



Don't Drink the Water...

- teaches you the do's and don'ts about eating, drinking, swimming, heat exhaustion, etc., to ensure illness-free travel.
- tells you how to set up a sensible vaccination schedule with your doctor.
- has a special section on travelling with children.
- identifies the malaria-risk countries and discusses preventive and treatment measures.
- tells you the essentials for assembling a tropical medicine kit.
- prescribes the most effective medication for the prevention and self-treatment of travellers' diarrhea.

...and much more.

Have you ever...

- had a trip ruined by travellers' diarrhea (Montezuma's revenge, Delhi belly, etc.)?
- worried over the status of your immunizations before travelling to a hot climate?
- wondered which foods to eat and whether the water was safe for drinking?
- wished you knew the simple precautions for avoiding illnesses in the tropics and sub-tropics?

...then this book is for you.

Don't Drink the Water, 5th Edition
J.S. Keystone, Editor

\$19.95 March 2000
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