

lonely planet

THE

LONELY PLANET

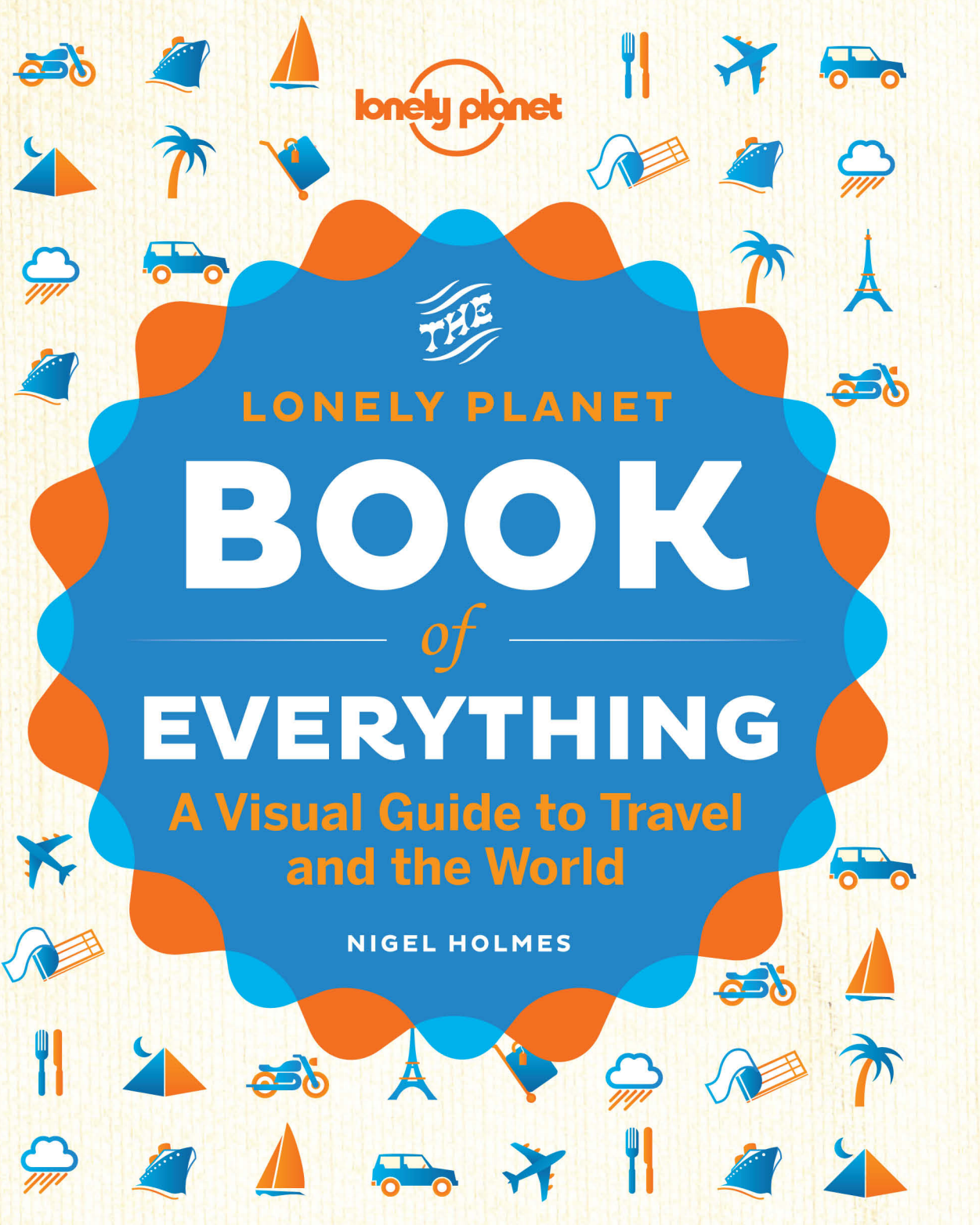
BOOK

of

EVERYTHING

A Visual Guide to Travel
and the World

NIGEL HOLMES





THE LONELY PLANET
BOOK OF EVERYTHING

A Visual Guide to Travel and the World

NIGEL HOLMES

To Erin, with love to the
best travel partner anyone could
possibly wish for.



NIGEL HOLMES



FOREWORD 6



UNDERSTANDING THE WORLD

PAGE 8



OUTDOOR SURVIVAL

PAGE 40



ETIQUETTE

PAGE 66



MEDICAL

PAGE 84

4

THE BOOK OF EVERYTHING



FOOD & DRINK

PAGE 118



PERSONAL SAFETY

PAGE 144



OTHER FUN STUFF

PAGE 156

INDEX 194 SOURCES 201

FROM THE AUTHOR 202 ABOUT THE AUTHOR 203

ACKNOWLEDGEMENTS 204

5

THE BOOK OF EVERYTHING

Q.

QUICK QUESTION

The Book of EVERYTHING? How can that be?

A.

QUICK ANSWER

It can't be!

**WE DID CONSIDER
OTHER TITLES**

THE BOOK OF ALMOST EVERYTHING

THE BOOK OF THINGS WE THOUGHT TRAVELLERS
MIGHT FIND INTERESTING

A WHOLE LOT OF FASCINATING
TRAVEL TRIVIA

HOW TO PLAY CROQUET, EAT BUGS IN THE JUNGLE,
DELIVER A BABY, SAY CHEERS
IN CHINESE AND ABOUT 78 OTHER THINGS

...and so on, but none of them seemed quite right.

So *The Book of Everything* it is.



**PLEASE DON'T CONTACT US WITH
COMPLAINTS SUCH AS**

"I went on vacation to Belize in June, and it rained
hard every day. My husband wants to know why that
isn't in *The Book of Everything*."

Also, we should tell you right now that there's
nothing about packing your suitcase or backpack,
or prospecting for gold in Brazil, or surviving in the Antarctic,
or climbing Mount Everest, or dancing at Carnevale,
or anything at all about Mombasa, Mumbai or Montevideo,
or about tattooing, or about those flaps on an
aircraft's wings and what they do.

(Although we could explain that last one:
it's just not very interesting.)

Anyway, if you are looking for any of that information,
and have read this far but haven't bought the book yet,
then don't buy it—it's not right for you.

But everything else is within these pages,
so read on. It'll be fun. You'll see.

NIGEL HOLMES, JULY 2012



UNDERSTANDING THE WORLD

- 10** A different world
- 12** Around the world: the equator
- 14** The world's highest mountains
- 16** What are the "Northern Lights"?
- 18** What do those signs mean?
- 20** The world's most commonly spoken languages
- 22** How to count to 10 in 25 languages
- 24** Can't find the word?
- 26** Mother!
- 28** How to read Egyptian hieroglyphs
- 30** Who's happy, who's not?
- 32** Disappearing diversity
- 34** How to predict the weather from the clouds
- 36** Snow? What's that?
- 38** The world's electrical outlets

A different world

What's a travel book without a map of the world? And why do we always look at it the same way? This view might help you to see countries in a new light. *(Then again it might just be totally annoying.)*

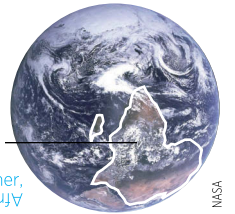


Is it really upside down?

Our custom of orienting maps with north at the top is arbitrary. The Greek cartographer and astronomer Ptolemy drew his maps that way around the year AD 150, and most mapmakers have followed his example.

Some people think that north-oriented maps have an implicit bias toward the northern hemisphere, and many classic (and still used) world projections do favour the northern hemisphere. This is because at the time these maps were made, most of the developed world was in the north and more room was needed to show the detail in this area.

When the famous photo of Earth taken from space (aboard Apollo 17) was first published, in 1972, it showed the South Pole like this:



That's Africa, or rather, Africa.

