



You Don't Know What You Don't Know: The Health and Safety Guide For College Students (and All Students of Life)

William Bhaskar MD, Philip Bhaskar DMD

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The 2012 complete health and safety resource for college students. This guide is a handy, concise and up to date resource no one should ever be without. Health topics covered are the high probability health risks that all adults face, with emphasis on issues that impact all students: choosing a doctor, first aid, fever, headache, meningitis, poisoning, depression, alcohol, drug abuse, steroids, sexually transmitted diseases (STDs), toxic shock syndrome, common cold, influenza, flu, bird flu, swine flu, nausea, vomiting, diarrhea and acne, just to name a few. Also with extensive sections on nutrition, exercise, personal safety, motor vehicle safety, travel safety and keys to success such as etiquette and study methods are also included. Even the familiar topics of table settings and correct tipping amounts are covered. It is the foremost, concise and up to date reference covering health, nutrition, exercise, safety and other essential subjects.

For parents, it is the gift that provides crucial advice and information for sons and daughters away from home. It is said that 'Knowledge is power'. But it is also true that 'Knowledge is health'.

Don't leave for school without it.

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