Life history album / prepared by direction of the Collective Investigation Committee of the British Medical Association ; edited by Francis Galton.

Contributors

British Medical Association. Collective Investigation Committee. Galton, Sir Francis, 1822-1911. Royal College of Surgeons of England

Publication/Creation

London : Macmillan, 1884.

Persistent URL

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LIFE HISTORY ALBUM

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PREPARED BY DIRECTION OF THE COLLECTIVE INVESTIGATION COMMITTEE OF THE BRITISH MEDICAL ASSOCIATION



EDITED BY

FRANCIS GALTON, F.R.S., Chairman of the Life-History Sub-Committee.

London: MACMILLAN AND CO. 1884

LIFE HISTORY ALBUM

LONDON : R. CLAY, SONS. AND TAYLOR, BREAD STREET HILL, E.C.

LIFE HISTORY ALBUM.

Containing the Records of the Life of

(NAME)-



BORN-

Ат---

LIFE HISTORY ALBUM.

DIRECTIONS TO THE BINDER.

Plates :---

That from	n Birth to 5 ye	ars is to	face pag	ge 12
,,	5 to 10	,,	,,	20
,,	10 to 15			36
,,	15 to 20		,,	52
	20 to 25		,,	68

The two Plates, from Birth to 25 years, and that from 25 to 50 years, are to face one another, and to be inserted between pages 84 and 85. That from 50 to 75 years is to face page 124.

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It is hoped that these Albums will be the means of permanently recording facts that would otherwise fall into oblivion, and which may hereafter be communicated to investigators into the laws of growth and disease.

Copies of the tables of growth and development, and extracts from the other observations, will be gladly received by the Collective Investigation Committee. They should be sent at intervals of a year, or of five years, addressed to The Secretary of the Collective Investigation Committee, 161A, Strand, W.C. It is not necessary that these copies should bear the name of the person to whom they refer, if they are forwarded through the medical adviser of the family who guarantees their truthfulness, and if they bear a motto, to prevent duplicates being hereafter dealt with as separate documents. The motto should be inscribed once for all on the Album, and, for the convenience of indexing, should consist of one letter and four figures, taken at random, thus—M. 1437, or B. 2856.

ADDRESS - VERICE VINCE

To the Owner of this Book.

THIS Album is designed to contain the Chart of your Life, and to be a record of your own Biological experience. It is obvious that such a record must be of personal interest, but, independently of this, if the observations are regularly made and registered according to the directions, the Album will prove of great value hereafter to yourself and to your children in the following ways:—

I. It will show whether, and in what way, your health is affected by the changes that take place in your residence, occupation, diet, or habits.

2. It will afford early indication of any departure from health, and will thus draw attention to conditions which, if neglected, may lead to permanent disorder. Without such a record, the early signs of disease which are commonly slight and gradual, are very likely to pass unrecognised, and thus the opportunity will be lost of seeking advice at the time when preventive or curative measures can be most successfully taken.

3. A trustworthy record of past illnesses will enable your medical attendants to treat you more intelligently and successfully than they otherwise could, for it will give them a more complete knowledge of your "constitution" than could be obtained in any other way. This knowledge is so important that life itself may in many illnesses depend upon it.

4. The record will further be of great value to your family and descendants; for mental and physical characteristics, as well as liabilities to disease, are all transmitted more or less by parents to their children, and are shared by members of the same family. "The world is beginning to perceive that the life of each individual is in some real sense a prolongation of those of his ancestry. His character, his vigour, and his disease, are principally theirs. . . . The life-histories of our relatives are, therefore, more instructive to us than those of strangers; they are especially able to forewarn and to encourage us, for they are prophetic of our own futures."—(*Fortnightly Review*, Jan., 1882, p. 31.)

To the Canard of this Beach

Turs Album is designed to contain the Chark of your Life, and to be a record of your own Biological experiences. It is obvious that such a record must be of remonal interset, but, independently of this, if the obvioustions are regulariy made and reditered according to the directions, the Album will prove of grant value hereafter to yourself and to your children in the following ways

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LIFE HISTORY ALBUM.

DIRECTIONS FOR USE.

IT is intended that one of these books should be provided for each child at its birth, but it may be begun at any other period of life. The parents should cause the various observations to be methodically registered during childhood. If the child is away from home as a boarder at school, the entries may be made at each time of returning home. On leaving school the book may be handed over to its owner, who will probably by that time sufficiently recognise its value and interest to continue the observations. Some such book should always be provided for children and young adults; but it is never too late to begin one, for even those who do so late in life have much to record that is of value to themselves and to their children.

GENEALOGICAL RECORD.—The first form requires no explanation, its object is self-evident. A carefully prepared family medical history is of the greatest value, for most diseases are hereditary, some very strongly so; and such a record of hereditary predisposition makes it possible to foretell and to guard against some diseases and to treat others with success.

Care and time should be bestowed in the first instance in preparing this record of the *family medical history*. Minute inquiries should be made of all surviving relatives, each of whose replies should be checked, and, if necessary, corrected by replies to the same question by other persons; the doctors of each deceased relative may be applied to, or the cause of death of any one who died in England since June, 1837, may be learnt by personal inquiry at the Registrar-General's Department at Somerset House, Strand, W.C., on payment of one shilling for each "particular search," extending over a period not exceeding five years. There are similar opportunities at the General Register offices in Scotland, at Edinburgh, for registrations since the beginning of 1855, and in Ireland, at Dublin, for those since the beginning of 1864.

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about growing to 11

Life History Album.

When this family record has once been made for any member of a family, it can readily be copied into the books of the other members, to every one of whom it is of like importance.

The following diseases are more particularly hereditary, and the existence of one or more of them in any member of the family should be recorded; the age at which the disease first appeared in each member should be stated :---

Gout, rheumatism, consumption, spitting of blood, struma (scrofula), scrofula, cancer, (and other forms of tumour), bronchitis, asthma, paralysis (state whether of both legs or of one side), epilepsy, insanity, heart disease, dropsy of abdomen, general dropsy (Bright's disease), diabetes, stone, goitre, fistula, the peculiar liability to bleed seriously from slight cuts, and some other diseases.

The liability of a member of the family to either of the following minor ailments should be noted :---

Colds in the head or throat, sick headaches, sleeplessness, boils, quinsy, enlarged glands in the neck, bleeding at the nose, indigestion, bilious attacks (state whether accompanied by jaundice, vomiting, or headache), constipation, skin eruptions (their nature should be stated if known), varicose veins, &c.

Also any imperfections of sight, hearing, or dentition.

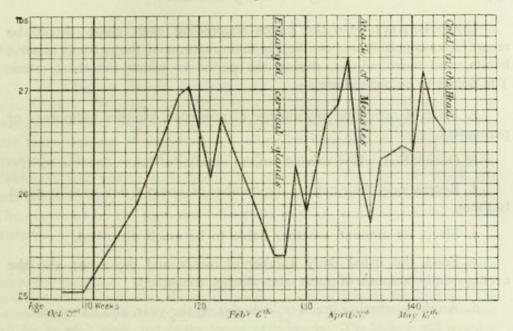
DESCRIPTION OF CHILD AT BIRTH.--The observations asked for under this head are simple and can be easily made. They are important in relation to subsequent development, and other points of interest. With regard to the much-disputed question of the cause of "mother's marks," it should be recollected that no statement concerning any strong maternal impressions can be accepted as good evidence unless the facts were recorded at the time and before the birth of the child.

HEIGHT AND WEIGHT.*—The importance of frequent observation at regular intervals on these is much greater than usually supposed. Height is perhaps not so important as weight. Still, periods of unusually rapid growth are periods of danger to health; they should therefore be noted, and physical and mental fatigue should be carefully guarded against during them.

Variations of weight are the surest guides to variations of health. Arrested increase, or a gradual or sudden loss, of weight, often occurs before any other symptoms of disease can be detected, and may be the first to give the alarm, and call attention to the health of the child. Insidious diseases may thus be met early and checked; dangerous illnesses may be avoided, and even life preserved, by a careful attention to this indication. The following small chart is drawn from one made by Professor H. P. Bowditch, of Harvard University, U.S.A., and well illustrates the use of the weighing machine in giving warning of approaching illness.

* Height should be measured without shoes, and weight in ordinary in-door dress.

Directions for Use.



The observations were made every week upon a girl between the ages of two and three years. The first severe and prolonged loss of weight during December and January of the year indicated a disorder of healthy nutrition, which subsequently manifested itself by enlarged glands in the neck (and probably in the abdomen), and disordered digestion. Her health rapidly improved under treatment until March 27th, when she again began to lose weight rapidly ; this proved to be due to the fact that she had absorbed the poison of measles, which was then incubating, and appeared on April 5th. She then again gained weight up to May 15th ; the next loss was due to a severe cold in the head.

Every parent would do well to obtain a weighing machine for the use of the household, especially if there be many children; the expense will be well repaid by the increased facility it gives of attending to and managing the health of children. The accuracy of public weighing machines cannot always be depended upon.

CHARTS.—There are five charts embracing periods of five years each, which are intended for use during the period of growth; on these observations can be registered every month. The other charts are intended to contain observations extending over successive periods of twenty-five years each, and the entries in these can be made annually or half yearly.

The curves printed on the charts show the average height and weight of the male and female population of the United Kingdom at the various ages; these are intended to act as guides to the owner; by means of them any deviations from the normal in his own curve can be immediately recognised. They were constructed by Mr. Charles Roberts, to illustrate the report of the Anthropometric Committee of the British Association, 1883.

Life History Album.

4

LIFE HISTORY.—On the pages succeeding each chart should be recorded, as concisely as possible, the main features of the person's history, habits, and surroundings, during the period to which the chart refers. The points to be noticed are :—

1. Place of residence, any change of residence, whether temporary or permanent.

2. Occupation, where carried on, the number of hours devoted to it.

3. Recreations, their nature, the number of hours a day usually given to them.

4. Sleep, its amount, whether liable to be much disturbed.

5. Food, the usual daily number of meals, and the time; also the average daily amount of meat and alcohol consumed.

6. Anxiety, whether much or little during the year, and its subject.

7. Any very unusual over-fatigue, either mental or bodily.

8. Any important events during the year, such as going to school or college, beginning professional studies, passing examinations, obtaining prizes, entering professional life or business, marriage, loss of near relatives, &c.

These notes may be very brief. It is only necessary to note the points that have had an effect upon the owner's health or mental state. If they have not been previously made, each birthday would be a suitable opportunity for passing in review the events of the year, and recording all that is noteworthy.

MEDICAL HISTORY.—The next two pages are devoted to the medical history of the same period as that of the life history. All the entries in them should be made by a medical man; he should be asked to record the nature of any illness for which he may have attended the owner, and especially to note any "physical signs" of disease which were present during the illness and to state whether or not they persisted at the termination of the illness; also any idiosyncrasy in the action of drugs, or any point of importance in the treatment. The signature of the observer should be appended to each note.

These notes will be of very great value to the owner in after years, and as they will entail considerable loss of time and some trouble, a fee should be paid to the medical man who makes them.

Directions for Use.

ANTHROPOMETRIC OBSERVATIONS.—The observations specified on the next form should be made at the end of the fifth year of age, and in each subsequent year up to the twenty-fifth. The hearing and sight of children should be tested at frequent intervals, for it not uncommonly happens that children are blamed for carelessness and inattention when they are really suffering from loss of sight or hearing, and these defects, if detected, can often be remedied or their advance arrested. The colour of the hair and eyes is liable to change during childhood and youth, and should be recorded. The age at which the hair becomes grey should be noted; also that at which baldness appears. The questions on the form are sufficiently explicit, and require no further remarks.

To test the *strength of pull* a small spring weighing machine is used, with a handle attached to each hook. It is held in the position of a bow, in the act of being drawn by an archer. The observation, though of interest, is not of primary importance. The returns of the Anthropometric Committee give $77\frac{1}{2}$ lbs. as the most frequently observed pull for an adult male, and 40 lbs. for an adult female. The highest pull recorded by their Committee is 150 lbs., the lowest 20 lbs.

PHOTOGRAPHS.—Two pages are left in the portion of the album devoted to each successive five years to receive photographs of the owner that have been taken during the period. They should be obtained from the photographer "unmounted," and be pasted in the book, and the date at which each was taken should be written below it.

If the photographs are especially taken for this purpose, they should be reductions to one-seventh the size of the original face. The vertical distance in an ordinary adult face between the line of the pupils of the eyes and that passing between the lips would then be four-tenths of an inch. An exact full-face and a profile should be obtained. It is desirable that these portraits should be printed by some "permanent" process.

MARRIAGE AND CHILDREN.—At the end of the book a few pages are left, on the first of which the name of the wife or husband of the owner and the date of marriage may be inscribed; a subsequent page should be devoted to notes upon each one of the children, giving the date of birth, the nature and date of any illness, any noticeable peculiarities of character or ability, and any other facts about the child that may seem especially worthy of record.

7 AMAGE FURNES

the multiture should be made at the mode of the beam after with personshow specified for and in each autide demonstration of the mode of the second age sight of children about he heated at frequent attends for the second age matibilities also are that children are blamat her contenders at no matibilities after they are with a affecting that the contenders and matibilities after they are with a sufficient for the indication of the matibilities and youth and be heated at the second of the branch childbood and youth and shall be needed with the age at which the half beiddood and youth and shall be needed. The age at which the childbood and youth and shall be needed. The age at which the remarks,

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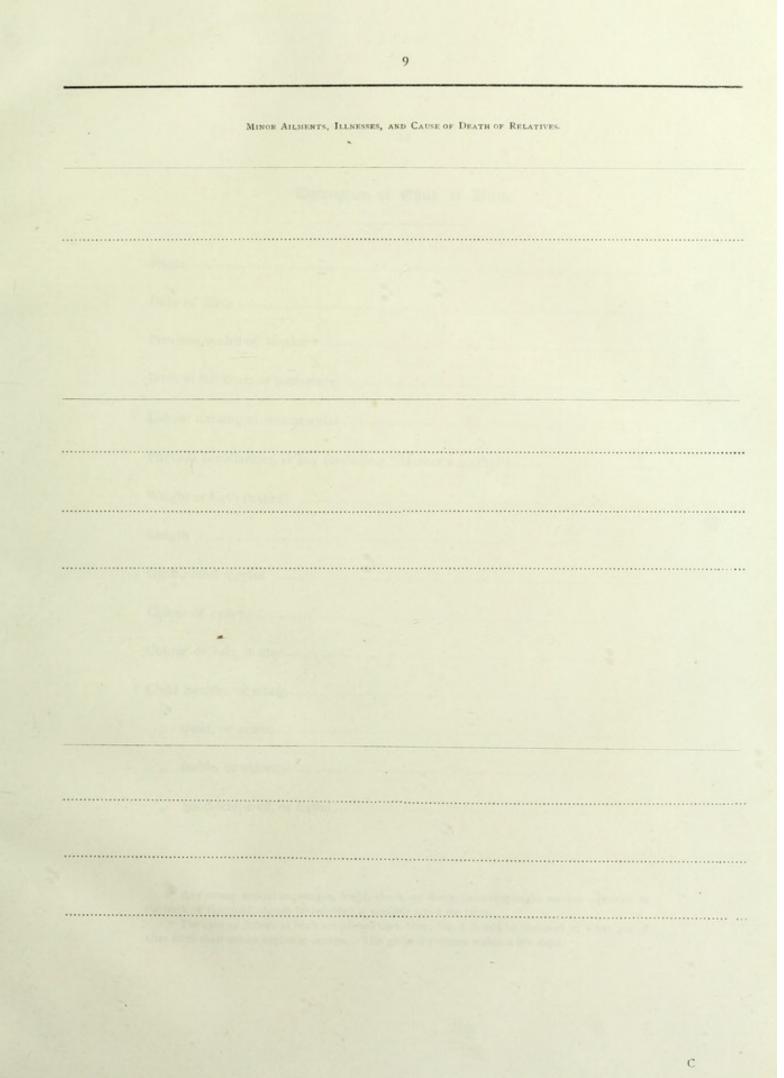
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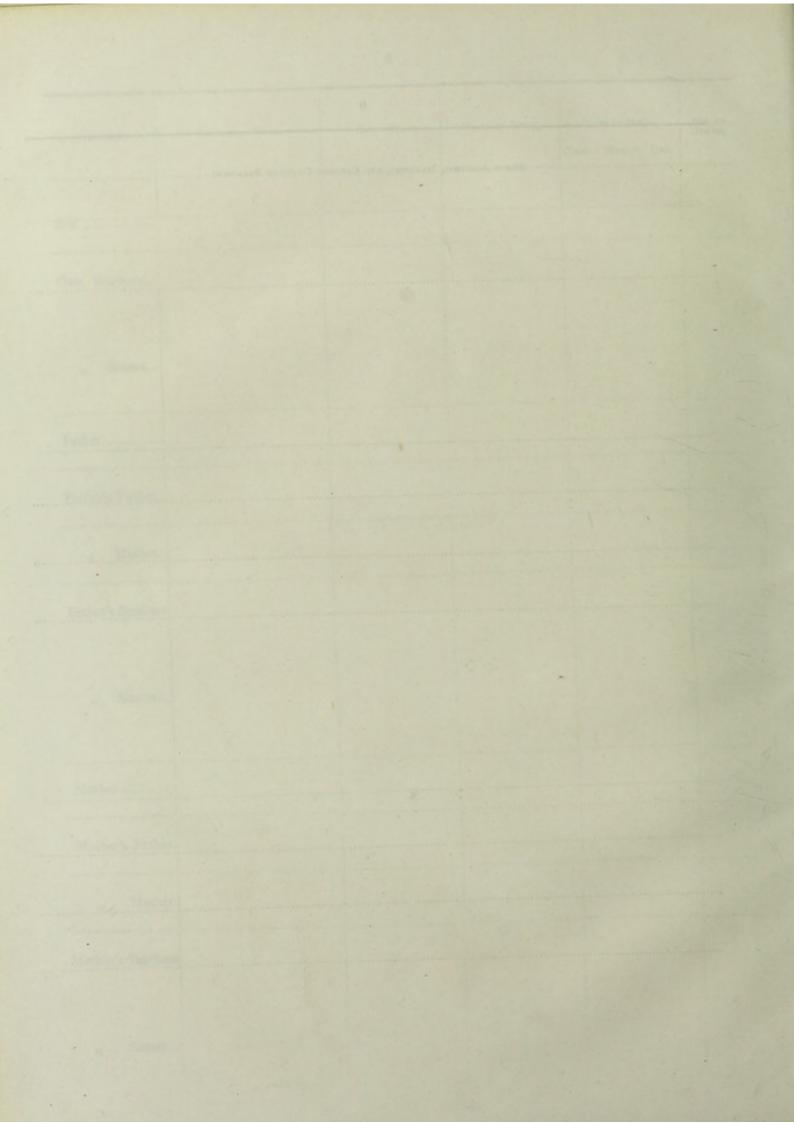
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Genealogy of

RELATION.	BAPTISMAL NAME.	SURNAME.	PLACE OF BIRTH.	Дате ор Вівтн. Челг. Монтн. Дач.	Асе ат Деатн.
Self					
Own Brothers					
" Sisters					
Father				-	
Father's Father.					
" Mother			0.0		
Father's Brothers	enne sa place da angeo operatore e				
" Sisters…					
Mother					
Mother's Father.					
" Mother.					
Mother's Brothers					
" Sisters…					





Description of Child at Birth.

Name
Previous health of Mother * Birth at full time, or premature Labour natural, or instrumental Physical peculiarities, if any (including "Mother's marks")
Birth at full time, or premature Labour natural, or instrumental Physical peculiarities, if any (including "Mother's marks")
Birth at full time, or premature Labour natural, or instrumental Physical peculiarities, if any (including "Mother's marks")
Labour natural, or instrumental Physical peculiarities, if any (including "Mother's marks")
Labour natural, or instrumental Physical peculiarities, if any (including "Mother's marks")
Physical peculiarities, if any (including "Mother's marks")
Weight at birth (naked)
weight at birth (naked)
Length
Girth round nipples
Colour of eyes †
Colour of hair, it any
Child healthy, or ailing
cand nearly, or annighter the second se
" quiet, or active
" feeble, or vigorous
" good-tempered, or fretful

* Any strong mental impression, fright, shock, or fancy, occurring to the mother previous to the birth of the child, should be recorded if possible before the birth.
† The eyes of infants at birth are always dark blue; but it should be observed at what period

after birth their colour begins to change. This generally occurs within a few days.

11

Description of the of a solution.

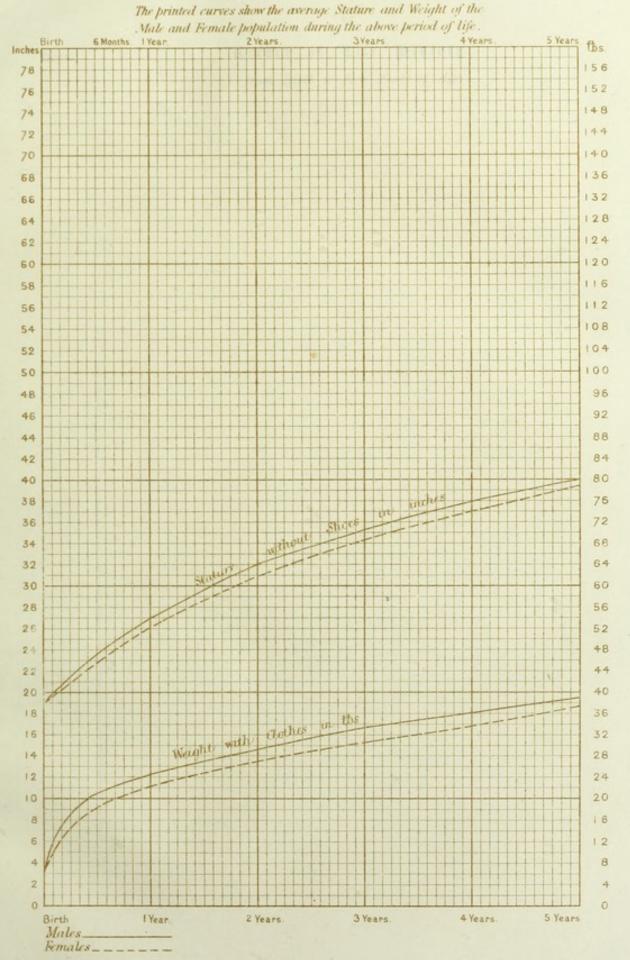
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Girth round rippics

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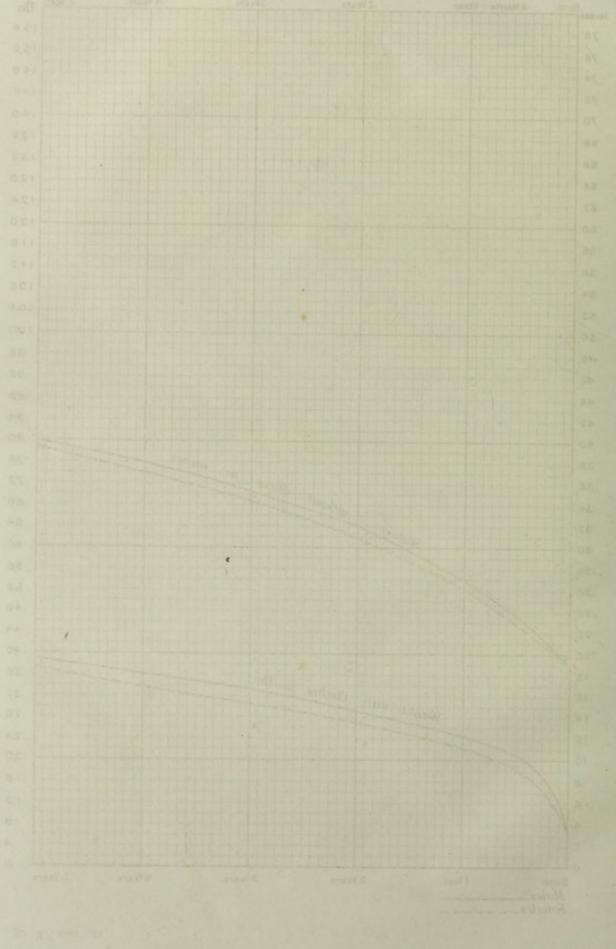


To face p 12

CHART I ON WHICH TO RECORD THE STATURE AND WEIGH

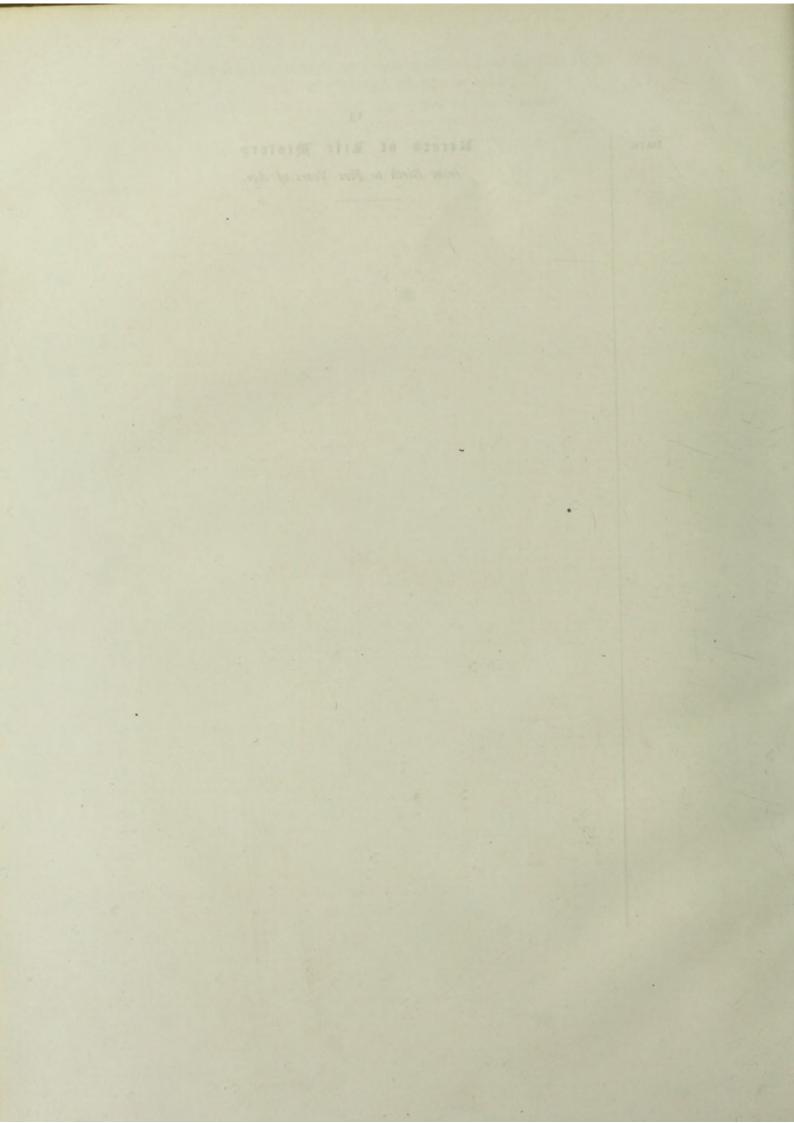
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DATE.



