

## SECTION VI.

## EXPENDITURE ON LIVING, WESTERN AUSTRALIA, 1917-18.

1. **General.**—In September, 1917, the Government of Western Australia appointed a Royal Commission of Inquiry into the cost of the necessaries of life in that State. This Commission presented an interim report in January, 1918, and its final report at the end of March, 1918. One of the terms of reference in the proclamation ordering this inquiry instructed the Commission to investigate the effects of recent fluctuations of prices upon the standard of living of wage-earners and others. Steps were taken to obtain from householders, budgets shewing their weekly expenditure in detail. Forms were prepared and widely distributed. An organiser was appointed for one month to tour the State, giving lectures and addresses in all the principal centres, and bringing the importance of the budgets before all classes. To quote the words of the final report of the Commission, "the response has been utterly disappointing, the householders sending in returns being too few in number to admit of any safe general conclusions being drawn." Before it was known how far the effort to secure these returns had been successful, the Commonwealth Statistician (Mr. G. H. Knibbs) was requested to undertake the necessary analyses of the returns. The Minister for Home and Territories (Hon. P. McM. Glynn, K.C., M.P.) sanctioned the granting of the request, and the budgets were accordingly forwarded by the Commission to the office of the Commonwealth Statistician. The report when completed was forwarded to the Western Australian Government. At the request of that Government it is published in the following pages.

2. **The Householders' Budgets.**—The budgets distributed made provision for the record of income, expenditure, and other particulars for a single week, and householders were asked to fill in the necessary particulars on thirteen of these, viz., for a period of thirteen weeks. The budgets were to be forwarded at the end of each week to the Secretary of the Royal Commission. Each budget contained four pages. On the first page particulars were to be inserted as to name, address, age, income, and occupation of all the inmates of the house. The second and third pages provided for the filling in of details of expenditure and also quantities purchased of articles of food for each day of the week. A footnote to these pages gave instructions that all foodstuffs were to be weighed and the weights inserted in the column provided. On the fourth page provision was made for recording expenditure on housing accommodation, fuel and light, drapery, clothing and boots, other miscellaneous expenditure, and for recording particulars of foodstuffs obtained otherwise than by purchase.

**Tabulation and Classification.**—The original intention was to distinguish between metropolitan and country results, and between occupations, but owing to the very small number of budgets returned the classification was necessarily restricted, and this was found to be impracticable. The returns have therefore been classified according to income only.

4. **Family Conditions.** (i.) *General Membership.*—It has already been stated that only a small number of those to whom budgets were distributed completed the full thirteen weeks' record. A number of other families, however, kept the record for varying periods of from one week upwards. The total number of families who sent in returns which could be tabulated according to family conditions were only 66 in number. The following table shows the component members of these families, classified according to income :—

**Membership of Families comprised in Returns.**

Families having Weekly Incomes of—	Total Families.	Hus- bands.	Wives.	Child- ren.	Depend- ents.	Total Persons	Average Persons per Family.
Under £3	3	3	3	13	—	19	6.33
£3 and under £3 10s. . . . .	17	17	16	45	3	81	4.76
£3 10s. and under £4 . . . . .	16	16	16	54	1	87	5.44
£4 and under £4 10s. . . . .	11	11	10	42	3	66	6.00
£4 10s. and under £5 . . . . .	9	9	9	39	—	57	6.33
£5 and over . . . . .	10	10	10	44	6	70	7.00
All Families . . . . .	66	66	64	237	13	380	5.76

It will be seen that of the 66 families none was without a husband, and only two without a wife.

(ii.) *Conditions as to Children.*—The following table shows the average number of children in each income-group, together with the number of children earning wages, and those not earning wages (*i.e.*, either at home or at school), classified in age-groups. The table also shows the number of children 14 years of age and over, and under 14 years :—

**Conditions of Families as to Children.**

Families having Weekly Incomes of—	No. of Families having Children.	No. of Children.	Average Children per Family	Children at Work.			Children at Home or at School.						No. of Children.		Average, 14 Years and Over	Average, Under 14 Years.
				17 years and over	13 years and under 17	Und'r 13 years	17 years and over	13 years and under 17	10 years and under 13	6 years and under 10	2 years and under 6	Und'r 2 years	14 years and over	Und'r 14 years		
Under £3 . . . . .	3	13	4.33	—	—	—	—	—	4	5	2	—	—	13	—	4.33
£3 & under £3 10s. . . . .	15	45	3.00	—	—	—	—	3	8	10	14	10	2	43	13	2.87
£3 10s. & under £4 . . . . .	14	54	3.86	—	3	—	—	5	9	16	14	7	6	48	43	3.43
£4 & under £4 10s. . . . .	11	42	3.82	2	—	—	—	4	5	10	15	4	6	36	15	3.27
£4 10s. & under £5 . . . . .	9	39	4.33	—	—	—	—	6	6	12	10	3	6	33	6	3.66
£5 and over . . . . .	10	44	4.40	7	5	—	1	5	5	7	9	5	17	27	1.70	2.70
All Families . . . . .	62	237	3.82	11	10	—	1	23	37	60	64	31	37	200	60	3.22

