

**ON MEANS FOR THE
PROLONGATION
OF LIFE**

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On means for the prolongation of life by Sir Hermann Weber

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SIR HERMANN WEBER

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THIRD AND ENLARGED EDITION OF A LECTURE DELIVERED BEFORE THE
ROYAL COLLEGE OF PHYSICIANS ON DECEMBER 3RD, 1903

BY

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COMMITTEE OF KING EDWARD VII. SANATORIUM
AT MIDHURST

Work and Moderation are the main sources of health,
happiness, and long life



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PREFACE TO THE THIRD EDITION.

IN publishing an enlarged edition of "Means for the Prolongation of Life," I have acted on some suggestions made to me by readers of the former editions. Thus I have added a short description of most of the more common articles of food, their digestibility and their *rôle* in the nutrition of the body. I have also divided the contents of the little treatise into a number of sections for easier reference ; but I have otherwise left the arrangements and the greater part of the text as in the original lecture.

I have also endeavoured to make the Bibliography and the Index rather more complete.

Since the delivery of this lecture in 1903, several excellent communications on the same subject have appeared, by Sir Lauder Brunton, Professor Metchnikoff, Dr. William Ewart, M. Jean Finot, and others, from which I have derived much useful information.

During the years which have passed since the

first edition I have been strengthened in my views by intimations from many aged persons, who had carried out my advice for ten and twenty years, and more.

Grosvenor Street, HERMANN WEBER.
London, W.,
June, 1908.

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ON MEANS FOR
THE PROLONGATION OF LIFE.

I.—INTRODUCTORY.

MR. PRESIDENT, FELLOWS OF THE COLLEGE AND GENTLEMEN,—The subject of the prolongation of life is a very large one, especially if considered with regard to the whole population from infancy onward.

The diminution of infant mortality and the improvement of the hygienic conditions of towns and houses have raised, and will continue to raise, the average duration of life. Here is a wide field of usefulness, and one of the most important sections of it will be the combat with the various forms of pathogenic microbes (Pflüger [100]), in which men like E. Jenner, Pasteur, Lister, Koch, and others have rendered immortal services to humanity. And besides, the greater cleanliness in all things, the improvement of dwellings and food supply to the labouring classes, and the hygienic and