



# HOW THE POOR LIVE

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## HOW THE POOR LIVE.

There are probably no cities in the United Kingdom in which so large a proportion of the population belong to the poorest classes as is the case in Dublin. Of this great poverty of a large proportion of the population there are many proofs.

In 1903, 39.7 per cent. of the deaths—not merely in the City, but in the whole Metropolis—took place in the workhouses, hospitals, lunatic asylums, and prisons. Out of a total of 9,047 deaths in that year, 1,618 occurred in the workhouses. In the 76 largest towns of England and Wales, 22.7 per cent. of the deaths took place in similar institutions.

In the City of Dublin, by the Census of 1901, there were 59,263 families or occupiers of distinct dwellings. Of these, 21,702, or 36.6 per cent., occupied each a single room. In Belfast, which has a larger population than Dublin (City), only 697 families or occupiers were located in single rooms.

Lancashire contains 4,405,409 persons, embracing 913,581 families, of whom 14,727 occupy each a single room.

Glasgow, which has a large poor population, has 24 per cent. of its families in one room tenements.

Edinburgh has 14.2 per cent. of its families in one room dwellings.

In the administrative County of London there is a population of 4,536,541. The rents are high in that City, even in its poorest quarters, yet only 14.7 per cent. of its families (including single persons occupying a room) are one room tenants. A large proportion of these tenants are single persons ("occupiers"). The population of Dublin in 1901 was 290,638. Of these, 63,853 occupied single room tenements.

In Dublin nearly two-fifths of the families occupy single rooms. Surely that is a proof of the poverty of a large proportion of the population.



In most cities the purlieus are in a limited number of districts, but in Dublin they are to be met with everywhere. The lanes at the rere of such fashionable squares and streets as Merrion-square, Fitzwilliam-square, Stephen's-green, Upper Mount-street, and where once there were only mews, are now occupied to a large extent by the poorest classes. In the early part of the last century nearly everyone who occupied a large house kept a carriage or other vehicle. Hence, nearly all the houses in Dublin had stables and coach-houses attached to them. A large proportion of these places have now become converted into dwellings, or are occupied by cabmen, small dealers, &c.

The people who live in single rooms are placed under very insanitary conditions. Dr. Russell, Medical Officer of Health for Glasgow, many years ago showed that the death-rate of persons living in one or two room tenements was 27.74 per 1,000, and their zymotic death-rate 4.78 per 1,000. In the case of persons residing in three or four room tenements the general death-rate was 19.45, and the zymotic death-rate 2.46. In the tenants of five or more rooms the death-rate was only 11.23, and the zymotic death-rate 1.14 per 1,000.

It is the large proportion of the one and two room tenements in Dublin which react so injuriously on the general death-rate of the whole population.

The death-rate of children under one year old is in Dublin about the same as the average rate for the 76 largest towns in England and Wales. The rate is much below that of many English towns, but, on the other hand, it is above that of London and other cities. It is the high mortality of the children of the poor which greatly raises the general rate. The families of the "independent, professional, and middle classes" numbered in 1901, 104,624 individuals. In 1903, 273 children under five years old died. The ratio of deaths to the above population was 2.5 per 1,000. The "hawkers, porters, labourers, &c.," classes numbered 95,885 persons. Of these classes 1,462 children under five years old died in 1903. The ratio of deaths to the population of these classes was 14.2 per 1,000.

The poverty of a large proportion of the population of Dublin



is shown by the large number of persons who are obliged to resort to the pawnbroker—"the banker of the poor." No inconsiderable number of the poor get out of their beds, or substitutes for them, without knowing when they are to get their breakfast, for the simple reason that they have neither money nor credit. They must starve if they have got nothing which would be taken in pawn. But articles of very small value will be accepted by the pawnbroker, and some item or items of a slender wardrobe are exchanged for the price of one or more meals—so small a sum as sixpence may be obtained in this way. In general the sums advanced do not exceed 2s. When work is procured the articles are, as a rule, released from pawn.

The pawning of clothes and other articles is not peculiar to the very poor; it extends to many persons belonging to the artisans' and better classes. On Monday, or perhaps Tuesday, no money is left, and the best clothes are consigned to the pawnbroker. On the following Saturday, on the receipt of the weekly wages, the clothes are redeemed. Every Saturday night the pawnbrokers' offices are crowded with persons, chiefly women, getting back the articles that had been pawned earlier in the same week.

Those who pawn their goods in hard times may never be able to redeem them, and in due time they are sold.

The number of articles pawned in Dublin is very large. From inquiries which I made some years ago I ascertained that in a single year 2,866,084 tickets were issued in the City of Dublin, and the loans to which they referred amounted to £547,453, or at the rate of £2 4s. per head of the population in the City in that year. By far the larger proportion of the borrowers belonged to the working classes.

Although it might appear that the pawnbrokers' business is a highly remunerative one, yet a millionaire among them is a *rara avis*. The unclaimed articles are sold by auction, and if any article realises a sum in excess of the amount of the loan and interest, it is paid to the person who pawned it. On the other hand, it very often happens that the article is sold for a much smaller sum than that lent upon it. In one instance a pawnbroker lost £200 in one year in this way. There are many



heavy expenses and losses connected with the pawnbrokers' business, and they also pay a special tax.

It has been suggested that the Continental *Mont de Piete*, a benevolent institution which provides loans for the poor, might be a good substitute for the present system. It was tried in Ireland about fifty years ago, but proved a great failure; and some authorities maintain that the *Mont de Piete* is not more advantageous to the poor. It certainly does not give them as liberal advances on the security offered. The smallest sum advanced is three francs (2s. 6d.), whilst in Dublin the poor seldom offer articles worth more than from 6d. to 2s.

The business of the pawnbroker is one of great antiquity, as may be seen in the story of Judah and Tamar in Genesis xxxviii. 18.

It is a fact that some families pawn their clothes regularly every week, thus living a few days in advance of their income. The ordinary money-lender may charge any amount of interest on his loans—60 per cent. is not uncommon; but the interest charged by the pawnbroker is limited by law to 5d. per £ per month for sums under £10. A month's interest may be charged though the article may be redeemed within a shorter period.

The general state of things is the following:—The artisan or labourer is out of employment, perhaps for a week or a few weeks. How is he and his family to live until he regains employment? He may not be able to get credit with the food purveyors, and if he does he will, as a rule, be charged more on credit than he would for ready money. To persons so situated the pawnbroker is often the only "friend in need," failing whose assistance the resource might be the workhouse.

