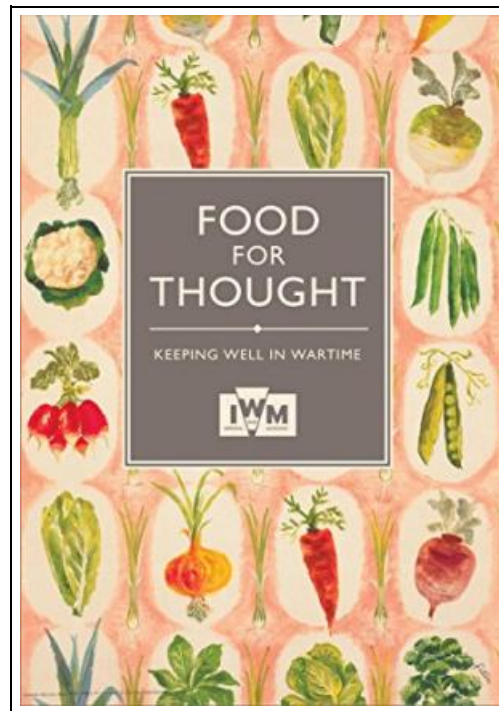


Food for Thought: Keeping Well in Wartime



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Reviews

It is one of my favorite books. Sure, it is actually engaging, nonetheless an interesting and amazing literature. I am happy to let you know that this is basically the finest book I have got to study inside my very own existence and might be the finest publication for ever.
(Randal Reinger)

FOOD FOR THOUGHT: KEEPING WELL IN WARTIME



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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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