The number of children under 6 years of age numbered 95, or nearly 40 per cent. of the total number of children. This result is almost identical with that obtained in the 1910-11 inquiry, and the November, 1913 inquiry of the Commonwealth Statistician.

The proportion of the children at work (numbering 21) was 8.9 per cent. of the total; while the number of those at home or at school was 216, or 91.1 per cent. of the total.

5. **Incomes.** (i.) *Sources of Incomes.*—The sources of the family incomes are shewn in the following table, classified according to income. Of the total number of families included, 44 (66½ per cent.) derived their

total income from the husband only; while 22 (33½ per cent.) received, in addition to the income of the husband, income from one or more of the other sources indicated in the table.

## Sources of Incomes.

Families having Weekly Incomes of—	Families having Incomes from Husbands only.		Families having Incomes from more than one Source.				Total Families having Incomes from more than one Source.		Total Number of Families
	No.	Percentage on all Families in Group	From Husband and other Sources.	From Wife and other Sources.	From Children and other Sources.	Miscellaneous and other Sources.	No.	Percentage on all Families in Group	
Under £3	3	100.00	—	—	—	—	—	—	3
£3 & under £3 10s.	16	94.12	1	—	—	1	1	5.88	17
£3 10s. & under £4	12	75.00	4	1	3	1	4	25.00	16
£4 & under £4 10s.	5	45.45	6	1	3	2	6	54.55	11
£4 10s. & under £5	6	66.67	3	1	2	—	3	33.33	9
£5 and over	2	20.00	8	—	7	2	8	80.00	10
All Families	44	66.67	22	3	15	6	22	33.33	66

(ii.) *Average Incomes.*—The following table shews the average weekly income of the budgets of 65 families tabulated for each of the income-groups specified, and also the general average for all the budgets. Owing to insufficiency of information with regard to income, the budgets of one family had to be omitted:—

## Average Incomes of Families.

Particulars.	WEEKLY BUDGET OF FAMILIES HAVING INCOMES OF—						General Average
	Under £3.	£3 & under £3 10s.	£3 10s. & under £4.	£4 & under £4 10s.	£4 10s. & under £5.	£5 & over.	
Average Weekly Income	£ s. d. 2 18 8	£ s. d. 3 3 7	£ s. d. 3 15 2	£ s. d. 4 3 9	£ s. d. 4 12 3	£ s. d. 6 16 11	£ s. d. 4 9 4
Aver. Persons in Family	5.50	4.76	5.44	6.00	6.33	7.00	5.72

The general averages of the incomes in the two inquiries conducted by the Commonwealth Statistician were in 1910-11 £4 13s. 1d., and in 1913 £3 16s. 8d.

6. *Expenditure.* (i.) *Relative to Income.*—The total number of weekly budgets returned by the 65 families was 483, and in the following table the average weekly expenditure furnished in these 483 budgets is summarised, together with the average incomes:—

## Relation of Income to Expenditure.

Particulars.	WEEKLY BUDGET OF FAMILIES HAVING INCOMES OF—						General Average for all Families.
	Under £3.	£3 & under £3 10s.	£3 10s. & under £4.	£4 & under £4 10s.	£4 10s. & under £5.	£5 & over.	
Income	£ s. d. 2 18 8	£ s. d. 3 3 7	£ s. d. 3 15 2	£ s. d. 4 3 9	£ s. d. 4 12 3	£ s. d. 6 16 11	£ s. d. 4 9 4
Expenditure	£ s. d. 3 11 7	£ s. d. 3 9 4	£ s. d. 4 2 9	£ s. d. 4 15 5	£ s. d. 5 3 8	£ s. d. 6 1 5	£ s. d. 4 12 7
Difference	—12 11*	—5 9*	—7 7*	—11 8*	—11 5*	15 6	—3 3*

