

2. Personal Health—General Appearance.—Is there anything unfavorable indicating former sickness or cachexia of any kind? Is there any evidence of abuse of stimulants, remembering that intemperance perhaps is the most formidable enemy to safe assurance of lives? Does the applicant look as though he took care of himself, and has he a healthy appearance and power of resistance to disease? Has his occupation or environment had any injurious effect upon his health, or are they likely to do so? Is he erect or stooped, pale or florid? The first impressions of an applicant are often correct. Sometimes, though no definite lesion exist, the Examiner feels that the applicant does not seem to bear the strain of modern life well; the wear and tear is so great that, while many do leave their business cares in the office, many carry them home, their sleep is disturbed as a result, the digestion is also upset, and they do not promise to be long lived.

Height and Weight.—Few people know their own height and fewer still their weight. Both of these are important and should be measured to find their relation one to the other. Generally speaking the estimated height and weight given by an observant Examiner will be accepted, but when the weight approaches the maximum or minimum weight for height, measurements must be verified by scale and tape. If overweight effort should be made to find if this is a family characteristic, and if so whether it is associated with longevity. It is important to know if applicant has recently gained or lost weight, and if there has been a loss it should be carefully investigated, as frequently this is one of the earliest manifestations of tubercular disease.

The following Tables of Heights and Weights for Male and Female lives are in use by this Commission and your attention is directed to them :