

《Healthy Travel Central & Sth Am 2 (ISBN=9781740591461) 》

书籍信息

版次：1

页数：472

字数：

印刷时间：2008年07月01日

开本：64开

纸张：胶版纸

包装：平装

是否套装：否

国际标准书号ISBN：9781740591461

编辑推荐

Lonely Planet guides are a must-pack ” --Toronto Star, February 2006

内容简介

Getting the most out of your travels means staying healthy. Healthy Travel Central & South America is a user-friendly guide to minimising health risks and dealing with problems while on the road.

Along with a comprehensive first-aid section, this second edition provides clear guidelines on the correct treatment of illnesses common to the region, such as altitude sickness. Included is an illustrated guide to useful rainforest plants, and information on how to recognise and avoid wildlife hazards, from leeches to piranhas and tarantulas.

作者简介

LONELY PLANET aims to cater for every independent traveller, whatever the destination, whatever the style of travel and whatever the phase of the journey.

本站所提供下载的PDF图书仅提供预览和简介，请支持正版图书。

[更多资源请访问www.tushupdf.com](http://www.tushupdf.com)