\* The negative sign indicates an excess of expenditure over income

The results obtained in the above table are so far unsatisfactory as to raise doubts whether the budgets received can possibly be regarded as representative. There is an excess of expenditure over income in all the groups excepting the last—£5 and over. The period to which many of the returns relate includes the months of December and January; two months in which probably the expenditure is greater than usual owing to the holiday season, and during this season there may be an absence of income for several days. Whether these factors are sufficient to account for the unsatisfactory result of this tabulation it is difficult to ascertain. In none of the budgets received was there any apparent attempt made by those filling them in to compare the income and expenditure. Consequently those furnishing the budgets offer no explanation on the matter. *The results shewn in the table cannot be regarded as representative, in the aggregate, of the sections of the community to which they refer.* The following tabulations of expenditure are necessarily subject to the same uncertainty in view of the unsatisfactory result shewn in the preceding table.

(ii.) *General Analysis of Expenditure.*—Selecting what may be considered as the four most important heads of expenditure, viz., housing, food, clothing, and fuel and light, and grouping all other expenditure under the heading "Other Items," an analysis of the average weekly expenditure is given in the following table. The results are shewn both as actual averages and as percentages on the total expenditure:

#### Analysis of Average Weekly Expenditure per Family.

Weekly Budgets having Incomes of—	Housing.*	Food.	Clothing.	Fuel and Light.	Other Items.	Total Expenditure.	Average Persons per Family.
WEEKLY EXPENDITURE.							
Under £3 .. .. .	£ s. d.	£ s. d.	£ s. d.	£ s. d.	£ s. d.	£ s. d.	
£3 and under £3 10s. ..	0 1 5	2 0 8	0 10 6	0 2 1	0 10 11	3 11 7	5.50
£3 10s. and under £4 ..	0 5 5	1 12 0	0 10 11	0 2 0	0 19 0	3 9 4	4.76
£4 and under £4 10s. ..	0 10 8	1 15 5	0 12 0	0 2 9	1 1 11	4 2 9	5.44
£4 10s. and under £5 ..	0 3 3	2 6 10	0 13 9	0 2 8	1 7 11	4 15 5	6.00
£4 10s. and under £5 ..	0 5 4	2 5 11	0 19 2	0 2 4	1 10 11	5 3 8	6.33
£5 and over .. .. .	0 12 10	2 5 4	0 17 1	0 1 0	2 1 5	6 1 5	7.00
General Average .. ..	0 7 11	2 0 3	0 14 7	0 2 11	1 6 11	4 12 7	5.72

#### PERCENTAGE ON TOTAL EXPENDITURE.

Under £3 .. .. .	$\frac{1.98}{100}$	$\frac{56.81}{100}$	$\frac{14.67}{100}$	$\frac{2.91}{100}$	$\frac{23.63}{100}$	100.00	5.50
£3 and under £3 10s. ..	$\frac{7.81}{100}$	$\frac{46.15}{100}$	$\frac{15.75}{100}$	$\frac{2.89}{100}$	$\frac{27.30}{100}$	100.00	4.76
£3 10s. and under £4 ..	$\frac{12.89}{100}$	$\frac{42.80}{100}$	$\frac{14.50}{100}$	$\frac{3.32}{100}$	$\frac{26.49}{100}$	100.00	5.44
£4 and under £4 10s. ..	$\frac{4.45}{100}$	$\frac{49.08}{100}$	$\frac{14.41}{100}$	$\frac{2.80}{100}$	$\frac{29.26}{100}$	100.00	6.00
£4 10s. and under £5 ..	$\frac{5.15}{100}$	$\frac{44.20}{100}$	$\frac{18.49}{100}$	$\frac{2.25}{100}$	$\frac{29.82}{100}$	100.00	6.33
£5 and over .. .. .	$\frac{10.57}{100}$	$\frac{37.34}{100}$	$\frac{14.07}{100}$	$\frac{3.91}{100}$	$\frac{34.11}{100}$	100.00	7.00
General Average .. ..	8.55	43.48	15.75	3.15	29.07	100.00	5.72

\* The figures given refer to all families, including those who owned their own houses, or who lived rent free; no less than 196 of the family weekly budgets contain no expenditure on rent. The average rent paid by those who rented houses varies from 6s. 3d. to 9s. 5d., while the average is 8s. 7d.

