

BOOK REVIEW

The Traveler's Health Guide. B. H. Kean and Harold A. Tucker. Springfield, Illinois: Charles C Thomas, 1965. 217 p. \$4.95.

The increase in foreign travel has produced an admirable interest in international health. Drs. Kean and Tucker's preface states that "This book has been written for the international traveler, with best wishes for his continuing good health." It contains information useful to the physician not only as a traveler, but also as a practitioner who must answer the queries of his medically sophisticated patients. The section on the universal "Diarrhea of Travelers," otherwise known as "*turista*, Aztec two-step, Casablanca crud, the Lower Burmas, the G.I.'s, and to demonstrate its universality, San Franciscitis", is a summary of a series of investigations by Dr. Kean who is professor of clinical medicine (tropical medicine) at Cornell University Medical College. His recommendation of diphenoxylate hydrochloride (Lomotil) as a control measure was justified recently in this reviewer's experience. About one-quarter of the book's contents justifiably pertain to the prevention and treatment of the communicable disease, but other health aspects of travel such as motion sickness and allergies receive attention in one or the other of the volume's three sections entitled "Preparations for Staying Well Abroad," "Traveling or Living Abroad," and "And Now You Are Home. . . ."

The final 34 pages of the book consist of three appendices which, apart from the first two pages which list 17 references, could

have been omitted. One reference not noted is the Consumers Union publication, *Health Guide for Travelers*, a 41-page pocket-sized 50¢ pamphlet which contains an adequate amount of information for the layman. A further reduction in size, and presumably therefore in price, could have been achieved by eliminating items such as "Packing," "Tipping," "Soft Pricing," "Allowances, Duty-free Gifts, Restricted Articles," "The Advantages of a Travel Agent," and "Passports and Visas" in Chapter IX which purports to be "A Few General Hints for Your Consideration." Appendix II, "Visa Fee Schedule," which states that "Information of this nature is subject to change . . . persons . . . should check the passport and visa requirements with the consular official" then spends 18 pages supplying this information. Appendix III deals with "Frostbite," a somewhat unusual concomitant of modern travel which hardly warrants a discourse of 14 pages. All in all, however, the authors have improved upon previous publications in this genre and have written a valuable text for international travelers and their medical counselors. Note: *Since this review was written a companion volume has been published specifically for physicians—Traveler's Medical Guide for Physicians. B. H. Kean and Harold A. Tucker. Springfield, Illinois: Charles C Thomas, 1966, \$12.50.*

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