



The informative article helps those with mental health problems cope with the strains of today's air, sea and land challenges. Of course, the article is very competent and helpful, especially to wandering seniors.

We not only face the normal pressures of getting from here to there, but are more physically challenged than younger travelers. Therefore, we must add a list of on air, sea and land encounters that cause senior mental and physical breakdowns:

- Crooked taxi drivers who charge an arm and a leg for a short ride
- Security guards who enjoy groping between arm and leg
- Snooty hotel desk clerks who put you in a \$400-a-night closet
- Greedy travel agent who books your cheap seat \$1,500 flight
- 500-pound seatmate who smells of stale tobacco and BO
- City guide who takes you to overpriced markets run by his family
- Gangs of ten-year-old pickpockets who greet you at the city park

[www.usatoday.com/story/travel/advice/2017/09/28/traveling-depression](http://www.usatoday.com/story/travel/advice/2017/09/28/traveling-depression)