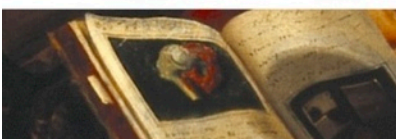


Call for Papers

Histories of Healthy Ageing University of Groningen, 21–23 June 2017



Histories of Healthy Ageing



Detail from Johannes Zacharias Simon Prey, *Allegory of medicine* (c. 1791). Wellcome Library, London.

As Western populations grow increasingly older, 'healthy ageing' is presented as one of today's greatest medical and societal challenges. However, contrary to what many policy makers want us to believe, the aspiration to live long, healthy and happy lives is not a problem specific to our times. On the contrary successful ageing has a long history.

The conference *Histories of Healthy Ageing* is based on the assumption that 'healthy ageing' has informed the medical agenda since Antiquity. With 'healthy ageing' we refer to ways of thinking about and treating the body not only from a medical perspective, but also taking into account questions of what constitutes a happy and fulfilled life. In particular these latter issues were central to medicine before 1800 and relate to healthy living as much as to questions connected specifically to old age. Thus whether we speak of classic ways of training the athlete's body, medieval religious rites, the pre-modern obsession with *regimen* (rules for living a healthy life), or the upper-class fancy to visit spas, at the root of it all was a wish for wellbeing, health and longevity.

The conference focuses especially (but not exclusively) on the pre-modern period. Submissions for **20-minute papers** should include a 250-word abstract and a short CV. Subject to funding small travel grants might be available for junior researchers.

Possible topics include:

- Histories of diet and dietetics, 'sports', spas and bathing, medication and life-elixirs, etc.
- The materiality of healthy living and ageing (pills, powders and elixirs, bath houses, exercise apparatus, scales and the like).
- Aesthetics and the history of cosmetic surgery
- Prognosis and historical efforts to chart life expectancy
- Relations between patients and doctors
- *Ars Moriendi* and resilience in the face of illness and death
- Healthy living and ageing outside academic medicine (quacks, alchemy, homeopathy)
- Narratives of 'healthy ageing'
- The philosophical question of what constitutes a long and happy life
- Life cycles
- The understanding and application of the six 'non-naturals'
- Healthy ageing and the arts

At the conference 5 keynote lectures will centre on the non-naturals, the areas defined by Hippocratic writers as basis of health management and disease prevention:

- Food and Drink by **Elizabeth Williams** (Oklahoma State)
- Exercise and Rest by **Onno van Nijf** (Groningen)
- Sleep and Wakefulness by **William Macle hose** (UC London)
- Excretion and Retention by **Michael Stolberg** (Würzburg)
- Perturbations of the Mind & Emotions by **Irena Metzler** (Swansea)

Organisers: Rina Knoeff, Ruben Verwaal, Catrien Santing, James Kennaway, Rolf ter Sluis. **Submissions and queries** should be sent to: historiesofhealthyageing@gmail.com by **1 December 2016**.

The conference is part of the project *Vital Matters* (vitalmatters.nl) and is sponsored by the Netherlands Organisation for Scientific Research.