#### EARNINGS OF THE POOR.

Many thousands of families have weekly incomes not exceeding 15s. In many instances the income is as low as 10s. and even less. Here is an example:—A family, man and wife, resides in Dame-court. His occupation is that of a tailor, but he can only earn 10s. a week. His rent is 2s. 6d., which leaves 7s. 6d.



for food, fuel, light, clothes, bedding, &c. Their breakfast consists of dry bread and tea. They have only another meal, dinner and supper combined: it consists of dry bread and tea and herrings, occasionally porridge. It may appear strange that a tradesman could only earn 10s. per week; but such is often the case owing to irregular employment and the poor payment for the making of the cheaper kind of clothes. Shoemakers frequently can only make from 15s. to 20s. a week, owing to the reduced price for hand-made shoes. The use of machinery in the manufacture of boots and shoes has greatly lessened the earning of the shoemakers who work in their own dwellings. There are 4,854 persons engaged in the boot and shoe and tailoring business; 2,087 of them are females, and the vast majority are working tailors and shoemakers. The great majority are living in very inferior dwellings, and they have a very poor diet. On the whole, they are no better off than the labourers and vanmen.

The highest rate of wages for labourers is 20s. per week; a large proportion are paid from 15s. to 18s. a week. Even when they are sober and with small families they cannot enjoy much comfort on the higher rate of wages. When the labourer is of the inferior order, has precarious employment, earns at the most 15s. per week, and has a large family, it is easy to imagine his deplorable condition.

## INDUSTRIAL OCCUPATIONS OF THE PEOPLE.

Dublin is not much of a manufacturing city. Its importance is due to being the centre of the Local Government of Ireland, the seat of the Superior Courts of Law, the head-quarters of the Medical Profession, and the Banking and Insurance business, the seat of two Universities, and its large business as a port. There is comparatively less work for females in it than is the case of English towns. In 1901 there were 92,956 women, twenty years of age and upwards in the City of Dublin. Of these 56,827 were not following any remunerative occupation. On the other hand, there were 82,756 males, twenty years old and upwards, of whom 6,938 had no occupation. The large pro-



portion of unemployed women is attended with one satisfactory result—namely, that infants are generally suckled by their mothers, instead of being bottle-fed, as is so generally the case in the English, Scotch and Welsh manufacturing towns. In 1903 the deaths of infants under one year of age in Dublin was 153 per 1,000 registered births; in Manchester the death-rate was 169; in Birmingham, 159; in Stockport, 185; in Burnley, 217; in Hanley, 173; in Leicester, 160; in Bootle, 115; in Aston Manor, 161; in Grimsby, 167; in Wigan, 180; in Bury, 165; and in Salford, 167.

The disadvantage of want of employment for women is the smaller average earnings of families, with consequent lower standard of diet, lodging and clothing.

#### THE DWELLINGS OF THE POOR.

Although a large number of dwellings for the working classes have within the last thirty years been erected by the Corporation, the Dublin Artisans' Dwellings Company, the City and Suburban Artisans' Dwellings Company, the Housing of the Poor Company, the Industrial Tenement Company, and by railway companies and private firms and persons (notably Lord Iveagh's and the "Guinness Trust" Dwellings), the great majority of the lower classes are still unprovided with proper dwellings. The greater proportion of the tenement houses were originally built for the accommodation of one family, and many of them are now occupied by from six to twelve families. The slow growth of the population of Dublin is chiefly the cause of the large number of families per house. The migration of a large proportion of the well-to-do residents from the City to the Suburbs left a large number of houses vacant, which, failing to be let to a corresponding class, became ultimately converted into tenement houses. If, as in nearly all large towns in England, the industrial population had steadily increased, the vacated houses of the middle and upper classes would be quite insufficient to provide dwellings for the working classes. New houses would have to be built for them. In 1831 the population of Dublin was 203,650; that of Belfast was 60,813.



In 1903 the registered tenement houses numbered 6,195, and in them more than a third of the population of Dublin resided. About one-third of these houses had at one time or another been de-tenanted and closed as unfit for human occupation, but had been repaired and re-opened. About 1,000 similar houses which had been closed are now in ruins or have completely vanished, leaving only their sites. All through the City these ruins and vacant sites can be seen. At the present moment there are at least 20,000 persons whose dwellings urgently require to be radically improved.

Some years ago I ascertained certain statistics in reference to a large number of tenement houses in various streets. I give here the results relating to one street:—



A STATEMENT SHOWING THE RENT, VALUATION, &C., OF TENEMENT  
HOUSES IN CHURCH-STREET.