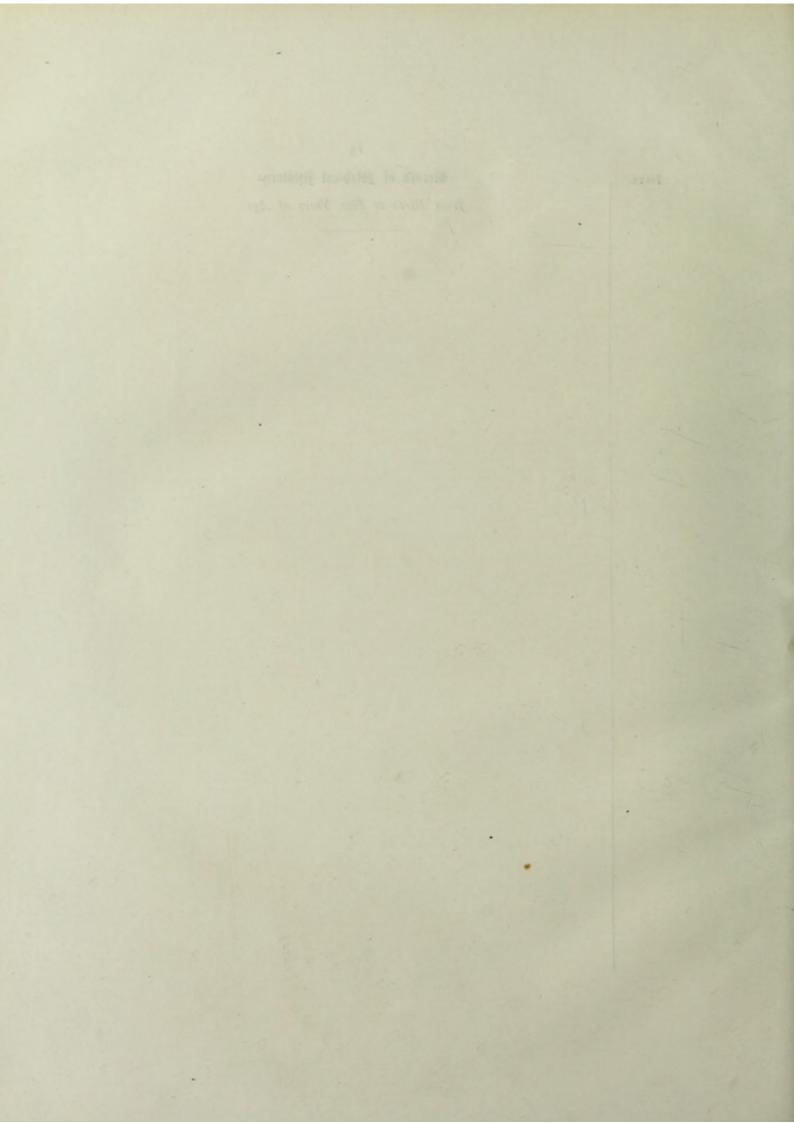
Record of Medical Wistory

15

from Birth to Five Years of Age.

ø

DATE.



Anthropometric Observations

made at end of Fifth Year.

Ι.	Colour of eyes						
2.	Colour of State w			rown, brown, dark Lrown; fair 1ed (golden, sandy), hestnut, auburn), jet black.			
3.	Chest girth round nipples						
4.	Strength of pull						
5.	Acuteness of Vision * : Note the greatest distance at which No. I. is read in inches						
	. ,,	n Colour vie	, ,, ion *	No. II. is read in feet			
6.				eet and inches at which a watch can be heard.			
-		By Yourself.	By COMPANIONS A	ABOUT THE SAME AGE AS YOURSELF, WHO ARE NOT RELATIVES, 9 ARE NOT ESPECIALLY DULL OR QUICK OF HEARING.			
Ri	ght ear						

Left ear

7. Any noticeable dulness or acuteness of smell, taste, or touch

8. Age at which the first tooth of the first set is cut

.....

D

" " "
* See Appendix for Tests.

last

,, ,,

 Mention any recent trial of bodily strength or endurance (long walk, &c.). (Note at what age child was able to walk alone.)

ro. Mention any recent trial of mental power (hard intellectual work). (Note at what age child began to speak.)

11. Note any recently recognised bodily or mental characteristic.

12. Record any marked artistic capacity.

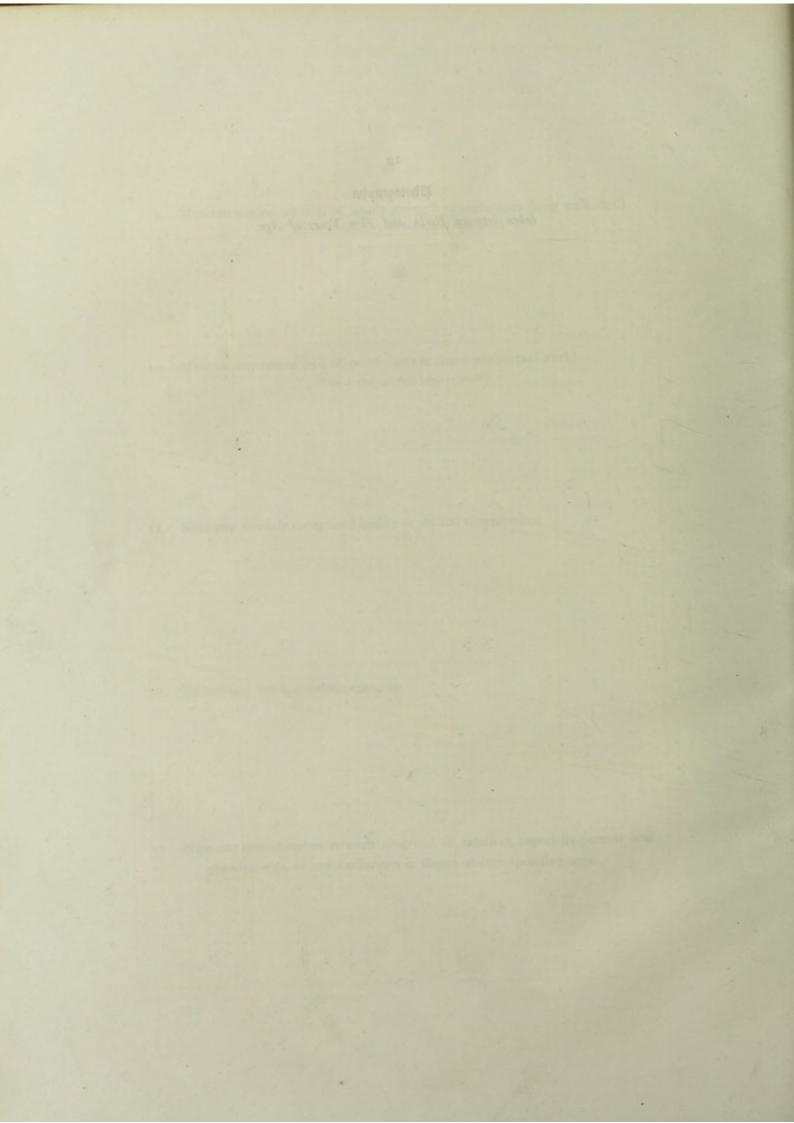
 Note any resemblances recently observed to relatives, especially parents and grandparents, or any similarities in illness at corresponding ages.

33

18

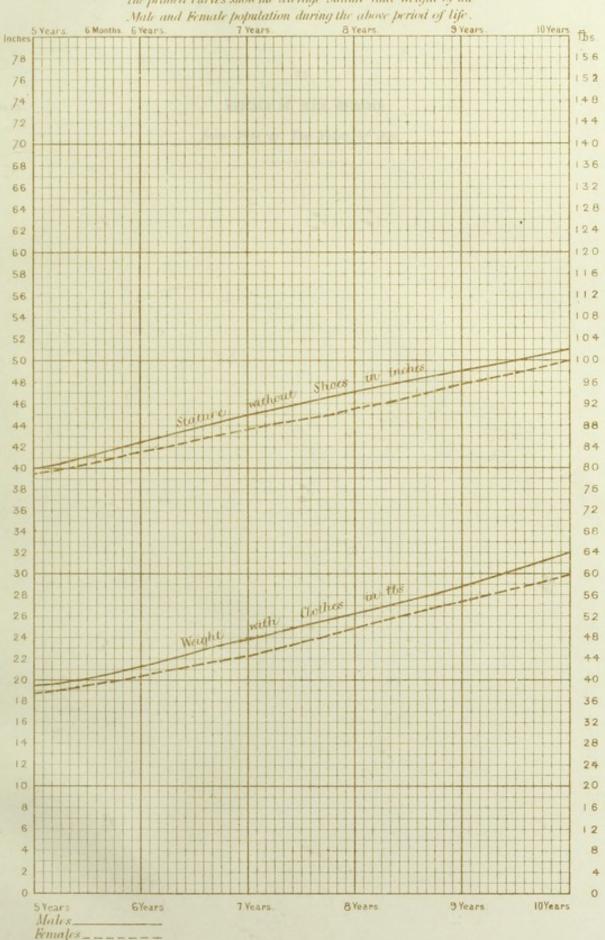
Photographs

taken between Birth and Five Years of Age.





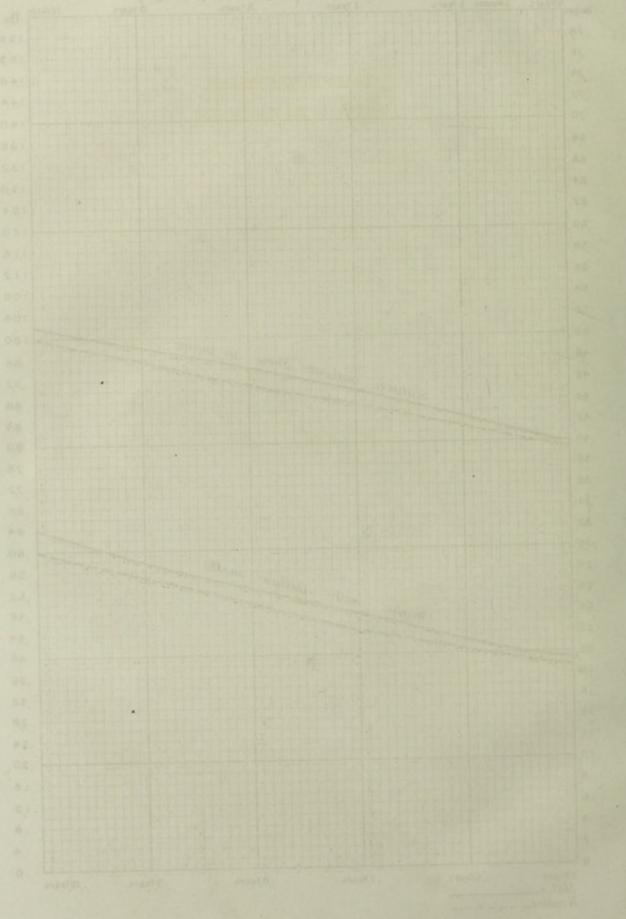
The printed curves show the average Stature and Weight of the



To face p: 20

FROM S TO 10 VEARS OF AGE

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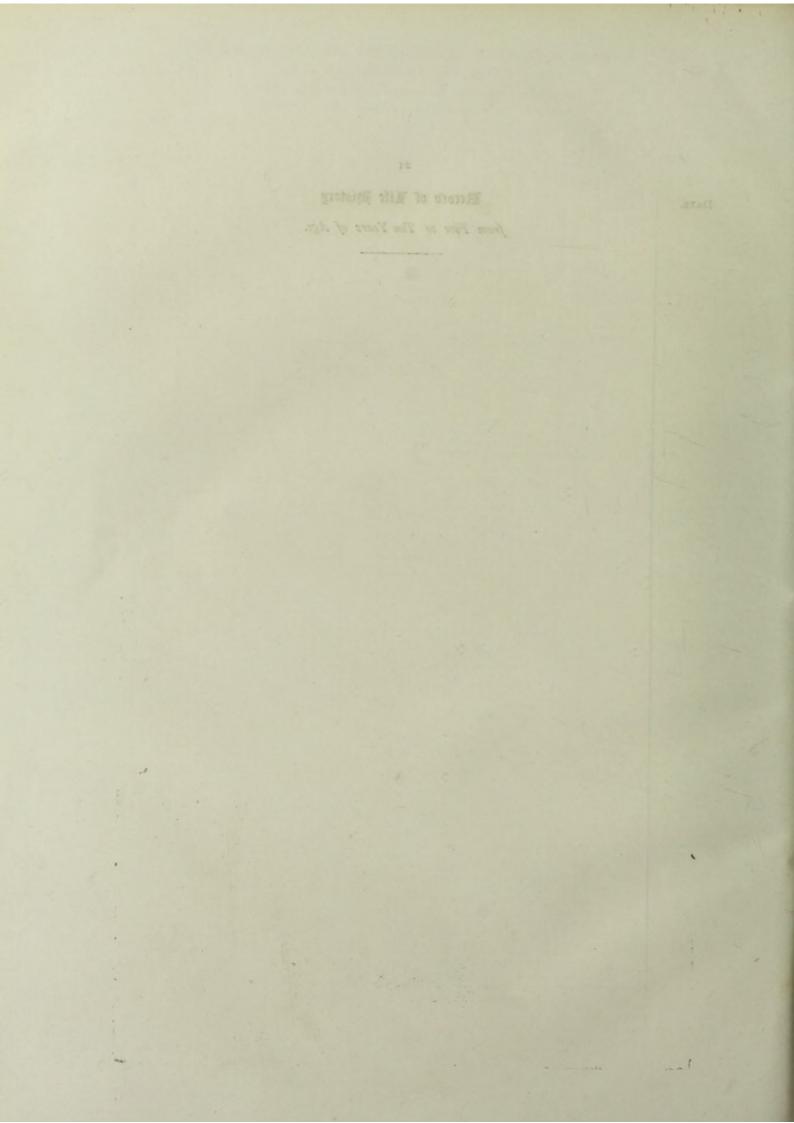
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Record of Life Mistory

21

from Five to Ten Years of Age.

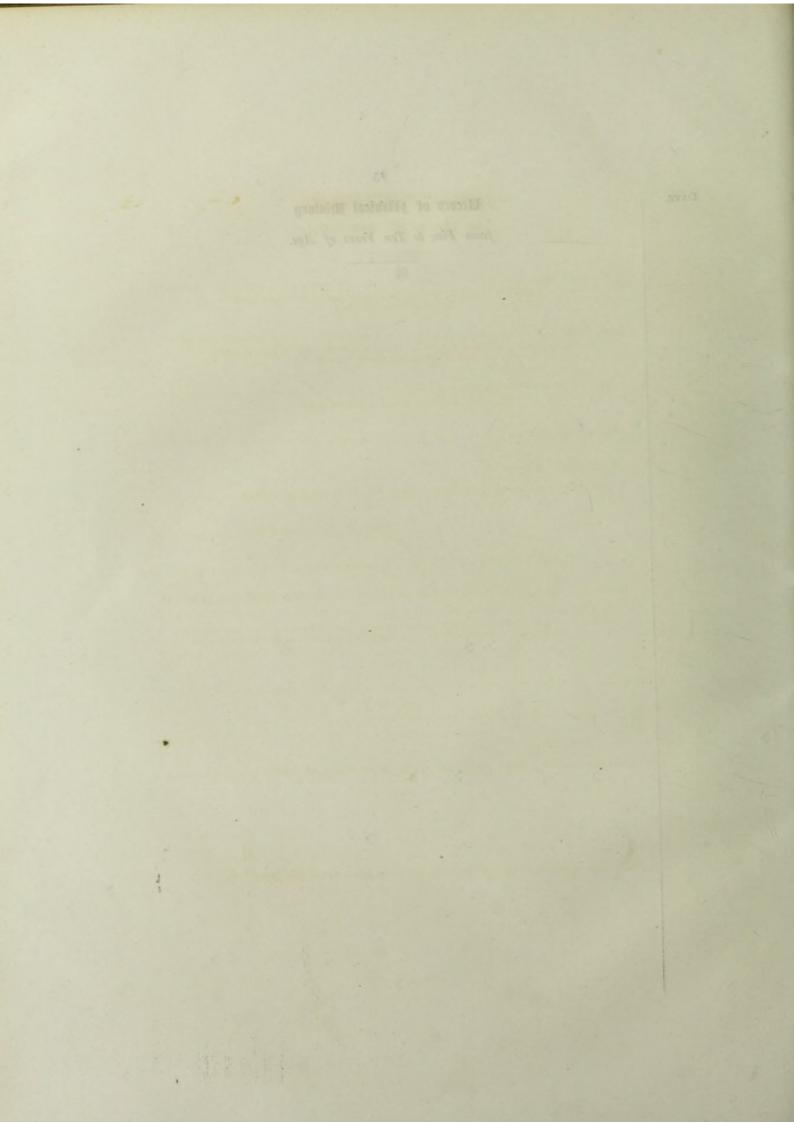


DATE.

Record of Medical Wistory

23

from Five to Ten Years of Age.



made at end of Sixth Year.

6.	Hearing. Greatest distance in feet and inches at which a watch can be heard.
	Colour vision*
	" " " No. II. is read in feet
	Note the greatest distance at which No. I. is read in inches
5.	Acuteness of Vision * :
4.	Strength of pull
3.	Chest girth round nipples
	State whether fair brown (flaxen), light brown, brown, dark brown ; fair red (golden, sandy), red, dark red (chestnut, auburn), jet black.
2.	Colour of hair
Ι.	Colour of eyes

	By YOURSELF.	BY COMPANIONS ABOUT THE SAME AGE AS YOURSELF, WHO ARE NOT RELA- TIVES, AND WHO ARE NOT ESPECIALLY DULL OR QUICK OF HEARING.						
Right ear								
Left ear								

7. Any noticeable dulness or acuteness of smell, taste, or touch------

8. State what teeth of the permanent set have been cut, with dates.

* See Appendix for Tests.

Е

 Mention any recent trial of bodily strength or endurance (long walk, &c.) (Note at what age child was able to walk alone.)

10. Mention any recent trial of mental power (hard intellectual work). (Note at what age child began to speak.)

11. Note any recently recognised bodily or mental characteristic.

12. Record any marked artistic capacity.

13. Note any resemblances recently observed to relatives, especially parents and grandparents, or any similarities in illness at corresponding ages.

made at end of Seventh Year.

I.	Colour of eyes
	State whether dark blue, blue; grey, dark grey; brown grey (green, light hazel); brown, dark brown (black).
2.	Colour of hair
	State whether fair brown (flaxen), light brown, brown, dark brown ; fair red (golden, sandy), red, dark red (chestnut, auburn), jet black.
	to. Mannun uny rooms tout or manthi gower (built millerand work);
3.	Chest girth round nipples
	(Measured with the arms down after counting ten.)
4.	Strength of pull
	A Second and the seco
5.	Acuteness of Vision*:
	Note the greatest distance at which No. I. is read in inches
	" " " No. II. is read in feet
	Colour vision *
6.	Hearing. Greatest distance in feet and inches at which a watch can be heard.
	BY COMPANIONS ABOUT THE SAME AGE AS YOURSELF, WHO ARE NOT RELA-

YOURSELF.	TIVES, AND WHO ARE NOT ESPECIALLY DULL OR QUICK OF HEARING.
Right ear	
Left ear	

7. Any noticeable dulness or acuteness of smell, taste, or touch

8. State what teeth of the permanent set have been cut, with dates,

* See Appendix for Tests.

10. Mention any recent trial of mental power (hard intellectual work).

11. Note any recently recognised bodily or mental characteristic.

12. Record any marked artistic capacity.

 Note any resemblances recently observed to relatives, especially parents and grandparents, or any similarities in illness at corresponding ages.

made at end of Eighth Year.

ı.	Colour of eyes
	State whether dark blue, blue; grey, dark grey; brown grey (green, light hazel); brown, dark brown (black).
2.	Colour of hair
	State whether fair brown (flaxen), light brown, brown, dark brown; fair red (golden, sandy), red, dark red (chestnut, auburn), jet black.
3.	Chest girth round nipples
5.	(Measured with the arms down after counting ten.)
4.	Strength of pull
5.	Acuteness of Vision * :
	Note the greatest distance at which No. I. is read in inches
-	", ", ", No. II. is read in feet
	Colour vision *
6.	Hearing. Greatest distance in feet and inches at which a watch can be heard.
	By By Companions about the same Age as Yourself, who are not Rela-

	YOURSELF.	TIVES, AND WHO ARE NOT ESPECIALLY DULL OR QUICK OF HEARING.					
Right ear							
Left ear							

7. Any noticeable dulness or acuteness of smell, taste, or touch

8. State of teeth.

* See Appendix for Tests.

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9. Mention any recent trial of bodily strength or endurance (long walk, &c.).

10. Mention any recent trial of mental power (hard intellectual work).

11. Note any recently recognised bodily or mental characteristic.

12. Record any marked artistic capacity.

 Note any resemblances recently observed to relatives, especially parents and grandparents, or any similarities in illness at corresponding ages.

made at end of Ninth Year.

г.	Colour of eyes
2.	brown, dark brown (black). Colour of hair State whether fair brown (flaxen), light brown, brown, dark brown ; fair red (golden, sandy), red, dark red (chestnut, auburn), jet black.
3.	Chest girth round nipples
4-	Strength of pull
5.	Acuteness of Vision *:
	Note the greatest distance at which No. I. is read in inches
	" " " No. II. is read in feet
	Colour vision *
6.	Hearing. Greatest distance in feet and inches at which a watch can be heard.
	BY YOURSELF. BY COMPANIONS ABOUT THE SAME AGE AS YOURSELF, WHO ARE NOT RELA- TIVES, AND WHO ARE NOT ESPECIALLY DULL OR QUICK OF HEARING.
	ght ear

7. Any noticeable dulness or acuteness of smell, taste, or touch

8. State of teeth.

* See Appendix for Tests.

10. Mention any recent trial of mental power (hard intellectual work).

11. Note any recently recognised bodily or mental characteristic.

12. Record any marked artistic capacity.

13. Note any resemblances recently observed to relatives, especially parents and grandparents, or any similarities in illness at corresponding ages.

made at end of Tenth Year.

г.	Colour of eyes
	State whether dark blue, blue; grey, dark grey; brown grey (green, light hazel); brown, dark brown (black).
2.	Colour of hair
3.	Chest girth round nipples
4.	Strength of pull
5.	Acuteness of Vision*:
	Note the greatest distance at which No. I. is read in inches
	" " " No. II. is read in feet
	Colour vision *
6.	Hearing. Greatest distance in feet and inches at which a watch can be heard.

	By Yourselp.	BY COMPANIONS ABOUT THE SAME AGE AS YOURSELF, WHO ARE NOT RELA- TIVES, AND WHO ARE NOT ESPECIALLY DULL OR QUICK OF HEARING.
Right ear		and passes all the last of some to and
Left ear		

7. Any noticeable dulness or acuteness of smell, taste, or touch

8. State of teeth.

* See Appendix for Tests.

F

10. Mention any recent trial of mental power (hard intellectual work).

11. Note any recently recognised bodily or mental characteristic.

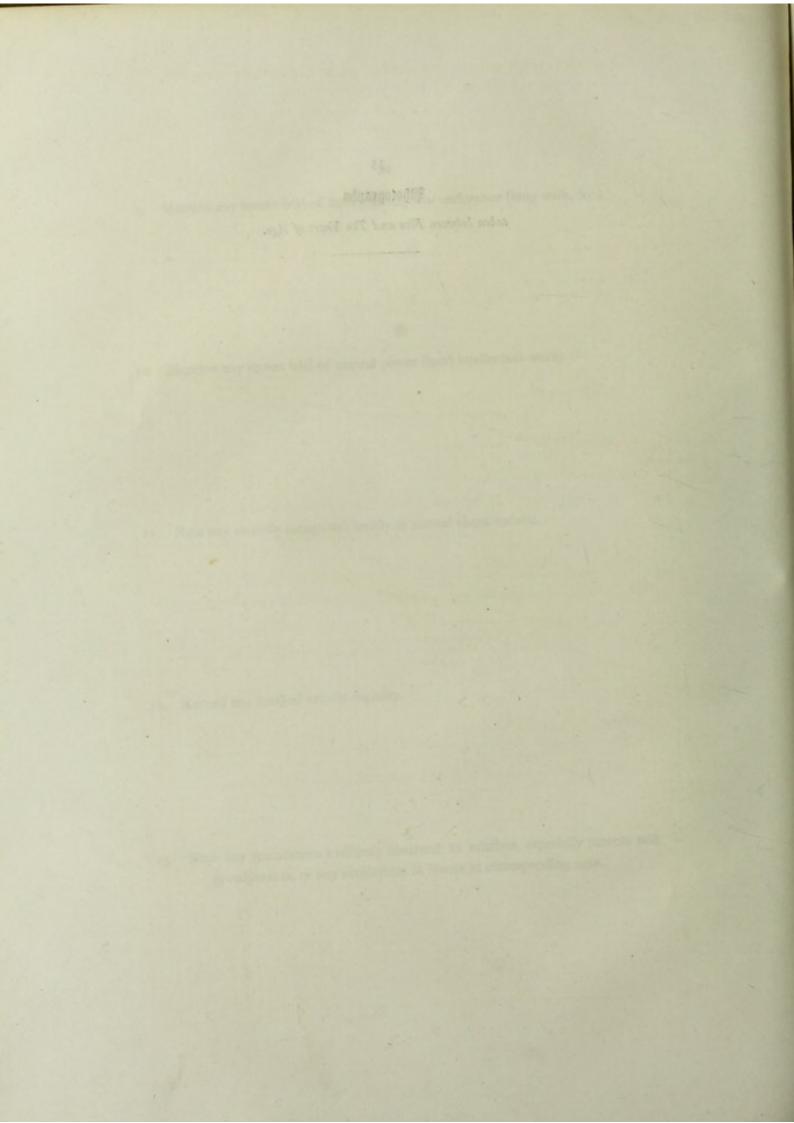
12. Record any marked artistic capacity.

