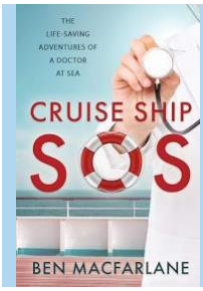
Discussion Guide



Cruise Ship SOS
Ben MacFarlane MD

Lume Books
2020
210 pages
ISBN: 978-1839012303

Summer Self Care
Travel Health

Summary

Ben MacFarlane shares his experience as a ship's doctor with 3,000 passengers and crew to look after. Join him and his colleagues on this cruise and find out why ship's doctors think bar stools should carry health warnings, why the casino can be safer than the sick bay in a storm and why no number of sharks, pirates or tidal waves will ever be as dangerous as the midnight buffet. With all the drama and excitement of popular medical dramas, these incredible true stories are told with warmth and humor.

Questions

1. What health information stood out to you the most from the book?
2. What was your favorite part of the book? Why?
3. For you, what was your least favorite or most challenging part? Why?
4. Did you re-read any passages? If so, which ones?
5. How did your opinion of the book change while you read it?
6. What surprised you most?
7. What was missing and what do you wish was included?
8. Are there any lingering questions from the book you are still thinking about, and if you could ask the author anything, what would it be?
9. How do you relate this book to your personal history and community?
10. What anecdotes from your life does the book bring to mind? What, if anything new, did you learn from reading this book to address that situation if it were to happen again?
11. What other readings would you like to tackle after reading this book?
12. Describe the ways this book invited you to define concrete actions to prepare for cruise ship travel.

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