No.	HOUSE	Number of Rooms in House	Number of Families in House	Average Number of Rooms per Family	Total Weekly Rent			Average Rent per Family per Week			Total Yearly Rent			Valuation		
					£	s.	d.	£	s.	d.	£	s.	d.	£	s.	d.
"	25	9	7	1.12	0	17	11	0	2	6.71	46	11	8	22	0	0
"	26	10	8	1.25	1	7	0	0	3	4.5	70	4	0	26	0	0
"	27	6	5	1.2	0	9	10	0	1	11.6	25	11	4	18	0	0
"	30	7	4	1.75	0	14	0	0	3	6	36	8	0	10	0	0
"	31	8	5	1.6	0	14	4	0	2	10.4	37	5	4	8	0	0
"	32	8	7	1.14	0	19	5	0	2	9.28	50	9	8	11	0	0
"	34	7	5	1.4	0	10	0	0	2	0	26	0	0	15	0	0
"	35	6	3	2	0	18	0	0	6	0	46	16	0	12	0	0
"	36	6	5	1.2	0	18	6	0	3	8.4	48	2	0	12	0	0
"	37	4	3	1.33	0	10	0	0	3	4	26	0	0	8	0	0
"	38	5	2	2.5	0	5	6	0	2	9	14	6	0	21	0	0
"	40	6	5	1.2	0	12	0	0	2	4.8	31	4	0	15	0	0
"	41	7	5	1.4	0	12	0	0	2	4.8	31	4	0	15	0	0
"	49	4	4	1	0	7	3	0	1	9.75	18	17	0	11	0	0
"	50	8	7	1.14	1	0	6	0	2	11.14	53	6	0	11	0	0
"	52	8	7	1.14	0	15	5	0	2	2.42	40	1	8	11	0	0
"	54	6	4	1.5	0	15	6	0	3	10.25	40	6	0	9	0	0
"	55	6	3	2	—	—	—	—	—	—	—	—	—	9	0	0
"	56	14	13	1.07	1	4	6	0	1	10.61	63	14	0	11	0	0
"	57	6	5	1.2	0	11	2	0	2	2.8	29	0	8	7	0	0
"	59	6	5	1.2	0	11	9	0	2	4.2	30	11	0	10	0	0
"	60	6	4	1.5	0	13	11	0	3	5.75	36	3	8	9	0	0
"	63	10	8	1.25	1	0	4	0	2	6.5	52	17	4	13	0	0
"	64	6	5	1.2	0	9	6	0	1	10.8	24	14	0	13	0	0
"	65	8	5	1.6	0	10	2	0	2	0.4	26	8	8	11	0	0
"	66	8	7	1.14	0	14	8	0	2	1.14	38	2	8	12	0	0
"	67	8	6	1.33	0	19	10	0	3	3.66	51	11	4	16	0	0
"	69	8	4	2	0	7	0	0	1	9	18	4	0	10	0	0
"	71	—	3	2	0	10	10	0	3	7.33	28	3	4	13	0	0
"	72	6	5	1.2	0	17	0	0	3	4.8	44	4	0	10	0	0
"	73	6	5	1.2	0	15	0	0	3	0	39	0	0	14	0	0
"	85	6	4	1.5	0	9	11	0	2	5.75	25	15	0	7	10	0
"	86	6	4	1.5	0	7	6	0	1	10.5	19	10	0	5	10	0
"	87	8	3	2.66	0	5	6	0	1	10	14	6	0	9	0	0
"	88	6	6	1	0	11	8	0	1	11.33	30	6	8	8	0	0
"	89	6	4	1.5	0	11	0	0	2	9	28	12	0	8	0	0
"	90	6	5	1.2	0	14	6	0	2	10.8	37	14	0	8	0	0
"	91	6	5	1.2	0	14	6	0	2	10.8	37	14	0	8	0	0
"	92	6	5	1.2	0	7	4	0	1	5.6	19	1	4	—	—	—
"	95	9	5	1.8	1	0	2	0	4	0.4	52	8	8	18	0	0
"	96	6	4	1.5	0	11	2	0	2	9.5	29	0	8	9	0	0
"	97	6	5	1.2	0	6	0	0	1	2.4	15	12	0	8	0	0
"	98	6	3	2	0	12	6	0	4	2	32	10	0	8	0	0
"	99	6	4	1.5	0	10	8	0	2	8	27	14	8	10	0	0
"	101	4	4	1	0	9	6	0	2	4.5	24	14	0	7	0	0
"	109 & 109A	8	6	1.33	0	14	0	0	2	4	36	8	0	19	0	0
"	110	10	6	1.66	1	0	9	0	3	5.5	53	19	0	10	0	0
"	115	4	2	2	0	8	6	0	4	3	11	1	0	5	0	0
"	116	6	5	1.2	0	14	0	0	2	9.6	36	8	0	12	0	0
"	117	6	5	1.2	0	12	0	0	2	4.8	31	4	0	9	10	0
"	118	6	5	1.2	0	14	10	0	2	10.8	38	11	4	8	0	0
"	127	6	4	1.5	0	8	6	0	2	1.5	22	2	0	9	0	0
"	128	6	4	1.5	0	8	8	0	2	2	22	10	8	8	0	0



A Statement showing the Rent, Valuation, &c., of Tenement Houses in  
Church-street—*continued.*

HOUSE			Number of Rooms in House	Number of Families in House	Average Number of Rooms per Family	Total Weekly Rent	Average Rent per Family per Week	Total Yearly Rent	Valuation
						£ s. d.	£ s. d.	£ s. d.	£ s. d.
No.	130.	..	5	3	1.66	0 6 9	0 2 3	17 11 0	9 0 0
"	131	..	12	7	1.71	0 17 8	0 2 6.28	45 18 8	11 0 0
"	132	..	9	7	1.28	0 14 10	0 2 1.42	38 11 4	11 0 0
"	133	..	8	5	1.6	0 13 3	0 2 7.8	34 9 0	11 0 0
"	134	..	8	7	1.14	0 15 0	0 2 1.71	39 0 0	11 0 0
"	135	..	6	3	2	0 13 6	0 4 6	35 2 0	10 0 0
"	138	..	8	7	1.14	0 15 2	0 2 2	39 8 8	11 0 0
"	139	..	9	6	1.5	0 11 0	0 1 10	28 12 0	9 0 0
"	140	..	8	7	1.14	0 15 3	0 2 2.14	39 13 0	11 0 0
"	142	..	6	2	3	0 10 0	0 5 0	26 0 0	15 0 0
"	148	..	14	8	1.75	1 5 0	0 3 1.5	65 0 0	11 0 0
"	155	..	9	5	1.8	0 7 0	0 1 4.8	18 4 0	17 0 0
"	160	..	6	5	1.2	0 12 8	0 2 6.4	32 18 8	11 0 0
"	164	..	11	8	1.37	0 18 8	0 2 4	48 10 8	32 0 0
"	166	..	8	2	4	0 8 10	0 4 5	22 19 4	11 0 0
"	170	..	6	4	1.5	0 7 4	0 1 10	19 1 4	12 0 0
"	171	..	6	3	2	0 6 0	0 2 0	15 12 0	9 0 0
"	172	..	8	3	2.66	0 5 2	0 1 8.66	13 8 8	18 0 0
"	173	..	11	5	2.2	0 10 2	0 2 0.4	26 8 8	20 0 0
"	174	..	8	6	1.33	0 10 0	0 1 8	26 0 0	13 0 0
"	177	..	8	5	1.6	0 7 10	0 1 6.8	20 7 4	22 0 0

*Summary of the above Street.*

Number of Tenement Houses in Street	Number of Rooms in Street	Number of Families in Street	Average Number of Rooms per Family	Total Weekly Rent of Street	Average Rent per Family per Week	Total Yearly Rent of Street	Total Valuation of Street
74	532	370	1.43	£ s. d. 46 17 1	£ s. d. 0 2 6.39	£ s. d. 2365 6 0	£ s. d. 857 10 0
						Average Yearly Rent per House	Average Valuation per House
						£ s. d. 31 19 3.24	£ s. d. 11 11 9.08



