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cruise ships. The Port of Seattle has worked hard to get cruise ships to dock here. Do you think the impacts are worth the benefits?

E.B.: You have to be very careful, but Seattle has a strong environmental movement that is monitoring cruise pollution, so I think this is one of the cities where they're trying very hard to watch it. Cruising has become an industrialized tourism sector, (but there are) cruise lines that are still small and still pay good wages and follow environmental rules. Like Linblad. I think they're registered here (in Seattle). That's the kind of tourism that you want.

M.W.: *You've lived in Seattle. What kind of tourism would respect Seattle's history and culture?*

E.B.: Well, Seattle has that Scandinavian kind of personality. It's a very friendly place. People come to Seattle and don't even think about leaving the city. They get on the ferries — the best ferry system in the country. And you can walk and bike. It has culture, it has nature and it also has consumer opportunities. You can spend a lot of money if you want to.

One thing you could add to Seattle would be more in-depth, walking guide trips. (In the book) I mentioned Context Travel (Context Travel offers walking tours in a number of world cities, including some in the U.S. for about \$20 to \$30 per person per hour). They hire locals, often with degrees in history. If you get a good, educated, local guide, it changes your visit to a city.

M.W.: *I really appreciated your focus on responsible tourism — but a lot of your examples were things that many people would consider out of their price range. What kinds of responsible tourism could be developed for lower middle-class and working-class people?*

E.B.: The backpack world is alive and well. There are great hostel systems; there are countries where they make sure they have enough hotel spaces for the lower-middle classes as well as for the upper classes.

Europe is one place where, even if it looks expensive, you can travel very well for less money. My children grew up going to Europe, from hostel to hostel, and there's all kinds of alternatives for Eurail passes and that sort of thing.

The more local you are, the better. I always use local transportation. In a lot of the United States we don't have very good local transportation. You go overseas and you find out how good it is. Buses are one of the best ways to see a country. But I must caution: If you don't speak the language, and you're going local, you have to be careful that you don't do something stupid and get in trouble. Go local, but use your brains. And really try to learn a language.

If you could travel with a local, that's one of the things I recommend. If you could find someone you know there, either through work, through friends, through family, so that you have a built-in guide you could trust.

M.W.: *You mentioned Costa Rica and France as areas that have been really mindful about their tourist development. Are there any other countries that you feel that way about?*

E.B.: Germany has been head-and-shoulders on this. A lot of the Nordic countries are amazing. Japan is amazing. Parts of Canada — I won't say all of Canada, but parts of Canada. I hear Chile's very good.

M.W.: *You talk about how big the tourism industry is, but does it really increase the general economy worldwide? Is the real effect just that people are spending their money in different places?*

E.B.: People save their money to spend as travelers and tourists that they would not spend anywhere else. Would they be going to restaurants five days a week if they were home? Tourism very definitely changes the basic economy, and it changes the jobs.

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The Wall We Put Up

By Robert

When a person put all he or she has into
His feelings, words, actions, and still
Gets no reactions for what they have done
They will start to build walls around their hearts,
And souls.
That in time, even the builder can't overcome.
And when that happens, it is the most feared
Insight a person must face.
When this happened to me,
I fought for many years to study every
Brick, crack, and even
The shape, size, depths of the wall I built.
To find, even when,
with the hardest tool,
I had, would not chip a block.
In the wall, there was the biggest opening,
Right before my eyes,
To walk and the path was always there.
And that was open to everything.

Nervous Day's Muse

By Avendor

All this fear
And to think there was a time when I was so at peace.
All this doubt
And to think there was a time when everything seemed
alright.
All this isolation
And to think there was a time when I was connected.
All the condemnation
And to think there was a time when I thought I was the
worlds' greatest hero.
But I'm still alive
And I still believe things will get better.
Yes I still believe
I could end up feeling worse than anybody has ever felt.
I got to hand it to you God,
Oh what a hand, oh what a hand to have been dealt.
Oh what a poem, I could die and live on in infamy.
But I'd rather live
Because life has been kind of a nightmare for me.
I want a girl and I want a cause
But I want it all for free.
One hundred million percent for free.
But if you know a better way, God.
I have to do it and if I don't will you do it for me?
As is best is how you know
These prayers usually end for me.

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