

# 18 世紀中國常民的身高分佈、營養、與福利

## ——初步分析報告

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### 摘 要

此研究分析清朝乾隆時期不同區域、不同時代中國常民的身高。資料來源為清代「內閣刑科題本婚姻姦情類」登載命案死亡者的個人基本資料（年齡、性別、死亡地等）與身高資料。藉由上述資料分析 18 世紀中國人的身高變化，並推斷地區差異以及年代差異的成因。清朝刑科題本記載了清朝刑案死亡者與兇手資訊，尤其是清朝初年的時期的刑科題本所記載的死亡者身高資料，是亞洲區域最早的身高紀錄。記錄年代僅乾隆朝期間縱橫 60 年，可進行跨世代分析。案件並橫跨廣大的各省區域，可進行區域差異分析。經由記錄並分析 1,800 多例常民基本資料與身高資料後，結果顯示，18 世紀中國常民百年來的身高呈現來回震盪，即使許多區域有少許幅度的增加，北方男子的身高卻逐漸遞減，下降幅度超過 10 公分，推測是 18 世紀中國的營養與福利並沒有整體的提升，甚至中國北方因為飢荒造成身高下降的現象。

關鍵字：身高、刑科題本、清中國、經濟史

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# Body Height, Nutrition, and Well-being in the 18th Century China: Preliminary Results

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## Abstract

The current research studies the height of Chinese people in different areas during different intervals during the Qing Qianlong period. The main source of this database is the “Xingke Tiben”--the civic crime record of the Qing period, which recorded the height and other body indices of victims. Xingke Tiben is known as the earliest archive on height information in Asia. During the Qianlong period, Xingke Tiben recorded thousands of cases over 60 years, which can be used to analyze the longitudinal changes in height of the population. These cases were spread over every province, which can likewise be used to analyze regional differences in height. By analyzing over 1,800 cases, the results show minor longitudinal changes among most provinces, which indicate few economic developments in 18<sup>th</sup> century China. However, the more than 10 cm drop in height among the northern Chinese population suggests that the dry weather and famine affected the nutrition and welfare of the population in northern China in the 18<sup>th</sup> century.

**Keywords: height, Xingke tiben, Qing, China, economic history**

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