what countries the photos are needed and if the shots would perform anything. Every eye opening about not only bathroom issues of traveling. Good read.. We purchased for my traveling step-dad and we all laughed at the name but he has since read the reserve and said there is some superb, legitimately helpful information in here Very well written. At least when I encountered something "uncommon if you ask me" while on my trip, I knew how to proceed.. My son is usually a global traveler and I must say in some countries (not naming titles) the bathrooms are nothing more than a hole in the ground (I have images to prove it) We thought this book would help him in his travels :D Too funny Giving this book because Christmas stocking present to a seasoned traveler. We bought for my traveling step-dad and we all laughed at the name but he has since read the book and said there is some excellent, legitimately helpful facts in here. Five Stars Got this book as a joke for my father for Christmas Relief It is great to know how to poop irrespective of where you move. This helped me a whole lot in regards how exactly to dress as a female and what to consider when buying meals on the road. Great read. Great Info I purchased this book prior to planing a trip to SE Asia. Just wanted to be a bit more prepared for the unidentified of toilet services. It had been very informative, and extremely entertaining. Must for worldwide travelers Arrived early, hilarious and filled with good information! I really appreciated the useful information. Problem is usually, it's not Christmas yet so will follow up . Good information, entertaining writing. Well crafted and entertaining. I haven't laughed anywhere near this much, when reading a publication, in a very long time. Super helpful I tend to happen to be plenty of countries where community toilets are not super clean and hygiene is not a priority.. Not exactly what I was expecting, but an excellent read nonetheless.



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