



# HOW THE POOR LIVE

BY

SIR CHARLES A. CAMERON, C.B., M.D.;

Fellow of the Royal College of Physicians of Ireland;

Fellow of the Royal College of Surgeons in Ireland;

D.P.H. Camb., &c.

---

DUBLIN

PRINTED FOR THE AUTHOR

BY JOHN FALCONER, 53 UPPER SACKVILLE STREET

1904

HOW THE POOR LIVE

BY CHARLES DICKENS

NEW YORK

## 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 population of Dublin was 293,385; that of Belfast was 358,680. In 1841 the population of Dublin was 232,726, inhabiting 20,109 houses; in the same year the population of Belfast was 75,308, occupying 10,906 houses. In 1901 the population of Dublin was 290,638, and the number of inhabited houses 32,061, giving an average of 8.6 persons, or nearly two families per house. In Belfast in 1901 the population was 349,149, inhabiting 67,108 houses, nearly every family possessing a separate house. The great age of the majority of the tenement houses render them liable to constant repairs, and many of them are so decayed that nothing short of re-building them would be a real remedy.

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:—

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80	81	82	83	84	85	86	87	88	89	90	91	92	93	94	95	96	97	98	99	100
---	---	---	---	---	---	---	---	---	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	-----

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

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. 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.*

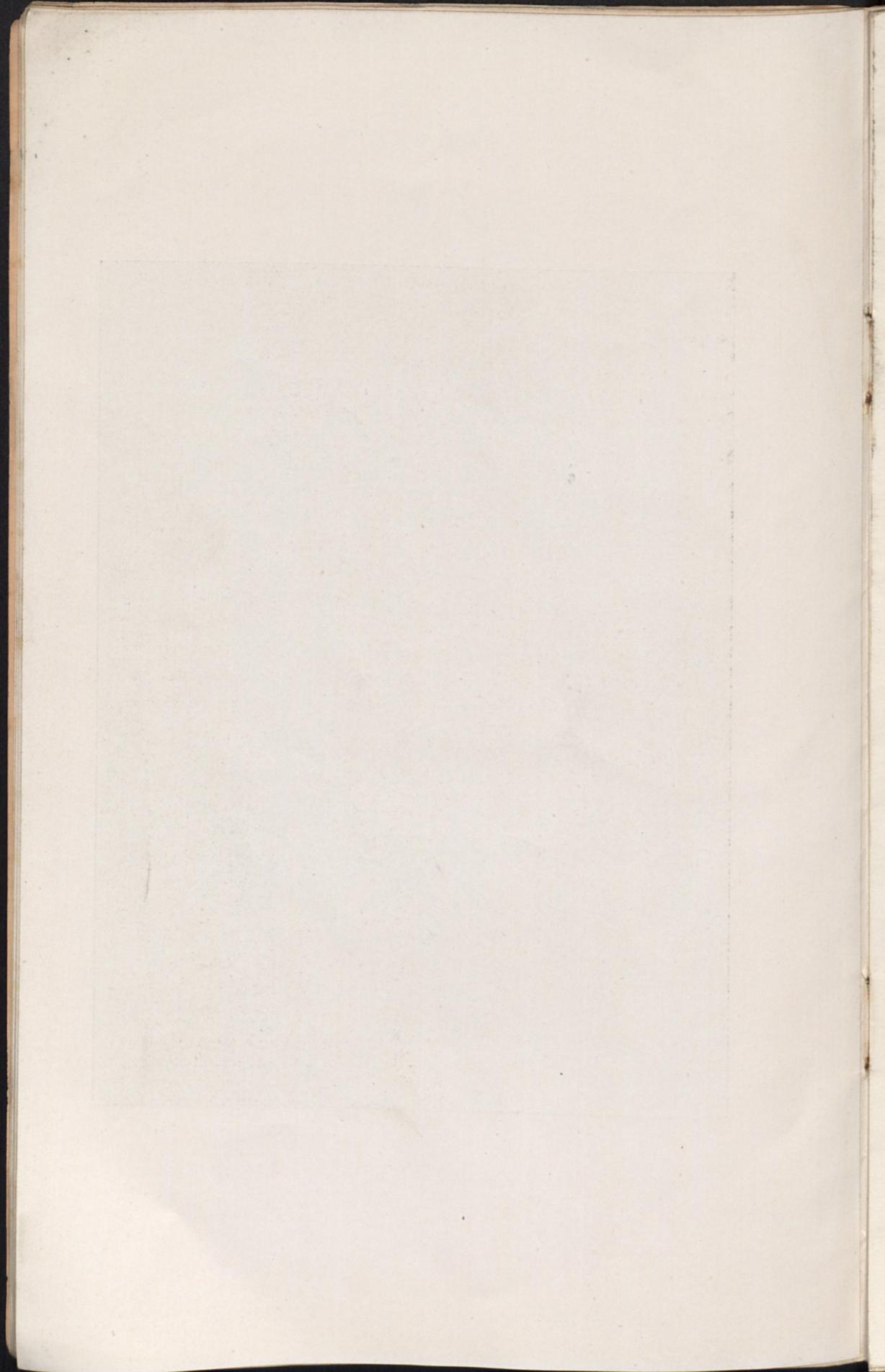
Number of Tenement Houses in Street	Number of Rooms in Street	Number of Families in Street	Average Number of Rooms per Family	Total Weekly Rent of Street	Average Rent per Family per Week	Total Yearly Rent of Street	Total Valuation of Street
				£ s. d.	£ s. d.	£ s. d.	£ s. d.
74	532	370	1.43	46 17 1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

