



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'!.



[READ ONLINE](#)
[4.34 MB]



Reviews

Very useful to any or all group of men and women. It is written in basic words instead of difficult to understand. I realized this ebook from my i and dad recommended this publication to understand.

-- **Althea Fahey MD**

A brand new ebook with a new perspective. Better than never, though I am quite late in starting to read this one. I found out this ebook from my dad and he advised this publication to find out.

-- **Hailee Hahn IV**