Illustrations

Figures		
2.1	Main reasons for going out	48
2.2	Comparison of life habit scales between the female health research volunteers and the female control cohort	50
2.3	Comparison of life habit scales between the male health research volunteers and the male control cohort	50
2.4	Comparison of principal life habit factors between the female health research volunteers and the female control cohort	51
2.5	Comparison of principal life habit factors between the male health research volunteers and the male control cohort	51
2.6	Comparison of intake of food items between the health research volunteers and the control cohort	53
5.1	Still Photograph from the film Lily Festival	110
Tables		
1.1	Participants at Time 1	20
1.2	Summary of findings among Old-timers, Main-stayers, and Newcomers	24
1.3	Selection, optimization, and compensation among the three groups	31

x Illustrations

2.1	Demographic findings and gender differences in the cohort of health research volunteers	47
2.2	Diversity of individual interests in the cohort of health research volunteers	47
2.3	Comparisons of the self-efficacy scale between the health research volunteers and the control cohort	52
3.1	Relationship of family caregiver to care recipient	67
3.2	Interviewed caregiver characteristics	68
6.1	Elements of speaking identified by the biomedical and	
	sociocultural formulations	149