No. of cases	Sex	Age	Occupation	Duration of illness	Diagnosis
10	Male	25	Farmer	10 days	Scarlet fever
12	Female	35	Housewife	14 days	Scarlet fever
15	Male	40	Labourer	18 days	Scarlet fever
18	Female	28	Teacher	22 days	Scarlet fever
20	Male	30	Labourer	25 days	Scarlet fever
22	Female	32	Housewife	28 days	Scarlet fever
25	Male	38	Labourer	32 days	Scarlet fever
28	Female	34	Housewife	35 days	Scarlet fever
30	Male	42	Labourer	38 days	Scarlet fever
32	Female	36	Housewife	42 days	Scarlet fever
35	Male	45	Labourer	45 days	Scarlet fever
38	Female	38	Housewife	48 days	Scarlet fever
40	Male	50	Labourer	52 days	Scarlet fever
42	Female	40	Housewife	55 days	Scarlet fever
45	Male	55	Labourer	58 days	Scarlet fever
48	Female	42	Housewife	62 days	Scarlet fever
50	Male	60	Labourer	65 days	Scarlet fever
52	Female	45	Housewife	68 days	Scarlet fever
55	Male	65	Labourer	72 days	Scarlet fever
58	Female	48	Housewife	75 days	Scarlet fever
60	Male	70	Labourer	78 days	Scarlet fever
62	Female	50	Housewife	82 days	Scarlet fever
65	Male	75	Labourer	85 days	Scarlet fever
68	Female	52	Housewife	88 days	Scarlet fever
70	Male	80	Labourer	92 days	Scarlet fever
72	Female	55	Housewife	95 days	Scarlet fever
75	Male	85	Labourer	98 days	Scarlet fever
78	Female	58	Housewife	102 days	Scarlet fever
80	Male	90	Labourer	105 days	Scarlet fever
82	Female	60	Housewife	108 days	Scarlet fever
85	Male	95	Labourer	112 days	Scarlet fever
88	Female	62	Housewife	115 days	Scarlet fever
90	Male	100	Labourer	118 days	Scarlet fever
92	Female	65	Housewife	122 days	Scarlet fever
95	Male	105	Labourer	125 days	Scarlet fever
98	Female	68	Housewife	128 days	Scarlet fever
100	Male	110	Labourer	132 days	Scarlet fever
102	Female	70	Housewife	135 days	Scarlet fever
105	Male	115	Labourer	138 days	Scarlet fever
108	Female	72	Housewife	142 days	Scarlet fever
110	Male	120	Labourer	145 days	Scarlet fever
112	Female	75	Housewife	148 days	Scarlet fever
115	Male	125	Labourer	152 days	Scarlet fever
118	Female	78	Housewife	155 days	Scarlet fever
120	Male	130	Labourer	158 days	Scarlet fever
122	Female	80	Housewife	162 days	Scarlet fever
125	Male	135	Labourer	165 days	Scarlet fever
128	Female	82	Housewife	168 days	Scarlet fever
130	Male	140	Labourer	172 days	Scarlet fever
132	Female	85	Housewife	175 days	Scarlet fever
135	Male	145	Labourer	178 days	Scarlet fever
138	Female	88	Housewife	182 days	Scarlet fever
140	Male	150	Labourer	185 days	Scarlet fever
142	Female	90	Housewife	188 days	Scarlet fever
145	Male	155	Labourer	192 days	Scarlet fever
148	Female	92	Housewife	195 days	Scarlet fever
150	Male	160	Labourer	198 days	Scarlet fever
152	Female	95	Housewife	202 days	Scarlet fever
155	Male	165	Labourer	205 days	Scarlet fever
158	Female	98	Housewife	208 days	Scarlet fever
160	Male	170	Labourer	212 days	Scarlet fever
162	Female	100	Housewife	215 days	Scarlet fever
165	Male	175	Labourer	218 days	Scarlet fever
168	Female	102	Housewife	222 days	Scarlet fever
170	Male	180	Labourer	225 days	Scarlet fever
172	Female	105	Housewife	228 days	Scarlet fever
175	Male	185	Labourer	232 days	Scarlet fever
178	Female	108	Housewife	235 days	Scarlet fever
180	Male	190	Labourer	238 days	Scarlet fever
182	Female	110	Housewife	242 days	Scarlet fever
185	Male	195	Labourer	245 days	Scarlet fever
188	Female	112	Housewife	248 days	Scarlet fever