## CLOTHING AND BEDDING.

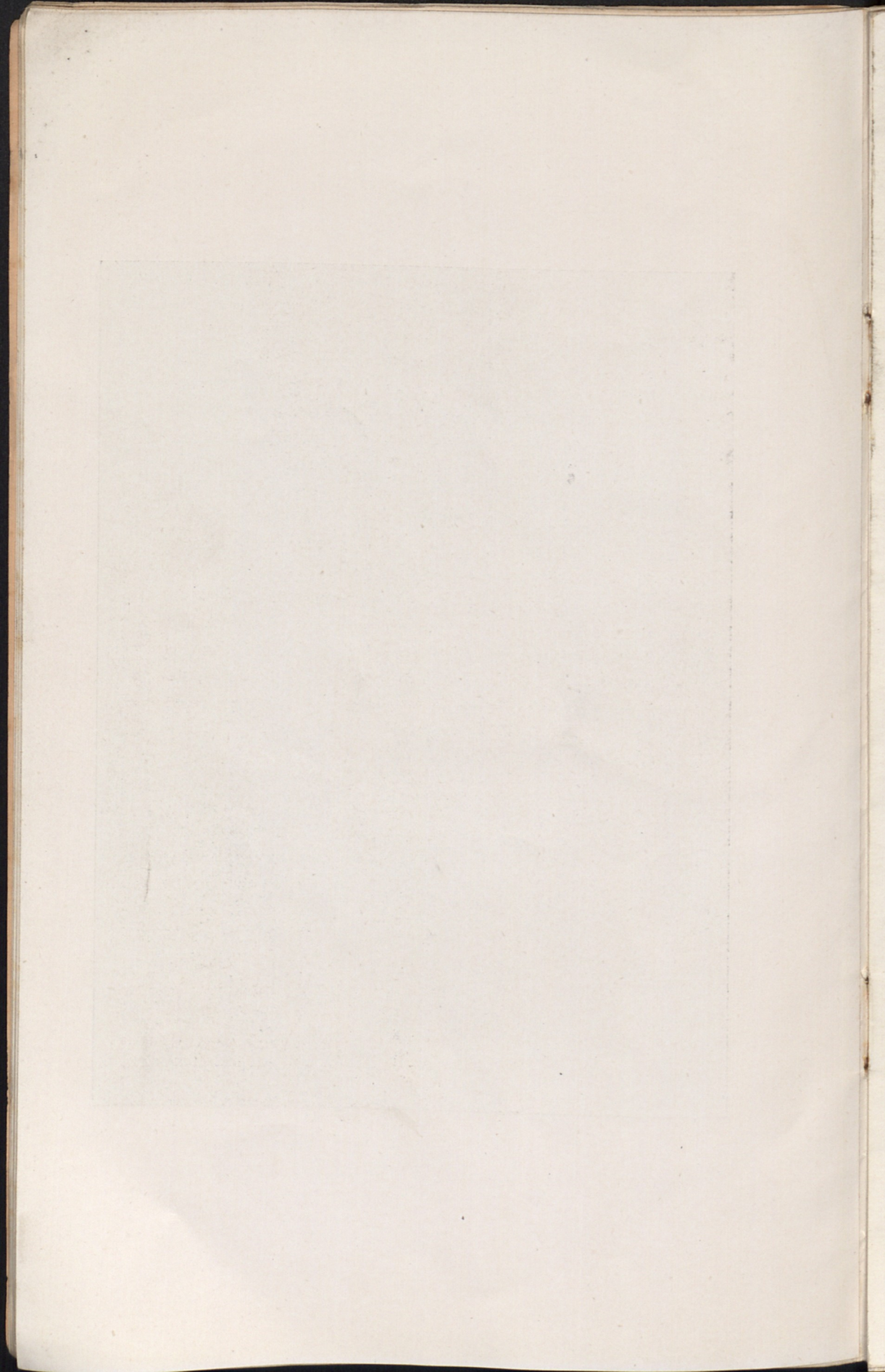
Amongst the labouring population the children are worst off for proper clothing. They rarely get new articles to wear, and frequently are clothed in the worn-out garments of their parents, the garments not infrequently being ill-adjusted to the size of their new wearers. Thousands of children go with naked feet even in winter. The want of warm clothing in winter often lays the foundation of future delicacy of their constitution, and renders them less liable to resist the attacks of disease. The want of good food and warm clothing often causes the fatal sequelæ to attacks of measles. Amongst the rich this disease is rarely fatal; but the children of the poor offer up many victims to it—not so much during the attack, but in bronchial and other affections which supervene as consequences of neglect and of insufficient clothing and nourishment. A most useful society—the Police-Aided Society—for providing clothes for destitute children performs good work in Dublin, and deserves more support than it receives from the public.

A humourist once said that half the population of Dublin were clothed in the cast-off clothes of the other half. This is substantially true. In Patrick-street every day a sale is carried on in the roadway of all kinds of old clothes, boots and domestic utensils. At this daily sale even bundles of wall-paper are invariably to be seen. As many as 300 persons are often engaged in selling, inspecting, or purchasing the variety of articles displayed in this “rag-fair.” Some of the goods displayed one would think hardly worth picking up as a derelict. Veritable rags are offered for sale. The photographs, taken in Patrick-street in May last, show this strange emporium of “second-hand” goods. Lord Iveagh has acquired extensive premises in Francis-street, in which he proposes that the vendors of second-hand clothes should locate themselves. All the articles to be disposed of in this place will be disinfected. This will be an excellent sanitary precaution, for there can be no question as to the spread of infectious diseases through the medium of second-hand clothes. During the recent small-pox epidemic in





