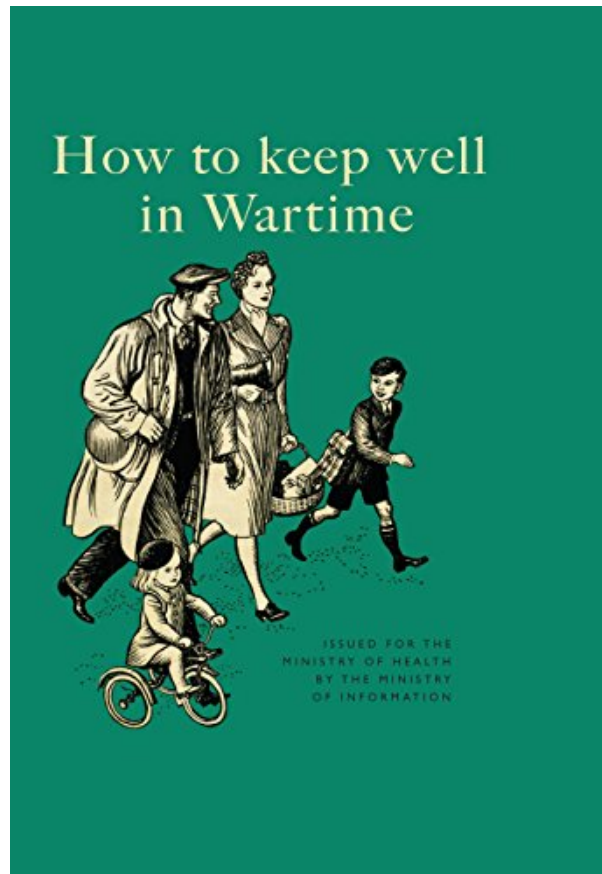


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As World War II progressed, British citizens began to suffer from increasingly strict and unreliable rations. Vegetable and fruit supplies were limited. White bread was nonexistent. Previously commonplace British staples like tea, butter, and milk were tightly controlled. The constant and severe alteration in diet eventually began dipping the nation's morale and health, resulting in a wave of media attempting to revive citizens' attitudes and lifestyles. The "how-to" renaissance arose in 1943 with the creation of popular books, pamphlets, and radio shows that prove to be as surprisingly useful today as they were during wartime.

One of these, *How to Keep Well in Wartime* offers practical advice on everything from eating and drinking to exercise and good health to coping with "sex problems" during the war. This candid and amusing book sets out the "simple safeguards, the common sense rules, and the good habits which we can make part and parcel of our everyday lives." Containing useful tips on how to maximize sleep, keep mind and body active, and choose healthy foods, it is sure to satisfy those seeking the nostalgic simplicity of the pre-fad diet age.

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