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How to Keep Well in Wartime

By Ministry of Information

Imperial War Museum. Hardback. Book Condition: new. BRAND NEW, How to Keep Well in Wartime, Ministry of Information, First printed in 1943, "How to Keep Well in Wartime" was produced to set out the 'simple safeguards, the common sense rules, and the good habits which we can make part and parcel of our everyday lives'. As relevant today as it was then, this candid and amusing book offers advice on everything from eating and drinking, to exercise and good health, to coping with 'sex problems'!.

Reviews

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