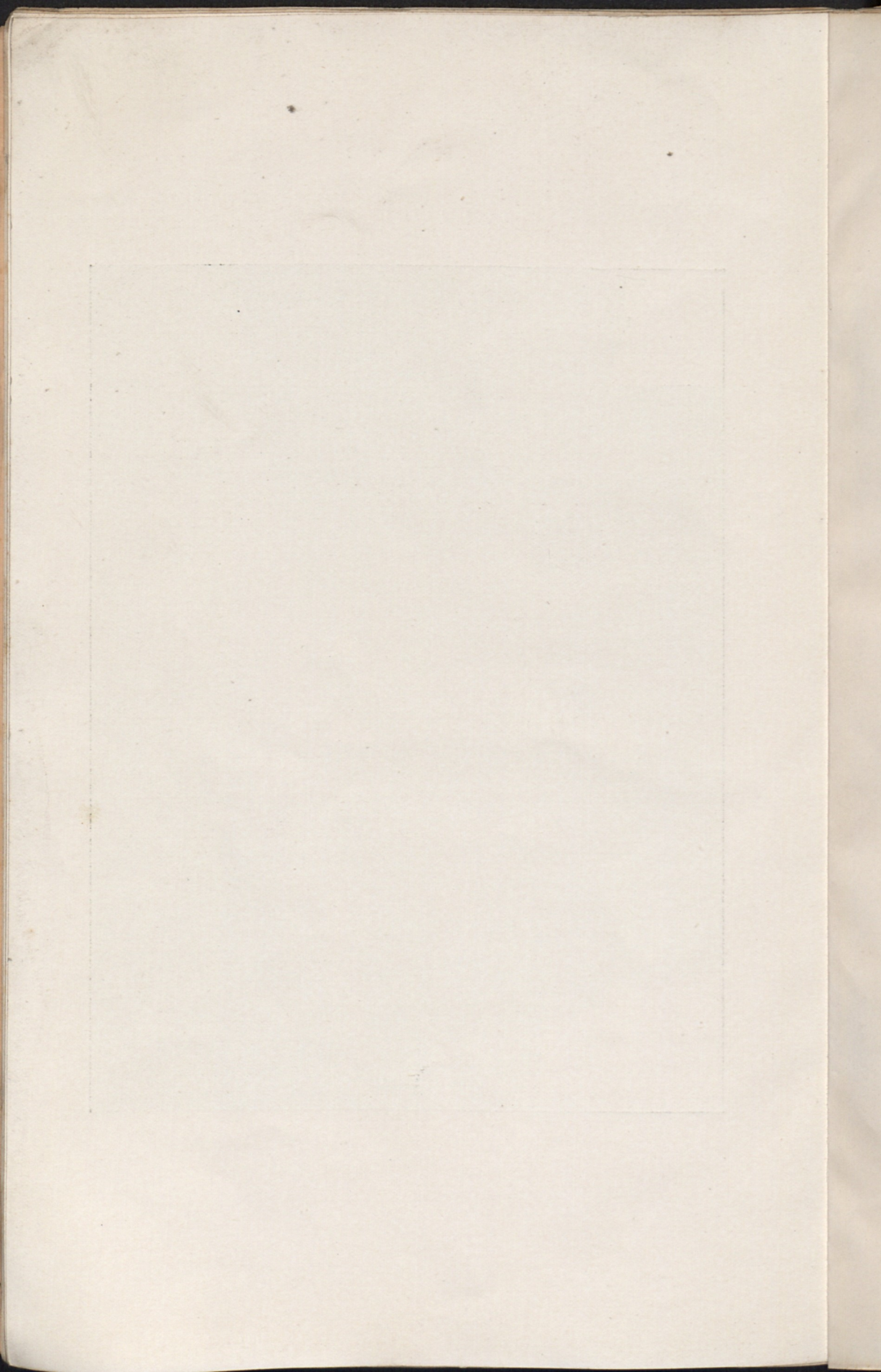














Dublin two cases of the disease were contracted by pawnbrokers' assistants who had received infected clothes pawned in their offices.

The state of the bed-clothes is often very filthy. The blankets are rarely washed, and there are instances in which they never were placed in a wash-tub during the whole time they were in use.

There are four lady Sub-Sanitary Officers in Dublin, and their principal duty is to advise the women of the tenement houses to keep themselves, their children, their clothes, their bedding, and their rooms clean. They have succeeded in many cases in effecting great improvements in the domestic hygiene of the tenements.

It is, not, however, invariably the case that the tenements are not kept sufficiently clean. Now and then one meets with really tidy persons in clean, well-kept rooms.

#### THE DIET OF THE LABOURING CLASSES.

The diet of the labourers, hawkers, and persons of the same social position is generally a very poor, and not seldom a very insufficient, one. The constant items are bread and tea. Butter is not always obtainable. Cocoa is pretty largely used; coffee, never. Very little home-made bread is used. The bakers' bread is of good quality, for even the very poor will not purchase inferior bread. Oatmeal porridge is occasionally used, but not so generally as it ought to be.

Indian corn, formerly much employed in the dietary of the poor, now rarely enters into their *cuisine*.

Beef and mutton are not often found on the tables of the poor. When they are, it is generally for the use of the breadwinner of the family. They are fried or boiled, for there is no way of roasting them. Pork is not much in demand, except in the form of "crubeens," or feet of the pig. Bacon is largely used in the form of rashers, but more frequently it is boiled with cabbage. The inferior American kind is, owing to its cheapness (5d. or 6d. per lb.), mostly in use.

Puddings, pies, and tarts are practically unknown. There are



no ovens to bake them in, nor, as a rule, any knowledge of how they should be made. In very few of the primary schools for girls is cooking taught.

As regards vegetables, few kinds, except potatoes and cabbage, are used. Peas and beans are rarely seen on the table of a labourer's family.

The milk most frequently used is condensed skim milk, which is purchased at 1d. to 3d. per tin. There is no fat (the most valuable constituent of milk) in separated milk, and it is, of course, quite unsuitable for infants. The proportion of condensed whole milk to condensed separated milk is very small. The women have been cautioned not to feed infants with the separated milk, and I think they rarely use it for that purpose, though cases to the contrary have come under my observation. Owing to the scarcity of employment for women, the vast majority of them remain at home, and can, therefore, unlike factory women, nurse their children. The proportion of bottle-fed to "nursed" children is not large in Dublin, and greatly accounts for the comparatively low infantile mortality in a city where the adult death-rate is so high.

Milk is much used in the diet of children of all ages, and it is largely the condensed separated milk which the elder children use. This article, of course, is very inferior to the condensed whole milk, and although the former costs much less, the whole milk is the proper kind for children. With the view of ascertaining the quality of the ordinary whole milk in actual use in the families of labourers, forty-eight specimens were collected and analysed. Twenty-four were found to be up to or above the average quality (12.5 per cent. of total solids, including 3 per cent. of fats); 7 were up to the legal standard (11.2 per cent. of total solids, including 3 per cent. of fats), and the remaining 16 were below the legal standard. Of the latter, however, only four were so far below the standard as to warrant a prosecution if they had been taken up in the proper manner by Inspectors of Food.

These results are not so bad as might have been anticipated, for the average quality of the whole 48 specimens was up to the legal standard. Still, it would be far more satisfactory had it



been up to the standard of average quality (9 per cent. of non-fatty solids and 3.5 per cent. of fats).

