

internal examination, contact the nearest Canadian embassy or consulate. Officials there can often recommend appropriate local medical practitioners.

Consider joining the International Association of Medical Assistance to Travellers (IAMAT). This organization provides information on immunization, as well as listings of English-speaking physicians around the world. Call (416) 652-0137.

Make sure that you don't leave Canada without adequate health insurance for travellers. Review your policy thoroughly so that you know exactly what your coverage entails. For example, does your policy have an in-house worldwide emergency hot-line that you can call if you're in trouble? Does the policy pay foreign hospital and related medical costs and, if so, does it pay up-front or expect you to pay and be reimbursed later? Carry proof of your coverage with you.

## Coping with Foreign Bathrooms

Modern bathrooms as we know them in North America do exist around the world, but not everywhere. As a traveller, you'll come across everything from outhouses to simple holes in the ground where squatting is a necessity.

Some toilets will flush, but many won't. In developing countries, some cubicles are enclosed. However, as you venture further into the countryside, you might have to make do with little or no privacy.

"Oh Canada! I enjoy leaving it, but I love coming back."

*Erica Ehm, Host,  
Real Life with Erica Ehm,  
Life Network*

To cope with the vagaries of foreign bathrooms, consider wearing a long, full skirt. This will allow for some modesty in

situations where you have to "go" outdoors.

Always carry a supply of toilet paper with you.

In some parts of

the world, it's either very scarce or too coarse to be usable.

In parts of Asia and Africa, expect a jug of water, left beside the toilet, in lieu of paper.