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13. Note any resemblances recently observed to relatives, especially parents and grandparents, or any similarities in illness at corresponding ages.

Photographs

taken between Five and Ten Years of Age.



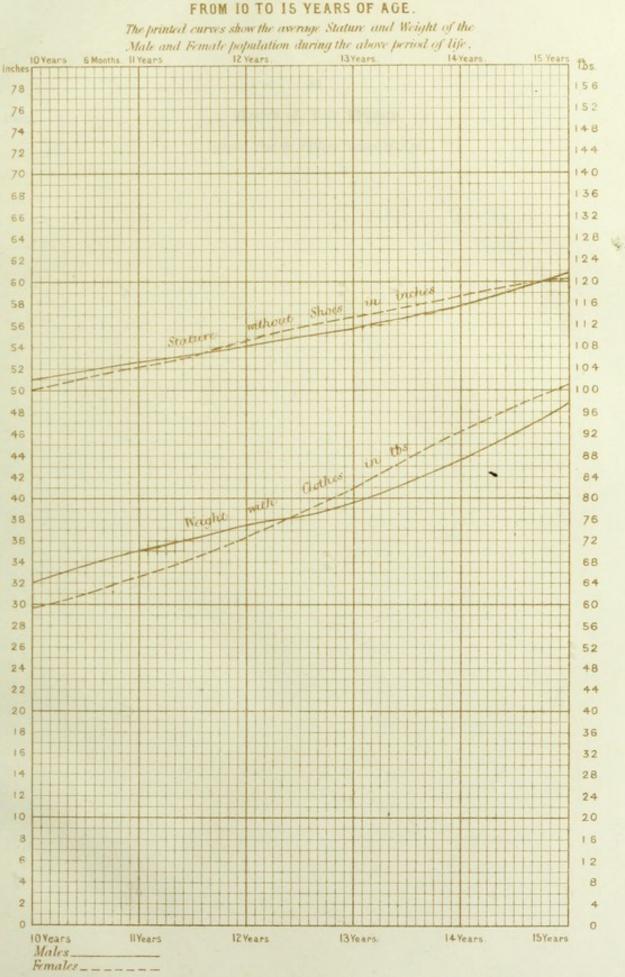


CHART III ON WHICH TO RECORD THE STATURE AND WEIGHT

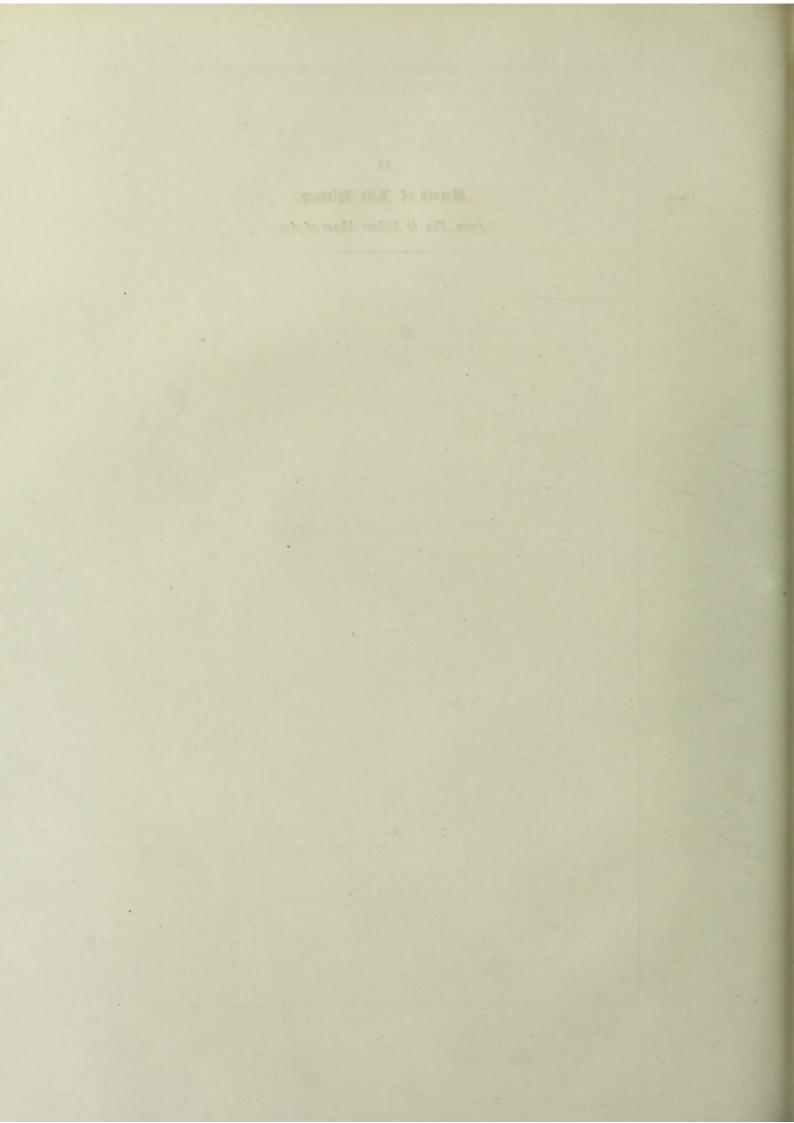
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37 Record of Life History

from Ten to Fifteen Years of Age.



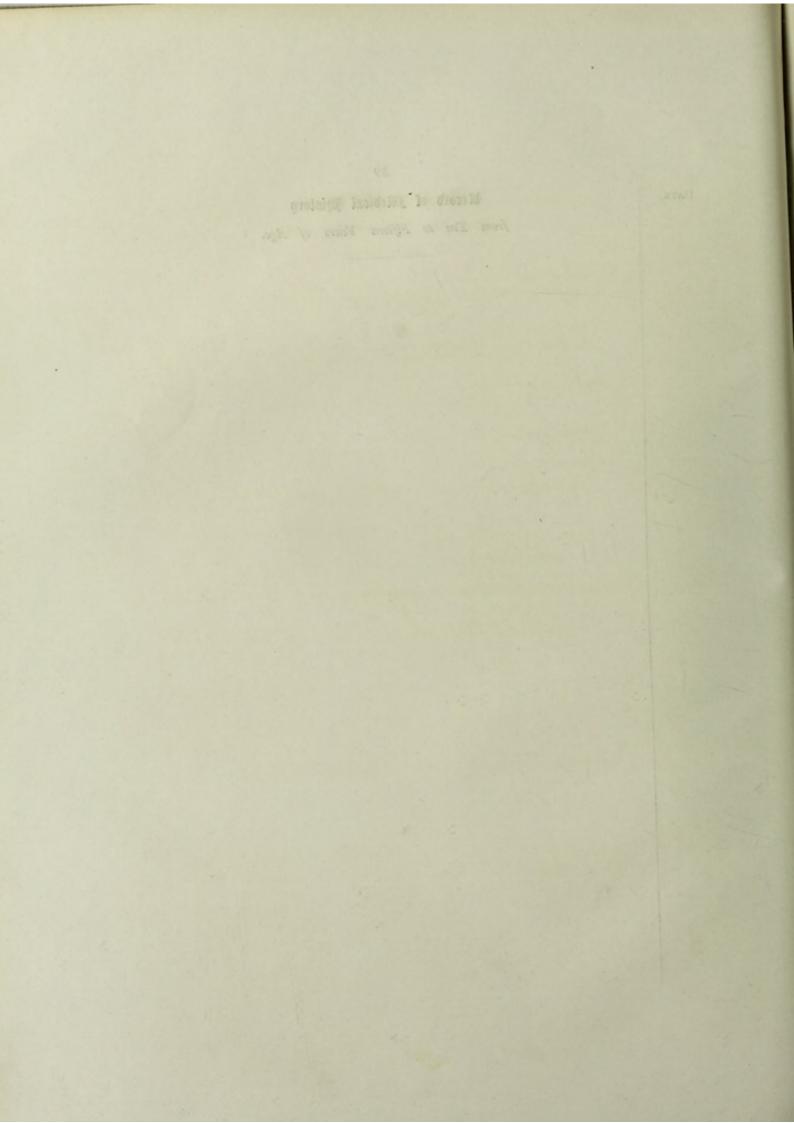
Record of Medical Wistory

39

from Ten to Fifteen Years of Age.

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made at end of Eleventh Year.

г.	Colour of eyes
	State whether dark blue, blue; grey, dark grey; brown grey (green, light hazel); brown, dark brown (black).
2.	Colour of hair
	State whether fair brown (flaxen), light brown, brown, dark brown ; fair red (golden, sandy), red, dark red (chestnut, auburn), jet black.
	Chart with sound simples
3.	Chest girth round nipples
	Stewarth of well
4.	Strength of pull
5.	Acuteness of Vision * :
	Note the greatest distance at which No. I. is read in inches
	" " " No. II. is read in feet
	an More any recently recognized looking or mental characteristic)
	Colour vision*
6.	Hearing. Greatest distance in feet and inches at which a watch can be heard.
	By By Companions about the same Age as Yourself, who are not Rela-

YOURSELF,	BY COMPANIONS ABOUT THE SAME AGE AS YOURSELF, WHO ARE NOT KELA- TIVES, AND WHO ARE NOT ESPECIALLY DULL OR QUICK OF HEARING.					
	YOURSELF.	YOURSELF.	Yourself.	YOURSELF. TIVES, AND WHO ARE NOT ESPECIAL	YOURSELF. TIVES, AND WHO ARE NOT ESPECIALLY DULL OR	YOURSELF. TIVES, AND WHO ARE NOT ESPECIALLY DULL OR QUICK OF H

7. Any noticeable dulness or acuteness of smell, taste, or touch.....

8. State of teeth.

* See Appendix for Tests.

15

10. Mention any recent trial of mental power (hard intellectual work).

11. Note any recently recognised bodily or mental characteristic.

12. Record any marked artistic capacity.

 Note any resemblances recently observed to relatives, especially parents and grandparents, or any similarities in illness at corresponding ages.

made at end of Twelfth Year.

1.	Colour of eyes		
	State whether dark blue; blue; grey, dark grey; brown grey (green, light hazel); brown, dark brown (black).		
2.	Colour of hair		
	State whether fair brown (flaxen), light brown, brown, dark brown ; fair red (golden, sandy), red, dark red (chestnut, auburn), jet black.		
3.	Chest girth round nipples		
9.	(Measured with the arms down after counting ten.)		
4-	Strength of pull.		
5.	Acuteness of Vision *:		
	Note the greatest distance at which No. I. is read in inches		
	"""", No. II. is read in feet		
	Colour vision *		
6.	Hearing. Greatest distance in feet and inches at which a watch can be heard		
	BY YOURSELF. BY COMPANIONS ABOUT THE SAME AGE AS YOURSELF, WHO ARE NOT RELA- TIVES, AND WHO ARE NOT ESPECIALLY DULL OF QUICK OF HEARING.		
Ri	zht ear		

7. Any noticeable dulness or acuteness of smell, taste, or touch

.....

.............

....

8. State of teeth.

Left ear

* See Appendix for Tests.

10. Mention any recent trial of mental power (hard intellectual work).

11. Note any recently recognised bodily or mental characteristic.

12. Record any marked artistic capacity.

 Note any resemblances recently observed to relatives, especially parents and grandparents, or any similarities in illness at corresponding ages.

made at end of Thirteenth Year.

г.	Colour of eyes
	State whether dark blue, blue; grey, dark grey; brown grey (green, light hazel); brown, dark brown (black).
2.	Colour of hair
	State whether fair brown (flaxen), light brown, brown, dark brown: fair red (golden, sandy), red, dark red (chestnut, auburn), jet black.
3.	Chest girth round nipples
	(Measured with the arms down after counting ten.)
4.	Strength of pull
5.	Acuteness of Vision *:
	Note the greatest distance at which No. I. is read in inches
	", ", ", ", ", ", ", No. II. is read in feet
	Colour vision *

6. Hearing. Greatest distance in feet and inches at which a watch can be heard.

	By Yourself.	BY COMPANIONS ABOUT THE SAME AGE AS YOURSELF, WHO ARE NOT RELA- TIVES, AND WHO ARE NOT ESPECIALLY DULL OR QUICK OF HEARING.			
Right ear					
Left ear					

7. Any noticeable dulness or acuteness of smell, taste, or touch

8. State of teeth.

* See Appendix for Tests.

10. Mention any recent trial of mental power (hard intellectual work).

11. Note any recently recognised bodily or mental characteristic.

12. Record any marked artistic capacity.

13. Note any resemblances recently observed to relatives, especially parents and grandparents, or any similarities in illness at corresponding ages.

made at end of Fourteenth Year.

г.	Colour of eyes
	State whether dark blue; blue; grey, dark grey; brown grey (green, light hazel); brown, dark brown (black).
2.	Colour of hair
	State whether fair brown (flaxen), light brown, brown, dark brown ; fair red (golden, sandy), red, dark red (chestnut, auburn), jet black
3.	Chest girth round nipples
	(Measured with the arms down after counting ten.)
4.	Strength of pull
5.	Acuteness of Vision *:
	Note the greatest distance at which No. I. is read in inches
	" " " No. II. is read in feet
	Colour vision *

6. Hearing. Greatest distance in feet and inches at which a watch can be heard.

	By Yourselp.	By Companions about the same Age as Yourselp, who are not Rela- tives, and who are not Especially Dull or Quick of Hearing.
Right ear		
Left ear		

7. Any noticeable dulness or acuteness of smell, taste, or touch

8. State of teeth.

* See Appendix for Tests.

10. Mention any recent trial of mental power (hard intellectual work).

11. Note any recently recognised bodily or mental characteristic.

12. Record any marked artistic capacity.

 Note any resemblances recently observed to relatives, especially parents and grandparents, or any similarities in illness at corresponding ages.

49

made at end of Fifteenth Year.

1.	Colour of eyes
	State_whether dark blue, blue; grey, dark grey; brown grey (green, light hazel); brown, dark brown (black).
2.	Colour of hair State whether fair brown (flaxen), light brown, brown, dark brown : fair red (golden, sandy), red, dark red (chestnut, auburn), jet black.
3.	Chest girth round nipples
4.	Strength of pull
5.	Acuteness of Vision*:
	Note the greatest distance at which No. I. is read in inches
	" " " No. II. is read in feet
	Colour vision *
6.	Hearing. Greatest distance in feet and inches at which a watch can be heard.

	By Yourselp.	BY COMPANIONS ABOUT THE SAME AGE AS YOURSELF, WHO ARE NOT RELA- TIVES, AND WHO ARE NOT ESPECIALLY DULL OF QUICK OF HEARING.
Right ear		
Left ear		

7. Any noticeable dulness or acuteness of smell, taste, or touch

8. State of teeth.

* See Appendix for Tests.

10. Mention any recent trial of mental power (hard intellectual work).

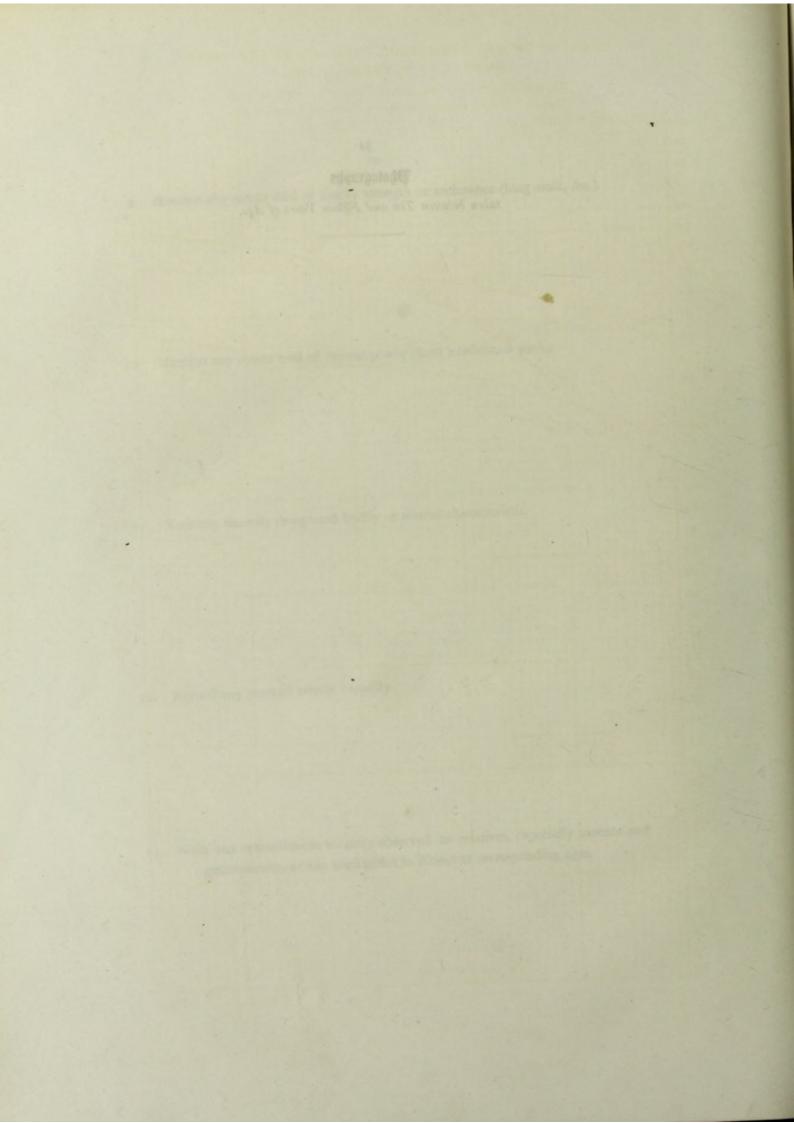
11. Note any recently recognised bodily or mental characteristic.

12. Record any marked artistic capacity.

13. Note any resemblances recently observed to relatives, especially parents and grandparents, or any similarities in illness at corresponding ages.

Photographs

taken between Ten and Fifteen Years of Age.



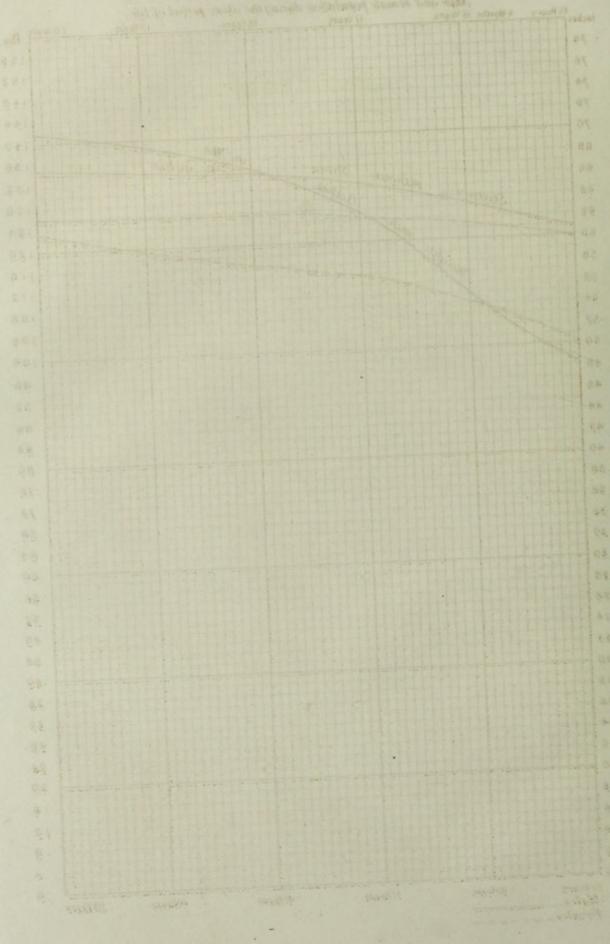


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CHART IV ON WHICH TO RECORD THE STATURE AND WEIGHT

FROM IS TO 20 YEARS OF ADE

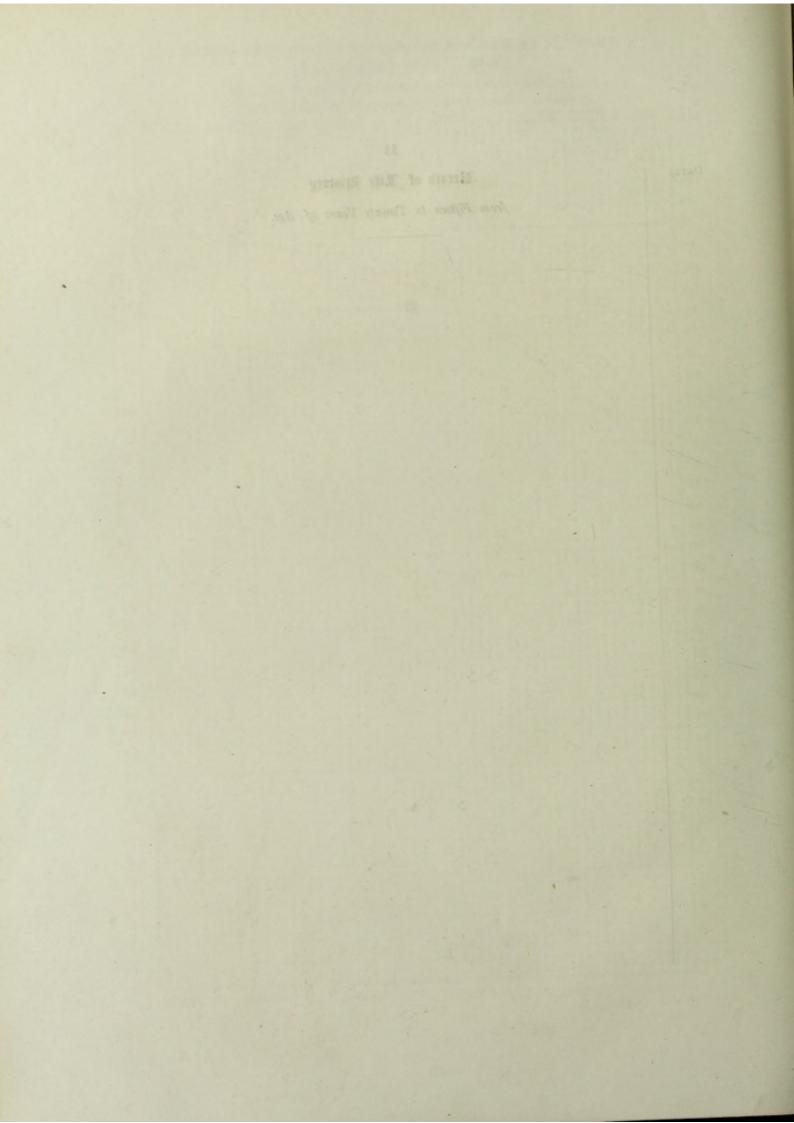
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Record of Life Wistory

from Fifteen to Twenty Years of Age.



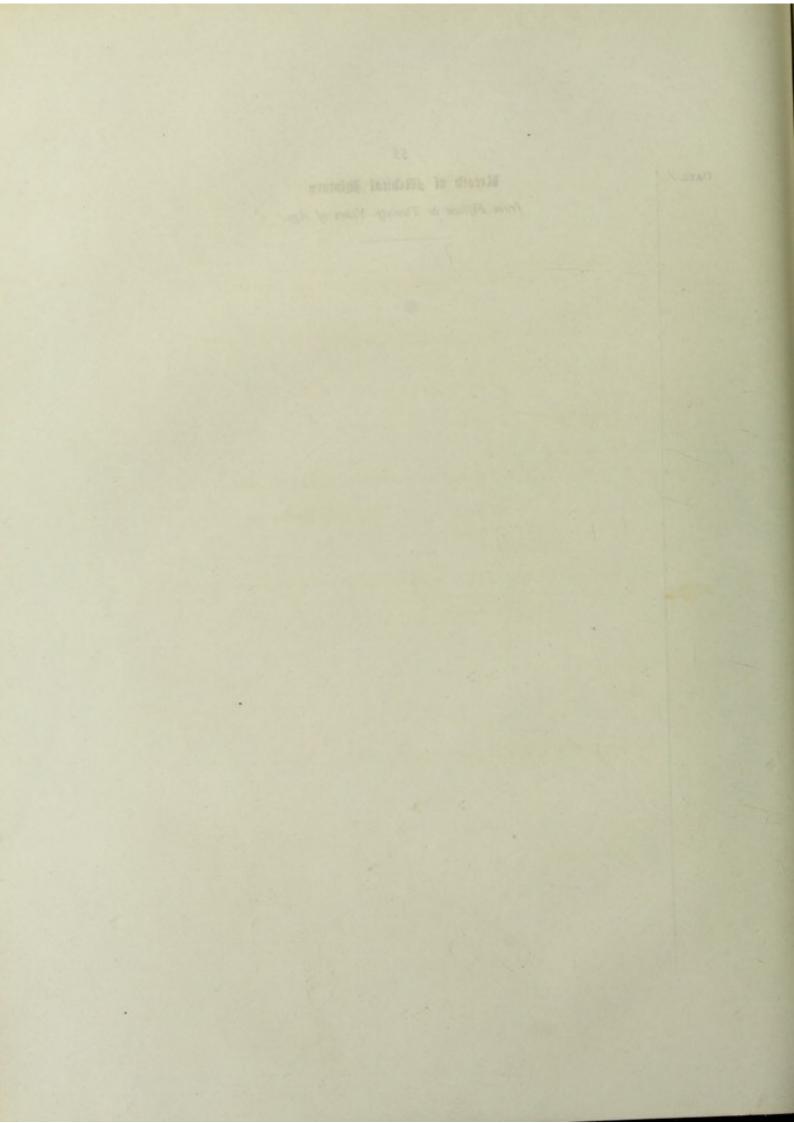
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Record of Medical Wistory

55

from Fifteen to Twenty Years of Age.