Disregarding the expenditure under the heading "Other Items," the cost of food is by far the most important consideration, amounting to over 43 per cent. of the total expenditure. Next comes clothing (15.75 per cent.), followed by housing (8.55 per cent.); while the expenditure on fuel and light amounts to 3.15 per cent. As regards clothing it may be seen that with the exception of the group "£4 10s. and under £5," the percentage of expenditure is fairly even, though the actual amounts vary from 10s. 6d. per week to 17s. 1d. per week. The expenditure on fuel and light is fairly even, except in the last group, where the average is practically double the average of any other group.

Expenditure on food varies from £1 12s. to as much as £2 6s. 10d. per week. The result given for the first group (under £3) is unsatisfactory. It has already been shown that the income is stated to be on the average under £3, while the expenditure is £3 11s. 7d. The probability appears to be that either the expenditure has been inflated or that there are some sources of income not included in the returns. With regard to the expenditure on housing accommodation, the fact that in many cases no rent at all is paid, while in others only nominal amounts are paid either in the form of instalments or interest, precludes the possibility of deducing any conclusions of value.

Compared with the 1913 inquiry of the Commonwealth Statistician, the average weekly expenditure on all items is greater by the amount 19s. 1d. The expenditure on housing accommodation is 1s. 2d., and on fuel and light 5d. per week less: while the other items are all greater: food 10s., clothing 4s. 7d., and other items, 6s. 1d. per week more.

(ii) *Expenditure on Clothing.*—In the budgets provision was made for recording separately the expenditure upon clothing for husband, wife and children:—

**Expenditure on Clothing: Amounts Expended by Men, Women, and Children.**

Weekly Budgets having Incomes of—	No. of Families	No. of Budgets	AVERAGE AMOUNT SPENT WEEKLY ON CLOTHING.				
			Men.	Women.	Child- ren.	House- hold Linen, etc.	Total.
			s. d.	s. d.	s. d.	s. d.	s. d.
Under £3 .. .. .	16	17	1 31	2 8	5 11	—	10 6
£3 and under £3 10s. .. .	17	104	2 5	4 1	3 10	0 7	10 14
£3 10s. and under £4 .. .	16	116	4 0	4 11	4 1	1 0	12 0
£4 and under £4 10s. .. .	14	76	10 4	4 9	5 1	1 1	13 9
£4 10s. and under £5 .. .	9	62	5 6	5 11	7 3	0 6	10 2
£5 and over .. .. .	10	102	3 5	8 7	3 4	1 9	17 1
	65	483	3 3	6 5	4 10	1 1	14 7

It will be seen that of the total expenditure of 14s. 7d., 3s. 3d. is spent on the average by the husband, 5s. 5d. by the wife, 4s. 10d. on the children, and 1s. 1d. for household linen, etc. As already stated the average number of children per family was 3.82, therefore the expenditure per child for clothing amounted on the average to just over 1s. 2d.

(iv.) *Expenditure on Other Items.*—The table hereunder shews the average weekly expenditure per weekly budget on items other than housing, food, clothing, and fuel and light. The percentage of each item on the total expenditure is also shewn. It may be seen that, disregarding the last item (miscellaneous) the most important item in the table is expenditure on insurance, which is followed in the order named by medical expenses; charity; other household requisites; contributions to benefit societies; fares; sports and amusements; tobacco, soap, starch, etc., equal; alcoholic beverages; and education fees and books. Compared with the 1913 inquiry of the Commonwealth Statistician, the expenditure on all the items shews an increase with the exception of education fees and books. The percentages of the expenditure approximates very closely to those of the 1913 inquiry.]

**Analysis of "Miscellaneous Expenditure": Amounts and Percentage on Total Expenditure.**

Particulars.	WEEKLY BUDGETS HAVING INCOMES OF—						General Average.
	Under £3.	£3 & under £3 10s.	£3 10s. & under £4.	£4 & under £4 10s.	£4 10s. & under £5.	£5 and over.	
<b>EXPENDITURE.</b>							
Soap, Starch, etc.	1 1	0 0	1 2	1 4	1 5	1 3	1 2
Other Household Requisites	0 5	1 2	0 8	2 0	1 1	3 10	1 9
Tobacco, etc.	1 1	1 5	1 1	1 0	1 6	0 11	1 2
Alcoholic Beverages	0 11	0 10	1 4	1 4	1 3	0 7	1 0
Fares	—	0 7	1 2	0 11	2 5	2 6	1 5
Insurance	0 8	1 8	1 4	3 4	1 1	5 7	2 7
Contributions to Benefit Societies	0 10	1 3	1 10	2 4	1 7	1 3	1 7
Education Fees and Books	0 10	0 6	0 4	0 6	1 8	0 2	0 7
Medical	1 4	3 0	1 3	1 6	2 2	2 10	2 2
Sports and Amusements	0 2	1 1	1 0	0 4	0 8	2 8	1 2
Charity, etc.	0 2	0 9	1 9	1 3	1 10	3 9	1 10
Miscellaneous Expenditure	0 5	6 0	9 0	12 1	14 3	16 1	10 6
Total	18 11	19 0	21 11	27 11	30 11	41 5	26 11

