

compared with theoretical requirements, as the classification of ages adopted in workhouses (viz. under 3, 3-8, and 8-16) is rougher than that adopted in scientific tables of theoretical food requirements. The quantities are, however, such as wide experience has shown to be suitable for children in workhouses, whose food requirements are certainly not greater than those of other children.

(d) *Cost of food.*—It now only remains to ascertain the cost of the diet which has been selected. We should, of course, not be justified in basing the cost of this diet upon the contract prices paid by the Guardians. The poor buy their food in small quantities, and thus pay a higher price for it. In connection with the chapter on Budgets (see p. 263) a series of investigations was made by the writer, regarding the actual cash prices paid for various food stuffs by the working classes in York. The average of these prices has been adopted in estimating the cost of the standard diet, except in six cases where the articles could be purchased at lower prices at Co-operative Stores in the city.¹

The following is a table of the prices upon which the cost of the standard diet has been

¹ In the case of food purchased at Co-operative Stores, 5 per cent has been deducted from the selling price, this being approximately the amount of dividend given to ordinary purchasers at the Stores, though a higher dividend is given to members.