NASA

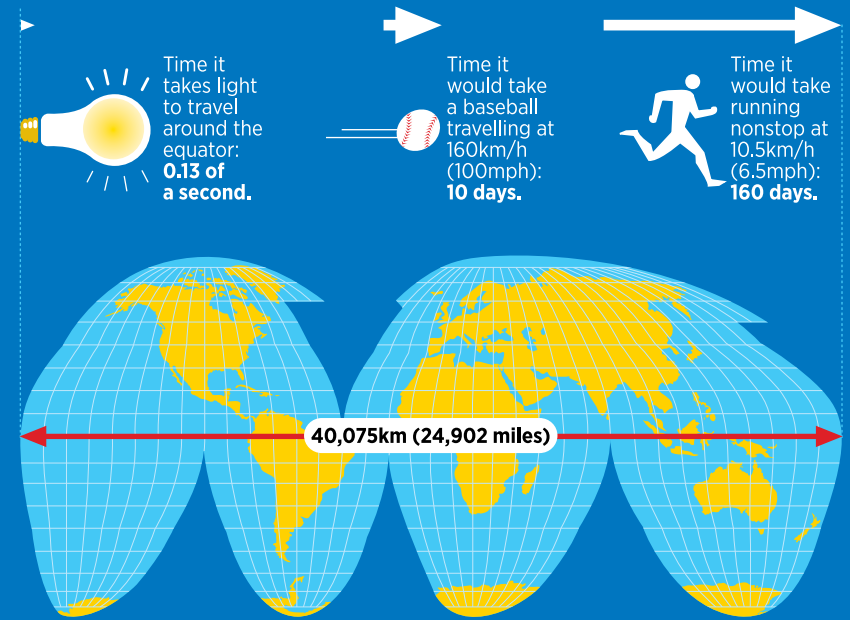
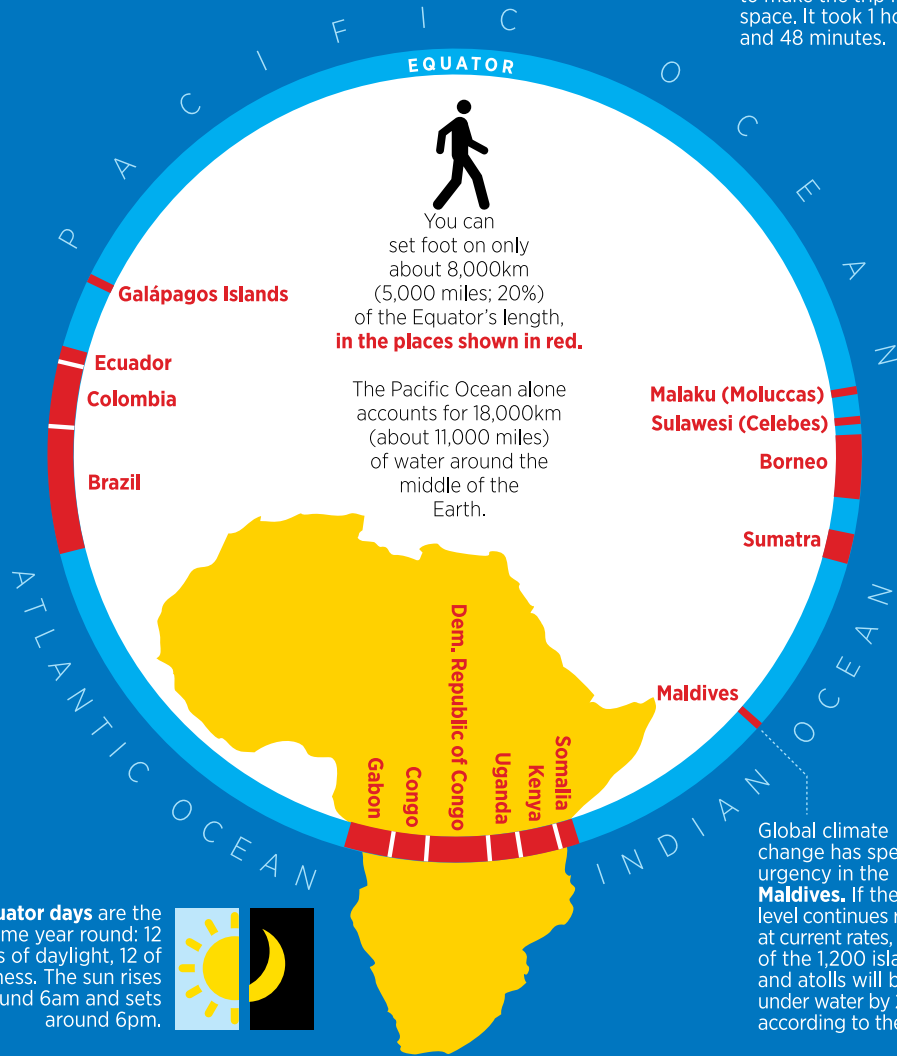
Publications quickly turned the image round to fit the established convention.

Around the world: the equator

The first person to sail around the globe was Juan Sebastián del Cano, who took credit after his captain, Ferdinand Magellan, was killed en route. The voyage lasted almost 3 years, from 1519 to 1522.



In 1961, Russian cosmonaut Yuri Gagarin was the first to make the trip into space. It took 1 hour and 48 minutes.



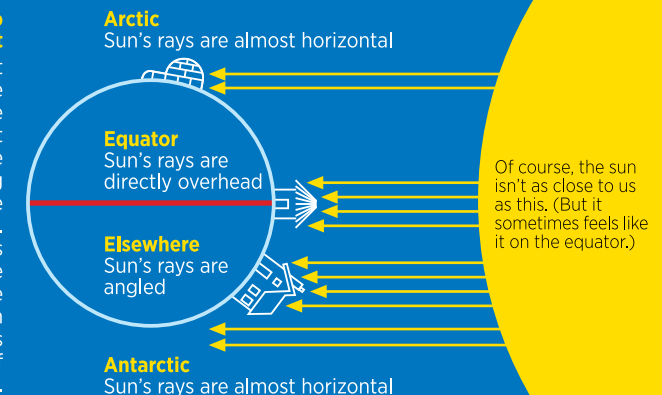
Equator days are the same year round: 12 hours of daylight, 12 of darkness. The sun rises around 6am and sets around 6pm.




Global climate change has special urgency in the **Maldives**. If the sea level continues rising at current rates, most of the 1,200 islands and atolls will be under water by 2100, according to the UN.

Why it's so darn hot

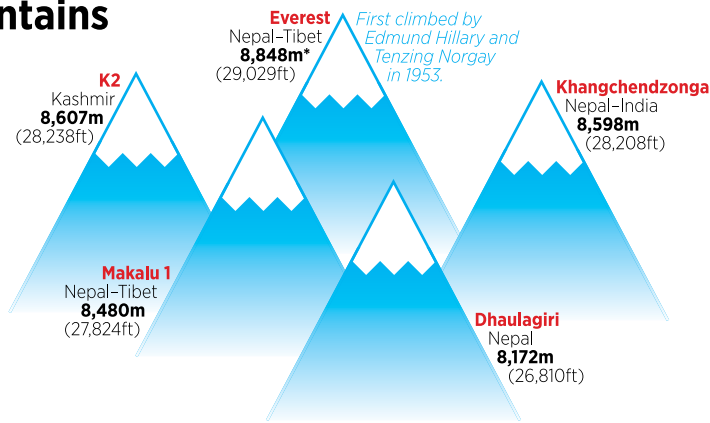
It's hot almost everywhere on the equator because the sun's rays hit the earth there straight on, heating the ground and the air above it. Elsewhere, the rays hit the atmosphere at an angle because the earth is curved. This dissipates some of the sun's energy.



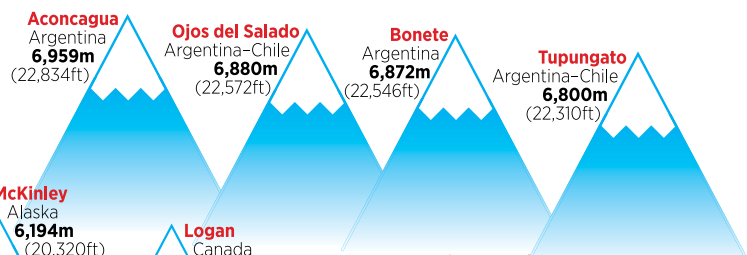
The world's highest mountains

The really high ones are all in Asia. Shown here  are Asia's top five. (There are 60 other peaks in Asia that are higher than the tallest in South America, below.)