Anthropometric Obserbations

made at end of Sixteenth Year.

Ι.	Colour of eyes
	State whether dark blue, blue; grey, dark grey; brown grey (green, light hazel); brown, dark brown (black).
2.	Colour of hair
3.	Chest girth round nipples
4.	Strength of pull
5.	Acuteness of Vision *:
	Note the greatest distance at which No. I. is read in inches
	" " " No. II. is read in feet
	Colour vision*
6.	Hearing. Greatest distance in feet and inches at which a watch can be heard.

	By Yourself.	By Companions about the same Age as Yourself, who are not Rela- tives, and who are not Especially Dull or Quick of Hearing.
Right ear		
Left ear		

7. Any noticeable dulness or acuteness of smell, taste, or touch.....

8. State of teeth.

* See Appendix for Tests.

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9. Mention any recent trial of bodily strength or endurance (long walk, &c.)

5. Colors of 5901 merenen

.

10. Mention any recent trial of mental power (hard intellectual work).

11. Note any recently recognised bodily or mental characteristic.

12. Record any marked artistic capacity.

 Note any resemblances recently observed to relatives, especially parents and grandparents, or any similarities in illness at corresponding ages.

Anthropometric Obserbations

made at end of Seventeenth Year.

Colour of eyes I., State whether dark blue, blue; grey, dark grey; brown grey (green, light hazel); brown, dark brown (black). Colour of hair 2. State whether fair brown (flaxen), light brown, brown, dark brown; fair red (golden, sandy), red, dark red (chestnut, auburn), jet black. Chest girth round nipples 3. (Measured with the arms down after counting ten.) Strength of pull..... 4. Acuteness of Vision *:--5. Note the greatest distance at which No. I. is read in inches..... No. II. is read in feet..... 23 ... ,, Colour vision *..... 6. Hearing. Greatest distance in feet and inches at which a watch can be heard. BY COMPANIONS ABOUT THE SAME AGE AS YOURSELF, WHO ARE NOT RELA-TIVES, AND WHO ARE NOT ESPECIALLY DULL OF QUICK OF HEARING. By YOURSELF.

 By
 Dy COMPARIONS ABOUT THE SAME AGE AS TOCESELF, WHO ARE NOT KETATIVES, AND WHO ARE NOT ESPECIALLY DULL OR QUICK OF HEARING.

 Right ear....
 Left ear

7. Any noticeable dulness or acuteness of smell, taste, or touch

8. State of teeth.

 Note any resemblances recently observed to relatives, en readoutents, or now similarities in illnew at correspond readoutents.

9. Mention any recent trial of bodily strength or endurance (long walk &c.).

10. Mention any recent trial of mental power (hard intellectual work).

11. Note any recently recognised bodily or mental characteristic.

12. Record any marked artistic capacity.

 Note any resemblances recently observed to relatives, especially parents and grandparents, or any similarities in illness at corresponding ages.

Anthropometric Observations

made at end of Eighteenth Year.

1.	Colour of eyes
2.	Colour of hair
	State whether fair brown (flaxen), light brown, brown, dark brown; fair red (golden, sandy), red, dark red (chestnut, auburn), jet black.
3.	Chest girth round nipples
	(Measured with the arms down after counting ten.)
4.	Strength of pull
5.	Acuteness of Vision * :
	Note the greatest distance at which No. I. is read in inches
	", ", ", No. II. is read in feet
	,
	Colour vision *
6,	Hearing. Greatest distance in feet and inches at which a watch can be heard.
	BY COMPANIONS ABOUT THE SAME AGE AS YOURSELF, WHO ARE NOT RELA- TIVES, AND WHO ARE NOT ESPECIALLY DULL OR QUICK OF HEARING.

Right ear	
Left ear	

7. Any noticeable dulness or acuteness or smell, taste, or touch

8. State of teeth.

1

9. Mention any recent trial of bodily strength or endurance (long walk, &c.).

10. Mention any recent trial of mental power (hard intellectual work).

11. Note any recently recognised bodily or mental characteristic.

12. Record any marked artistic capacity.

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13. Note any resemblances recently observed to relatives, especially parents and grandparents, or any similarities in illness at corresponding ages.

Anthropometric Obserbations

made at end of Nineteenth Year.

г.	Colour of eyes
	State whether dark blue; blue; grey, dark grey; brown grey (green, light hazel); brown, dark brown (black).
2.	Colour of hair
	State whether fair brown (flaxen), Egbt brown, brown, dark brown : fair red (golden, sandy), red, dark red (chestnut, auburn), jet black.
3.	Chest girth round nipples
	(Measured with the arms down after counting ten.)
4.	Strength of pull
5.	Acuteness of Vision *:
	Note the greatest distance at which No. I. is read in inches
	" " " No. II. is read in feet
	Colour vision *
6.	Hearing. Greatest distance in feet and inches at which a watch can be heard.

	By Yourselp.	By Companions about the same Age as Yourself, who are not Rela- tives, and who are not Especially Dull or Quick of Hearing.
Right ear		
Left ear		

7. Any noticeable dulness or acuteness of smell, taste, or touch

8. State of teeth.

10. Mention any recent trial of mental power (hard intellectual work).

11. Note any recently recognised bodily or mental characteristic.

12. Record any marked artistic capacity.

13. Note any resemblances recently observed to relatives, especially parents and grandparents, or any similarities in illness at corresponding ages.

Anthropometric Observations

made at end of Twentieth Year.

Ι.			
	Su	ate whether d	ark blue, blue; grey, dark grey; brown grey (green, light hazel); brown, dark brown (black).
			town, the count (once).
2.	Colour of	f hair	
			own (flaxen), light brown, brown, dark brown; fair red (golden, sandy),
			red, dark red (chestnut, auburn), jet black.
	0		the Mention any mount trail of Theorem parent (here) and
3.	Chest girt		nipples
			(Measured with the arms down after counting ten.)
	Cananda	6	
4.	Strength of	or puit	
-	Acuteness	of Vicio	- *.
5.	Acuteness	s 01 V 1510	n • :
	Note	the greate	est distance at which No. I. is read in inches
	33	,	, " No. II. is read in feet
	(Colour vis	sion *
6.	Hearing.	Greatest	distance in feet and inches at which a watch can be heard.
		By Yourself.	BY COMPANIONS ABOUT THE SAME AGE AS YOURSELF, WHO ARE NOT RELATIVES, AND WHO ARE NOT ESPECIALLY DULL OR QUICK OF HEARING.
Rig	ght ear		
6			

7. Any noticeable dulness or acuteness of smell, taste, or touch

13. Note any manufilmore, and

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8. State of Teeth.

* See Appendix for Tests.

65

9. Mention any recent trial of bodily strength or endurance (long walk, &c.).

10. Mention any recent trial of mental power (hard intellectual work).

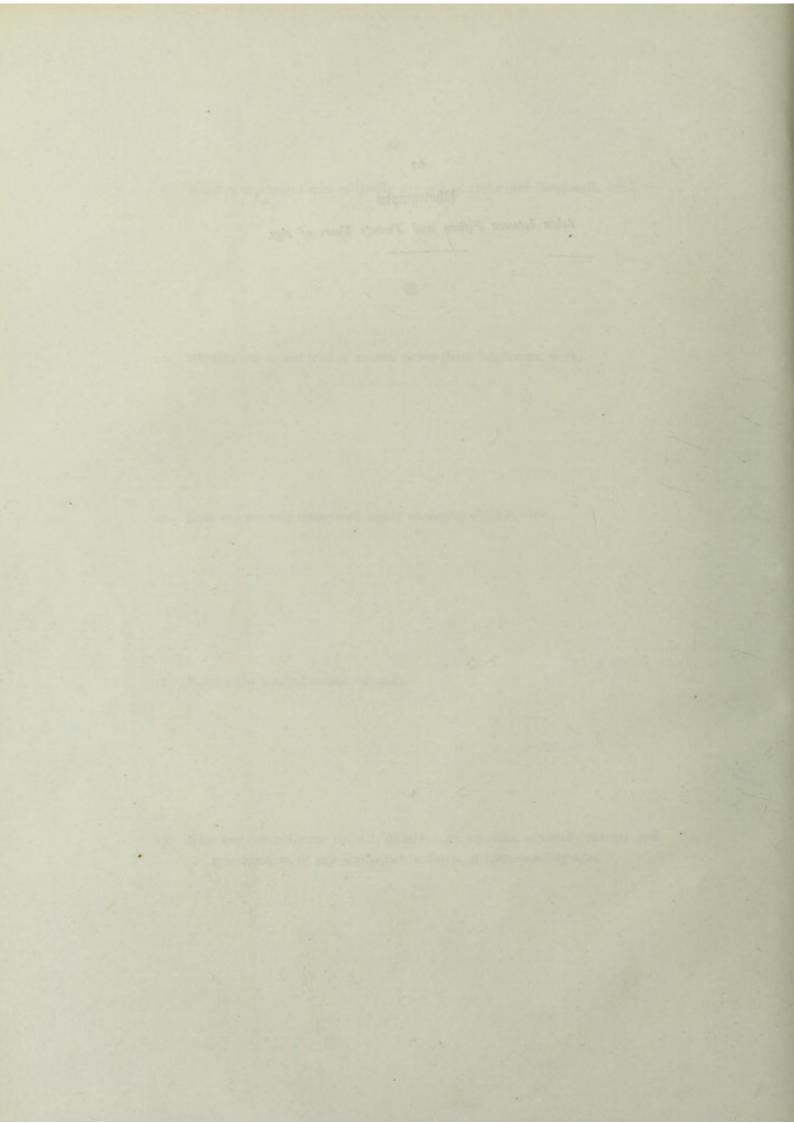
11. Note any recently recognised bodily or mental characteristic.

12. Record any marked artistic capacity.

 Note any resemblances recently observed to relatives, especially parents and grandparents, or any similarities in illness at corresponding ages.

Photographs

taken between Fifteen and Twenty Years of Age.



THOM BIRTH TO 28 YEARS OF AGE

ERRATUM.

CHART V.-The Stature Curve is described as the Weight Curve, and vice verså.

The following corrected Headings to Charts have not been inserted in some of the earlier copies issued. They may be cut out of this leaf and pasted in their proper places.

CHART VI ON WHICH TO RECORD THE STATURE AND WEIGHT FROM BIRTH TO 25 YEARS OF AGE.

(This is a summary of all the preceding Charts.)

The printed curves show the average Stature and Weight of the Male and Female population during the above period of life.

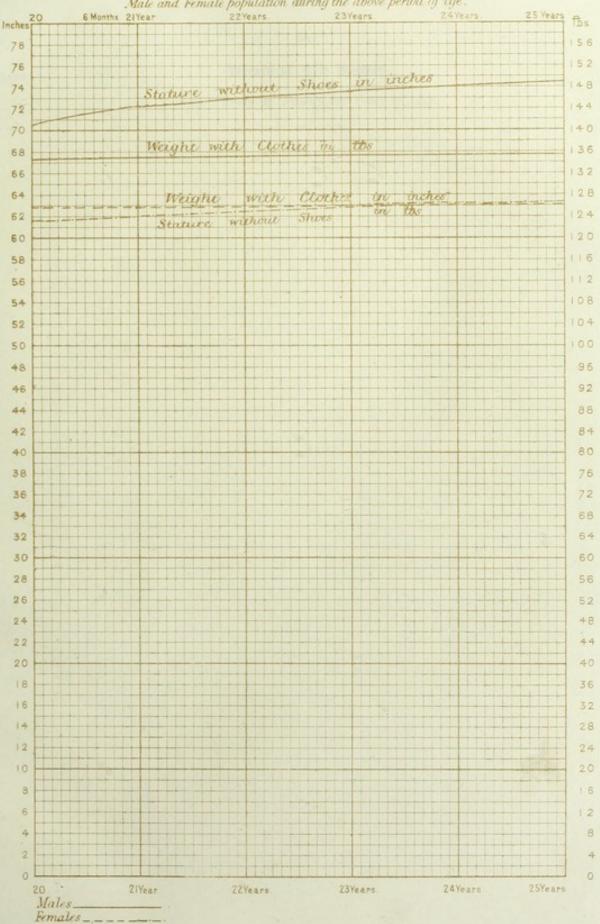
CHART VII ON WHICH TO RECORD THE STATURE AND WEIGHT FROM 25 TO 50 YEARS OF AGE.

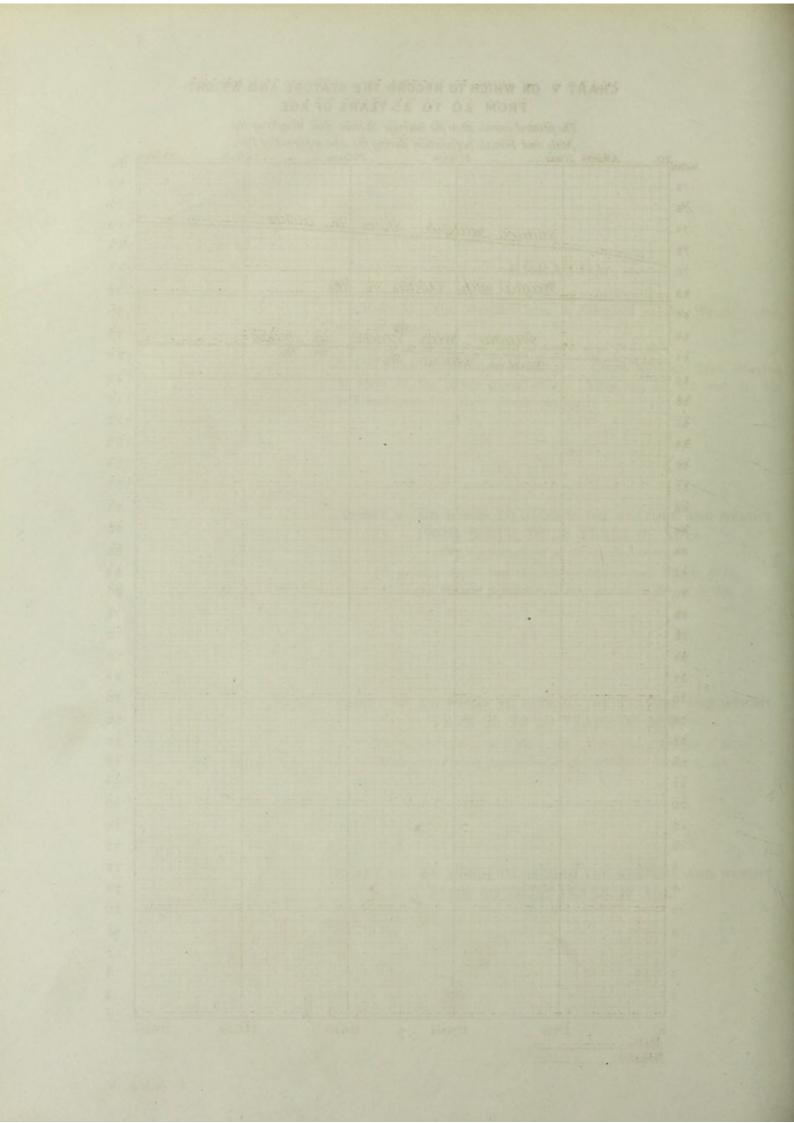
The printed curves show the average Stature and Weight of the Male and Female population during the above period of life.

CHART VIII ON WHICH TO RECORD THE STATURE AND WEIGHT FROM 50 TO 75 YEARS OF AGE.

CHART V ON WHICH TO RECORD THE STATURE AND WEIGHT FROM 20 TO 25 YEARS OF AGE.

The printed curves show the average Stature and Weight of the Male and Female population during the above period of life.

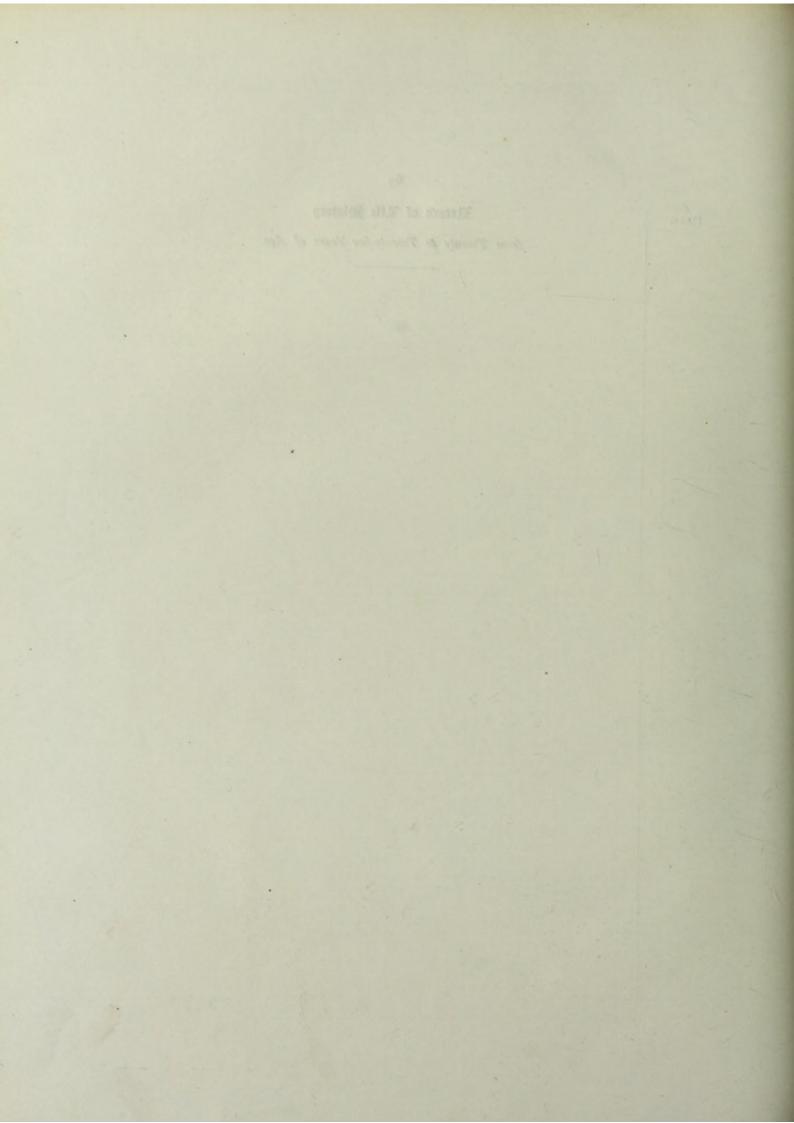




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Record of Life Wistory

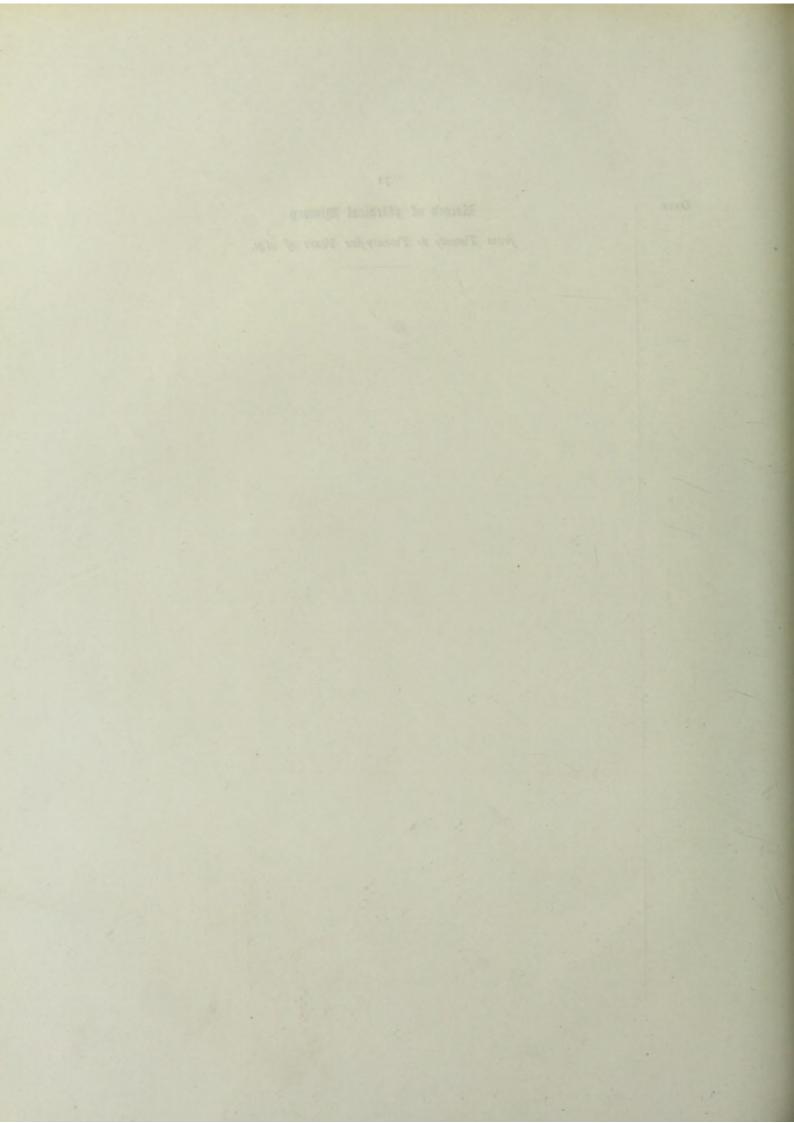
from Twenty to Twenty-five Years of Age.



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Record of Medical Mistory

from Twenty to Twenty-five Years of Age.



Anthropometric Observations

made at end of Twenty-first Year.

Ι.	Colour of eyes
	State whether dark blue, blue; grey, dark grey; brown grey (green, light hazel); brown, dark brown (black).
2.	Colour of hair
	State whether fair brown (flaxen), light brown, brown, dark brown ; fair red (golden, sandy), red, dark red (chestnut.auburn), jet black.
3.	Chest girth round nipples
9.	(Measured with the arms down after counting ten)
4-	Strength of pull
5.	Acuteness of Vision *:
	Note the greatest distance at which No. I. is read in inches
	", ", No. II. is read in feet
	Colour vision*
6.	Hearing. Greatest distance in feet and inches at which a watch can be heard.
	iteming. Oreatest distance in feet and menes at smith a staten can be head.
	By YOURSELF, BY COMPANIONS ABOUT THE SAME AGE AS YOURSELF, WHO ARE NOT RELA- TIVES, AND WHO ARE NOT ESPECIALLY DULL OR QUICK OF HEARING.

Right ear	 	
Left ear	 	

7. Any noticeable dulness or acuteness of smell, taste, or touch.....

8. State of teeth.

* See Appendix for Tests.

L

10. Mention any recent trial of mental power (hard intellectual work).

11. Note any recently recognised bodily or mental characteristic.

12. Record any marked artistic capacity.

 Note any resemblances recently observed to relatives, especially parents and grandparents, or any similarities in illness at corresponding ages.

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Anthropometric Observations

made at end of Twenty-second Year.

r.	Colour of eyes
	State whether dark blue, blue; grey, dark grey; brown grey (green, light hazel); brown, dark brown (black).
2.	Colour of hair
	State whether fair brown (flaxen), light brown, brown, dark brown ; fair red (golden, sandy), red, dark red (chestnut, aubarn), jrt black.
3.	Chest girth round nipples
-	(Measured with the arms down after counting ten.)
4.	Strength of pull
5.	Acuteness of Vision*:
	Note the greatest distance at which No. I. is read in inches
	" " " ,, No. II. is read in feet
	Colour vision *

6. Hearing. Greatest distance in feet and inches at which a watch can be heard.

	By Yourself.	By COMPANIONS ABOUT THE SAME AGE AS YOURSELF, WHO ARE NOT RELA- TIVES, AND WHO ARE NOT ESPECIALLY DULL OF QUICK OF HEARING.
Right ear Left ear		

7. Any noticeable dulness or acuteness of smell, taste, or touch

8. State of teeth.

Note any reactiblicance, meanify observed to minore a

9. Mention any recent trial of bodily strength or endurance (long walk &c.).

10. Mention any recent trial of mental power (hard intellectual work).

11. Note any recently recognised bodily or mental characteristic.

12. Record any marked artistic capacity.

 Note any resemblances recently observed to relatives, especially parents and grandparents, or any similarities in illness at corresponding ages.

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Anthropometric Obserbations

made at end of Twenty-third Year.

r.	Colour of eyes
	State whether dark blue, blue; grey, dark grey; brown grey (green, light hazel); brown, dark brown (black).
2.	Colour of hair
	State whether fair brown (flaxen), light brown, brown, dark brown; fair red (golden, sandy), red, dark red (chestnut, auburn), jet black.
3.	Chest girth round nipples
0	(Measured with the arms down after counting ten.)
4.	Strength of pull
5.	Acuteness of Vision *:
	Note the greatest distance at which No. I. is read in inches
	" " " No. II. is read in feet
	Colour vision *
6.	Hearing. Greatest distance in feet and inches at which a watch can be heard.

	By Yourself.	By Companions about the same Age as Yourself, who are not Rela- tives, and who are not Especially Dull or Quick of Hearing.		
Right ear				
Left car				

7. Any noticeable dulness or acuteness or smell, taste, or touch

8. State of teeth.

9. Mention any recent trial of bodily strength or endurance (long walk, &c.).

10. Mention any recent trial of mental power (hard intellectual work).

11. Note any recently recognised bodily or mental characteristic.

12. Record any marked artistic capacity.

13. Note any resemblances recently observed to relatives, especially parents and grandparents, or any similarities in illness at corresponding ages.

