

THE PREVENTION OF SENILITY AND A SANITARY OUTLOOK

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The Prevention of Senility and a Sanitary Outlook by Sir James Crichton-Browne

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BY

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LORD CHANCELLOR'S VISITOR IN LUNACY

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PREFACE

THE two addresses which make up this little book were delivered to audiences drawn together by their interest in vital economy, and both aim at indicating some of the ways by which thrift of life may be practised. Length of days is the best sanitary outlook, and the measures which postpone senility must brighten the health-prospect in all directions around us. Since their delivery the addresses have been asked for, and it is thought that they may be deserving of something more than the hebdomadal remembrance that a Congress confers.

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THE PREVENTION OF SENILITY¹

GLANCING at the subjects of discussion arranged for this section one would infer that preventive medicine is for the young. We are to consider brain-fag in children, the medical inspection of schools, the teaching of school hygiene, municipal milk dépôts, hospital isolation in scarlet fever, and the waste of infant life, and the only topic that is to engage our attention in which the adult is immediately interested is the provision of sanatoria for consumptives. As for old age, it is practically ignored in our programme, for tuberculosis after sixty is a negligible quantity.

It is no doubt in early years that preventive medicine has achieved its greatest triumphs, can in several departments be most effectually carried out, and may confer protective influences

¹ Inaugural address delivered before the Preventive Medicine Section of the London Congress of the Royal Institute of Public Health, July 20, 1906.