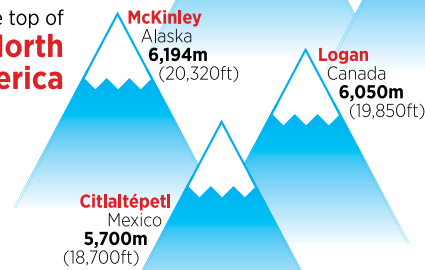
The top of Asia



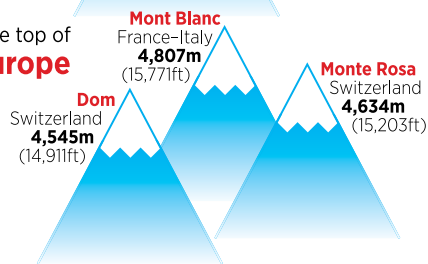
The top of South America



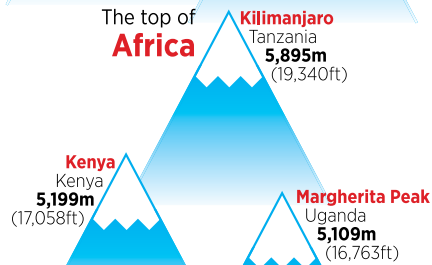
The top of North America



The top of Europe

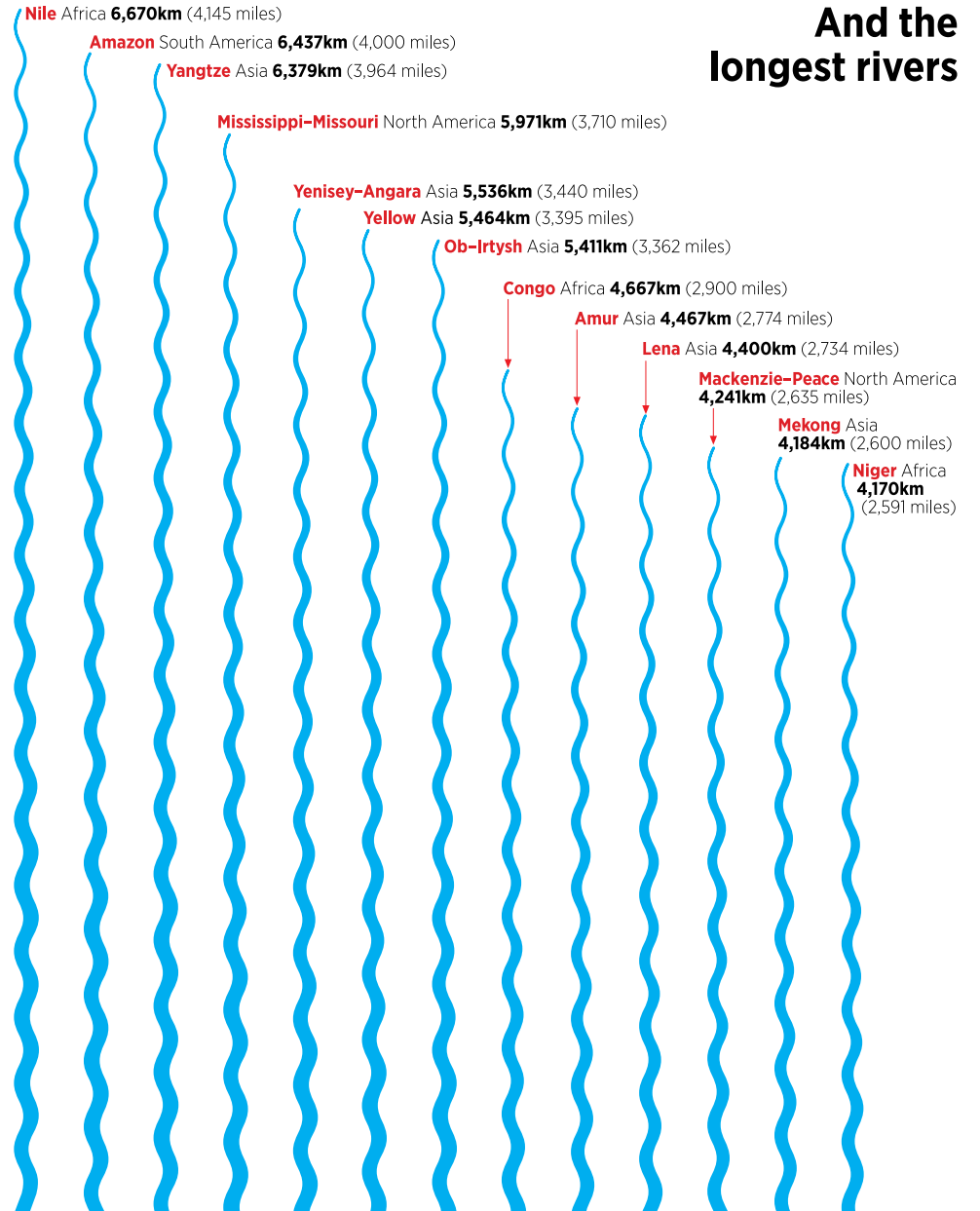


The top of Africa



* The height of Everest is hard to pin down. Some sources cite the height of the rock as the top, others (as here) include the ice and snow above the rock. Nepal is planning a new survey.

And the longest rivers



What are the “Northern Lights”?

Properly known as the **Aurora Borealis**, they are a wonderful sight that lights up the northern night sky. (Aurora was the Roman goddess of dawn; Boreas is the Greek name for the north wind.) Here’s the science behind what you see.

1

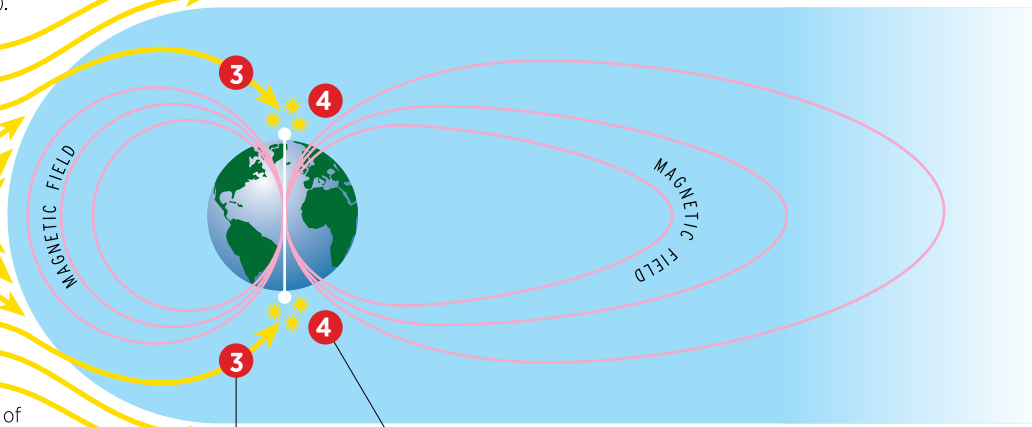
Streams of charged particles (electrons and protons) flow from the sun to Earth at a velocity of over 1.4 million km/h (900 thousand mph).

2

Most of the particles are deflected by Earth’s magnetosphere, (shown here in light blue ...)

but some are sucked into the vortex of Earth’s magnetic fields (pink lines) at the North and South Poles. (In the south, the effect is called **Aurora Australis**, or the Southern Lights.)

What we see as an aurora is the interaction of those charged particles with atoms from Earth’s atmosphere. They form an oval ring around each pole.



Shown here is one type of aurora, which appears like billowing curtains hanging in the air. (The other common effect is a diffuse glow swirling across the sky.) Auroras vary in colour from fluorescent greens to soft reds and yellows.

Where (and when) are the best places to view the “lights”?

Wherever you are, you need a clear, dark sky. The best time is around midnight in winter.

To see the Aurora Borealis in the **north**, go to Alaska, Canada, Greenland, Scandinavia and the northern coast of Siberia. Wear warm clothes.