See Appendix for Tay

Anthropometric Observations

made at end of Twenty-fourth Year.

1.	Colour of eyes
	State whether dark blue, blue; grey, dark grey; brown grey (green, light hazel); brown, dark brown (black).
2.	Colour of hair
	State whether fair brown (flaxen), light brown, brown, dark brown : fair red (golden, sandy), red, dark red (chestnut, auburn), jet black.
3.	Chest girth round nipples
	(Measured with the arms down after counting ten.)
4.	Strength of pull
5.	Acuteness of Vision *:
	Note the greatest distance at which No. I. is read in inches
	" " " No. II, is read in feet
	Colour vision *
6.	Hearing. Greatest distance in feet and inches at which a watch can be heard.

	By Yourself.	By Companions, about the same Age as Yourself, who are not Rela- tives, and who are not Especially Dull or Quick of Hearing.			
Right ear					

7. Any noticeable dulness or acuteness of smell, taste, or touch

8. State of teeth.

9. Mention any recent trial of bodily strength or endurance (long walk, &c.).

10. Mention any recent trial of mental power (hard intellectual work).

11. Note any recently recognised bodily or mental characteristic.

12. Record any marked artistic capacity.

13. Note any resemblances recently observed to relatives, especially parents and grandparents, or any similarities in illness at corresponding ages.

Anthropometric Obserbations

made at end of Twenty-fifth Year.

Ι.	Colour of eyes
	State whether dark blue; blue; grey, dark grey; brown grey (green, light hazel); brown, dark brown (black).
2.	Colour of hair
	State whether fair brown (flaxen), light brown, brown, dark brown; fair red (golden, sandy), red, dark red (chestnut, auburn), jet black.
3.	Chest girth round nipples
	(Measured with the arms down after counting ten.)
4.	Strength of pull
5.	Acuteness of Vision *:
	Note the greatest distance at which No. I. is read in inches
	" " " No. II. is read in feet
	Colour vision *
6.	Hearing. Greatest distance in feet and inches at which a watch can be heard.

	By Yourself.	BY COMPANIONS ABOUT THE SAME AGE AS YOURSELF, WHO ARE NOT RELA- TIVES, AND WHO ARE NOT ESPECIALLY DULL OF QUICK OF HEARING.
Right ear		
Left ear		

7. Any noticeable dulness or acuteness of smell, taste, or touch

8. State of teeth.

9. Mention any recent trial of bodily strength or endurance (long walk, &c.).

10. Mention any recent trial of mental power (hard intellectual work).

11. Note any recently recognised bodily or mental characteristic.

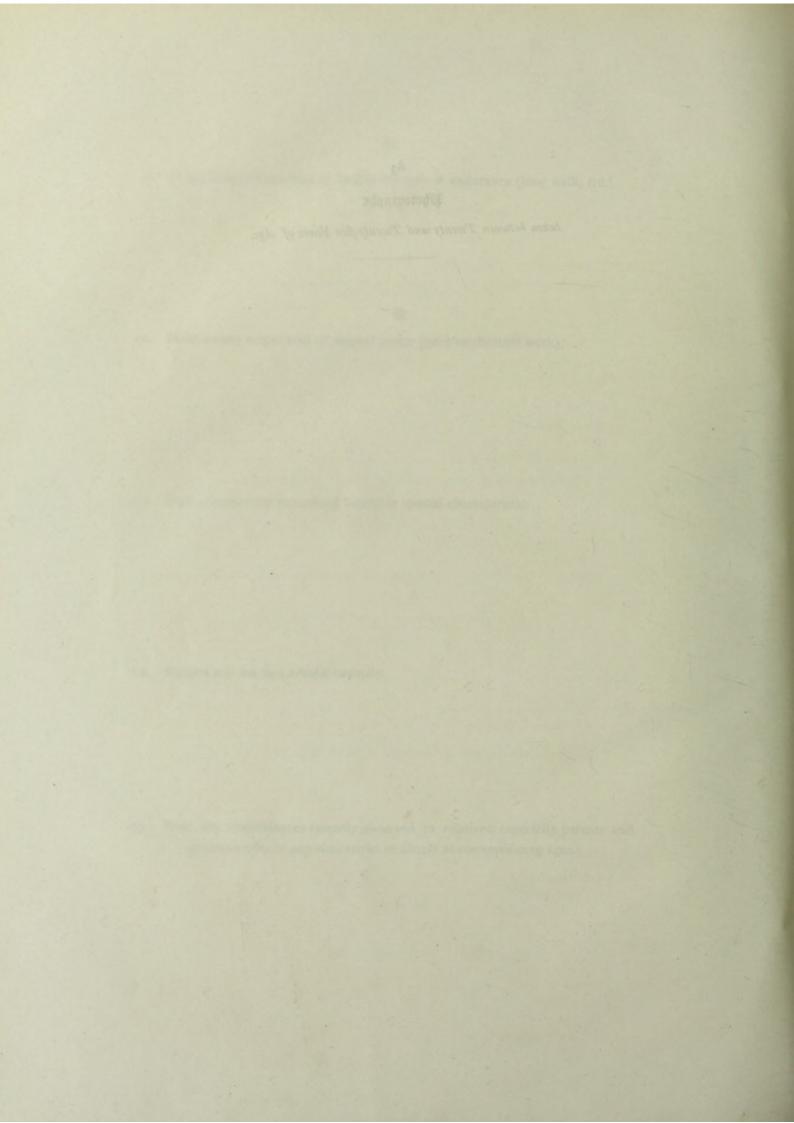
12. Record any marked artistic capacity.

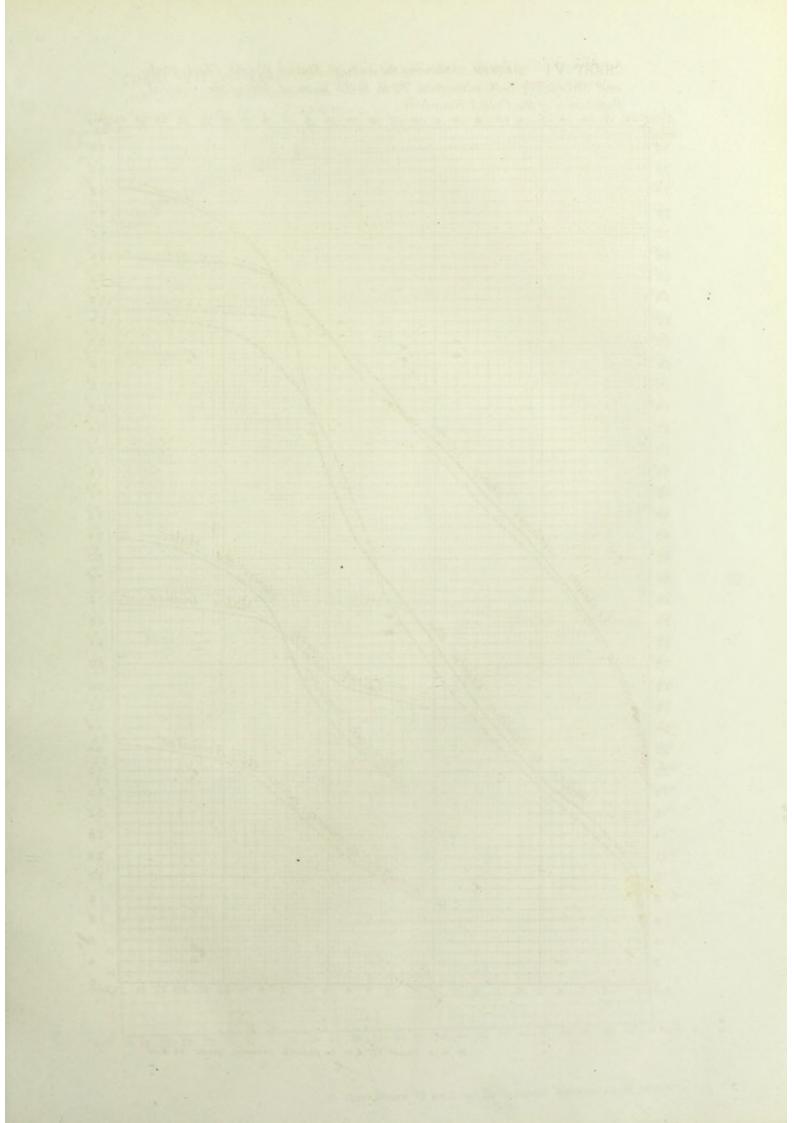
13. Note any resemblances recently observed to relatives, especially parents and grandparents, or any similarities in illness at corresponding ages.

Photographs

taken between Twenty and Twenty-five Years of Age.

83





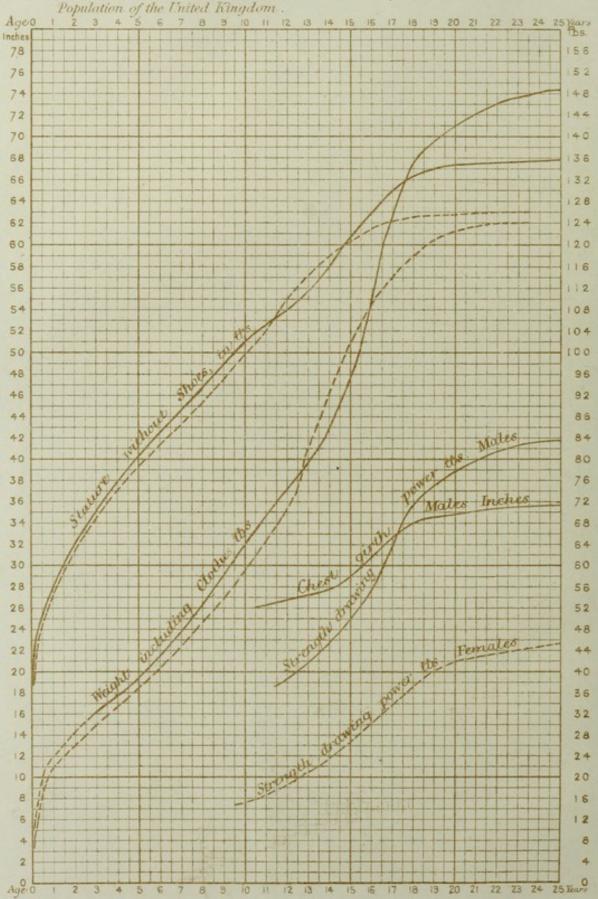
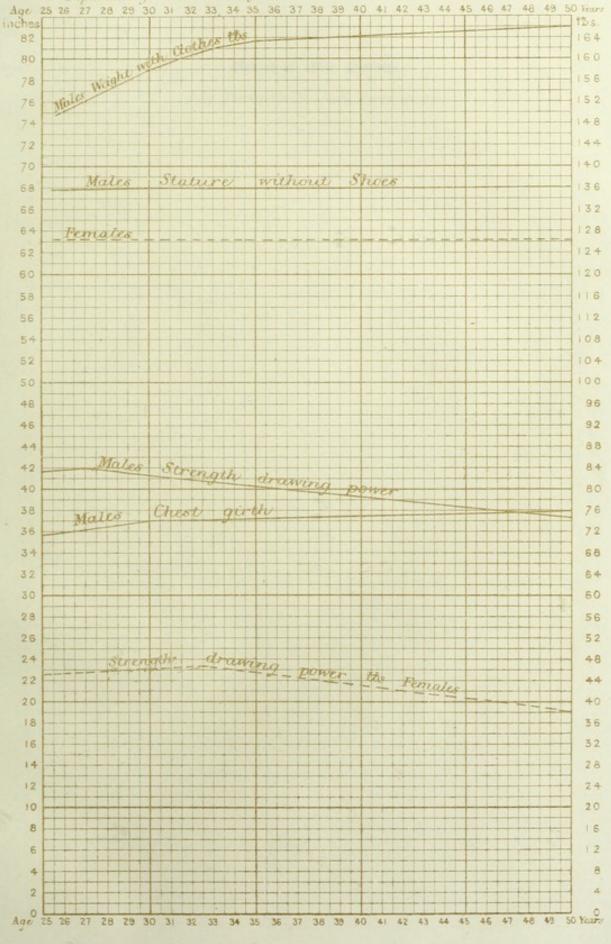


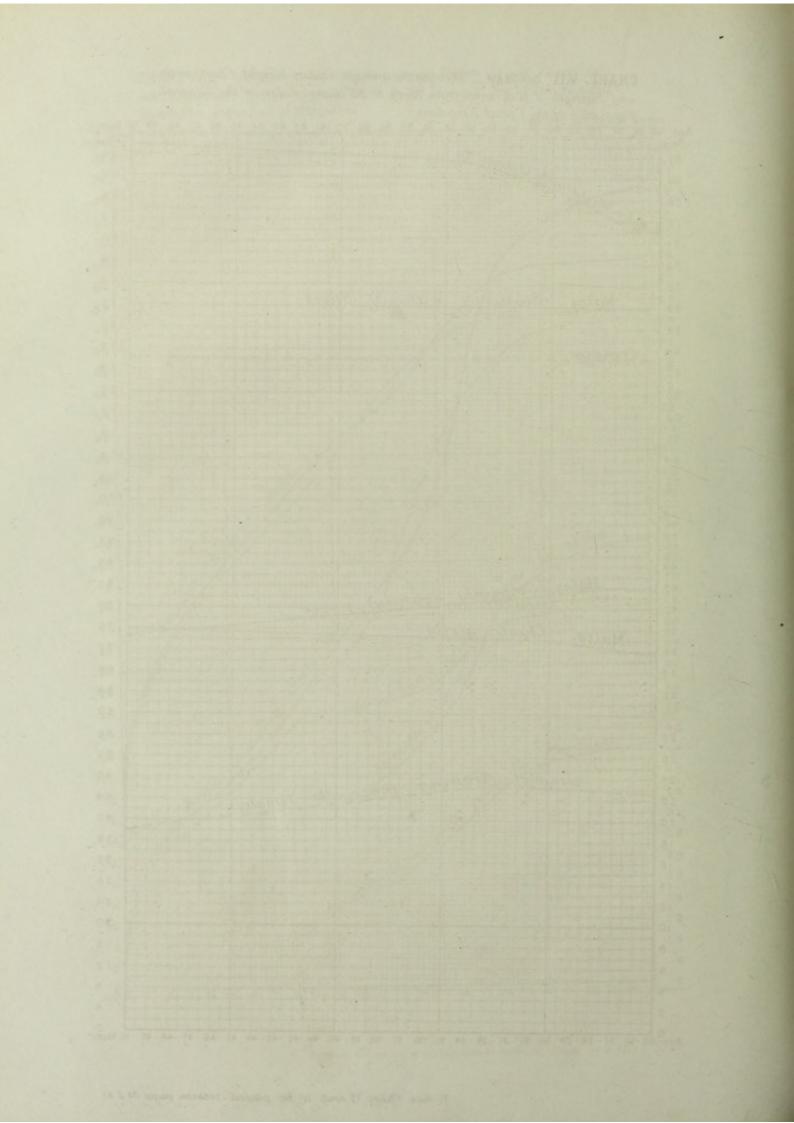
CHART VI DIAGRAM _ Shewing the average Stature Weight Chest-girth, and Strength of both sexes from Birth to 25 Years of Age of the General Population of the United Finadam

To face thart VII & to be placed between pages 34 & 85.

CHART VII DIAGRAM __ Shewing the average Stature, Weight, Chest-girth, and Strength of both sexes from Birth to 25 Years of Age of the General Population of the United Kingdom.



To face Chart VI and to be placed between pages 84 6 55.

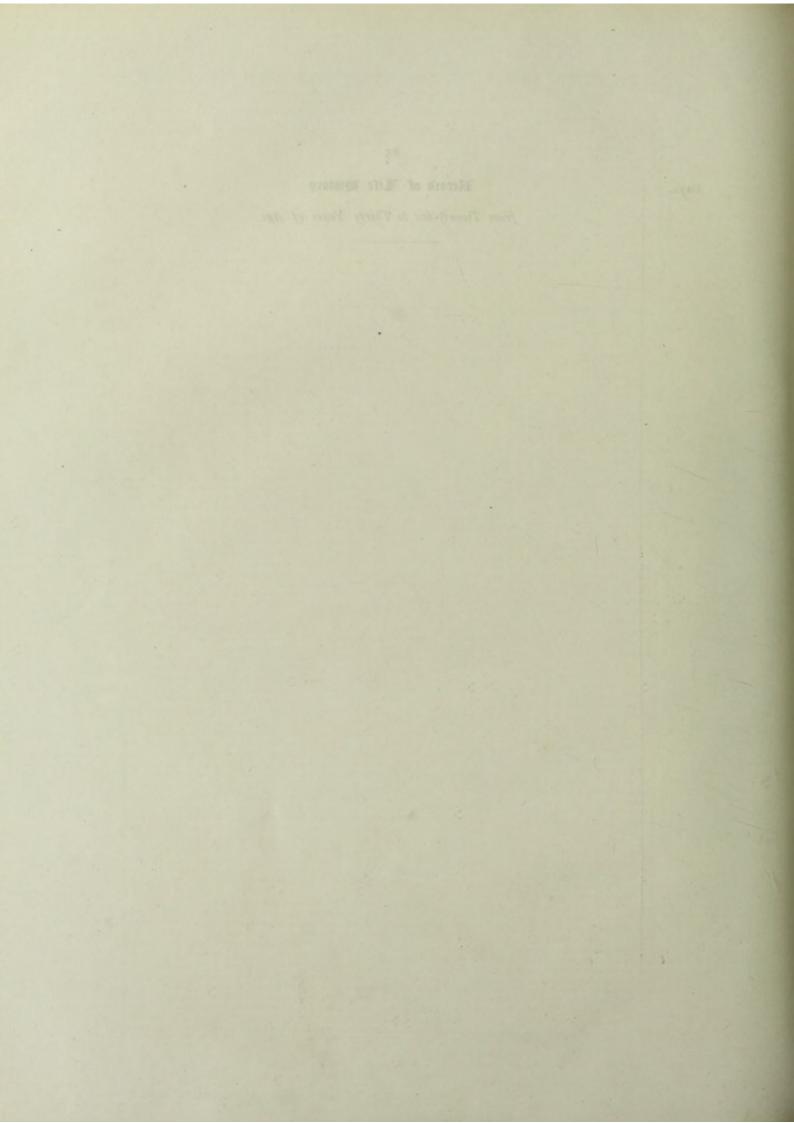


Record of Life Mistory

85

from Twenty-five to Thirty Years of Age.

DATE.



Record of Medical Wistory

87

from Twenty-five to Thirty Years of Age.

DATE.

Anthropometric Doservations

made at end of Thirtieth Year.

Ι.			ark blue; blue; grey, dark grey; brown grey (green, light hazel); brown, dark brown (black).
2.			own (flaxen), light brown, brown, dark brown; fair red (golden, sandy), red, dark red (chestnut, anburn), jet black.
3.	Chest girt		ipples
4.	Strength o	of pull	
5.	Acutenes	s of Visio	n * :
	Note	the greate	est distance at which No. I. is read in inches
	"	, Colour vis	, ,, No. II. is read in feet
6.	Hearing.	Greatest	distance in feet and inches at which a watch can be heard.
		By Yourself.	BY COMPANIONS ABOUT THE SAME AGE AS YOURSELF, WHO ARE NOT RELATIVES, AND WHO ARE NOT ESPECIALLY DULL OF QUICK OF HEARING.
			ra. Record?uny marked attiple capacity.
Lei	t cat		

7. Any noticeable dulness or acuteness of smell, taste, or touch

8. State of Teeth."

* See Appendix for Tests.

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9. Mention any recent trial of bodily strength or endurance (long walk, &c.).

10. Mention any recent trial of mental power (hard intellectual work).

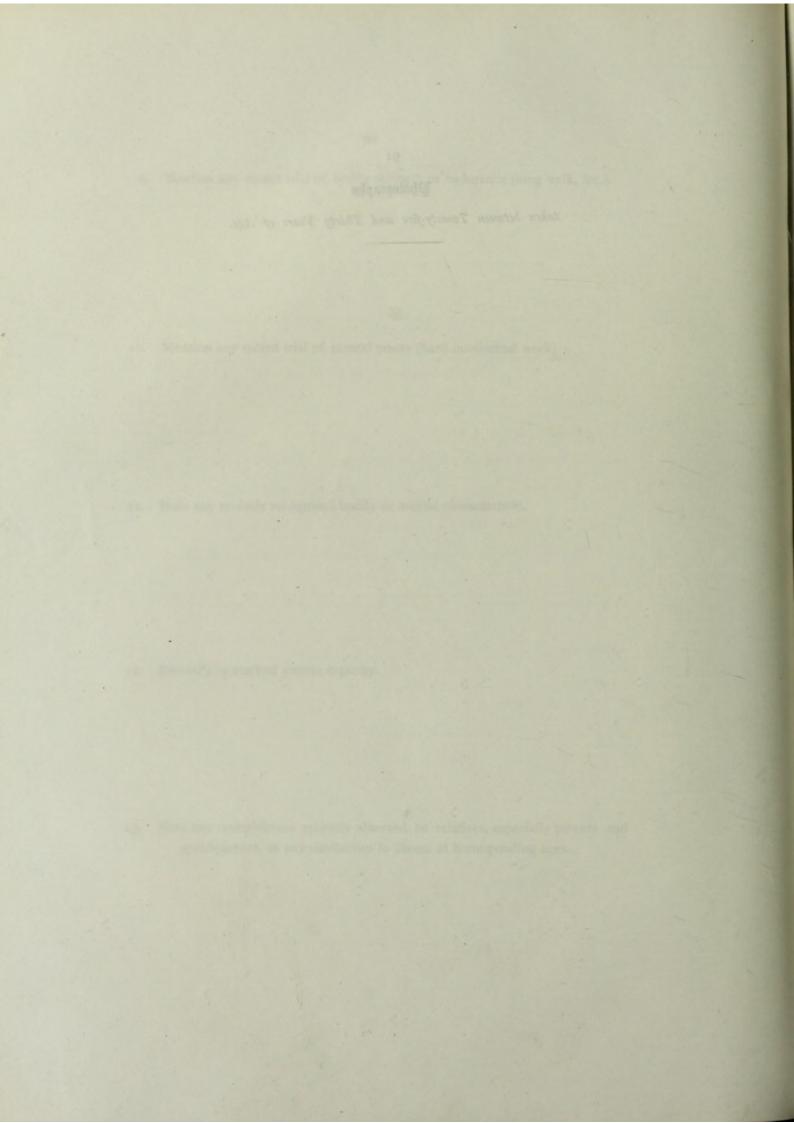
11. Note any recently recognised bodily or mental characteristic.

12. Record[#]any marked artistic capacity.

13. Note any resemblances recently observed to relatives, especially parents and grandparents, or any similarities in illness at corresponding ages.

Photographs

taken between Twenty-five and Thirty Years of Age.



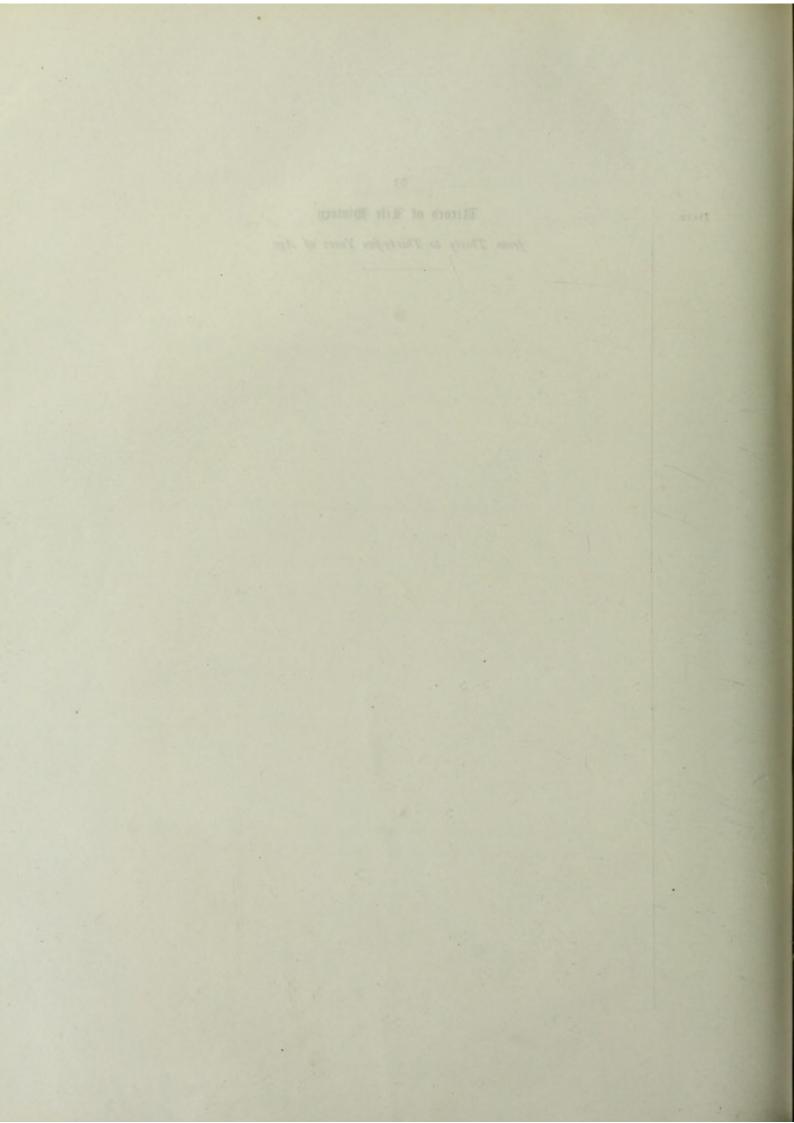
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Record of Life Wistory

93

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from Thirty to Thirty-five Years of Age.