**PERCENTAGE ON TOTAL EXPENDITURE.**

	%	%	%	%	%	%	%
Soap, Starch, etc.	1.51	1.08	1.41	1.40	1.37	1.03	1.26
Other Household Requisites	.58	1.68	.81	2.10	1.04	3.16	1.80
Tobacco, etc.	1.51	2.05	1.31	1.05	1.45	.75	1.26
Alcoholic Beverages	1.28	1.20	1.61	1.40	1.20	.48	1.08
Fares	—	.84	1.41	.96	2.33	2.06	1.53
Insurance	.98	2.40	1.61	3.49	1.04	4.80	2.79
Contributions to Benefit Societies	1.17	1.80	2.22	2.45	1.53	1.03	1.71
Education Fees and Books	1.17	.72	.40	.52	1.61	.14	.63
Medical	1.86	4.33	1.51	1.57	2.09	2.33	2.34
Sports and Amusements	.23	1.56	1.21	.35	.64	2.20	1.26
Charity, etc.	.23	1.08	2.11	1.31	1.77	3.09	1.98
Miscellaneous Expenditure	13.16	8.60	10.88	12.66	13.75	13.24	11.34
Total	23.63	27.40	26.40	29.26	29.82	34.11	29.07

7. **Standard of Living.** (i.) *General.*—The terms of reference in the proclamation ordering the inquiry instructed the Commission to investigate the effects of recent fluctuations of prices upon the *standard of living of wage earners and others.* The Budgets distributed—it was expected—

would provide the necessary data for arriving at some conclusion as to the present standard of living. The budgets received, numbering 498, have been carefully analysed in order to see how far they indicate the standard of living at the time the inquiry was made. It is, of course, impossible to compare this with the standard of any previous period, as no such inquiry has previously been held. All that is possible, therefore, is to compare it with the standard furnished by experts and others. In the course of the inquiry several expert witnesses were called to give evidence as to the amounts of various food stuffs necessary to provide for the proper nourishment of the family. It is customary in dealing with this matter to give the standard for a "man" unit, and when comparing the consumption of families with each other to reduce them to their equivalent "man" units.

The weights applied to each sex and age group in arriving at this result are those used for a somewhat similar purpose by the Commonwealth Statistician in his inquiries of 1910-11 and 1913. These weights were selected after a careful study had been made of reports and other available information bearing on the matter, both from a physiological, economic, and anthropometric standpoint.

The weights selected for each class were as follows :—

Particulars.	Males.		Females.		Children.			
	Over 17	13-16	Over 17	13-16	10-12	6-9	2-5	Under 2
Age in years .. .. .	Over 17	13-16	Over 17	13-16	10-12	6-9	2-5	Under 2
Weight .. .. .	100	80	80	70	65	50	35	20

By using these relative numbers the total number of persons in each income group can be reduced to the equivalent "man" units and are as follows :—

Families having Weekly Incomes of—	Total Families.	No. of Weekly Budgets.	Total Persons.	Average Persons per Family.	Total "Man" Units.	Average "Man" Units per Family.
Under £3 .. .. .	3	32	19	6.33	147.80	4.29
£3 and under £3 10s. .. .	17	104	81	4.76	384.40	3.23
£3 10s. and under £4 .. .	16	116	87	5.44	395.00	3.41
£4 and under £4 10s. .. .	11	78	66	6.00	291.95	3.84
£4 10s. and under £5 .. .	9	68	57	6.33	304.85	4.48
£5 and over .. .. .	10	102	70	7.00	458.64	4.50
All Families .. .. .	66	498	380	*5.78	1933.64	*4.00

\* Weighted average.

It should be observed that one family which has been excluded in the analysis as to income and expenditure is included in the analysis as to standard of living.

