

The greater proportion (55 per cent.) of these old people had lived in comfortable circumstances, 35 per cent., had been 'poor,' and 10 per cent., had been 'affluent.' The greater number had been of average stoutness or of spare habit. Eight per cent., are said to have been 'delicate,' whereas 54 per cent., are reported to have been 'robust' throughout life, and 37 per cent., to have been about 'average' in this respect. Ninety per cent., had always enjoyed good health. In the category of 'good health' are comprised good digestion, which is reported with regard to 92 per cent., good appetite, which is noted in 88 per cent., and good, regular action of the bowels, which had taken place, and in most instances daily, in 85 per cent., costiveness being noted as habitual or frequent in only 10 per cent.

With regard to diet we find that the smallest proportion (15 per cent.) had been habitually 'large' eaters, 20 per cent. had been 'small' eaters, and the largest proportion (61 per cent.) had been 'average' in this respect. Five per cent. only had been in the habit of taking 'much' animal food—that is, more than a pound of meat daily; 38 per cent. took 'little'—that is, less than half a pound; and 53 per cent. had been accustomed to partake of it 'moderately'—that is, from half a pound to a pound in the day. Fifteen per cent. had taken no alcoholic drink at all throughout the whole or great part of their lives, 40 per cent. had been in the habit of taking a 'little'—that is, less than a pint of beer or two glasses of wine; 33 per cent. had been accustomed to take it in 'moderation'—that is, one or two pints of beer daily; and less than 9 per cent. had taken more than this. The last number is composed chiefly of men who lived to between 80 and 90; with respect to the men between these ages, of whom there were 298 returns under this head, it is to be observed that 15 per cent. appear to have drunk rather freely—2 or more pints of beer daily—and 10 or 12 had drunk rather heavily for a portion or throughout the greater part of their lives. These exceptional cases scarcely detract from the value of the important confirmation which our tables afford of that which good sense suggests and which ordinary observation tells—namely, that abstinence from, or a spare or moderate partaking of alcoholic drinks, as well as spare or