

Poverty - How the Poor Lived

Source 1. Cooks Row, Worthing, 1894



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Source 2. East Preston Workhouse



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Source 3. Dietary Table of Children...and able-bodied men and women, East Preston Union [Workhouse], 1870

DIETARY TABLE OF CHILDREN

From 2 to 5 Years of Age.

	BREAKFAST.	DINNER.	SUPPER.
Sunday	3 $\frac{3}{4}$ oz. Bread, $\frac{1}{2}$ oz. Butter, $\frac{1}{2}$ pint Gruel	7oz. Meat Pudding with Vegetables	3 $\frac{3}{4}$ oz. Bread, $\frac{1}{2}$ oz. Butter, $\frac{1}{2}$ pint Milk
Monday	Same	3 $\frac{3}{4}$ oz. Bread, $\frac{1}{2}$ oz. Cheese	Same
Tuesday	Same	8oz. Suet Pudding with Vegetables	Same
Wednesday	Same	3oz. Beef, 3 $\frac{3}{4}$ oz. Bread with Vegetables	Same
Thursday	Same	$\frac{3}{4}$ pint Broth	Same
Friday	Same	8oz. Suet Pudding with Vegetables	Same
Saturday	Same	3 $\frac{3}{4}$ oz. Bread, $\frac{1}{2}$ oz. Cheese	Same

DIETARY TABLE OF CHILDREN

From 5 to 9 Years of Age.

	BREAKFAST.	DINNER.	SUPPER.
Sunday	4 $\frac{3}{4}$ oz. Bread, $\frac{1}{2}$ oz. Butter, $\frac{3}{4}$ pint Gruel	9oz. Meat Pudding with Vegetables	4 $\frac{3}{4}$ oz. Bread, $\frac{1}{2}$ oz. Butter, $\frac{1}{2}$ pint Milk
Monday	Same	4 $\frac{3}{4}$ oz. Bread, 1oz. Cheese	Same
Tuesday	Same	10oz. Suet Pudding with Vegetables	Same
Wednesday	Same	3 $\frac{1}{2}$ oz. Beef, 4 $\frac{3}{4}$ oz. Bread with Vegetables	Same
Thursday	Same	1 pint Broth	Same
Friday	Same	10oz. Suet Pudding with Vegetables	Same
Saturday	Same	4 $\frac{3}{4}$ oz. Bread, 1oz. Cheese	Same

DIETARY TABLE OF ABLE-BODIED MEN AND WOMEN.

	BREAKFAST.	DINNER.	SUPPER.
Sunday	6oz. Bread, $\frac{3}{4}$ oz. Butter, 1 $\frac{1}{2}$ pint Gruel	14oz. Meat Pudding with Vegetables	6oz. Bread, 2oz. Cheese
Monday	Same	6oz. Bread, 2oz. Cheese	Same
Tuesday	Same	14oz. Suet Pudding with Vegetables	Same
Wednesday	Same	5oz. Beef, 6oz. Bread with Vegetables	Same
Thursday	Same	2 pints Broth, 6oz. Bread	Same
Friday	Same	14oz. Suet Pudding with Vegetables	Same
Saturday	Same	6oz. Bread, 2oz. Cheese	Same

Beer, at discretion of the Master, for Dinner and Supper.

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Source 4a

Glimpses of Old Worthing

Edward Snewin was born in 1813 and died in 1900, and lived most of his life in Worthing. In 1898 he wrote a description of life in Worthing in the 19th Century. His writings were published as *Glimpses of Old Worthing* by historian Henfrey Smail in 1945.

Here is Snewin's account of the living conditions of the poor in Worthing in the 1850s.

The inquiry revealed an appalling state of affairs. We read of whole streets totally undrained, where all the houses were occupied by unhealthy families; of other houses seldom free from fever; of open sewers and cesspools left standing for years; and, in spite of the Commissioners' protestations as to the health of the town, a rapid increase in the number of cases of fever and infectious diseases reported by the Parish Surgeon. The houses of the working classes were particularly condemned as being badly designed, often undrained, and built of the poorest material.

For a contemporary description of such conditions we can turn again to Dickens, to the description of Tom-all-Alone in *Bleak House*, which was written soon after the Worthing inquiry ... and in the slum scenes of *Bleak House* Dickens put into dramatic form a subject which was then occupying the minds of thinking people all over the country.

[From Smail E300065035 pp45-6]

Extracts from a
Report to the General Board of Health on a Preliminary Inquiry into
the Sewerage, Drainage, and Supply of Water, and the Sanitary
Condition of the Inhabitants of the Town of Worthing

By Edward Cresy, Superintending Inspector, 1850

The Parade, Beach, and Sands ...have been most injuriously affected by the long and continued practice of discharging all the sewerage of the town along the nearly level sands, which characterize the shore for a distance of 13 or 14 miles, or from Shoreham to Littlehampton. ...The visitors who promenade upon them complain of the disagreeable odour ... and the prevailing winds being from the south and south-west, these odours are conveyed into the houses on the shore, [and] up all the drains. (Page 12)

...Roads are occasionally repaired by the occupiers of land and houses which make use of them; but several which pass through the most densely-peopled part of the town are so neglected that at times they are quite impassable. (Page 14)

The cottages which have been run up for the poor are in general constructed of the worst materials. Bricks of a soft and porous nature, and badly-burnt lime with which the mortar is formed; often the footings of the walls rest on the surface of the soil, and where trenches have been dug for their reception no preparation whatever made to drain off the water which invariably finds its way into them. (Page 22)

Sickness has increased to a very considerable extent; for that in 1832 there were only 560 cases attended and entered by the parish surgeon ... and in 1849, upwards of 1,000.

