



Food for Thought: Keeping Well in Wartime

By Imperial War Museum (Great Britain)

Imperial War Museum. Multiple copy pack. Book Condition: new. BRAND NEW, Food for Thought: Keeping Well in Wartime, Imperial War Museum (Great Britain), As relevant today as when they were first published in 1943, *Wise Eating in Wartime* and *How to Keep Well in Wartime* offer cheerful and practical advice on healthy diet, exercise and wellbeing. From providing a 'menu for the ideal meal' to addressing dilemmas such as 'do we eat too much sugar?', from offering useful remedies for fatigue to divulging frank advice on 'sex problems', they offer an amusing and interesting insight into keeping well in wartime.

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Reviews

Completely essential go through book. I actually have go through and i am sure that i am going to going to read yet again yet again later on. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- **Edwardo Rohan III**

This publication is worth getting. This is certainly for those who statte that there was not a well worth studying. Its been written in an exceptionally simple way in fact it is only after i finished reading through this ebook in which in fact transformed me, modify the way i believe.

-- **Mr. Hester Prohaska DVM**