**Supplementary material**

Table A.1. Year of first observation and last observation in demographic data (parish archives, death data and surveys) and conscription (at 21 years) by village

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Conscriptions (year of recruitment) | | Family reconstitution | |
|  | First obs. | Last Obs. | First obs. | Last Obs. |
| Alfamén | 1929 | 1985 | 1716 | 2019 |
| Botorrita | 1928 | 1977 | 1642 | 2019 |
| Codos | 1921 | 1982 | 1859 | 2016 |
| Cosuenda | 1918 | 1983 | 1551 | 2016 |
| Jaulín | 1940 | 1986 | 1560 | 2019 |
| Longares | 1849 | 1985 | 1473 | 2019 |
| Mezalocha and Aylés | 1919 | 1975 | 1557 | 2019 |
| Mozota | 1856 | 1965 | 1608 | 2019 |
| Muel | 1940 | 1972 | 1610 | 2019 |
| Torrecilla de Valmadrid | 1921 | 1942 | 1586 | 2017 |
| Tosos | 1935 | 1984 | 1547 | 2019 |
| Valmadrid | 1938 | 1948 | 1852 | 2017 |
| Villanueva de Huerva | 1930 | 1999 | 1573 | 2019 |
| Historical Military Archive of Guadalajara (all villages) | 1880 | 1940 | - | - |

Source: Parish archives

Table A.2. Characteristics of the sample in relation to the average height, birth cohorts 1835–1959, 1293 observations

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **Variables** | **Cases** | **Percent** | **Average height** | **Standard deviation** | |
|  |  |  |  |  |  | |
| Occupation | Low-skilled employee | 532 | 41.14 | 165.93 | 5.82 |
| Farmer | 676 | 52.28 | 166.66 | 5.53 |
| Artisan | 54 | 4.18 | 166.98 | 5.85 |
| Upper class | 31 | 2.40 | 167.12 | 6.38 |
|  |  |  |  |  |  |
| Literacy | No | 57 | 4.41 | 164.39 | 6.44 |
|  | Yes | 1,236 | 95.59 | 166.47 | 1.62 |
|  |  |  |  |  |  |
| Birth Decade | 1880 | 67 | 5.18 | 162.99 | 5.19 |
| 1890 | 115 | 8.89 | 164.46 | 5.32 |
| 1900 | 129 | 9.98 | 164.82 | 5.83 |
| 1910 | 107 | 8.28 | 166.92 | 5.29 |
| 1920 | 272 | 21.04 | 166.09 | 5.27 |
| 1930 | 298 | 23.05 | 167.25 | 5.21 |
| 1940 | 274 | 21.19 | 167.84 | 6.17 |
| 1950 | 31 | 2.4 | 167.05 | 6.20 |
|  |  |  |  |  |  |
| Locality of residence | Alfamén | 156 | 12.06 | 167.53 | 4.49 |
| Aylés | 2 | 0.15 | 156.15 | 2.62 |
| Botorrita | 46 | 3.56 | 167.79 | 6.45 |
| Codos | 121 | 9.36 | 163.11 | 5.90 |
| Cosuenda | 102 | 7.89 | 167.94 | 5.36 |
| Jaulín | 45 | 3.48 | 168.36 | 5.29 |
| Longares | 436 | 33.72 | 165.30 | 5.71 |
| Mezalocha | 57 | 4.41 | 167.74 | 4.83 |
| Mozota | 84 | 6.5 | 166.62 | 5.60 |
| Muel | 87 | 6.73 | 168.50 | 5.67 | |
| Torrecilla de Valmadrid | 2 | 0.15 | 168.11 | 9.74 | |
| Tosos | 47 | 3.63 | 167.67 | 4.80 | |
| Valmadrid | 3 | 0.24 | 170.79 | 7.94 | |
| Villanueva de Huerva | 105 | 8.12 | 166.77 | 5.48 | |
|  |  |  |  |  |  | |
| Physical appeals for exemption | No appeal | 1,193 | 92.27 | 166.37 | 1.62 | |
| Physical appeals | 78 | 6.03 | 165.59 | 8.16 | |
|  | Social Appeals | 22 | 1.70 | 166.49 | 10.22 | |
|  |  |  |  |  |  | |
| Age of the mother at birth | <25 years | 553 | 17.90 | 166.57 | 3.69 | |
| 25-30 years | 1,215 | 39.33 | 166.24 | 2.53 | |
| 30-35 years | 671 | 21.72 | 166.68 | 3.32 | |
| 35-40 years | 437 | 14.15 | 166.18 | 4.56 | |
| > 40 years | 213 | 6.90 | 165.89 | 5.18 | |

Source: author’s elaboration based on the database described in section three.

Table A.3. Mean age of women at last child in the study area, standard deviation and estimated threshold (mean age minus three times the standard deviation)

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | 1870s | 1880s | 1890s | 1900s | 1910s | 1920s | 1930s |
| Mean Age | 38.3 | 38.2 | 36.0 | 34.0 | 33.6 | 32.9 | 32.8 |
| Standard deviation | 0.39 | 0.41 | 0.41 | 0.33 | 0.37 | 0.39 | 0.60 |
| Estimated threshold | 37.2 | 37.0 | 34.8 | 33.0 | 32.5 | 31.7 | 31.0 |

Source: Parish archives