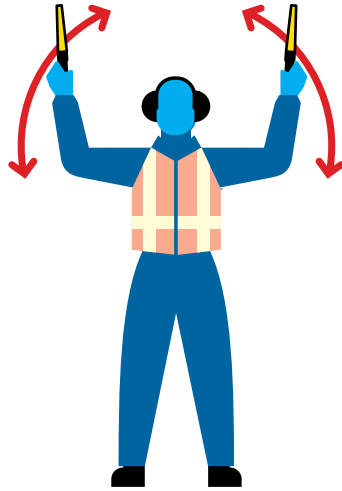
To see the Aurora Australis in the **south**, your best bets are Antarctica, South America, Tasmania and the southern tip of New Zealand.

What do those signs mean?

How to read the signals that the guy on the runway is giving to your pilot.
(They're called marshalling signals.)



start engines



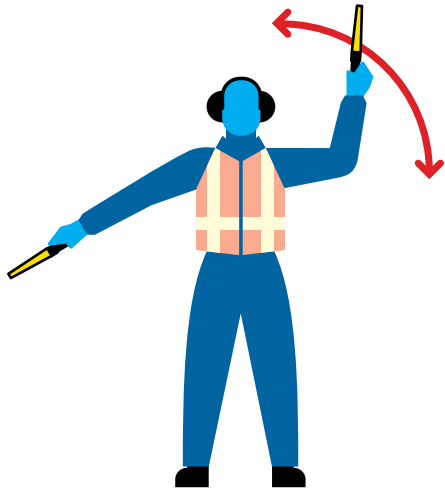
move ahead



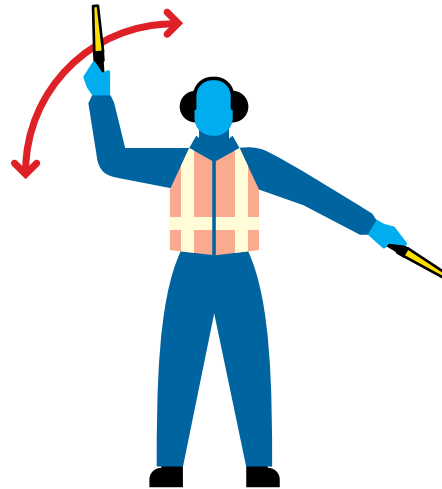
all clear



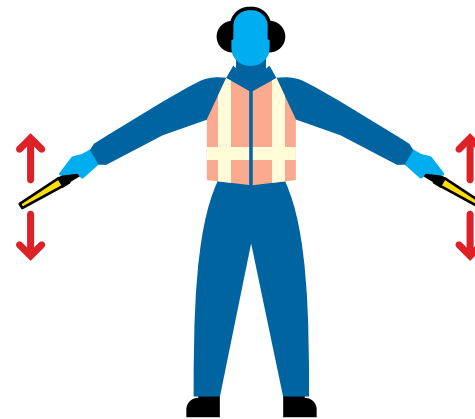
this way



turn to your left



turn to your right



slow down



stop

The world's most commonly spoken languages

The total number of **countries** using these languages.*

English **countries 115**

480 million speakers (the number of native speakers, plus those for whom it is a second language)

French **35 countries**

265 million speakers

Arabic **24 countries**

221 million speakers

Spanish **20 countries**

320 million speakers

Russian **16 countries**

285 million speakers

German **9 countries**

109 million speakers

Mandarin **5 countries**

1.1 billion speakers

Portuguese **5 countries**

188 million speakers

Hindi/Urdu **2 countries**

250 million speakers

Bengali **1 country**

185 million speakers

Japanese **1 country**

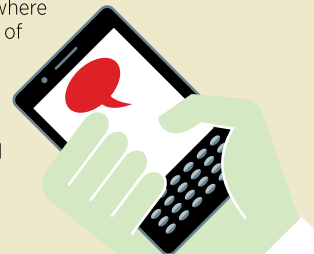
133 million speakers

*The number of countries includes those where the language has full legal or official status and where it is an influential minority language (such as English in India).

In addition, the list includes countries where the language is used in trade or tourism, or is the preferred language of the young (such as English in Japan).

Linguists say that the world's most difficult language is spoken in Botswana. It includes 75 different mouth clicks along with regular words.

If you go to a country where you don't know a word of the language, *Google Translate* can help. It has 63 languages, and is available as a free app on iPhone and Android smartphones.



How to count to 10 in 25 languages

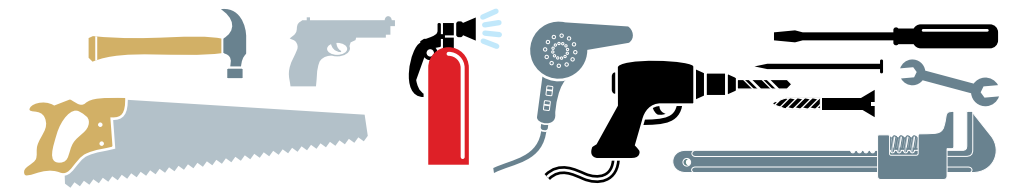
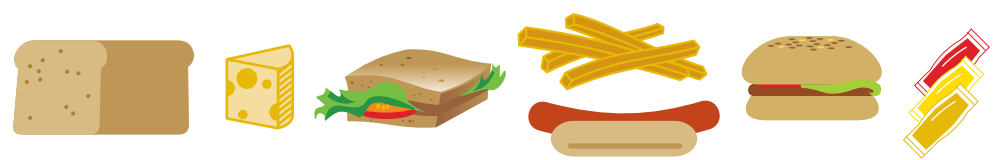
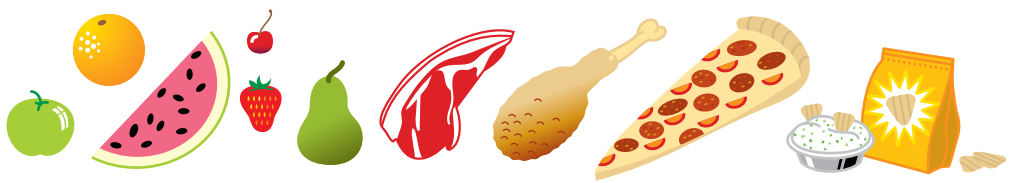
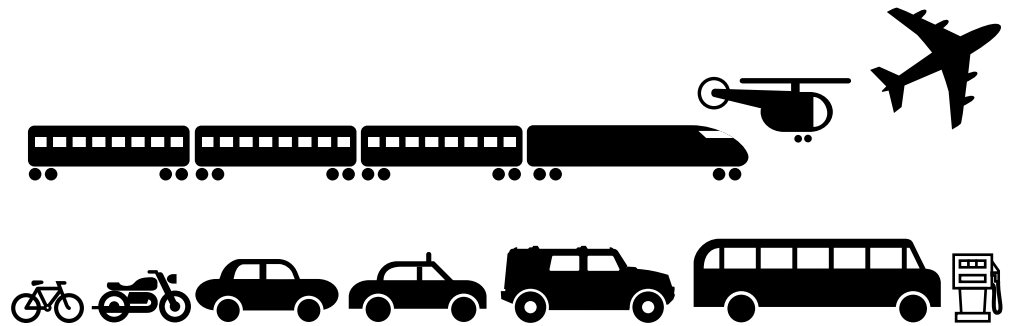


