



## 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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*Basically no words to describe. It is filled with knowledge and wisdom I am just pleased to let you know that this is actually the greatest publication i have read within my individual lifestyle and may be he best publication for at any time.*

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