CREATE TABLE profiles(profilesID int, name varchar(255), tel varchar(255), age int, birthday date);

INSERT INTO profiles(profilesID, name, tel, age, birthday) VALUES(1, '田中実','012-345-6789',30,'1994-02-01');

INSERT INTO profiles VALUES(2,'鈴木 茂','090-1122-3344',37,'1987-08-12');

INSERT INTO profiles VALUES(3,'鈴木 実','080-5566-7788',24,'2000-12-24');

INSERT INTO profiles VALUES(4,'佐藤 清','012-0987-6543',19,'2005-08-01');

[mysql> SELECT * FROM profiles;

profilesID	+ name +	+ tel	age	birthday
1	田中 実	012-345-6789	30	1994-02-01
2		090-1122-3344	37	1987-08-12
3		080-5566-7788	24	2000-12-24
4		012-0987-6543	19	2005-08-01
5		090-9900-1234	24	2000-12-24

5 rows in set (0.02 sec)

INSERT INTO profiles VALUES(5,'高橋 清','090-9900-1234',24,'2000-12-24');