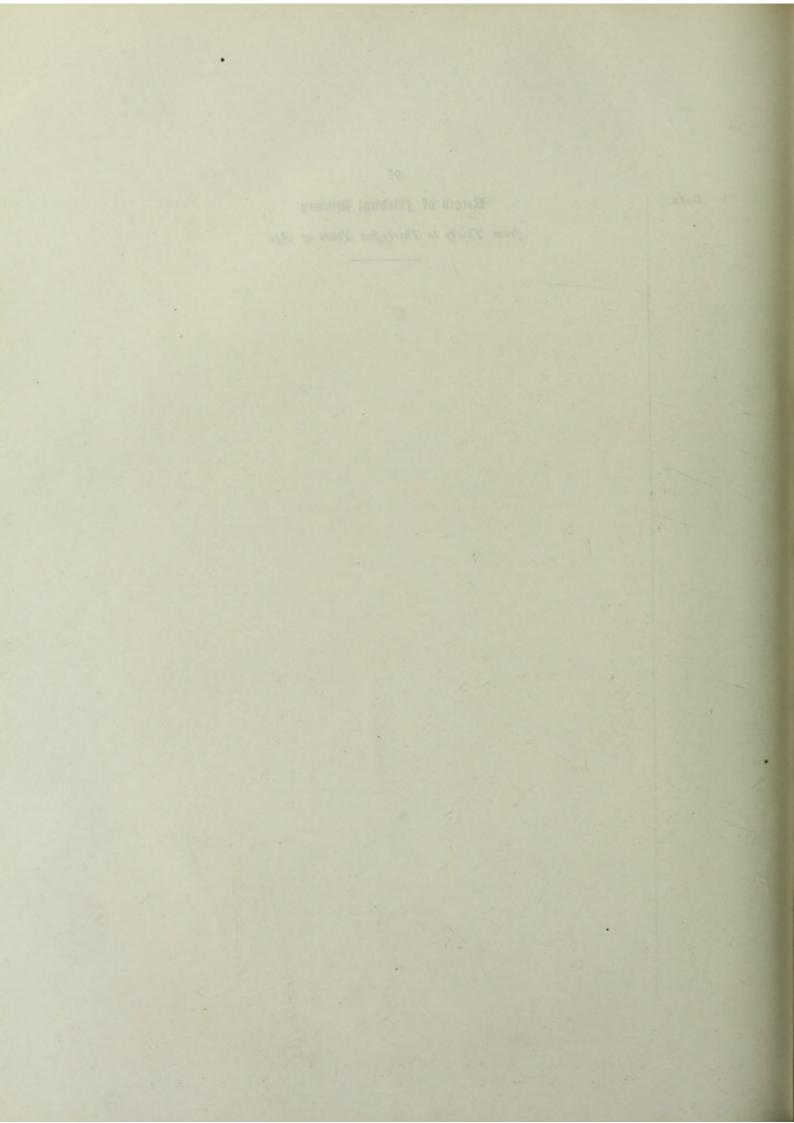


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Record of Medical Mistory

from Thirty to Thirty-five Years of Age.

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Anthropometric Obserbations

made at end of Thirty-fifth Year.

1. Colour of eyes State whether dark blue, blue; grey, dark grey; brown grey (green, light hazel); brown, dark brown (black). Colour of hair 2. State whether fair brown (flaxen). light brown, brown, därk brown : fair red (golden, sandy), red, dark red (chestnut, auburn), jet black. Chest girth round nipples 3. (Measured with the arms down after counting ten.) Strength of pull 4. Acuteness of Vision * :---5. Note the greatest distance at which No. I. is read in inches..... No. II. is read in feet..... 12 39 37

Colour vision *.....

6. Hearing. Greatest distance in feet and inches at which a watch can be heard.

Right ear		By Yourself.	By Companions about the same Age as Yousself, who are not Rela- tives, and who are not Especially Dull or Quick of Hearing.						
	Right ear		Recotting of the second is second						
Leit ear	Left ear								

7. Any noticeable dulness or acuteness of smell, taste, or touch

8. State of teeth.

* See Appendix for Tests.

9. Mention any recent trial of bodily strength or endurance (long walk, &c.).

10. Mention any recent trial of mental power (hard intellectual work).

11. Note any recently recognised bodily or mental characteristic.

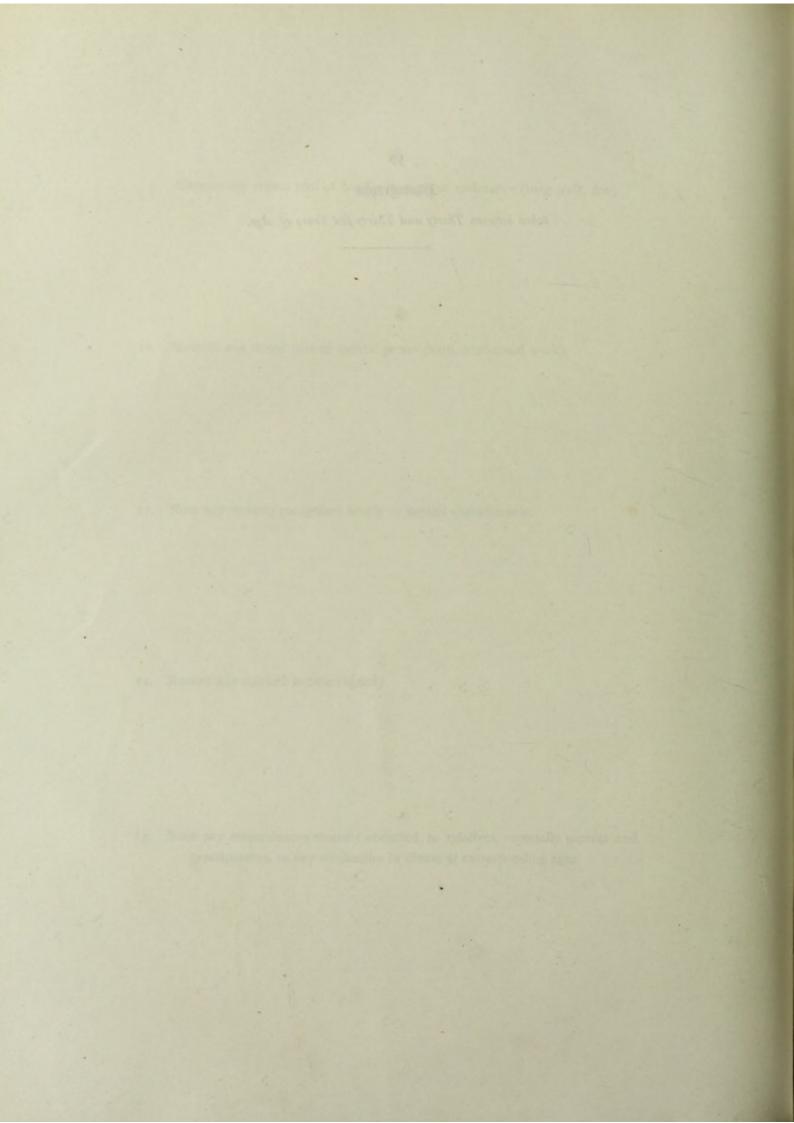
12. Record any marked artistic capacity.

•

 Note any resemblances recently observed to relatives, especially parents and grandparents, or any similarities in illness at corresponding ages.

Photographs

taken between Thurty and Thirty-five Years of Age.

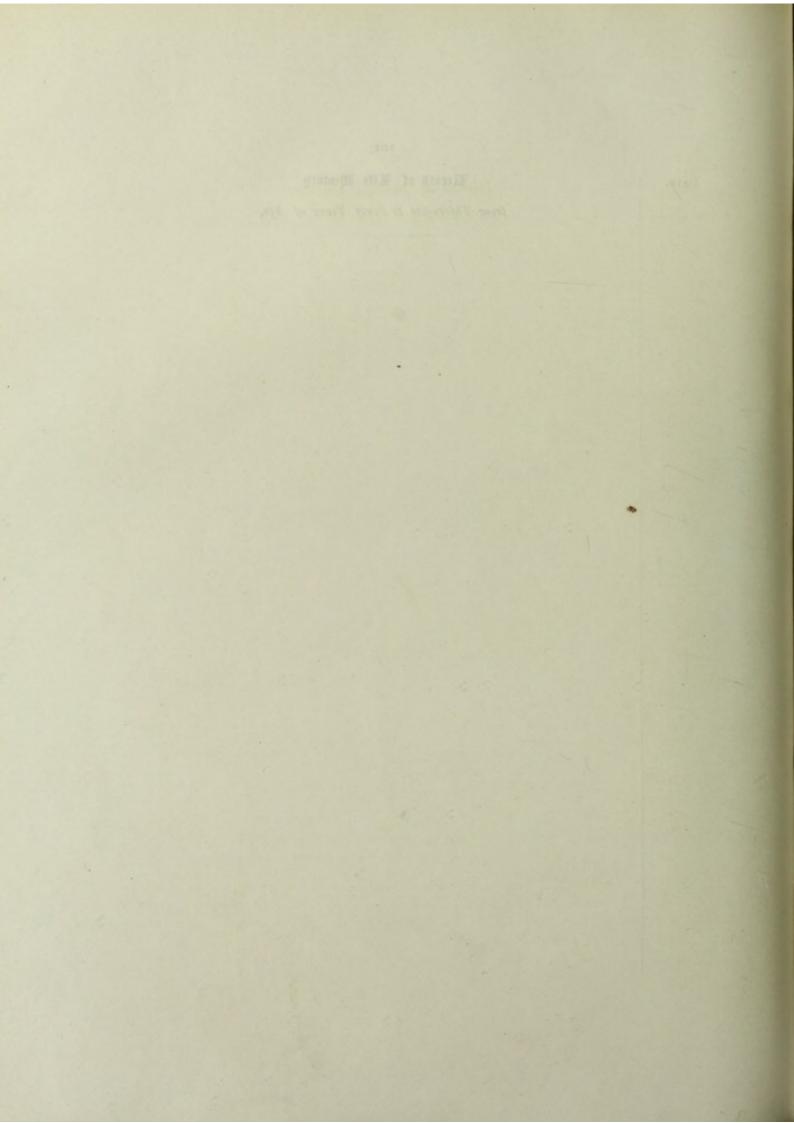


101

Record of Life Wistory

from Thirty-five to Forty Years of Age.

DATE.

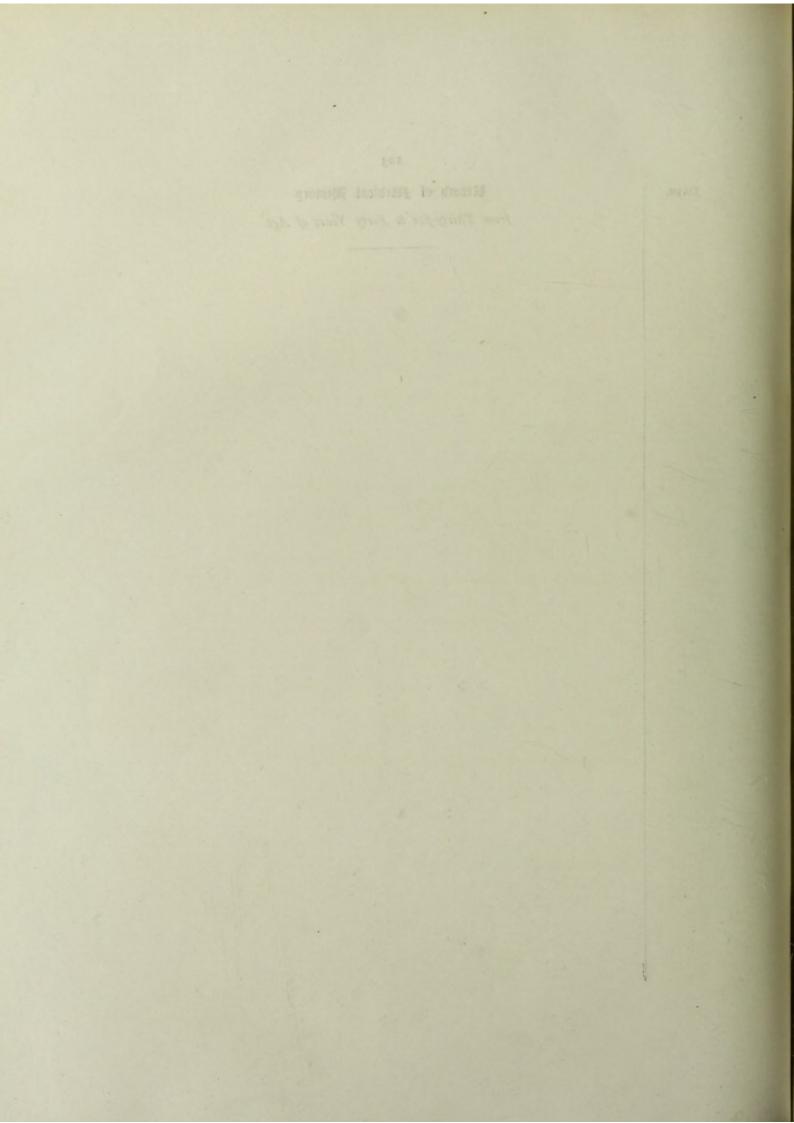


103

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Record of Medical Wistory

from Thirty-five to Forty Years of Age.



Anthropometric Observations

made at end of Fortieth Year.

т.	Colour of	eves				
			ark blue, blue; grey, dark grey; brown grey (green, light hazel); brown, dark brown (black).			
2,	Colour of	hair				
	State w	hether fair br	own (flaxen), light brown, brown, dark brown; fair red (golden, sandy), red, dark red (chestnut, auburn), jet black.			
3.	Chest girt	th round i	nipples			
			(Measured with the arms down after counting ten.)			
	_					
4.	Strength of pull					
5.	Acuteness of Vision * :					
	Note the greatest distance at which No. I. is read in inches					
	.,	,	, " No. II. is read in feet			
	-	alaun min	ion *			
	· ·	Joiour vis	ion +			
6.	Hearing.	Greatest	distance in feet and inches at which a watch can be heard.			
		By Yourself.	BY COMPANIONS ABOUT THE SAME AGE AS YOURSELF, WHO ARE NOT RELATIVES, AND WHO ARE NOT ESPECIALLY DULL OR QUICK OF HEARING.			

Right ear	 	 	 	
Left ear	 	 	 	

7. Any noticeable dulness or acuteness of smell, taste, or touch

8. State of Teeth.

* See Appendix for Tests.

p.

9. Mention any recent trial of bodily strength or endurance (long walk, &c.).

10. Mention any recent trial of mental power (hard intellectual work).

11. Note any recently recognised bodily or mental characteristic.

12. Record any marked artistic capacity.

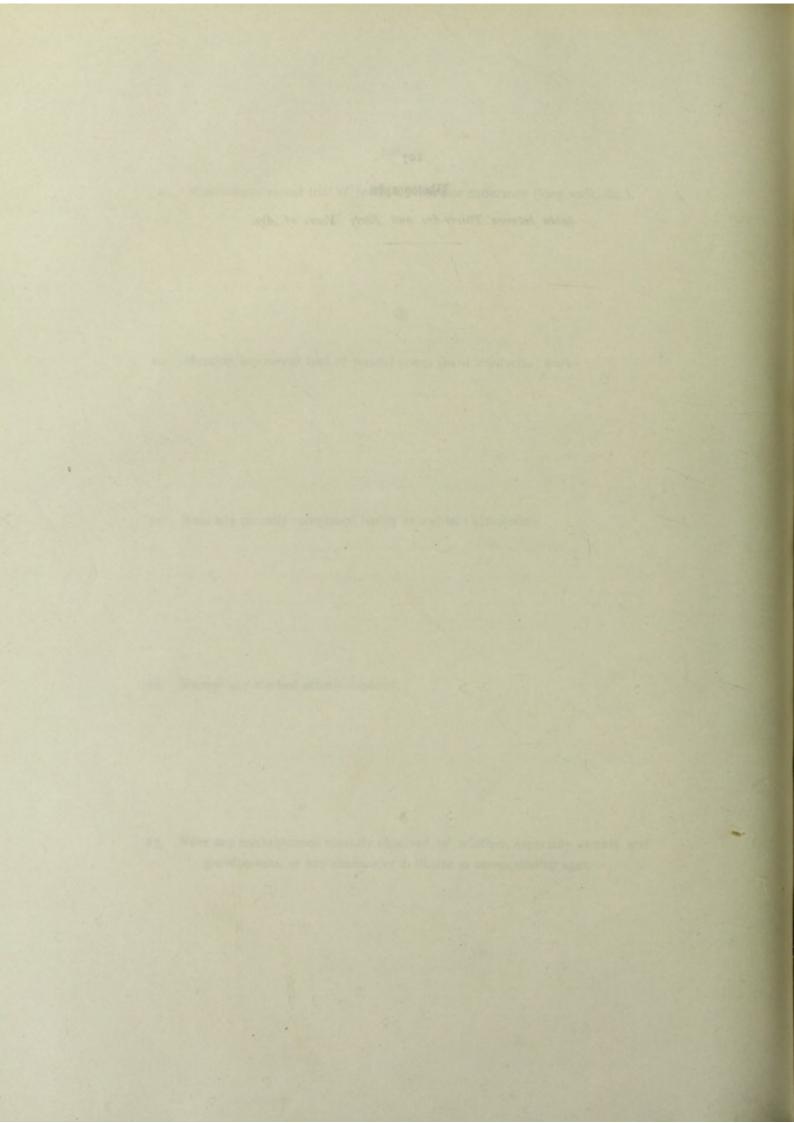
 Note any resemblances recently observed to relatives, especially parents and grandparents, or any similarities in illness at corresponding ages.

3.

107

Photographs

taken between Thirty-five and Forty Years of Age.

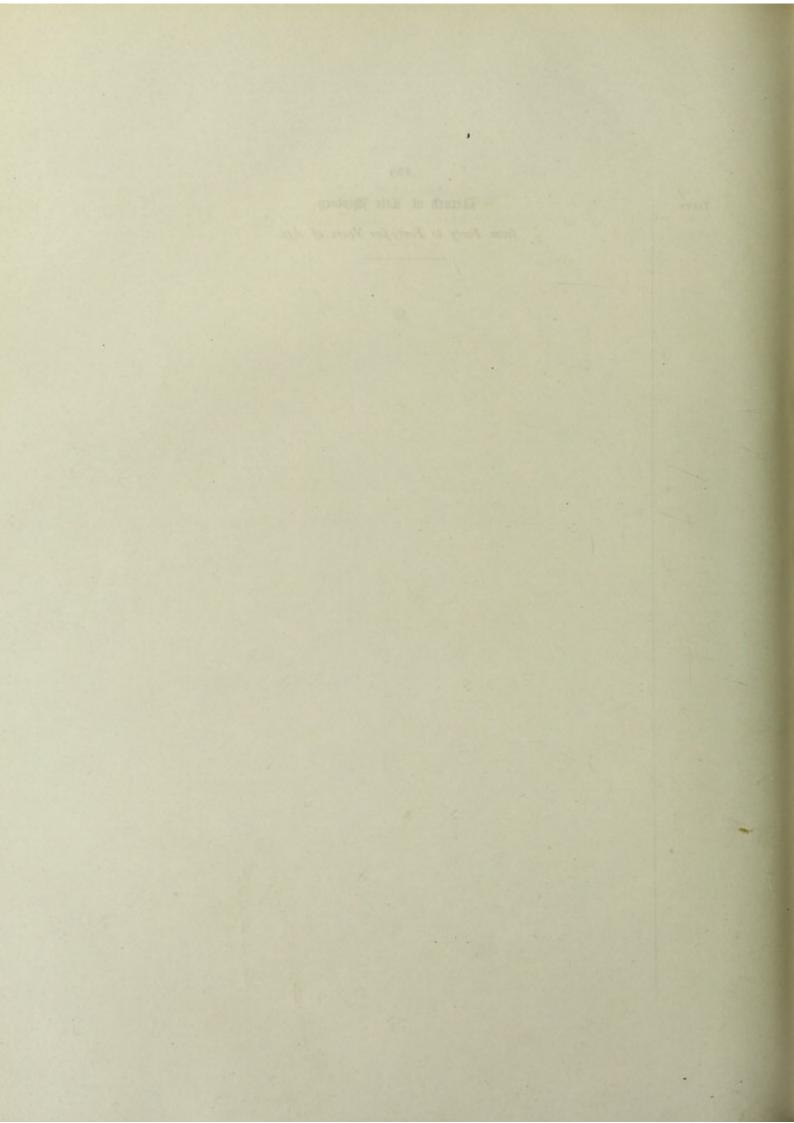


109

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Record of Life Mistory

from Forty to Forty-five Years of Age.



111

Record of Medical Wistory

from Forty to Forty-five Years of Age.

States Indicated to close ?

Anthropometric Dbserbations

made at end of Forty-fifth Year.

r. Colour of eyes State whether dark blue, blue; grey, dark grey; brown grey (green, light hazel); brown, dark brown (black). Colour of hair 2. State whether fair brown (flaxen). light brown, brown, dark brown : fair red (golden, sandy), red, dark red (chestnut, auburn), jet black. Chest girth round nipples 3. (Measured with the arms down after counting ten.) Strength of pull 4. Acuteness of Vision * :---5. Note the greatest distance at which No. I. is read in inches..... 22 22 No. II. is read in feet..... >>

Colour vision *.....

6. Hearing. Greatest distance in feet and inches at which a watch can be heard.

	By Companions about the same Age as Youeself, who are not Rela- tives, and who are not Especially Dull or Quick of Hearing.	
Right ear		
Left ear		

7. Any noticeable dulness or acuteness of smell, taste, or touch

8. State of teeth.

* See Appendix for Tests.

9. Mention any recent trial of bodily strength or endurance (long walk, &c.).

10. Mention any recent trial of mental power (hard intellectual work).

11. Note any recently recognised bodily or mental characteristic.

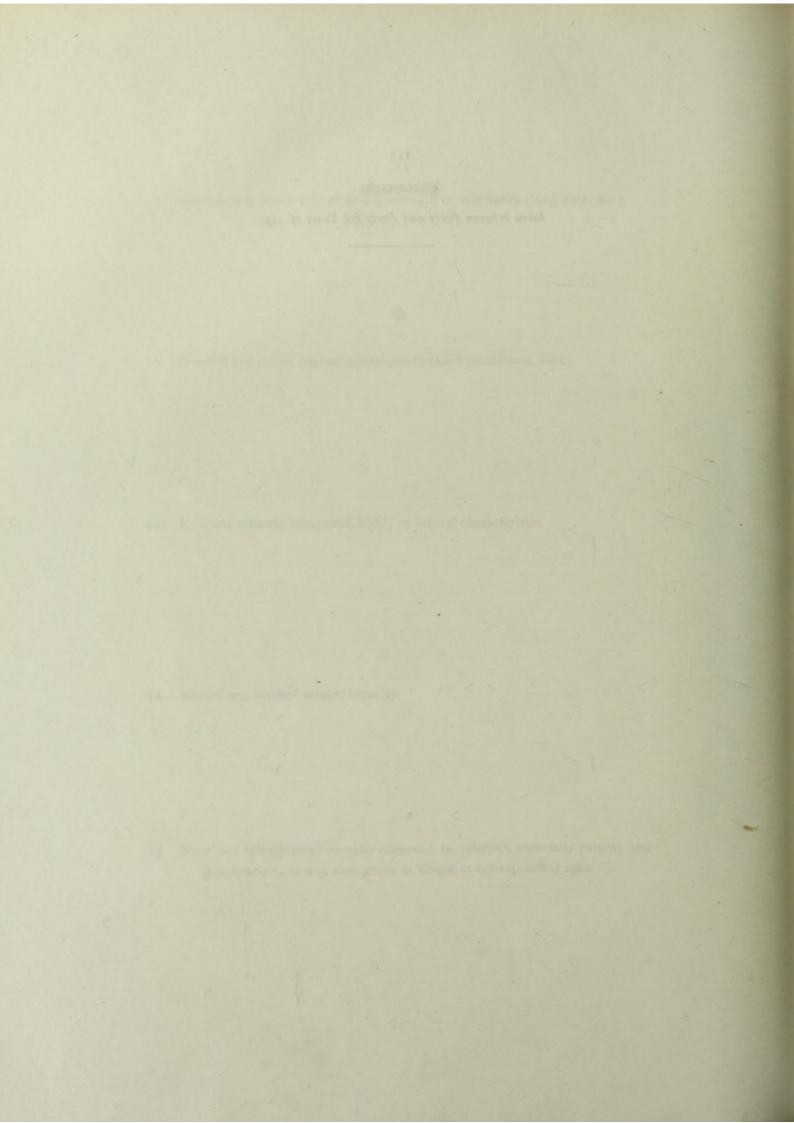
12. Record any marked artistic capacity.

 Note any resemblances recently observed to relatives, especially parents and grandparents, or any similarities in illness at corresponding ages.

115

Photographs

taken between Forty and Forty-five Years of Age.