	1	2	3	4	5	6	7	8	9	10	
Arabic	sifr	wahid	'itnan	talata	'arba'a	hamsa	sitta	sab'a	tamaniya	tis'a	'asara
Basque	zero	bat	bi	hiru	lau	bost	sei	zazpi	zortzi	bederatzi	hamar
Cheyenne		na'estse	nese	na'he	neve	noho	naesohto	nesohto	na'nohto	soohto	mahtohto
Danish	nul	en	to	tre	fire	fem	seks	syv	otte	ni	ti
Dutch	nul	een	twee	drie	vier	vijf	zes	zeven	acht	negen	tien
Esperanto	nul	unu	du	tri	kvar	kvir	ses	sep	ok	nau	dek
French	zéro	un	deux	trois	quatre	cinq	six	sept	huit	neuf	dix
Fijian	saiva	dua	rua	tolu	vaa	lima	ono	vitu	walu	ciwa	tini
German	null	eins	zwei	drei	vier	funf	sechs	sieben	acht	neun	zehn
Hindi		ek	do	teen	char	panch	che	saath	aath	noh	dus
Hungarian	nulla	egy	ketto	harom	negy	ot	hat	het	nyolc	kilenc	tiz
Italian	zero	uno	due	tre	quattro	cinque	sei	sette	otto	nove	dieci
Japanese		ichi	ni	san	shi/yon	go	roku	nana/shichi	hachi	ku/kyuu	jyuu
Korean		il	i	sam	sa	o	yuk	chil	pal	ku	sip
Mandarin	ling	yi	er/liang	san	si	wu	liu	qi	ba	jiu	shi
Norwegian	null	en	to	tre	fire	fem	seks	sju	atte	ni	ti
Persian	sefr	yek	do	se	charhar	panj	shesh	haft	hasht	noh	dah
Polish	zero	jeden	dwa	trzy	cztery	piec	szesc	siedem	osiem	dziewiec	dziesiec
Portuguese	zero	um	dois	tres	quatro	cinco	seis	sete	oito	nove	dez
Russian	nol	odin	dva	tri	cetyre	pjat	sest	sem	vosem	devjat	desjat
Spanish	cero	uno	dos	tres	cuatro	cinco	seis	siete	ocho	nueve	diez
Swahili	sifuri	moja	mbili	tatu	nne	tano	sita	saba	nane	tisa	kumi
Swedish	noll	en	tva	tre	fyra	fem	sex	sju	atta	nio	tio
Turkish	sifir	bir	iki	üç	dört	bes	alti	yedi	sekiz	dokuz	on
Zulu	iqanda	kunye	kubili	kuthathu	kune	ishianu	isithuptha	isikhombisa	isishiya-galombili	isishiya-galolunye	ishumi



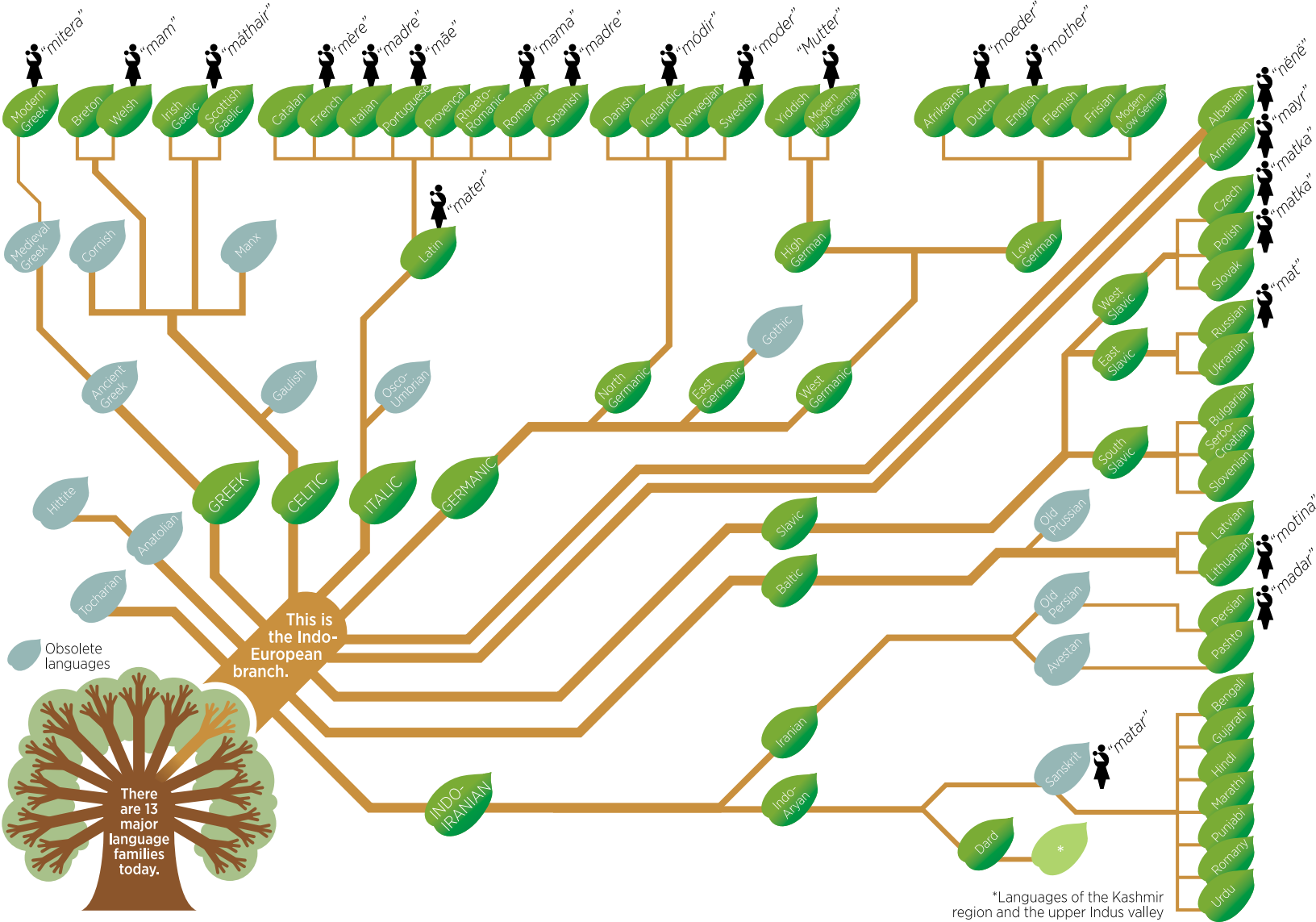
Can't find the word?

Point! 

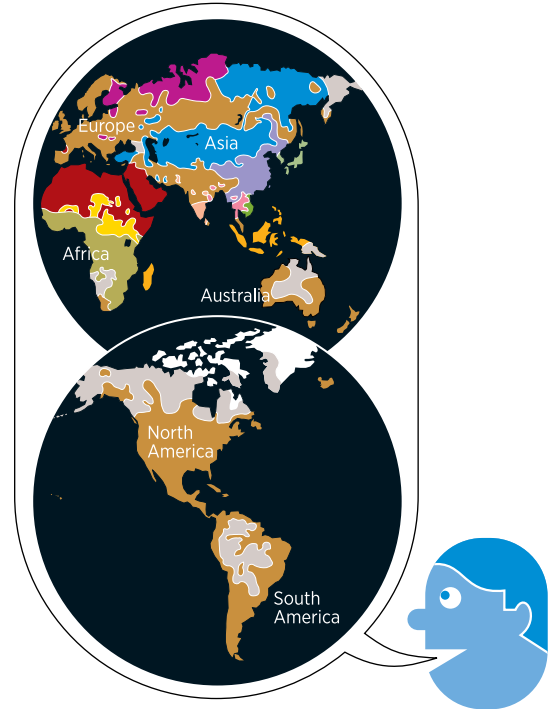


Mother!

A look at one branch of the **world's language tree**, and how to say "hello" to a particularly important person.



The distribution of language families throughout the world.



How to read Egyptian hieroglyphs

(Greek for "sacred carvings")



It's more complicated than you think. This ancient writing system contains more than **2,000 symbols**, some more representational than others. Originating somewhere between 3100 BC and AD 40, the hieroglyphs were not understood until the 1799 discovery of the **Rosetta Stone** by soldiers in Napoleon's army in the town of Rosetta, Egypt.


The tabletop-sized slab of black rock was covered with texts in three languages:

Egyptian hieroglyphs, Greek and a second Egyptian script.

In 1822, a French language scholar, Jean-François Champollion, finally solved the riddle of the Stone, largely by matching up the pictorial Egyptian hieroglyphs with the readable Greek text.