... It is also to be remarked, that wherever the physical and moral condition of the inhabitants appeared to be the lowest, - where the houses were most crowded together, - where there was little or no current for the air to pass freely, - where dirt prevailed and drainage was altogether neglected, the mortality always exceeded that of more cleanly districts, and that the number of births were increased. (Page 25)

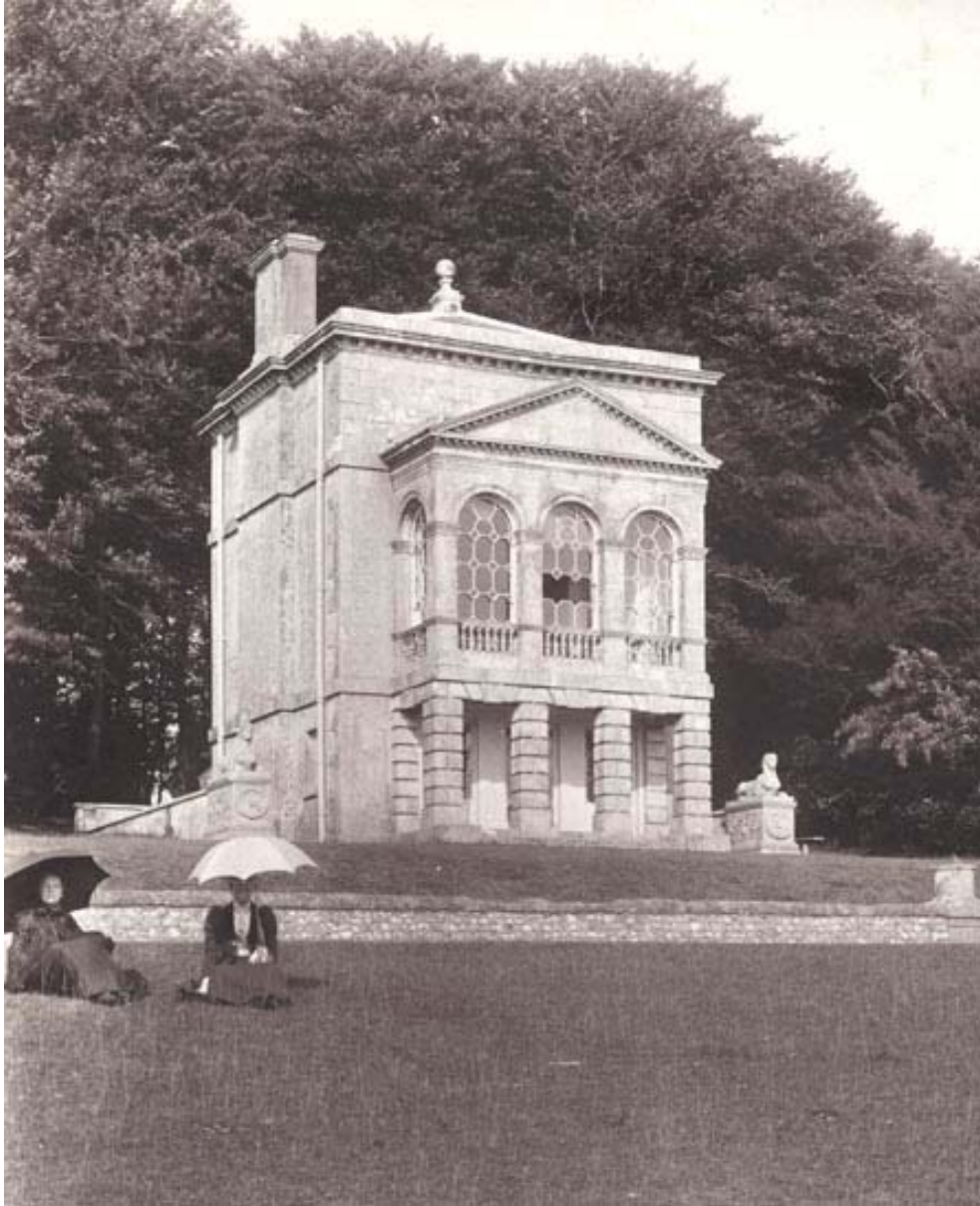
The better class of houses which have water-closets are constantly needing an artificer of some sort or the other, to keep the pipes and drains in working order; and do all they can, it is perfectly impracticable, under the present system of drainage, to maintain within the house a pure and wholesome atmosphere. (Page 29)

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Cresy, Sussex Pamphlets Vol. I

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Source 6.

Summerhouse in the Goodwood Estate, 1899



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