

# Contents

<i>List of figures</i>	<i>page</i> xviii
<i>List of tables</i>	xxi
<i>Acknowledgements</i>	xxv
1 Our changing bodies: 300 years of technophysio evolution	1
1.1 A schema: technophysio evolution	3
1.2 The “standard of living” and “nutritional status”	6
1.3 Understanding technophysio evolution	15
2 Investigating the interaction of biological, demographic, and economic variables from fragmentary data	41
2.1 Food consumption (diet) and energy cost accounting	41
2.2 Size distribution of calories	49
2.3 Waaler curves and surfaces	57
2.4 Scenarios of the possible distribution of the calories available for work in Britain	72
Appendix A A theoretical model of the interaction of biological, demographic, and economic variables	77
Appendix B Lognormal distribution	85
3 The analysis of long-term trends in nutritional status, mortality, and economic growth	89
3.1 Estimating the income distribution of households and identifying the location of the ultrapoor and the average income of households in England for 1759 and 1801	89
3.2 Problems in estimating the income elasticity of demand for food from cross-sectional data rather than longitudinal data	97
3.3 Assessing the productivity of food production in France, 1705 and 1785	105
3.4 The nature of European famines	116
	xv

3.5	How variations in body size brought the population and the food supply into balance and affected the level of mortality	119
3.6	Contribution of improved nutrition and health to the growth of labor productivity	125
3.7	Some implications for the theory and measurement of economic growth	128
Appendix C	Estimating the effect of changes in stature and weight on the discounted present value of the difference between earnings and maintenance over the life cycle	131
4	Technophysio evolution and human health in England and Wales since 1700	134
4.1	Height, weight, and body mass	134
4.2	Mortality	145
4.3	Wages, nutrition, and the standard of living	151
4.4	Diet, nutrition, and work intensity	164
4.5	The contribution of other factors to the decline of mortality	170
4.6	Morbidity	180
4.7	Cohort factors and mortality change	186
Appendix D		195
5	Height, health, and mortality in continental Europe, 1700–2100	226
5.1	The anthropometric history of continental Europe	226
5.2	The decline of mortality in continental Europe	242
5.3	Economic and social change in continental Europe since 1700	258
5.4	Health and economic development	278
5.5	Future prospects	284
Appendix E		290
6	The American experience of technophysio evolution	296
6.1	Elimination of chronic malnutrition	300
6.2	Changing bodies and the escape from premature death, sickness, and poverty	330
6.3	Recent trends and future prospects	350
Appendix F		362

<i>Contents</i>	xvii
7 Conclusion	364
7.1 What has been achieved and is now in prospect?	365
7.2 Will these improvements continue?	368
7.3 What is still to be achieved?	370
7.4 Possible constraints	372
7.5 Conclusion	374
<i>References</i>	376
<i>Index</i>	423