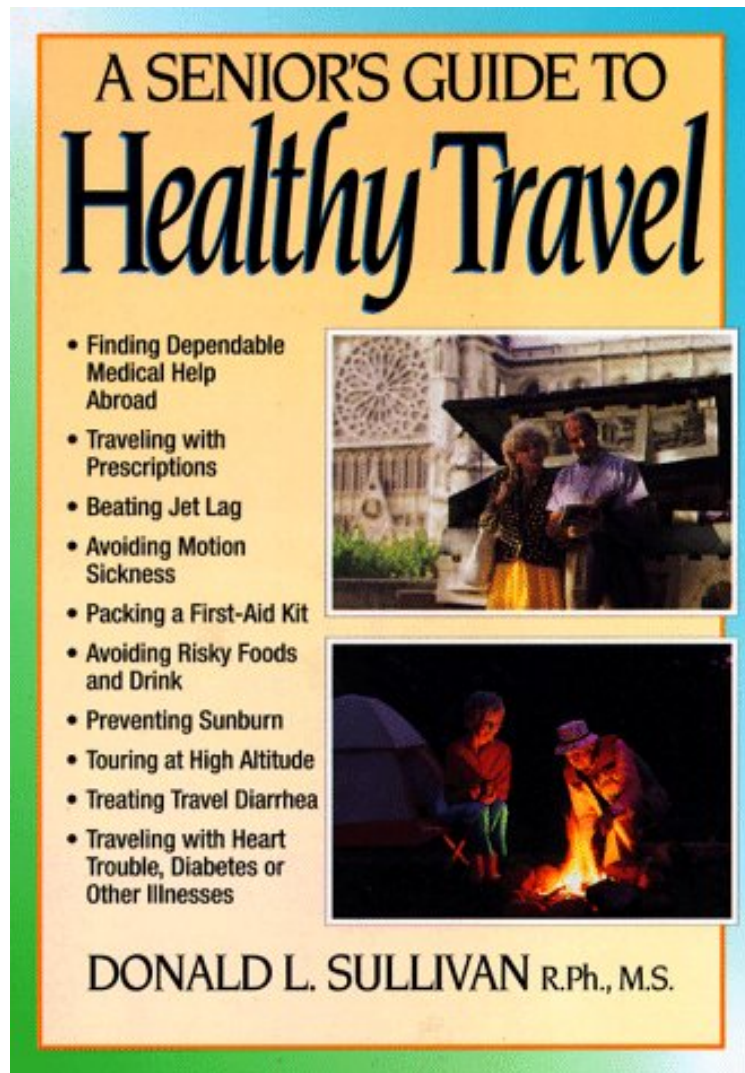


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A Senior's Guide to Healthy Travel

Donald L. Sullivan

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Donald L. Sullivan : A Senior's Guide to Healthy Travel before purchasing it in order to gage whether or not it would be worth my time, and all praised A Senior's Guide to Healthy Travel:

Book by Sullivan, Donald L.

From Library JournalAlthough Sullivan's book is intended to help the older traveler have a healthy vacation, it may make the reader decide not to travel at all. It begins with planning an emergency kit for travelers and checking health

insurance coverage, then details the causes, symptoms, prevention, and remedies for jet lag, motion sickness, diarrhea, sunburn, stings, heat illnesses, altitude sickness, and rashes that may befall the traveler. It also gives tips for traveling stress-free with grandchildren and balancing work and play while on business. Appendixes list organizations for both travel and health information, as well as a dictionary of diseases. Much of the information can be found elsewhere, and some is commonly known, yet it does provide a concise single source for prevention and self-treatment. More suitable for the health and medicine bookshelf than the travel section. Lucille Corbo, MLS, Scranton, Pa. Copyright 1995 Reed Business Information, Inc.