The quality of the milk supplied to Dublin is certainly greatly superior to what it was before the provisions of the Act relating to food adulteration were put into force.

The use of separated milk is unobjectionable in a diet into which abundance of fats enters; but as bread, which contains almost no fatty matter, is the staple food of a large proportion of the population, separated milk in their case still further accentuates the absence of the fats. I have frequently pointed out that it is the fats which are most frequently the deficient constituent of the food of the poor. In the animal economy carbohydrates (starch and sugar) are converted into fats, but the transformation involves a greater physiological effort than is necessary when the fats of vegetable and animal food supplies the fat required by man. Bread is an excellent food only when supplemented with butter or other fatty matter; but bread and separated milk do not supply in full the requirements of the body. I have no doubt that diets greatly deficient in fats render people more susceptible to the attacks of various diseases, especially of tuberculosis. In cases of consumption the use of certain forms of fats is known to be beneficial; and in the case of persons yet in health a liberal supply of fats is likely to be, to some extent at least, a preventative against certain diseases.

Not much fruit appears on the tables of the poor. Oranges and apples are sometimes given as a treat to their children. They also get inferior kinds of sweetmeat. Amongst the very poor fruit and sweets are practically unknown.

As is well known, there is a large consumption of whisky and porter amongst the labouring classes. In many instances an undue proportion of their earnings is spent on these beverages, with consequent deprivation of home comforts and even necessities.

The workman is blamed for visiting the public-house, but it is to him what the club is to the rich man. His home is rarely a comfortable one, and in winter the bright light, the warm fire, and the gaiety of the public-house are attractions which he finds it difficult to resist. If he spends a reasonable propor-



tion of his earnings in the public-house is he more to be condemned than the prosperous shopkeeper or professional man who drinks expensive wines at the club or the restaurant, spends hours playing billiards or cards, and amuses himself in other expensive ways? At the same time, it cannot be denied that there is too much intemperance amongst the working classes, and that the women, who formerly were rarely seen intoxicated, are now frequently to be observed in that state. The publicans themselves are averse to drunkards. Their best customers are the men who spend a moderate proportion of their wages in drink, for the drunkards lose their situations, or, if tradesmen, neglect their work, and reduce their incomes.

Infants are frequently fed on improper food—"a bit of everything" used by the family. In some cases they do not get sufficient milk. It is not unusual to see a mother giving a "sup" of the porter supplied to her in the public-house to her infant.

The diet of the poorest classes is shown in the following accounts of typical members of those classes. They are not peculiar instances of the poorness of the diet of labourers, hawkers, &c., but may be regarded as showing the general nature of the *cuisine* of the poor.



## TABLE SHOWING DIET.

Name of Person	Rank or Position	Duty Station	Date
1. John Smith	Private	1st Infantry	1917
2. James Brown	Private	2nd Infantry	1917
3. William Jones	Private	3rd Infantry	1917
4. Charles Davis	Private	4th Infantry	1917
5. Thomas Wilson	Private	5th Infantry	1917
6. Robert Taylor	Private	6th Infantry	1917
7. George White	Private	7th Infantry	1917
8. Harry Black	Private	8th Infantry	1917
9. Frank Green	Private	9th Infantry	1917
10. Albert Hall	Private	10th Infantry	1917
11. Edward King	Private	11th Infantry	1917
12. George Lee	Private	12th Infantry	1917
13. William Miller	Private	13th Infantry	1917
14. Charles Moore	Private	14th Infantry	1917
15. Thomas Reed	Private	15th Infantry	1917
16. Robert Scott	Private	16th Infantry	1917
17. George Turner	Private	17th Infantry	1917
18. Harry Wright	Private	18th Infantry	1917
19. Frank Young	Private	19th Infantry	1917
20. Albert Zane	Private	20th Infantry	1917



TABLE SHOWING DAILY

Name of Street	Occupation of Tenant	Rent per Week	Weekly Wages	Constant or Irregular Employment
16 Dame-court -	Tailor -	2s. 6d. -	10s. -	Irregular -
Blackpits -	Labourer -	2s. 6d. -	17s. 6d. -	Irregular -
5 Upper Tyrone-st.	Labourer -	3s. -	About 17s. -	Irregular -
North Anne-st. (No. 18)	Bootmaker -	3s. -	18s. (average when working)	Irregular -
Murphy's Cottages, St. Mary's-place	Labourer -	3s. -	£1 -	Irregular -
2 Calendar Yard, Cook-st.	Tobacco spinner	1s. 9d. -	From 5s to 7s. -	Irregular -
2 South Gloucester-st.	Coal labourer -	2s. -	14s. -	Irregular -
65 Bridgefoot-st. -	Charwoman -	1s. 6d. -	9s. -	Constant -
TABLE OF RENT				
Nerney's-court -	Labourer -	2s. -	15s. -	Irregular -
3 Back-lane -	Labourer -	2s. 6d. -	18s. -	Irregular -
Bull-lane Chancery-st. (No. 1)	Tinsmith -	2s. -	Indefinite (about 15s.)	Irregular -
3 Great Clarence-st.	Labourer -	3s. -	16s. (average when working)	Irregular (no work for 3 months)
Maunsell-place, off Mountjoy-st.	Labourer -	2s. 6d. -	18s. (but uncertain, as husband, who is employed as builder's labourer, is idle during wet weather)	Irregular -
35 Mary's-lane -	Labourer -	1s. -	15s. -	Irregular -
Aylward's-court (No. 5)	Quay labourer	3s. -	10s. to 15s. -	Irregular -



