

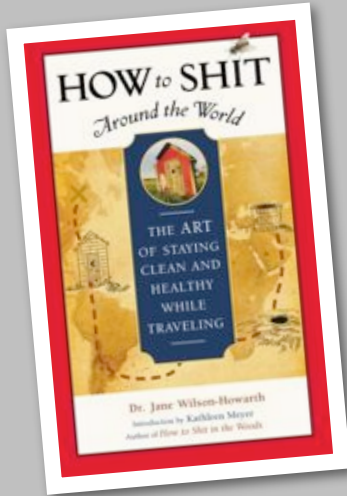
2 0 0 6

N E W R E L E A S E

# HOW TO SHIT AROUND THE WORLD

*The Art of Staying Clean and Healthy  
While Traveling*

BY DR. JANE WILSON-HOWARTH



*“Straightforward advice...a  
great bathroom read.”*  
—*The Washington Post*

*“Worth digesting.”*  
—*Arthur Frommer’s  
Budget Travel*

*“A cheery and common-  
sensical guide.”*  
—*The Independent*

**TravelersTales.com**

**Publicity Contact:**

[publicity@travelertales.com](mailto:publicity@travelertales.com)

853 Alma Street, Palo Alto,  
California 94301  
650-462-2110

Take a light-hearted look at a serious subject—staying healthy on the road—and learn to travel with adventure, fun, and health.

International travel is rewarding and a great deal of fun, but sometimes it exacts a price. Activities we take for granted—eating, bathing, and going to the bathroom—can range from challenging to risky in unfamiliar territory. In **How to Shit Around the World**, Dr. Jane Wilson-Howarth takes a sympathetic and funny approach to one of the most basic activities, interweaving anecdotes from fellow travelers with sensible tips and techniques. Learn how to:

- Avoid diarrhea, parasites, and diseases such as malaria, typhoid, and hepatitis.
- Eat and drink safely in a foreign country
- Identify symptoms and their cures
- Travel with children and keep them healthy
- Cope with unfamiliar facilities and lack thereof
- Manage on long bus rides
- Outsmart gastrointestinal diseases—the traveler’s most common complaint

**...and much more.**

INTRODUCTION BY  
KATHLEEN MEYER,  
AUTHOR OF **HOW TO SHIT IN THE WOODS**

## **How to Shit Around the World**

By Dr. Jane Wilson-Howarth

\$12.95, 192 pages, paper, 5 x 8,

ISBN: 1932361-32-4

Publication Date: February 2006