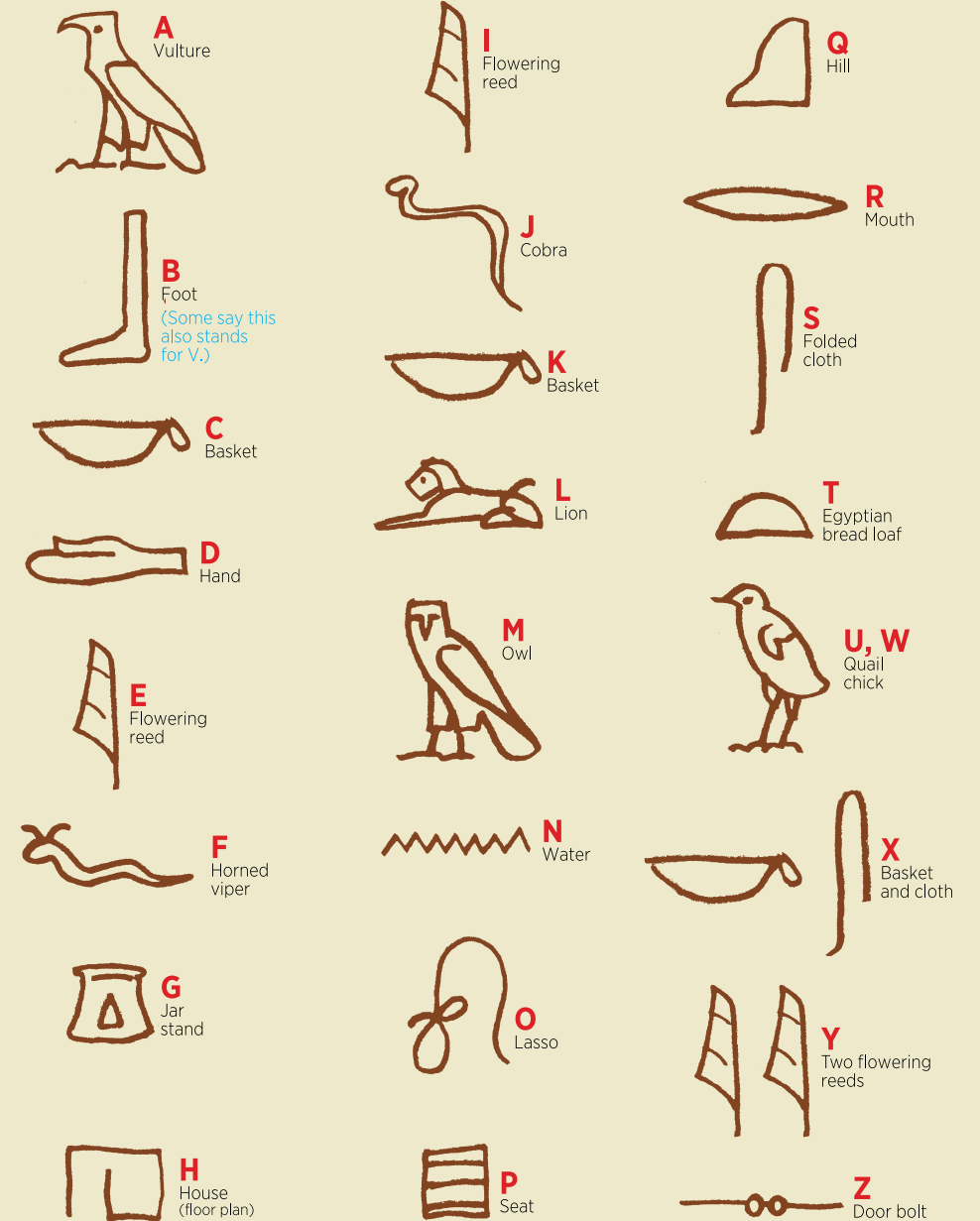
You can see the Rosetta Stone in the British Museum, in London.

The structure of the language is complex—the signs are divided into three categories: one category for words, one for sounds and one that explains the meaning of the group of signs immediately preceding them—but we can still have fun by doing a simple form of Egyptian writing (try your own name, perhaps) using this **basic hieroglyphic alphabet**. 




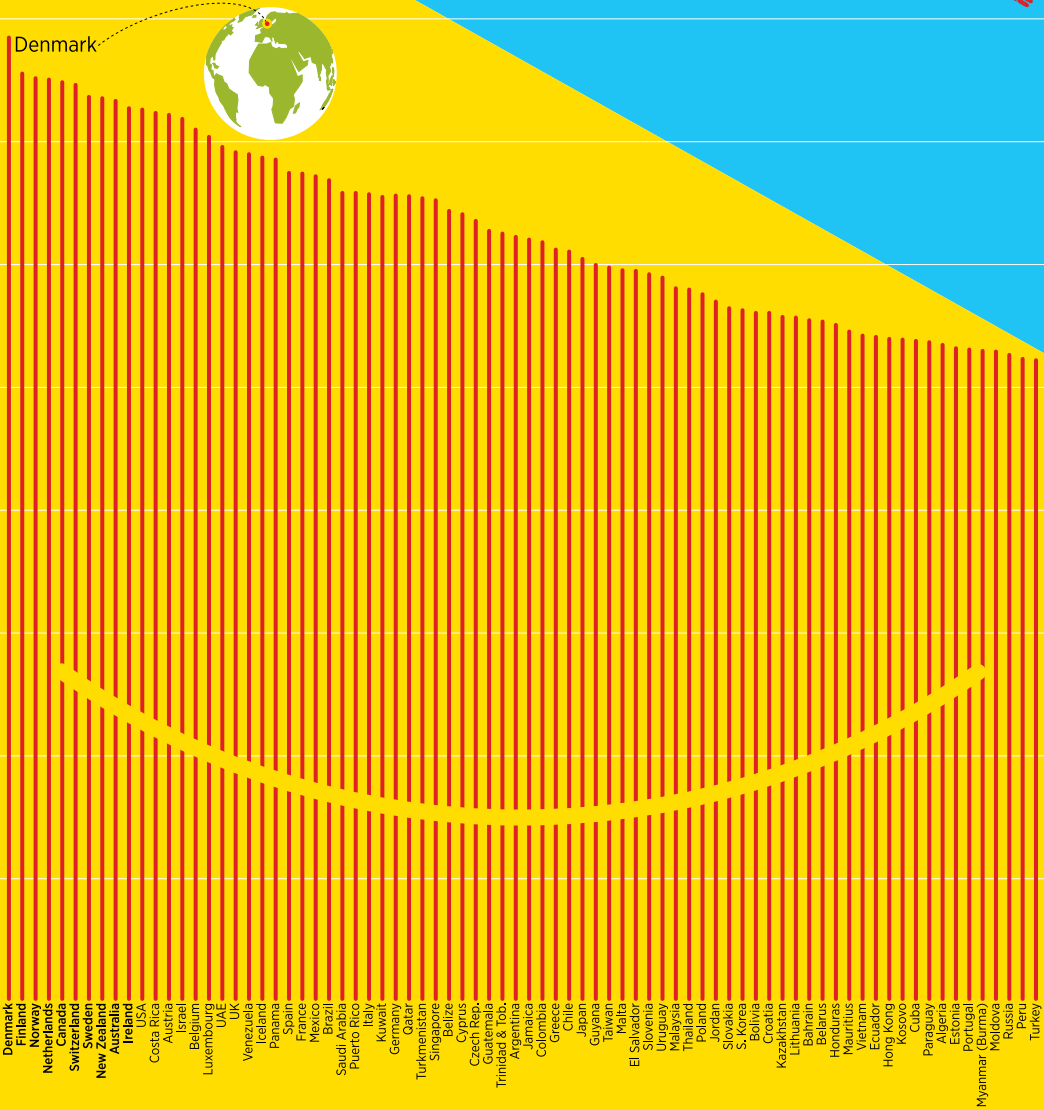
These are drawn by hand (that's what we ancient Egyptians did, after all!). Pity we didn't have computers then. You can easily get fonts nowadays. Just google **hieroglyphic fonts**—there are lots of choices.

Some Egyptian hieroglyphs were contained within oblong shapes like the one above, called *cartouches*. They often spelled out the names of Egypt's rulers.



Who's happy, who's not?