## DIET OF THE POOREST CLASSES.

Number in Family	Food used— For Breakfast	Food used— For Dinner	Food used— For Supper or Tea	Nature of Vegetables, if any
2 - -	Tea and dry bread	Herrings, dry bread and tea	Sometimes porridge, "supper and dinner" combined	None used
6 - -	Bread, butter and tea	Vegetables and meat	Bread, butter and tea	Cabbage and potatoes
8 - -	Bread and butter and tea	Bread, butter and tea (meat on Sundays)	Bread, butter and tea	Cabbage and potatoes (on Sundays)
6 - -	Bread, butter and tea	Bacon, and sometimes eggs with bread and tea	Bread, butter and tea	Potatoes and cabbage
5 - -	Bread, butter and tea	Bacon and vegetables	Bread, butter and tea	Potatoes and cabbage
4 - -	Cocoa and bread, butter sometimes	Bread and dripping, stew on Sunday	Same as breakfast	None used
5 - -	Bread, butter and tea	Bread, butter and tea	Bread, butter and tea	None used
3 - -	Bread, butter and tea	Sun.—Bacon potatoes and cabbage, 9d. Mon.—Kalecannon, 2½d. Tues.—Soup and bread, 4d. Wed.—Fish and potatoes, 4½d. Thurs.—Beef and potatoes, 8d. Fri.—Bread and milk, 2½d. Sat.—Eggs and potatoes, 4d.	Tea, bread and butter	Potatoes and cabbage
3 children, husband and wife	Bread and tea, no butter	Bread and bacon (occasionally), and bread and tea (occasionally)	Bread and tea, no butter	Cabbage (on Sundays)
5 - -	Tea or cocoa, with bread and butter	Beef steak, mutton chop, bacon and potatoes	Same as breakfast	Cabbage (on Sundays only)
4 - -	Bread and tea	Generally bread and tea, sometimes meat or fish	Bread and tea	Potatoes, cabbage occasionally
5 - -	Tea and dry bread	Tea and bread, and sometimes a rasher of bacon and an onion	Tea and dry bread	Onions
3 - -	Bread, butter and tea	Tea, bread and butter, with occasional meat or fish	Bread, butter and tea	Cabbage, and potatoes occasionally
4 - -	Bread, butter and tea	Meat and fish occasionally	Bread, butter and tea	Potatoes and cabbage
8 - -	Tea or cocoa, and bread with or without butter	Bacon, potatoes, vegetables	Same as breakfast	Cabbage



TABLE SHOWING DAILY

Name of Street	Occupation of Tenant	Rent per Week	Weekly Wages	Constant or Irregular Employment
Phibsboro'-road	Labourer	1s. 6d.	16s.	Irregular in winter, constant in summer
Hackett's-court	Labourer	3s.	20s.	Regular
Cottage at rere of 122 Townsend-st.	Labourer	1s. 6d.	On an average of 14s.	Very irregular
151 North King-st.	Cattle drover (and other jobs)	2s. 6d.	10s.	Irregular
Belmont-place	Van driver	2s. 6d.	15s.	Constant
5 Johnston's-court	Casual labourer	2s.	Irregular (wages uncertain)	Irregular
10 and 11 Denmark-place	Coal porter	2s. 6d.	18s.	Irregular
Lamb-alley, off Francis-st.	Dealer in saw-dust	2s.	About 12s. 6d.	Irregular
Francis-st.	Labourer	2s.	Average 14s.	Irregular
30 Lower Mayor-st.	Labourer	3s.	17s.	Irregular
4 Ball's Yard, off Meath-st.	Grocer's porter	2s. 6d.	18s.	Irregular
2 Quinn's Cottages	Labourer	2s.	14s.	Irregular
2 Henrietta-place	Dray driver	2s. 2d.	18s.	Constant
Eagle House, St. Vincent-st., Golden Bridge	Tailor	4s.	20s.	Irregular
2 Toole's-court	Coal labourer	2s.	14s.	Irregular
Dorset-avenue	Field Labourer	2s. 6d.	12s.	Constant
2 Latimer's Cottages, Newfoundland-st.	Labourer	2s.	16s.	Irregular
2 Upper Gloucester-place	Binder's labourer	2s. 3d.	16s.	Irregular
8 King's Inns-quay	Painter	3s. 6d.	30s.	Irregular
44 Jervis-st.	Labourer	3s.	18s.	Irregular



DIET OF THE POOREST CLASSES—*Continued.*

Number in Family	Food used— For Breakfast	Food used— For Dinner	Food used— For Supper or Tea	Nature of Vegetables, if any
6—4 children, father & mother	tea, bread, and sometimes butter	Fish, usually meat on Sundays	Oatmeal stir- about and buttermilk	Cabbage and scallions
5 - -	Bread, butter and tea	Meat and vege- tables	Bread, butter and tea	Cabbage and potatoes
7 — father mother and 5 children	Bread, butter and tea	Week-days—bread, butter and tea Sundays—Bacon	Bread, butter and tea	Cabbage and potatoes (on Sundays)
5 - -	Tea, bread and and butter, with occasion- ally eggs or fish	Bacon, potatoes and cabbage	Tea, bread and butter	Potatoes and cabbage
3 children, father and mother and mother-in-law	Tea, bread and butter	Bacon and cabbage, herrings (occasion- ally) and bread	Tea and bread	Cabbage
5 - -	Bread and tea	Bread, tea and herrings	Bread and tea	—
6 - -	Bread, butter and tea	Potatoes, bacon and cabbage, steak and fish occasionally	Bread, butter and tea	Potatoes, cab- bage and onions
3 - -	Tea, bread and butter	Fish, meat	Tea, bread and butter	Potatoes
4 - -	Tea, bread and butter	Potatoes and meat	Tea, bread and butter	Potatoes
5 - -	Tea, bread and butter	Fish, bread and tea	Tea, bread and butter	—
4—husband, wife and 2 children	Bread, butter and tea at all meals	Meat and potatoes occasionally	Sometimes a “stew” consist- ing of potatoes and meat is made	Potatoes
4 - -	Tea, bread and butter	Bacon, bread and tea	Tea, bread and butter	—
5 - -	Bread, butter and tea	Potatoes and meat, sometimes fish	Tea and bread	Cabbage
5 - -	Cocoa or tea, with bread and butter	Soup or fish (whit- ing), with pota- toes	Stirabout and buttermilk	Potatoes, cab- bage and onions
5—husband, wife and 3 children	Bread and tea	Bread, fish and tea (on Sundays meat)	Bread and tea	Cabbage and potatoes
6—husband, wife and 4 children	Tea, bread and butter	Bacon and cabbage (occasionally)	Bread and cocoa	Potatoes and cabbage
7 - -	Bread, butter and tea	Potatoes or bread, bacon and cab- bage	Bread, butter and tea	Cabbage and Potatoes
2 - -	Usually bacon, bread and tea	Meat	Bread, butter and tea	Cabbage and potatoes
6 - -	Tea, bread and butter, with meat occasion- ally	Meat and vege- tables	Tea, bread and butter, cocoa for children	Potatoes and cabbage
7 - -	Tea and bread	Fish and potatoes sometimes, and bacon and cab- bage and potatoes generally	Cocoa and bread	Potatoes and cabbage