190	Male	200	Labourer	252 days	Scarlet fever
192	Female	115	Housewife	255 days	Scarlet fever
195	Male	205	Labourer	258 days	Scarlet fever
198	Female	118	Housewife	262 days	Scarlet fever
200	Male	210	Labourer	265 days	Scarlet fever
202	Female	120	Housewife	268 days	Scarlet fever
205	Male	215	Labourer	272 days	Scarlet fever
208	Female	122	Housewife	275 days	Scarlet fever
210	Male	220	Labourer	278 days	Scarlet fever
212	Female	125	Housewife	282 days	Scarlet fever
215	Male	225	Labourer	285 days	Scarlet fever
218	Female	128	Housewife	288 days	Scarlet fever
220	Male	230	Labourer	292 days	Scarlet fever
222	Female	130	Housewife	295 days	Scarlet fever
225	Male	235	Labourer	298 days	Scarlet fever
228	Female	132	Housewife	302 days	Scarlet fever
230	Male	240	Labourer	305 days	Scarlet fever
232	Female	135	Housewife	308 days	Scarlet fever
235	Male	245	Labourer	312 days	Scarlet fever
238	Female	138	Housewife	315 days	Scarlet fever
240	Male	250	Labourer	318 days	Scarlet fever
242	Female	140	Housewife	322 days	Scarlet fever
245	Male	255	Labourer	325 days	Scarlet fever
248	Female	142	Housewife	328 days	Scarlet fever
250	Male	260	Labourer	332 days	Scarlet fever
252	Female	145	Housewife	335 days	Scarlet fever
255	Male	265	Labourer	338 days	Scarlet fever
258	Female	148	Housewife	342 days	Scarlet fever
260	Male	270	Labourer	345 days	Scarlet fever
262	Female	150	Housewife	348 days	Scarlet fever
265	Male	275	Labourer	352 days	Scarlet fever
268	Female	152	Housewife	355 days	Scarlet fever
270	Male	280	Labourer	358 days	Scarlet fever
272	Female	155	Housewife	362 days	Scarlet fever
275	Male	285	Labourer	365 days	Scarlet fever
278	Female	158	Housewife	368 days	Scarlet fever
280	Male	290	Labourer	372 days	Scarlet fever
282	Female	160	Housewife	375 days	Scarlet fever
285	Male	295	Labourer	378 days	Scarlet fever
288	Female	162	Housewife	382 days	Scarlet fever
290	Male	300	Labourer	385 days	Scarlet fever
292	Female	165	Housewife	388 days	Scarlet fever
295	Male	305	Labourer	392 days	Scarlet fever
298	Female	168	Housewife	395 days	Scarlet fever
300	Male	310	Labourer	398 days	Scarlet fever
302	Female	170	Housewife	402 days	Scarlet fever
305	Male	315	Labourer	405 days	Scarlet fever
308	Female	172	Housewife	408 days	Scarlet fever
310	Male	320	Labourer	412 days	Scarlet fever
312	Female	175	Housewife	415 days	Scarlet fever
315	Male	325	Labourer	418 days	Scarlet fever
318	Female	178	Housewife	422 days	Scarlet fever
320	Male	330	Labourer	425 days	Scarlet fever
322	Female	180	Housewife	428 days	Scarlet fever
325	Male	335	Labourer	432 days	Scarlet fever
328	Female	182	Housewife	435 days	Scarlet fever
330	Male	340	Labourer	438 days	Scarlet fever
332	Female	185	Housewife	442 days	Scarlet fever
335	Male	345	Labourer	445 days	Scarlet fever
338	Female	188	Housewife	448 days	Scarlet fever
340	Male	350	Labourer	452 days	Scarlet fever
342	Female	190	Housewife	455 days	Scarlet fever
345	Male	355	Labourer	458 days	Scarlet fever
348	Female	192	Housewife	462 days	Scarlet fever
350	Male	360	Labourer	465 days	Scarlet fever
352	Female	195	Housewife	468 days	Scarlet fever
355	Male	365	Labourer	472 days	Scarlet fever
358	Female	198	Housewife	475 days	Scarlet fever
360	Male	370	Labourer	478 days	Scarlet fever
362	Female	200	Housewife	482 days	Scarlet fever
365	Male	375	Labourer	485 days	Scarlet fever
368	Female	202	Housewife	488 days	Scarlet fever