In April 2012, the Earth Institute at Columbia University in New York produced this ranking of countries for the UN Conference on Happiness. Since this is *The Book of Everything*, here's the **whole list**, from happiest at the left to least happy down there 

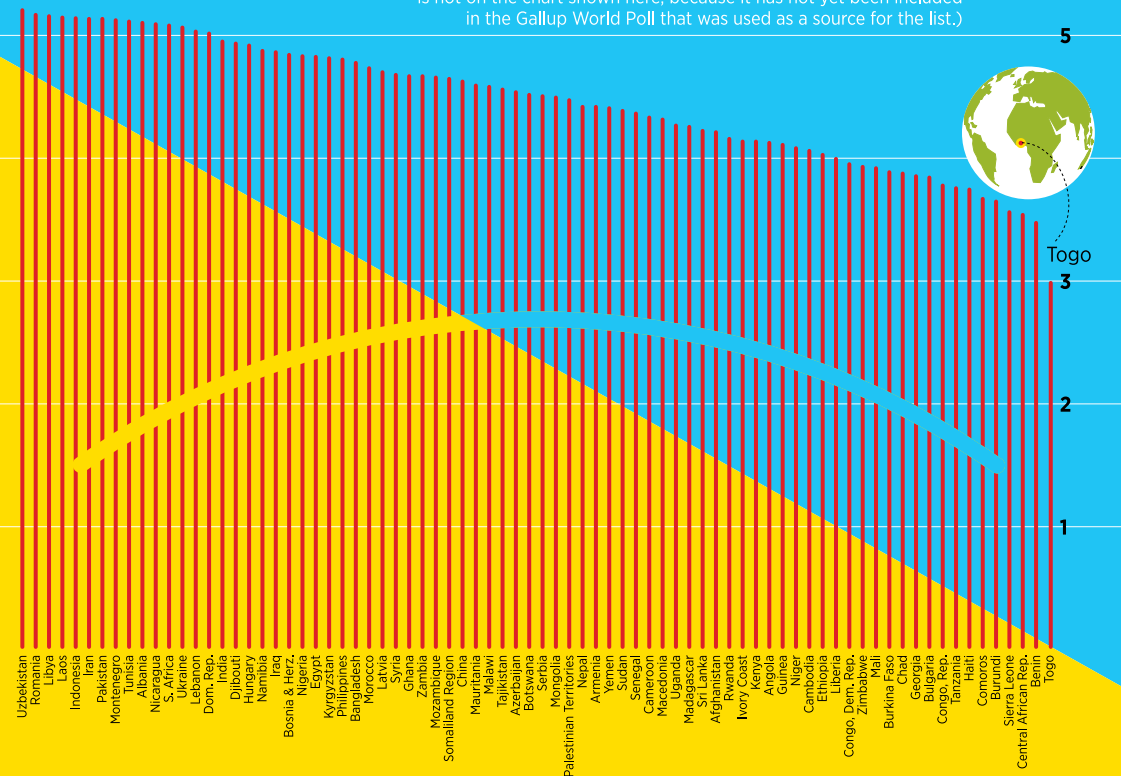


The list was compiled by averaging a number of factors, each scored from 0–10, in a kind of life-evaluation score. Factors included **government corruption, political freedom, physical and mental health, job security and family life.** So unlike previous, similar happiness lists, these rankings are not connected solely to **income.**

There are **156 countries** here. By most accounts, there are 196 countries in the world. The US does not recognise Taiwan as a separate country, and other places such as Bermuda, Greenland, Puerto Rico and Western Sahara are commonly mistaken to be independent.

Bhutan's Gross National Happiness (GNH) index, formalised in 2010, aims at the goal of happiness over the goal of wealth. But this was not a new thing for that country. The Bhutanese legal code of 1729 stated: **"If the Government cannot create happiness for its people, there is no purpose for the Government to exist."** Nice!

(While Bhutan is an inspiration for the current interest in happiness, it is not on the chart shown here, because it has not yet been included in the Gallup World Poll that was used as a source for the list.)



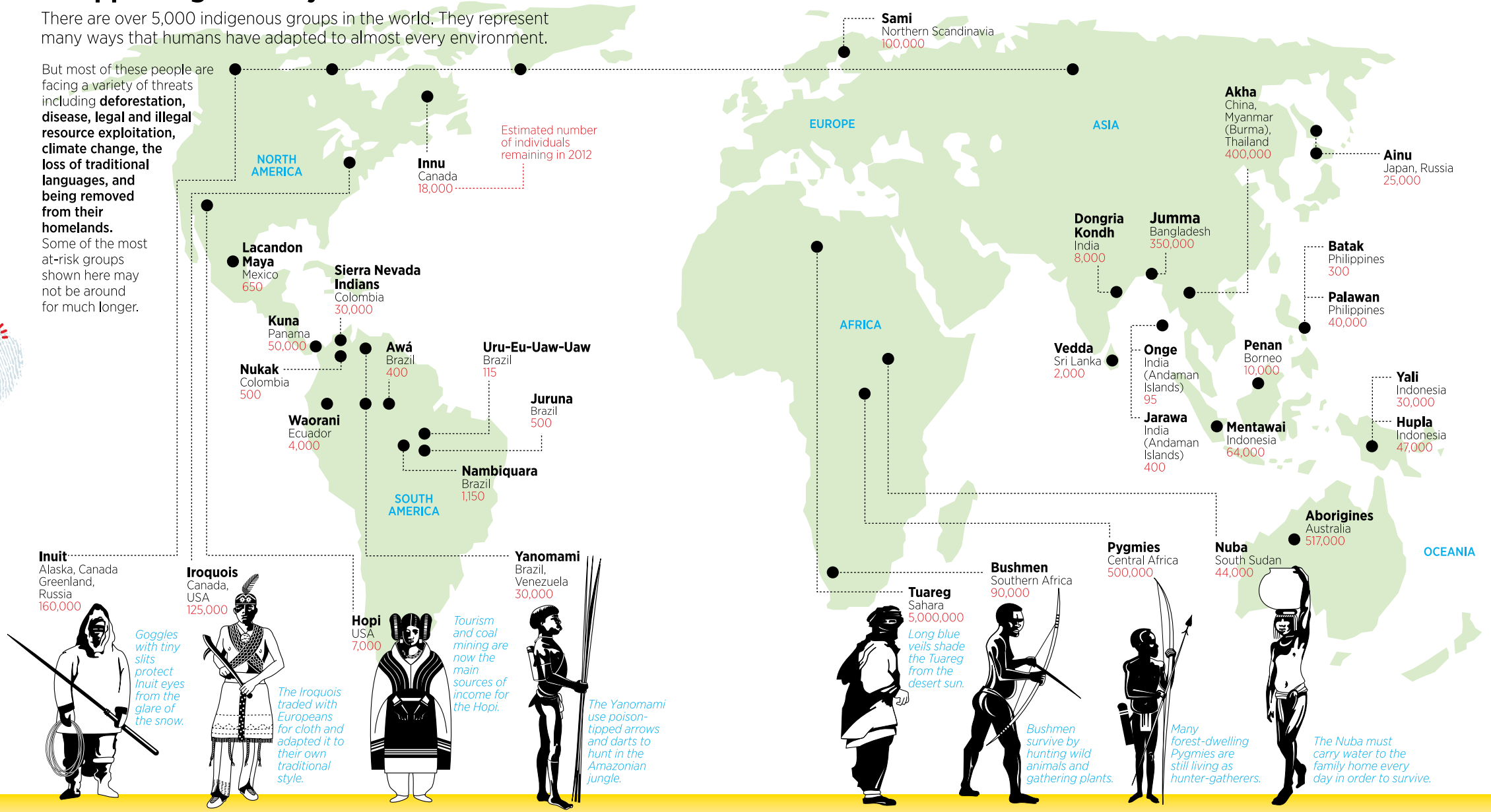
Disappearing diversity

There are over 5,000 indigenous groups in the world. They represent many ways that humans have adapted to almost every environment.

But most of these people are facing a variety of threats including **deforestation, disease, legal and illegal resource exploitation, climate change, the loss of traditional languages, and being removed from their homelands.** Some of the most at-risk groups shown here may not be around for much longer.



Estimated number of individuals remaining in 2012



Goggles with tiny slits protect Inuit eyes from the glare of the snow.

The Iroquois traded with Europeans for cloth and adapted it to their own traditional style.

Tourism and coal mining are now the main sources of income for the Hopi.

The Yanomami use poison-tipped arrows and darts to hunt in the Amazonian jungle.

Bushmen survive by hunting wild animals and gathering plants.

Many forest-dwelling Pygmies are still living as hunter-gatherers.

