Book review of "Healthy Travel: Central and South America" by Isabelle Young, Lonely Planet Publications, Melbourne, Australia


Abstract

[Extract] This compact soft cover book (14x9x2cm; 200g, 456 pages) consists of 23 chapters, appendices, some WHO maps, many useful addresses/websites/contacts, and a number of drawings to illustrate the text. It is part of a series with three other volumes dealing with Africa, Asia & India, and Australia, NZ & the Pacific (these titles are not covered in this current review). The book fits easily in the tightest luggage. Due to the small size, the font size consequently is at a just acceptable level. A pretty green colour is used to highlight and decorate. Particularly important paragraphs are typed in this colour as well. Unfortunately, poor lighting such as from a small bedside table lamp makes it very difficult to read these paragraphs, a lone 40 Watt bulb dangling from the ceiling of an Andean budget accommodation will wipe out this part completely, a shame considering that these are usually paragraphs of particular importance. The boxed texts have this colour as a background which may make then equally difficult to read (a light test with the other titles revealed a similar problem, particularly the sandy beige of the volume on Africa).

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Actions (Repository Staff Only)
Another popular place to gather information is from tourism websites. This book clearly lacks information related to many important aspects of food handling, processing, and stomach wellness. However, if you want to know about exotic illnesses you will probably never get than maybe this book is helpful. I would not recommend this book.