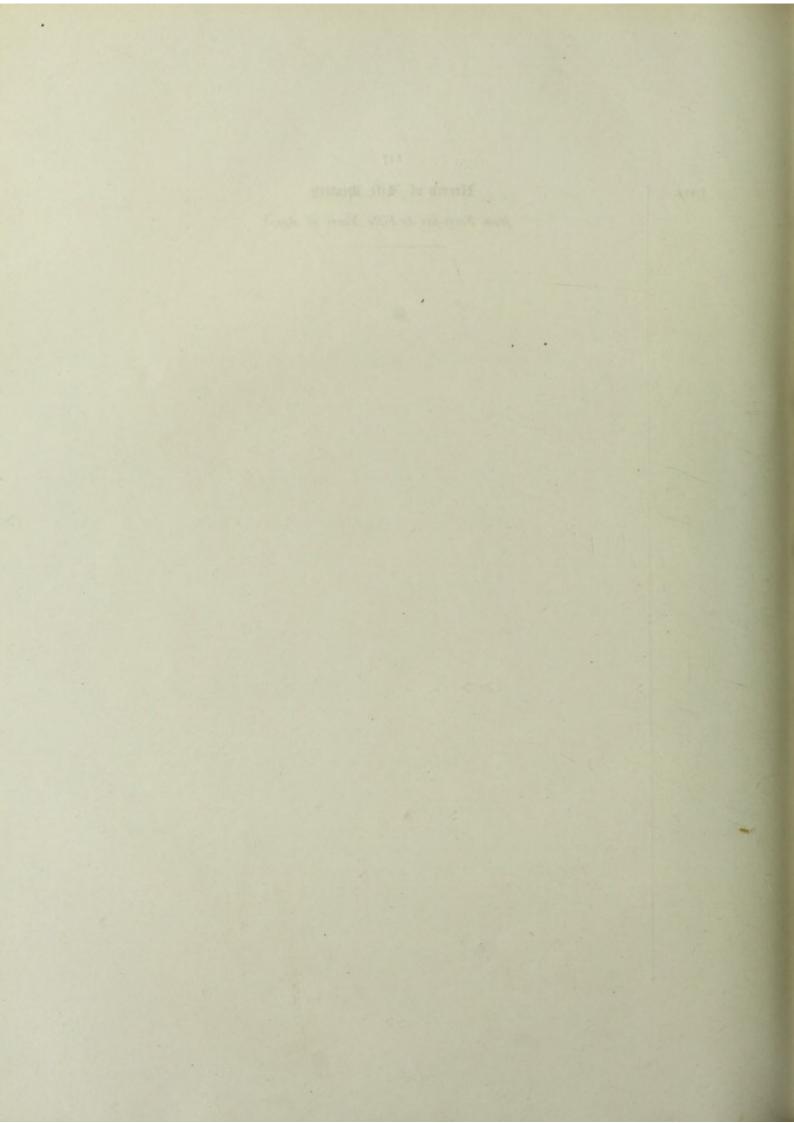
Record of Life Wistory

117

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from Forty-five to Fifty Years of Age.

DATE.

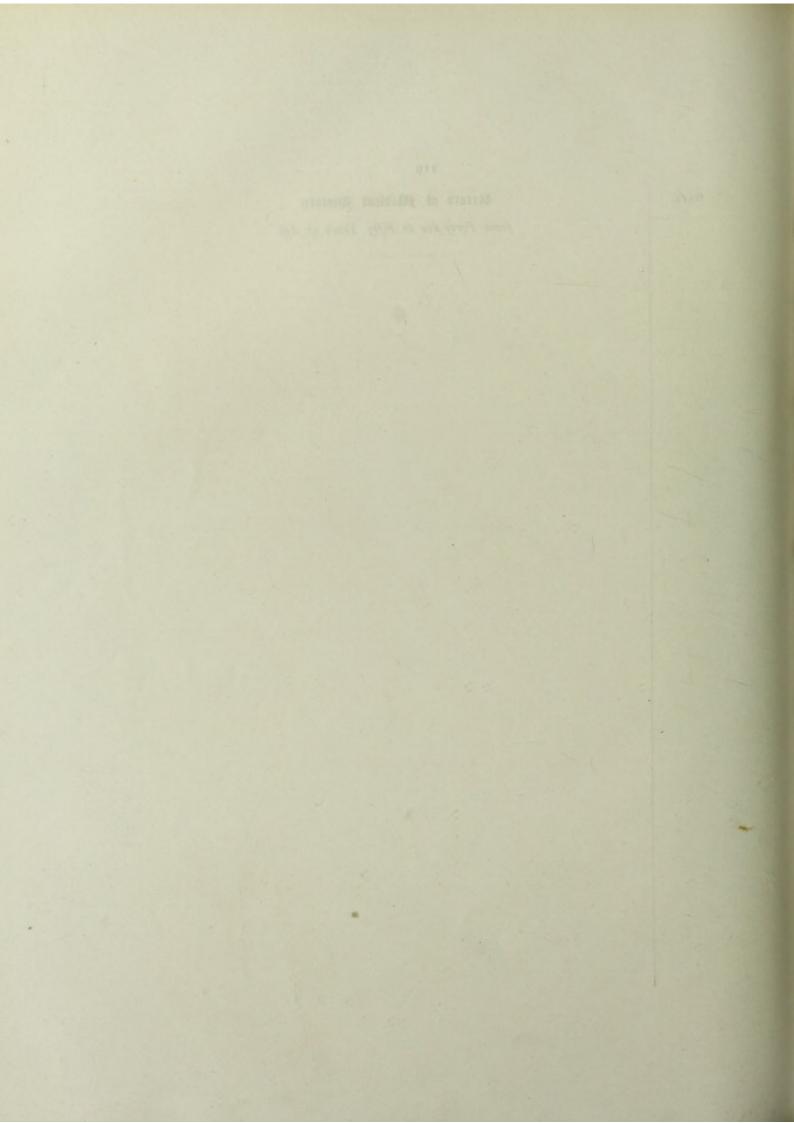


DATE.

119

Record of Macdical Mistory

from Forty-five to Fifty Years of Age.



Anthropometric Observations

121

made at end of Fiftieth Year.

Ι.	Colour of eyes
	State whether dark blue; blue; grey, dark grey; brown grey (green, light hazel); brown, dark brown (black).
2.	Colour of hair
	State whether fair brown (flaxen), light brown, brown, dark brown ; fair red (golden, sandy), red, dark red (chestnut, auburn), jet black.
3.	Chest girth round nipples
	(Measured with the arms down after counting ten.)
4.	Strength of pull
5.	Acuteness of Vision * :
	Note the greatest distance at which No. I. is read in inches
	No. II is read in fast
	", ", No. II. is read in feet
	Colour vision *
6.	Hearing. Greatest distance in feet and inches at which a watch can be heard.
	•
_	BY BY COMPANIONS ABOUT THE SAME AGE AS YOURSELF, WHO ARE NOT RELATIVES,
	YOURSELF. AND WHO ARE NOT ESPECIALLY DULL OR QUICK OF HEARING.
Di	de sag
Li	ght ear
T	
Le	ft ear

7. Any noticeable dulness or acuteness of smell, taste, or touch

8. State of Teeth.

* See Appendix for Tests.

R

9. Mention any recent trial of bodily strength or endurance (long walk, &c.).

10. Mention any recent trial of mental power (hard intellectual work).

11. Note any recently recognised bodily or mental characteristic.

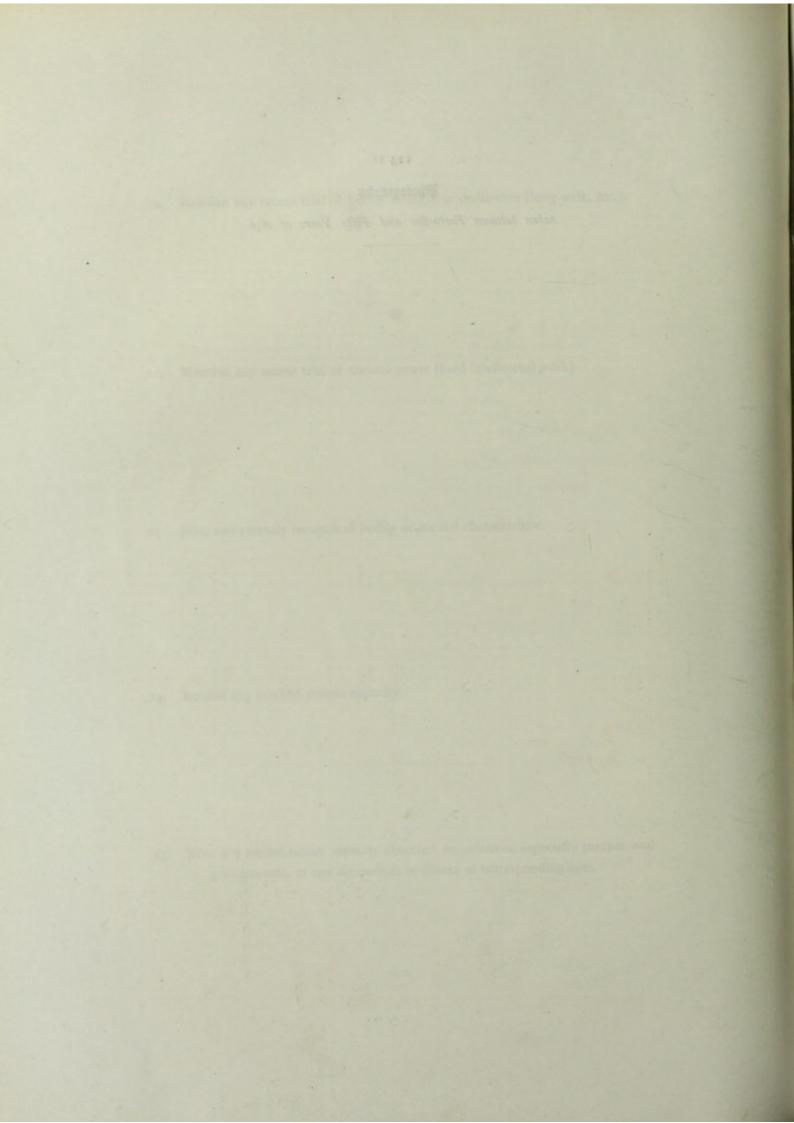
12. Record any marked artistic capacity.

 Note any resemblances recently observed to relatives, especially parents and grandparents, or any similarities in illness at corresponding ages.

123

Photographs

taken between Forty-five and Fifty Years of Age.



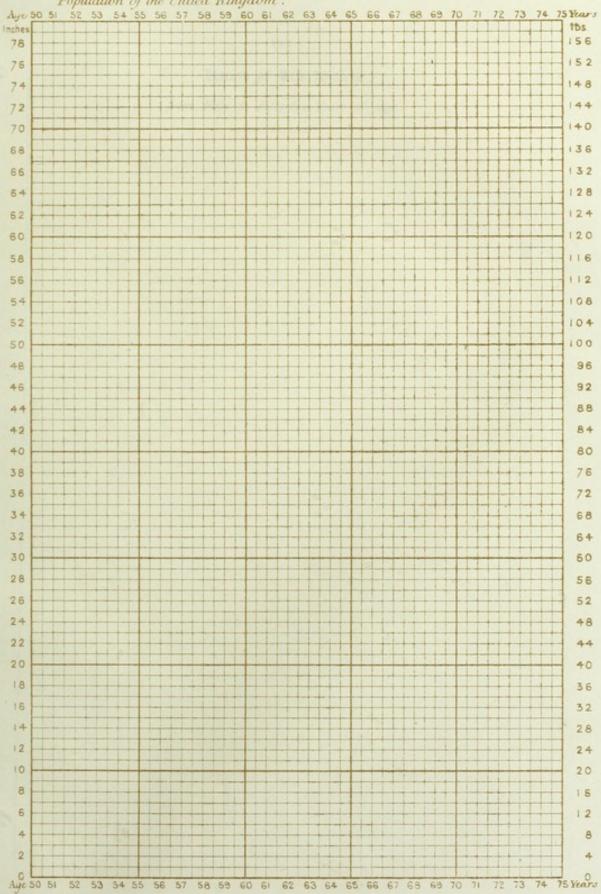


CHART VIII DIAGRAM_ Shewing the average Stature. Weight, Chest-girth, and Strength of both sexes from 50 to 75 Years of Age of the General Population of the United Kingdom.

To face p. 124

CHART VILL DIAGRAM . Sherring the second of Saman Haught (her gards

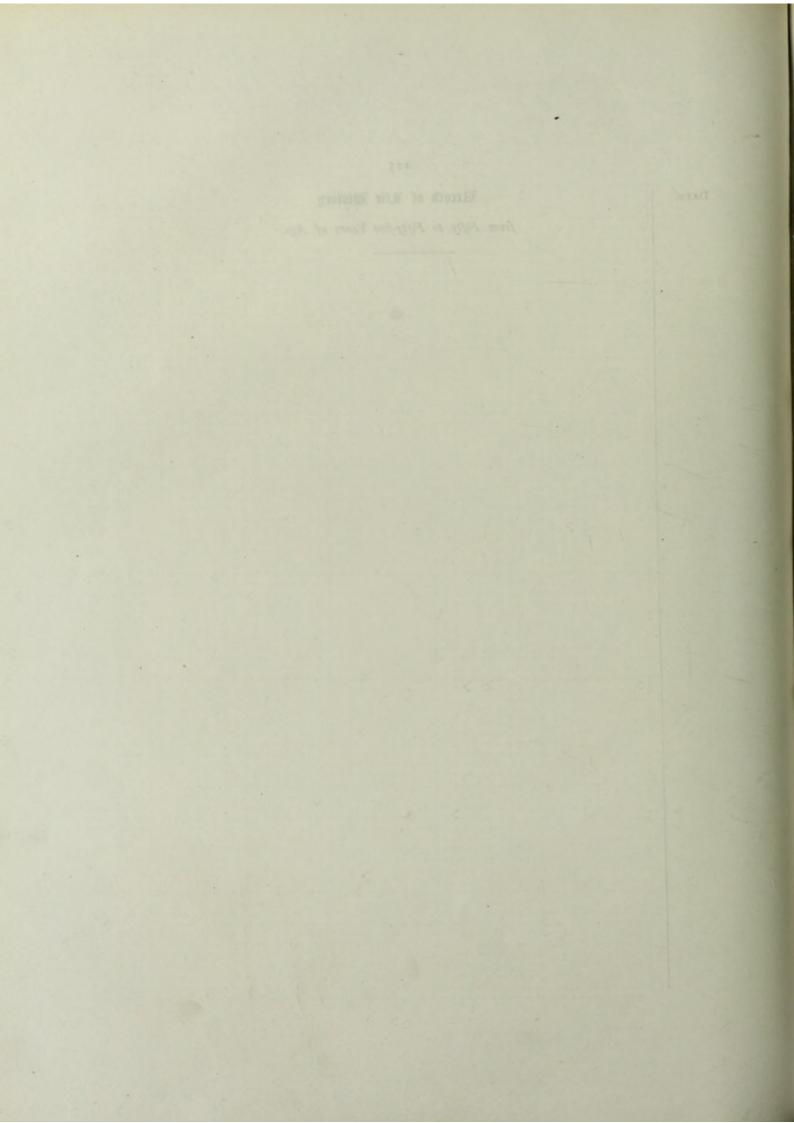
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DATE.

125

Record of Life Mistory

from Fifty to Fifty-five Years of Age.



Record of Medical Wistory

127

from Fifty to Fifty-five Years of Age.

DATE.

2

Mercen of Priviles Meistery

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DATE.

The to carry and ships of alles not

Anthropometric Obserbations

made at end of Fifty-fifth Year.

τ.	Colour of eyes			
	State whether dark blue; blue; grey, dark grey; brown grey (green, light hazel); brown, dark brown (black).			
2.	Colour of hair			
	red. dark red (chestnut, auburn), jet black.			
3.	Chest girth round nipples			
	(Measured with the arms down after counting ten.)			
4.	Strength of pull			
5.	Acuteness of Vision*:			
	Note the greatest distance at which No. I. is read in inches			
	" " " " " No. II. is read in feet			
	Colour vision *			
6.	Hearing. Greatest distance in feet and inches at which a watch can be heard.			
	By Yourselp. By Companions about the same Age as Yourself, who are not Rela- tives, and who are not Especially Dull or Quick of Hearing.			

Right ear	 	 sugeron.	NA YAL DA	005 X
Left ear	 	 	 	

7. Any noticeable dulness or acuteness of smell, taste, or touch

8. State of teeth.

* See Appendix for Tests.

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9. Mention any recent trial of bodily strength or endurance (long walk, &c.).

10. Mention any recent trial of mental power (hard intellectual work).

11. Note any recently recognised bodily or mental characteristic.

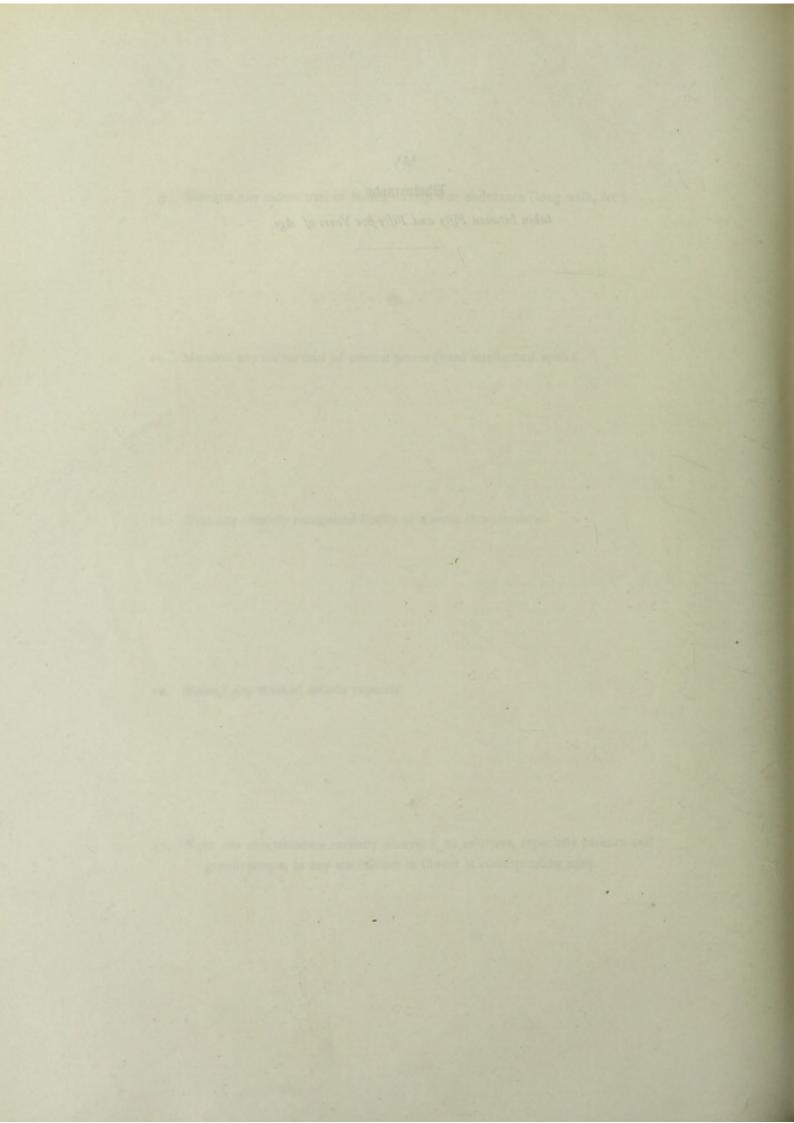
12. Record any marked artistic capacity.

 Note any resemblances recently observed to relatives, especially parents and grandparents, or any similarities in illness at corresponding ages.

131

Photographs

taken between Fifty and Fifty-five Years of Age.

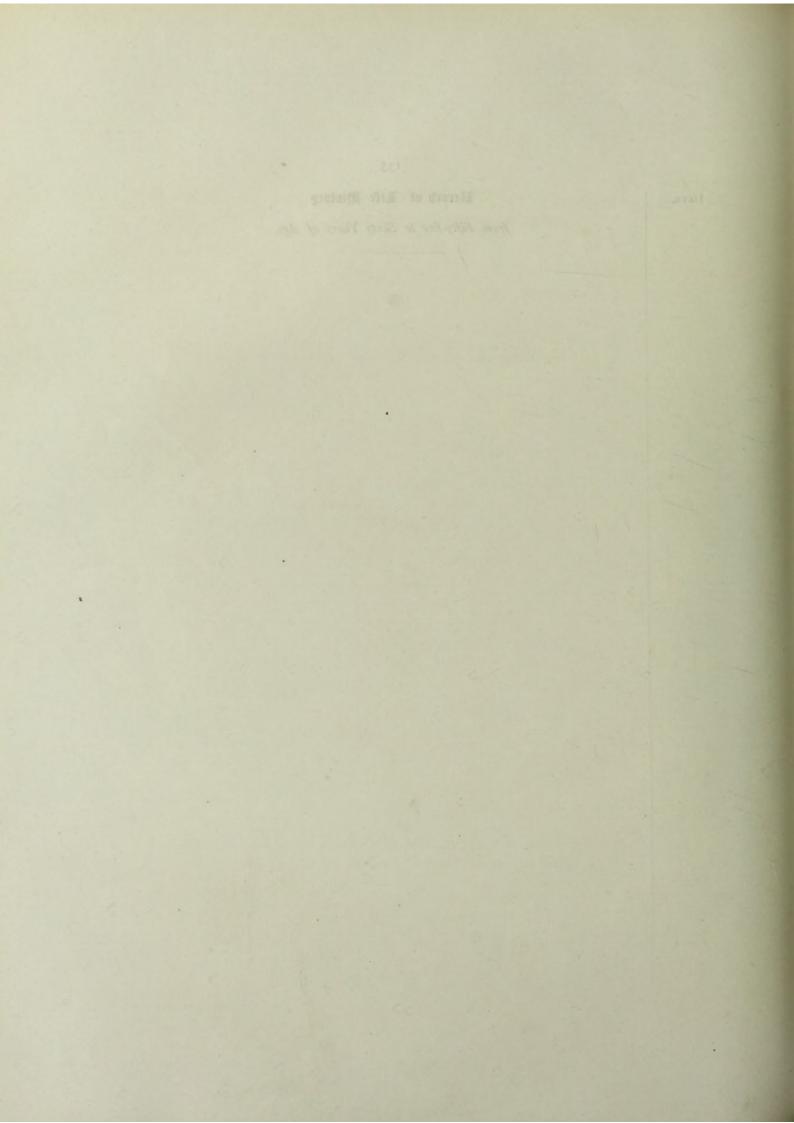


DATE.

133

Record of Life Wistory

from Fifty-five to Sixty Years of Age.

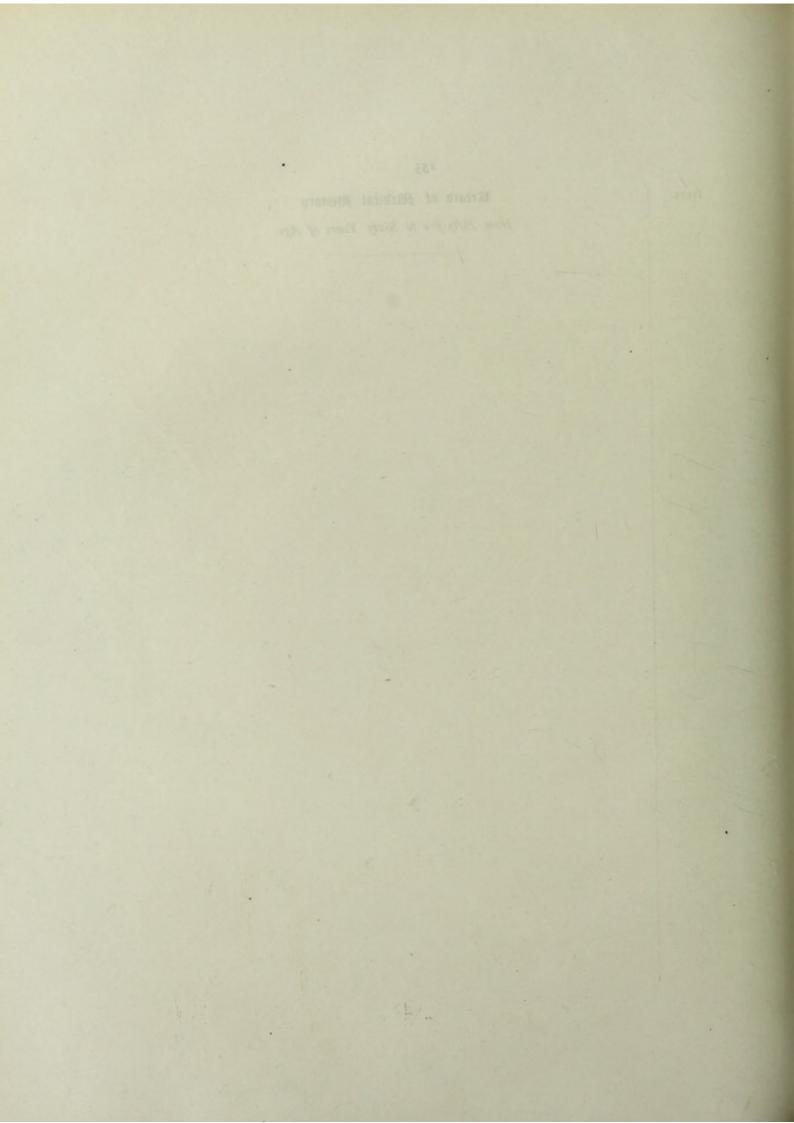


Record of Medical Wistory

135

from Fifty-five to Sixty Years of Age.

DATE.



Anthropometric Observations

made at end of Sixtieth Year.

1.	Colour of eyes				
2.	Colour of hair				
3.	Chest girth round nipples				
4.	Strength of pull				
5.	Acuteness of Vision * :				
	Note the greatest distance at which No. I. is read in inches				
	" ", No. II. is read in feet				
	Colour vision *				
6.	Hearing. Greatest distance in feet and inches at which a watch can be heard.				

	BY Yourself.	BY COMPANIONS ABOUT THE SAME AGE AS YOURSELF, WHO ARE NOT RELATIVES, AND WHO ARE NOT ESPECIALLY DULL OF QUICN OF HEARING.					
Right ear							
Left ear							

7. Any noticeable dulness or acuteness of smell, taste, or touch

8. State of Teeth.

* See Appendix for Tests.