The Nuba must carry water to the family home every day in order to survive.


How to predict the weather from the clouds

Long before the digital “cloud”, there was the weather forecasting cloud. But do we ever believe the weather forecast? That science is more complicated than just looking at the clouds, of course, but this guide might just help you plan that picnic next weekend.


What the names mean

- Cirrus** Curl (as of hair)
- Stratus** Layer, spread over an area
- Cumulus** Heap of clouds
- Nimbus** Rain-bearing

metres 12,200 ————— feet 40,000

 **Cirrostratus**
Rain in the next 12-24 hours

 **Cirrus**
Fair weather


 **Cumulonimbus**
(Cumulus clouds that have grown into the classic anvil shape.)
Rain, thunder, lightning, hail, flash floods, tornadoes


9,150 ————— 30,000

Cruising altitude of jet airliners 

The phrase “cloud nine” is said to have originated with the US Weather Bureau, which once classified clouds by number. Cumulonimbus was number nine on the list, since it’s the cloud that climbs farthest into the sky. So if you’re on cloud nine, you’re happily on top of the world.*

*A little scepticism is in order.
1. There are generally considered to be **ten** distinct cloud formations.
2. This might be the tallest cloud, but it’s not the happiest!

 **Cirrocumulus**
Fair weather
(In the tropics, this cloud can mean a storm is approaching.)


 **Altostratus**
Possibility of thunder


 **Altostratus**
Rain in the next 12-24 hours

 **Cumulus**
Fair weather

 **Nimbostratus**
Rain

3,050 ————— 10,000

 **Stratocumulus**
Generally means dry weather

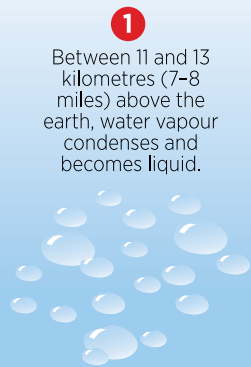
 **Stratus**
(This cloud looks like elevated fog.)
Drizzle, light snow

Snow?

What's that?

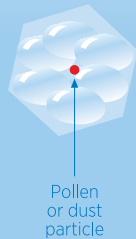
Most scientists agree that global climate change is real. That could mean that in a few years (well, quite a few years in the future) these two pages might describe a quaint and forgotten weather effect. In the meantime, find some snow and go skiing.

Here's how snow starts and then changes on its way down.



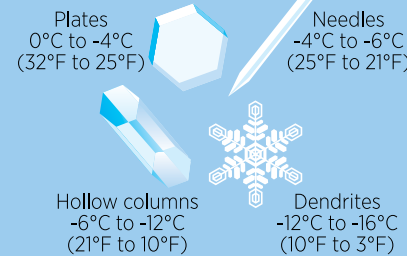
2

The droplets grow and form ice crystals around minute particles floating in the atmosphere.



3

All snow crystals reflect the six-sided molecular structure of water, but they take different forms at different temperatures.



4

More water vapour condenses onto the crystals, enlarging them. Additionally, drops of super-cooled water freeze onto the crystals—a process called “riming”. The increased weight causes the crystals to fall.



5

As they descend into warmer air, the crystals begin to melt. The resulting water bonds them together to form larger flakes.



MAUJA
(deep, soft snow)

UPSİK
(compacted snow)

APUN
(snow on the ground)

ANIU
(falling snow)

QANNIK
(snowflake)



*It's a myth that Eskimos have hundreds of words for snow. The ones above are about it.

The **Sami**, however, do have very many names for the quality, depth and what-animal-has-just-been-on-it snow. The Sami are an Arctic indigenous people who live in the far north of Sweden, Norway, Finland and Russia.

The world's electrical outlets

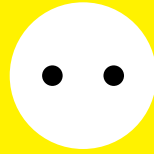
Most countries use one or more of these 13 shapes.
(A selection of representative countries are listed.)
Make sure your appliances have the right plugs or adaptors.



Type A

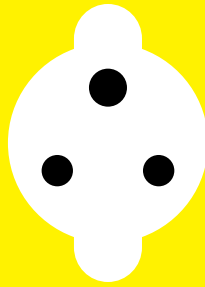
Type B

Antigua, Bahamas, Barbados, Belize, Bermuda, Brazil, Canada, China, Colombia, Costa Rica, Ecuador, Guatemala, Honduras, Jamaica, Japan, Libya, Mexico, Panama, Peru, Puerto Rico, Saudi Arabia, Tahiti, Thailand, USA, Venezuela



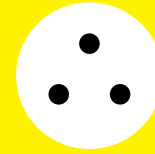
Type C

Afghanistan, Albania, Algeria, Angola, Argentina, Armenia, Bolivia, Brazil, Bulgaria, Cambodia, Canary Islands, Chile, Croatia, Denmark, Egypt, Finland, Gabon, Germany, Greece, Hungary, Iceland, India, Indonesia, Iran, Iraq, Israel, Italy, Macedonia, Madagascar, Mongolia, Morocco, Mozambique, Nepal, Netherlands, Norway, Pakistan, Peru, Poland, Portugal, Russia, Serbia, Somalia, South Korea, Spain, Sudan, Sweden, Syria, Thailand, Tunisia, Turkey, Ukraine, Zambia



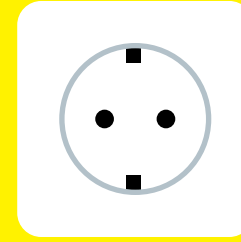
Type D

Ethiopia, Ghana, Greece, India, Iraq, Kuwait, Nepal, Nigeria, Pakistan, Sudan, Zambia, Zimbabwe



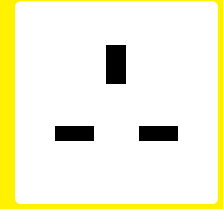
Type E

Belgium, Benin, Cambodia, Canary Islands, Czech Republic, France, Greece, Madagascar, Mongolia, Morocco, Poland, Slovak Republic, Syria, Tahiti, Tunisia



Type F

Afghanistan, Albania, Algeria, Austria, Bulgaria, Croatia, Finland, Republic, France, Germany, Greece, Hungary, Iceland, Indonesia, Italy, Macedonia, Mozambique, Netherlands, Norway, Portugal, Russia, Saudi Arabia, South Korea, Spain, Sweden, Turkey



Type G

Bahrain, Channel Islands, China, Cyprus, Ghana, Guatemala, Hong Kong, Indonesia, Iraq, Ireland, Kenya, Kuwait, Malawi, Malaysia, Malta, Nigeria, Saudi Arabia, Seychelles, Singapore, St Lucia, Uganda, UK, Zambia, Zimbabwe



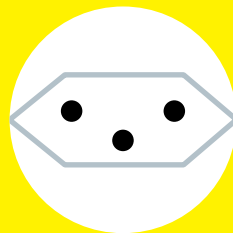
Type H

Gaza, Israel



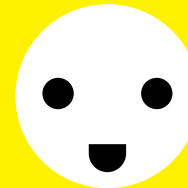
Type I

Argentina, Australia, China, Fiji, Guatemala, New Zealand, Samoa



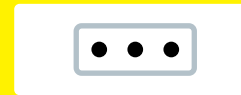
Type J

Ethiopia, Switzerland



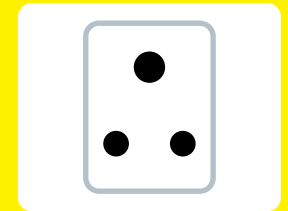
Type K

Denmark



Type L

Canary Islands, Chile, Ethiopia, Italy, Syria



Type M

Botswana, Hong Kong, Mozambique, Namibia, South Africa



OUTDOOR SURVIVAL

- 42** Alligators and crocodiles: precautions ...
- 44** How to survive (and prevent) a shark attack
- 46** How to avoid being sucked into quicksand ...
- 48** How to stop mosquitoes from fuelling up ... on you
- 50** Recognising animal tracks
- 52** Recognising animal poop
- 54** Lost in the desert? Here's what to do
- 56** Lost on a hike: six stages of survival
- 58** Camping tips
- 60** The rules of the campfire
- 62** Staying warm and dry outdoors
- 64** How to get out of a sinking car