(ii.) *Food Requirements.*—The President of the English Board of Trade instructed a Committee of the Royal Society to Report upon the Food Supply of the United Kingdom. This Committee presented its report

in 1917\*. The Committee in the first place investigated the extent and character of the food supply in normal times. Included in this investigation was the question of the standard requirements of the normal adult male as regards each of the constituents of food requisite for healthy activity. The report states. "A full consideration of the dietary requirements of a nation for the most part engaged in active work has convinced the Committee that these requirements cannot be satisfactorily met on a less supply in the food as purchased than 100 grammes protein, 100 grammes fat, 500 grammes carbohydrate, equal approximately to 3400 calories per 'man' per day, a 'man' being an average workman, 'doing an average day's work.'" This was the standard adopted by the Committee referred to.

During the sittings of the Royal Commission in Western Australia. Professor Dakin stated during the course of his evidence that the standard diet per "man" unit should be 100 grammes protein, 80 grammes fat, 600 grammes carbohydrate, equal approximately to 3020 calories per "man" per day.

he weekly budgets furnished in the investigation have been carefully analysed in order to ascertain the amounts of protein, fat, and carbohydrate contained in the food consumed. In this analysis the values given in the report of the Committee of the Royal Society have been adopted.

(iii.) *Standard of Living.*—The following table gives for each income-group the respective average amounts of protein, fat, and carbohydrate contained in the food consumed, as well as the average calories or heat-units.†

**Average Amounts per "Man" Unit per Day of Protein, Fat and Carbohydrate, and Calorific Values of the same, in Various Income-Groups.**

Income Groups.	OCCUPATIONS. (Weekly Budgets.)		Protein.	Fat.	Carbo- hydrate.	Calories.
	Sedentary.	Manual Workers.				
Under £3 .. .. .	—	33	Grammes. 113	Grammes. 110	Grammes. 520	3,613
£3 and under £3 10s. ..	14	90	110	113	578	3,670
£3 10s. and under £4 ..	15	101	104	116	524	3,654
£4 and under £4 10s. ..	—	76	111	120	528	3,822
£4 10s. and under £5 ..	5	63	105	124	510	3,675
£5 and over .. .. .	56	46	90	107	462	3,261
All Groups .. .. .	90	408	104	116	517	3,622

The above table shows that taking the average of all the budgets submitted, the standard of living so far as it relates to food is practically equal to the estimate of Professor Dakin, and higher than that formulated by the Committee of the Royal Society.

\* Cd. 8421.

† A calorie is the quantity of heat required to raise a kilogramme of water one degree Centigrade and it is reckoned that, in so far as they are oxidised in the living body, proteins and carbohydrates give rise to 4.1 calories, and fat to 9.3 calories per gramme.



The only group which falls below either estimate is that relating to incomes of £5 and over per week, and it will be seen that in this group the percentage of "sedentary" workers is considerably greater than in any other group. In this connection it may be pointed out that the consensus of expert opinion points to the fact that persons not engaged in muscular work require less calories than those so engaged. Professor Dakin, during the sittings of the Royal Commission, made the assertion that a clerk should not require more than 2500 or 2700 calories.

(iv.) *Quantities of Various Foods consumed.*—During the course of his evidence, Professor Dakin furnished what he considered to be an appropriate menu per "man" unit per day, as follows:—

Bread ..	1 lb.	Meat ..	$\frac{1}{2}$ lb.
Oatmeal ..	2 ozs.	Beans ..	$\frac{1}{4}$ lb.
Rice ..	2 ozs.	Potatoes ..	$\frac{1}{2}$ lb.
Milk ..	$\frac{1}{2}$ pint	Jam ..	1 oz.
Butter ..	2 ozs.	Syrup ..	1 oz.
Sugar ..	2 oz.		

The following table gives a comparison of this menu with the average of the 498 weekly budgets analysed —

**Consumption of Food per "Man" Unit per Day. Professor Dakin's Estimate of Requirements and Average of the Budgets Analysed.**

Particulars.	Professor Dakin's Estimate.	Average of the Budgets Analysed.
	lb.	lb.
Cereals .. .. .	1.25	1.10
Meat .. .. .	.50	.48
Dairy Products .. .. .	.78	.76
Vegetables .. .. .	.75	.74
Fruit .. .. .	.06	.29
Sugar and Molasses .. .. .	.19	.27
Fish .. .. .	—	.03

It will be seen that the average per "man" unit actually consumed according to the analysis of the budgets, approximates very closely to Professor Dakin's estimate. The only item in which there is any appreciable difference is fruit, and this is probably accounted for by the fact that the inquiry was made during a period when fruit was in season and readily procurable at reasonable prices. Professor Dakin estimated that the menu submitted by him if carried out for a week would give 3679 calories a day. It will be seen that the actual average consumption which approximates so very closely to the menu referred to, also gives calorific values practically similar, as would obviously be expected.