TABLE SHOWING DAILY

Name of Street	Occupation of Tenant	Rent per Week	Weekly Wages	Constant or Irregular Employment
Lamb-alley	Bagmaker and porter	2s.	Average from 12s. to 14s.	Constant
5 Owens' Cottages, Golden Bridge	Labourer	1s.	11s. average	Irregular
5 Maher's-court, Nth. Brunswick-st.	Labourer	1s. 6d.	15s.	Irregular
Bourke's Cottages, James'-st.	Labourer	2s.	Some weeks 10s. 6d., this week 9s. 6d.	Irregular (odd jobs)
24 North Anne-st.	Labourer	2s. 9d.	15s.	Constant
6 North Anne-st.	Smith's helper	2s.	16s.	Irregular
33 Ash-st.	Husband dealer in various articles	1s. 8d.	Varies from 12s. to 16s.	Irregular
3 M'Guinness'-place	Labourer	2s.	17s. to 18s.	Irregular
141 Upper Abbey-st.	Labourer	3s. 6d.	18s.	Irregular
2 Saul's Cottages, Powerscourt	Labourer	4s. 6d.	18s. if working, wife earns 1s. 6d. per week	Irregular
6 Johnston's-court	Casual labourer	2s.	Uncertain	Irregular
17 Chancery-st.	Labourer	3s.	9s. to 18s., very irregular	Irregular
11 Dorset-avenue	Labourer	2s.	15s.	Irregular
1A Nerney's-court	Labourer	2s.	18s.	Irregular
6 Cuddihy's Cottages, Golden Bridge	Labourer	2s. 3d.	15s.	Irregular
2 Dowling's-court	Labourer	2s.	16s.	Irregular
2 Thunder's-court Church-st.	Labourer	1s. 4d.	16s. and some-times 18s.	Irregular



DIET OF THE POOREST CLASSES—*Continued.*

Number in Family	Food Used— For Breakfast	Food Used— For Dinner	Food Used— For Supper or Tea	Nature of Vegetables, if any
4 - -	Tea, bread and butter	Potatoes and meat, occasionally fish	Tea, bread and butter	Potatoes
7 - -	Tea, bread and butter	Meat, bacon, potatoes and bread	Tea and bread	Potatoes
5—husband, wife and 3 children	Bread and tea, sometimes bread fried in dripping; or a herring for dinner	Butter and at other times		None
3 - -	Tea, bread and butter	Sun.—Pig's cheek, cabbage and potatoes. Friday—Fish. Tea, bread and butter other days. Never fresh meat	Tea, bread and butter or dripping	Potatoes, cabbage and scallions
5 - -	Bread and tea	Fish and potatoes, meat occasionally	Bread and tea	Potatoes
4 - -	Bread and tea	Bread and tea	Bread and tea	Potatoes
5—husband, wife and 3 children	Tea is used at all meals	Meat and potatoes only occasionally	—	Potatoes
8 - -	Bread, butter and tea	Bacon, fish, or eggs	Bread, butter and tea	—
5 - -	Tea and bread	Fish, potatoes and bacon, cabbage and potatoes generally	Tea and bread	—
7 - -	Tea and dry bread	Tea and dry bread	Tea and dry bread	—
6 - -	Bread and tea	Bread, tea, occasionally a little meat or fish	Bread and tea	—
6 - -	Bread and tea	Bread and fish	Bread and tea, or bread & milk	—
4 (2 children) -	Tea, bread and butter	Rashers, tea, bread and butter	Tea, bread and butter	—
7 (5 children) -	Tea, bread and butter	Rashers, tea, bread and butter, and sometimes a pig's cheek	Tea, bread and butter	—
10 - -	Tea and bread, and sometimes butter	Bread only	Tea, bread and butter, sometimes rashers	—
5 - -	Bread, butter and tea	Bacon and vegetables or fish	Bread, butter and tea	—
6—husband, wife and 4 children	Bread, butter and tea for all meals, or a rasher and egg for dinner		Occasionally meat	—



## BETTERMENT OF THE POOR.

It is not in the power of the Sanitary Authorities to remove all the evils from which the poor suffer. They cannot augment their deficient earnings; they can only employ a very small proportion of them as labourers in the various civic departments. They can, however, soften the hard conditions under which the poor, and still more the *very* poor, exist. Let us consider what is practicable.

The most urgent want of the labourers and the poorer tradesmen is better dwellings. To provide them with homes superior to those they now have, without increasing their rents, is a measure that should be carried out liberally. I have always contended that it is only the poorest and most dependent classes of the community that municipalities should provide with cheap and healthy dwellings. No doubt there would be a loss in the erection of such dwellings, but it would lead to an improvement in the health of their inmates and a reduction in the amount of pauperism, which is often the result of disease. To private enterprise should be left the erection of dwellings at 3s. and upwards, the municipality confining its building operations exclusively for the benefit of those who can only pay from 1s. to 2s. 6d. a week in rent. Provision should and could be made for the poor affected with lung tuberculosis. They are not kept for any length of time in the general hospitals, and but very few gain admission to the Consumption Hospital at Newcastle. The consumptives are, therefore, obliged to live with their families, sleeping in the same room with other persons, and infecting them.

The washing of clothes and bedding in the tenement rooms is undesirable; it fills the room with vapour and renders it damp and unwholesome. Small and plain wash-houses in convenient centres of the population would be a great boon to the poor.

The working of the last Factories and Workshops Act, as regards sanitation, is now vested in the Corporation, and if carefully attended to cannot fail to benefit the health of the workers.



Open spaces and play-grounds for children are important agencies in promoting health and vigour. There are several now in the City, but more are required, especially in the congested districts.

The teaching of cookery in the primary schools for girls is but slightly carried out in Dublin; it should be more extensively adopted.

If it were possible to provide the very poor children, who are now obliged to go to school, with a meal much good would result. There is little doubt that many of the school-children have to learn their lessons on empty stomachs.

Such societies as the Police-Aided Children's Clothing Society, the Society for the Prevention of Cruelty to Children, and the Philanthropic Association, all help to render the lives of poor children less miserable. They deserve the most liberal support from all who can spare the money.

For all classes of the poor the Sick and Indigent Roomkeepers' Society, the St. Vincent de Paul's Society, and other similar charitable organisations, give substantial aid to the unemployed and keep many of them from having to enter the workhouses. Were they more liberally supported they could accomplish greater benefits to the very poor.