1

9. Mention any recent trial of bodily strength or endurance (long walk, &c.).

10. Mention any recent trial of mental power (hard intellectual work).

11. Note any recently recognised bodily or mental characteristic.

12. Record any marked artistic capacity.

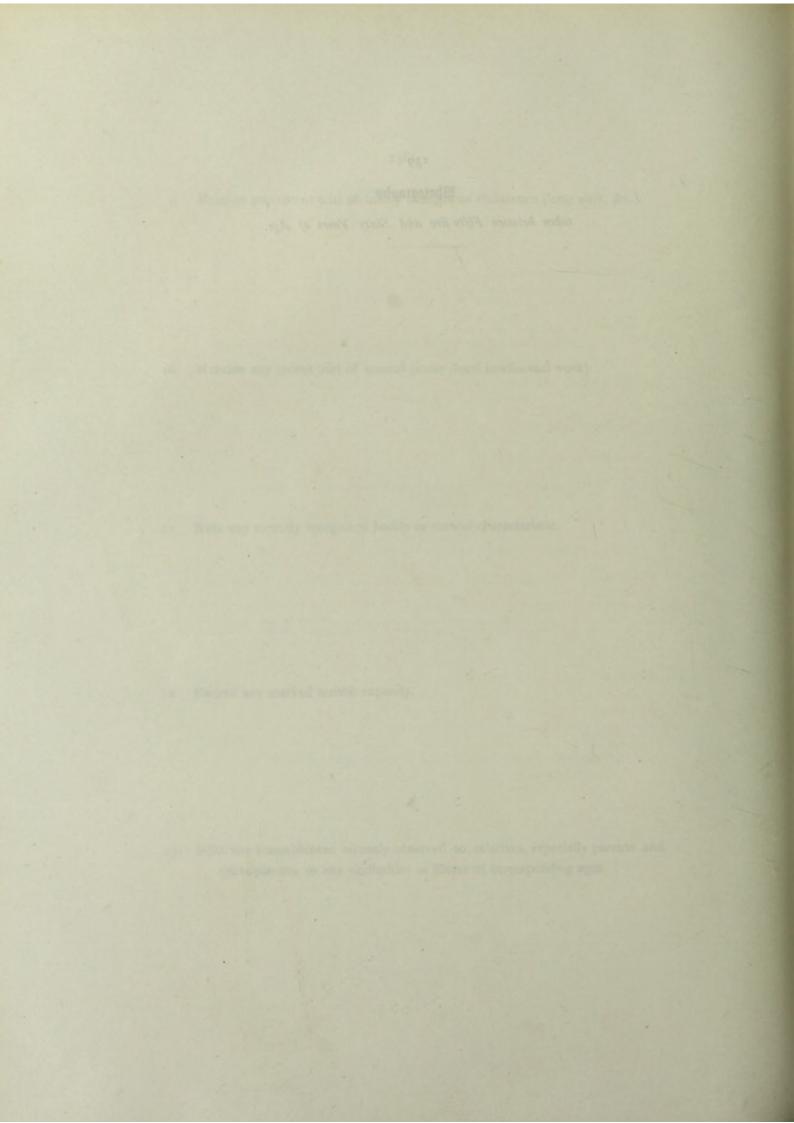
13. Note any resemblances recently observed to relatives, especially parents and grandparents, or any similarities in illness at corresponding ages.

139

Photographs

taken between Fifty-five and Sixty Years of Age.

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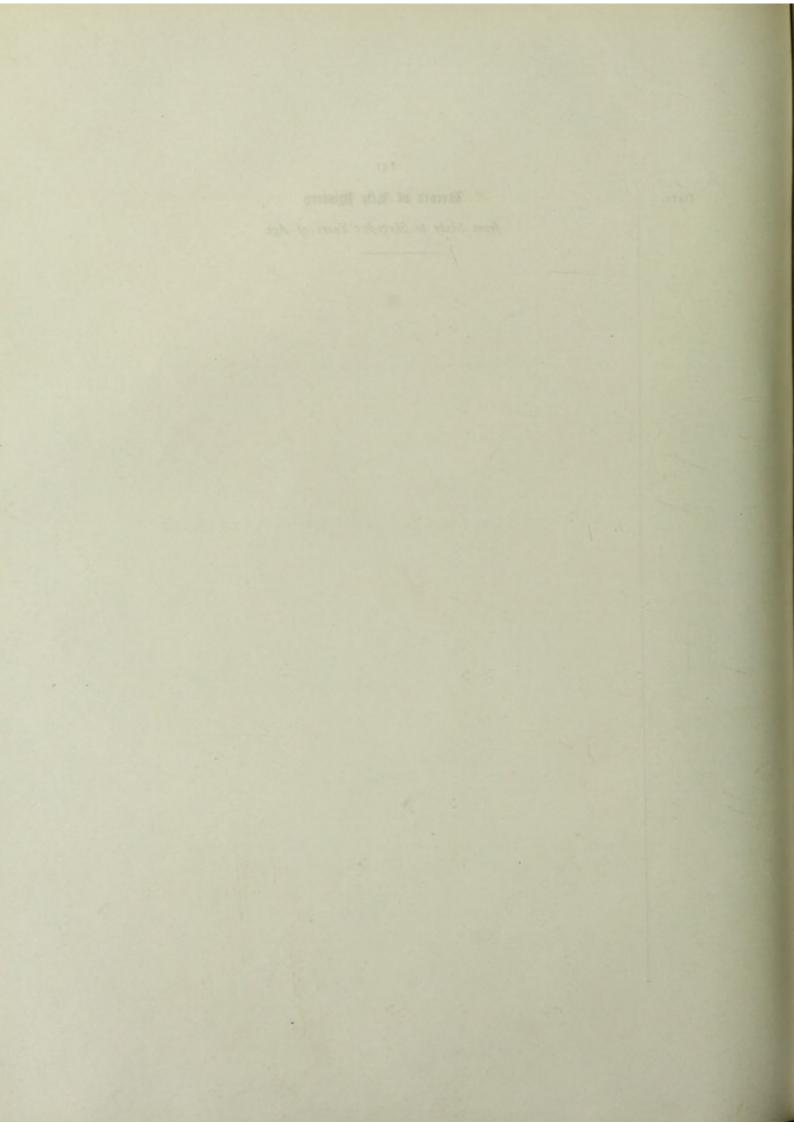


DATE.

Record of Life Wistory

141

from Sixty to Sixty-face Years of Age.



Record of Medical Wistory

from Sixty to Sixty-five Years of Age.

143

DATE.



from Nate to Mathemat Vans of Are.

24.5

Anthropometric Observations

made at end of Sixty-fifth Year.

	C1 (
Ι.	Colour of eyes				
	State whether dark blue, blue; grey, dark grey; brown grey (green, light hazel); brown, dark brown (black).				
2.	Colour of hair				
	State whether fair brown (flaxen). light brown, brown, dark brown : fair red (golden, sandy), red. dark red (chestnut, auburn), jet black.				
3.	Chest girth round nipples				
	(Measured with the arms down after counting ten.)				
4.	Strength of pull				
5.	Acuteness of Vision*:				
	Note the greatest distance at which No. I. is read in inches				
	" " " " " " " " " " " " " " " " " " "				
	Colour vision *				
6.	Hearing. Greatest distance in feet and inches at which a watch can be heard.				

	By Yourself.	BY COMPANIONS ABOUT THE SAME AGE AS YOURSELF, WHO ARE NOT RELA- TIVES, AND WHO ARE NOT ESPECIALLY DULL OR QUICK OF HEARING.					
Right ear							
Left ear							

7. Any noticeable dulness or acuteness of smell, taste, or touch

8. State of teeth.

* See Appendix for Tests.

9. Mention any recent trial of bodily strength or endurance (long walk, &c.).

10. Mention any recent trial of mental power (hard intellectual work).

11. Note any recently recognised bodily or mental characteristic.

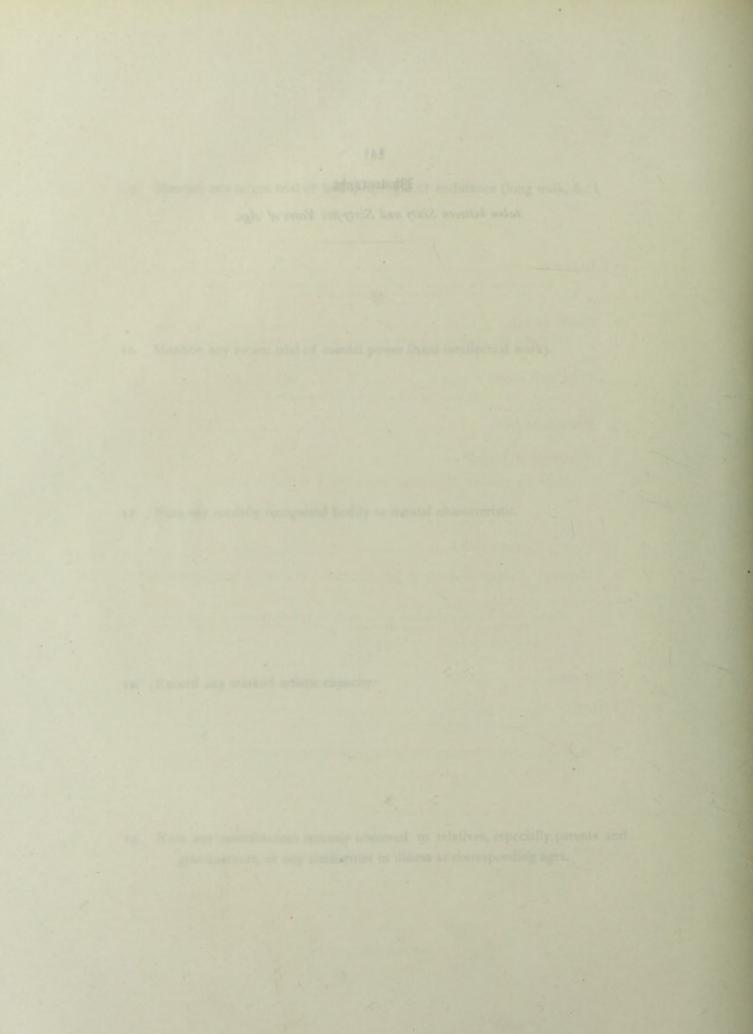
12. Record any marked artistic capacity.

13. Note any resemblances recently observed to relatives, especially parents and grandparents, or any similarities in illness at corresponding ages.

Photographs

taken between Sixty and Sixty-five Years of Age.

147



DATE.

. 149

Record of Life Wistory

from Sixty-five to Seventy Years of Age.

Arcons of Ails Minorski

treen Searsphire to Service Years of Ace.

Record of Medical Wistory

from Sixty-five to Seventy Years of Age. »

151

DATE.

Actrony of Marbinal Bassion

from Surfy fore to Secondy Years of Ace.

Anthropometric Observations

153

made at end of Seventieth Year.

1.	Colour of eyes
	State whether dark blue, blue; grey, dark grey; brown grey (green, light hazel); brown, dark brown (black).
	and with and a second formation
2.	Colour of hair
	State whether fair brown (flaxen), light brown, brown, dark brown; fair red (golden, sandy), red, dark red (chestnut, auburn), jet black.
3.	Chest girth round nipples
2.	(Measured with the arms down after counting ten.)
4.	Strength of pull
_	Acutaman of Minian *
5.	Acuteness of Vision * :
	Note the greatest distance at which No. I. is read in inches
	", ", No. II. is read in feet
	" " " NO. 11. IS read in rect
	Colour vision *

6. Hearing. Greatest distance in feet and inches at which a watch can be heard.

	By Yourself.	By Companions about the same Age as Youeself, who are not Relatives, and who are not Especially Dull or Quick of Hearing.			
Right ear					
Left ear					

7. Any noticeable dulness or acuteness of smell, taste, or touch

8. State of Teeth.

* See Appendix for Tests.

9. Mention any recent trial of bodily strength or endurance (long walk, &c.).

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10. Mention any recent trial of mental power (hard intellectual work).

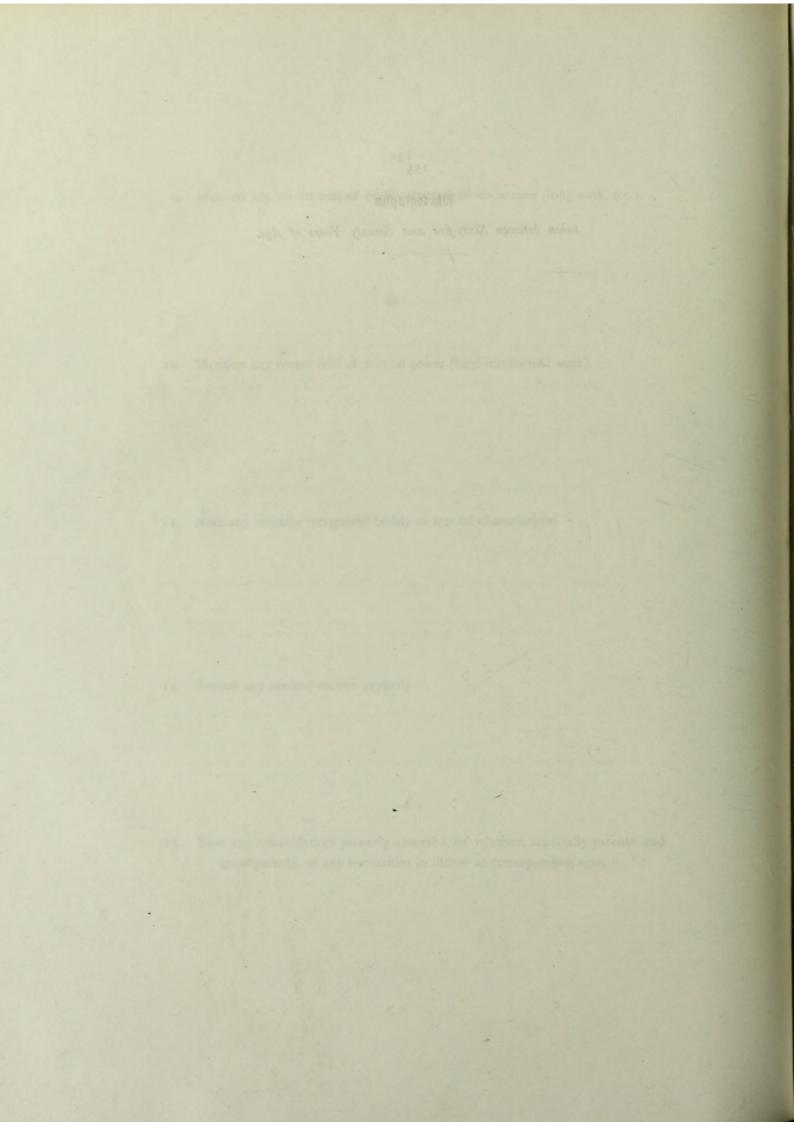
11. Note any recently recognised bodily or mental characteristic.

12. Record any marked artistic capacity.

 Note any resemblances recently observed to relatives, especially parents and grandparents, or any similarities in illness at corresponding ages.

Photographs

taken between Sixty-five and Seventy Years of Age.



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Record of Life Mistory

157

from Seventy to Seventy-five Years of Age.

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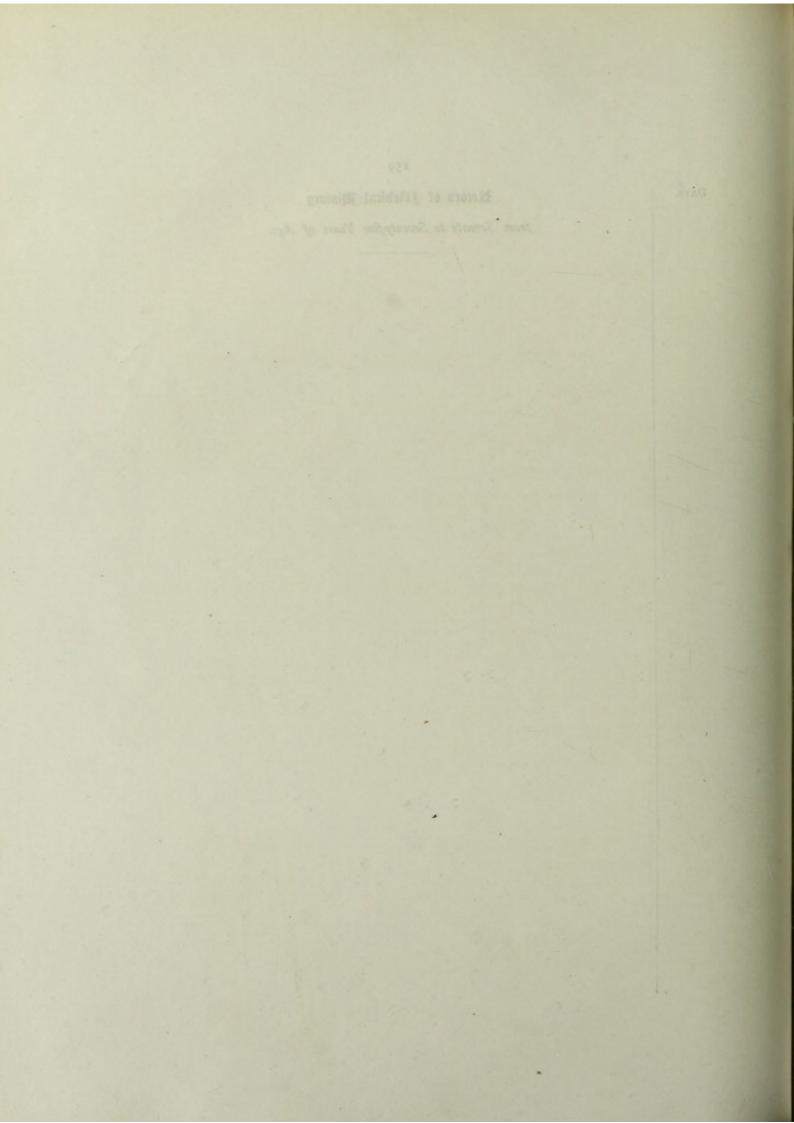
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DATE.

159 Record of Medical Wistory

from Seventy to Seventy-five Years of Age.

Shate of Gorthy



	Anthropometric Observations
	made at end of Seventy-fifth Year.
1.	Colour of eyes
	State whether dark blue, blue; grey, dark grey; brown grey (green, light hazel); brown, dark brown (black).
2.	Colour of hair
	State whether fair brown (flaxen), light brown, brown, dark brown ; fair red (golden, sandy), red, dark red (chestnut, auburn), jet black.
3.	Chest girth round nipples
	(Measured with the arms down after counting ten.)
4.	Strength of pull
5.	Acuteness of Vision * :
	Note the greatest distance at which No. I. is read in inches
	"""", No. II. is read in feet
	Colour vision *
6.	Hearing. Greatest distance in feet and inches at which a watch can be heard.
	H H

161

	BY YOURSELF.	BY COMPANIONS ABOUT THE SAME AGE AS YOURSELF, WHO ARE NOT RELA- TIVES, AND WHO ARE NOT ESPECIALLY DULL OR QUICK OF HEARING.
Right ear		
Left ear		·····

7. Any noticeable dulness or acuteness of smell, taste, or touch

8. State of teeth.

* See Appendix for Tests.

9. Mention any recent trial of bodily strength or endurance (long walk, &c.).

10. Mention any recent trial of mental power (hard intellectual work).

11. Note any recently recognised bodily or mental characteristic.

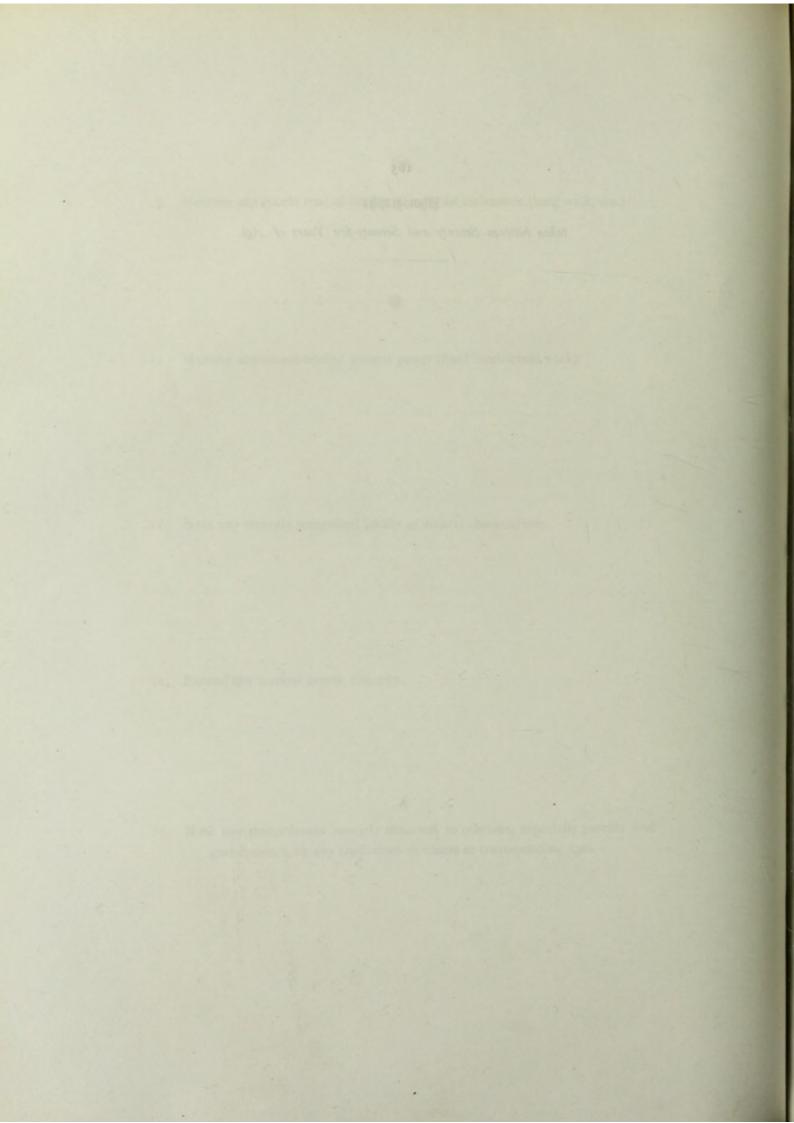
12. Record any marked artistic capacity.

13. Note any resemblances recently observed to relatives, especially parents and grandparents, or any similarities in illness at corresponding ages.

163

Photographs

taken between Seventy and Seventy-five Years of Age.



Records of Wife (or Musband) and Children.

Records of Walife (or Husband) and Children.

Records of Willife (or Musband) and Children.

Records of Wife (or Husband) and Children.

Records of Wife (or Husband) and Children.

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Records of Wilife (or Musband) and Children.

APPENDIX.

TESTS OF VISION.

TEST TYPES FOR ACUTENESS OF VISION. (A) Distant Vision.— Place this open page against a wall, at a distance of at least 15 feet, in good daylight. If you can read the annexed Test Type, No. 1, at this or at a greater distance, your vision is good. If you are unable to read it at 15 feet, then very gradually draw nearer, until you are able to do so, and note the distance in feet in the proper page and place.

LSEOFDTHUC

No. 1.

(B) Near Vision.—The Test Type, No. 2, may be read by a person of average sight, in good daylight and without glasses at a distance of 12 inches. If you are unable to do this, approach your eyes very gradually to the page until you are just able to read it accurately. Note the distance in inches in the appropriate page and place.

The Palace of Holywood Bones stands at the statem extensity of the sity, and at the bottom of the Canasquie. It is a beautiful building, of a puddeagedar form, with an open must, which is shortly four first spans. The more ancient ports of this flat edides, consisting of the sorthmut towar, were re-built by James V about the pure 150, though Holywood sense to have been an orraional regal residence for ages before During the mainwrity of Queen Mary, the Filten of Holywood was burnt, as well as the sity, by the Equilab forces under the East of Hortlad ; som after, it was replaced and colored beyond its present size.

No. 2.

In case you are not able to read it at all, make a note to that effect.

TESTS FOR COLOUR VISION.—Procure a small heap of bits of variously coloured wools, and apply to some friend, who has the credit of being able to match colours well, to test you. As women are very

Appendix.

rarely colour blind, the verdict of two ladies might be relied on. They should be asked to select a sample of distinctly green wool, and to request you to sort out of the rest of the heap, and to lay by the side of the sample, every bit of wool that has any tinge of green in it. The majority of the wools used for the test should be of delicate tints, and varieties of browns, pinks, reds, violets, yellows, greys, and greens. The trial should be made in good daylight, and it should be insisted upon that no clue nor guidance should be given to help you in your choice.

APPARATUS & ADDRESSES.

The Life History Sub-Committee have communicated with the following well-known London firms, to learn the prices at which the instruments, photographs, and measurements described in the Album, would be supplied or made by them.

Exclusion and Altrasuring Machine.—Messrs. De Grave, Short, and Co., 59, St. Martin-le-Grand, E.C. (Scale Makers to H.M. Government), have made a combined weighing and measuring machine, at the request of the Sub-Committee. Price $\pounds 5$ 5s.

They also supply a plain and very strong commercial weighing machine of superior accuracy to the above, but its use involves the handling and lifting of heavy weights. Price, including weights, $\pounds 4 4s$.

Strength of Pull.-The instrument described in the Album is to be used as shown in the wood-cut.

This can also be obtained from Messrs. De Grave and Co. Price 17s. 6d.



Distingraphs.—Arrangements have been made with the well-known photographer, Mr. BARRAUD, 263, Oxford Street, Regent Circus, to take the photographs recommended on page 5 of the book—one full and one profile view of the face, to print them in permanent photography, and to insert them in the *Life History Album* at the price of 5s. for each sitting. The two portraits will be taken successively at the same sitting. In the case of young children, whom it is difficult to pose correctly, one portrait only will be taken. Mr. Barraud will also make copies on the scale described in page 5 of photographs taken at different periods of life; and he will print and mount them as above at the charge of 5s. for each separate photograph.

Sitters are advised to avoid light colours in their dress, especially violets and light blues.

It is requested that appointments with Mr. Barraud may be made, when practicable, at least three days in advance, and it is expected that the sitters will be punctual.

Measurement of Meight and Meight.—The following Surgical Instrument Makers will weigh and measure children and adults at the rate of Sixpence each time:—COXETER AND SON, 23 & 24, Grafton Street East, W.C.; HAWKSLEY, J., 357, Oxford Street, W.; KROHNE AND SESEMANN, 8, Duke Street, Manchester Square, W.; WEISS AND SON, 62, Strand, W.C.; WRIGHT AND CO., 108, New Bond Street, W.

Messrs. BERRY, Wine and Coffee Merchants, 3, St. James's Street, gratuitously register the weights of their customers. Their ledgers were commenced in 1765, and have been continued ever since, and they-contain many thousand entries.