370	Male	380	Labourer	492 days	Scarlet fever
372	Female	205	Housewife	495 days	Scarlet fever
375	Male	385	Labourer	498 days	Scarlet fever
378	Female	208	Housewife	502 days	Scarlet fever
380	Male	390	Labourer	505 days	Scarlet fever
382	Female	210	Housewife	508 days	Scarlet fever
385	Male	395	Labourer	512 days	Scarlet fever
388	Female	212	Housewife	515 days	Scarlet fever
390	Male	400	Labourer	518 days	Scarlet fever
392	Female	215	Housewife	522 days	Scarlet fever
395	Male	405	Labourer	525 days	Scarlet fever
398	Female	218	Housewife	528 days	Scarlet fever
400	Male	410	Labourer	532 days	Scarlet fever
402	Female	220	Housewife	535 days	Scarlet fever
405	Male	415	Labourer	538 days	Scarlet fever
408	Female	222	Housewife	542 days	Scarlet fever
410	Male	420	Labourer	545 days	Scarlet fever
412	Female	225	Housewife	548 days	Scarlet fever
415	Male	425	Labourer	552 days	Scarlet fever
418	Female	228	Housewife	555 days	Scarlet fever
420	Male	430	Labourer	558 days	Scarlet fever
422	Female	230	Housewife	562 days	Scarlet fever
425	Male	435	Labourer	565 days	Scarlet fever
428	Female	232	Housewife	568 days	Scarlet fever
430	Male	440	Labourer	572 days	Scarlet fever
432	Female	235	Housewife	575 days	Scarlet fever
435	Male	445	Labourer	578 days	Scarlet fever
438	Female	238	Housewife	582 days	Scarlet fever
440	Male	450	Labourer	585 days	Scarlet fever
442	Female	240	Housewife	588 days	Scarlet fever
445	Male	455	Labourer	592 days	Scarlet fever
448	Female	242	Housewife	595 days	Scarlet fever
450	Male	460	Labourer	598 days	Scarlet fever
452	Female	245	Housewife	602 days	Scarlet fever
455	Male	465	Labourer	605 days	Scarlet fever
458	Female	248	Housewife	608 days	Scarlet fever
460	Male	470	Labourer	612 days	Scarlet fever
462	Female	250	Housewife	615 days	Scarlet fever
465	Male	475	Labourer	618 days	Scarlet fever
468	Female	252	Housewife	622 days	Scarlet fever
470	Male	480	Labourer	625 days	Scarlet fever
472	Female	255	Housewife	628 days	Scarlet fever
475	Male	485	Labourer	632 days	Scarlet fever
478	Female	258	Housewife	635 days	Scarlet fever
480	Male	490	Labourer	638 days	Scarlet fever
482	Female	260	Housewife	642 days	Scarlet fever
485	Male	495	Labourer	645 days	Scarlet fever
488	Female	262	Housewife	648 days	Scarlet fever
490	Male	500	Labourer	652 days	Scarlet fever
492	Female	265	Housewife	655 days	Scarlet fever
495	Male	505	Labourer	658 days	Scarlet fever
498	Female	268	Housewife	662 days	Scarlet fever
500	Male	510	Labourer	665 days	Scarlet fever
502	Female	270	Housewife	668 days	Scarlet fever
505	Male	515	Labourer	672 days	Scarlet fever
508	Female	272	Housewife	675 days	Scarlet fever
510	Male	520	Labourer	678 days	Scarlet fever
512	Female	275	Housewife	682 days	Scarlet fever
515	Male	525	Labourer	685 days	Scarlet fever
518	Female	278	Housewife	688 days	Scarlet fever
520	Male	530	Labourer	692 days	Scarlet fever
522	Female	280	Housewife	695 days	Scarlet fever
525	Male	535	Labourer	698 days	Scarlet fever
528	Female	282	Housewife	702 days	Scarlet fever
530	Male	540	Labourer	705 days	

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 RENTS				
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 sometimes 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	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	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.

