

**REPORT ON THE DIET AND HEALTH
OF MIDDLE CLASS FAMILIES
BOMBAY CITY**

**INDIAN STATISTICAL INSTITUTE
(BOMBAY BRANCH)**

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OF MIDDLE CLASS,
BOMBAY

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'FOREWORD'

Objective studies of the social and economic conditions of different classes of people are of great importance in formulating policies and plans of action. They are especially so in these days of rapidly changing events in the economic sphere. In such studies, scientifically designed sample surveys are carried out in order to collect the required information with accuracy and minimum labour and cost. A sample survey of this nature was conducted by the Bombay Branch of the Indian Statistical Institute to assess the diet and health standards of middle-class families in a part of Bombay City. This survey is, however, an experimental study and its importance lies as much in the methodology as in the large amount of information presented in the report. It shows the possibility of such surveys in future, covering perhaps a wider area than the one covered in this case, and designed to collect other types of information as well. The information presented in this report, will, it is hoped, be found useful to those who are interested in the dietetic and health problems of the middle-classes.

We are indebted to the authorities of the Reserve Bank of India whose financial assistance made this survey possible and particularly to Sir C. D. Deshmukh, the Governor of the Bank, who first suggested this survey and took a keen interest in its progress.

The success of such surveys depends to a large extent on the persons from whom the data are collected. We are happy to state that we obtained excellent co-operation from a large majority of the families selected by us. We thank all these persons for their whole-hearted support and co-operation in

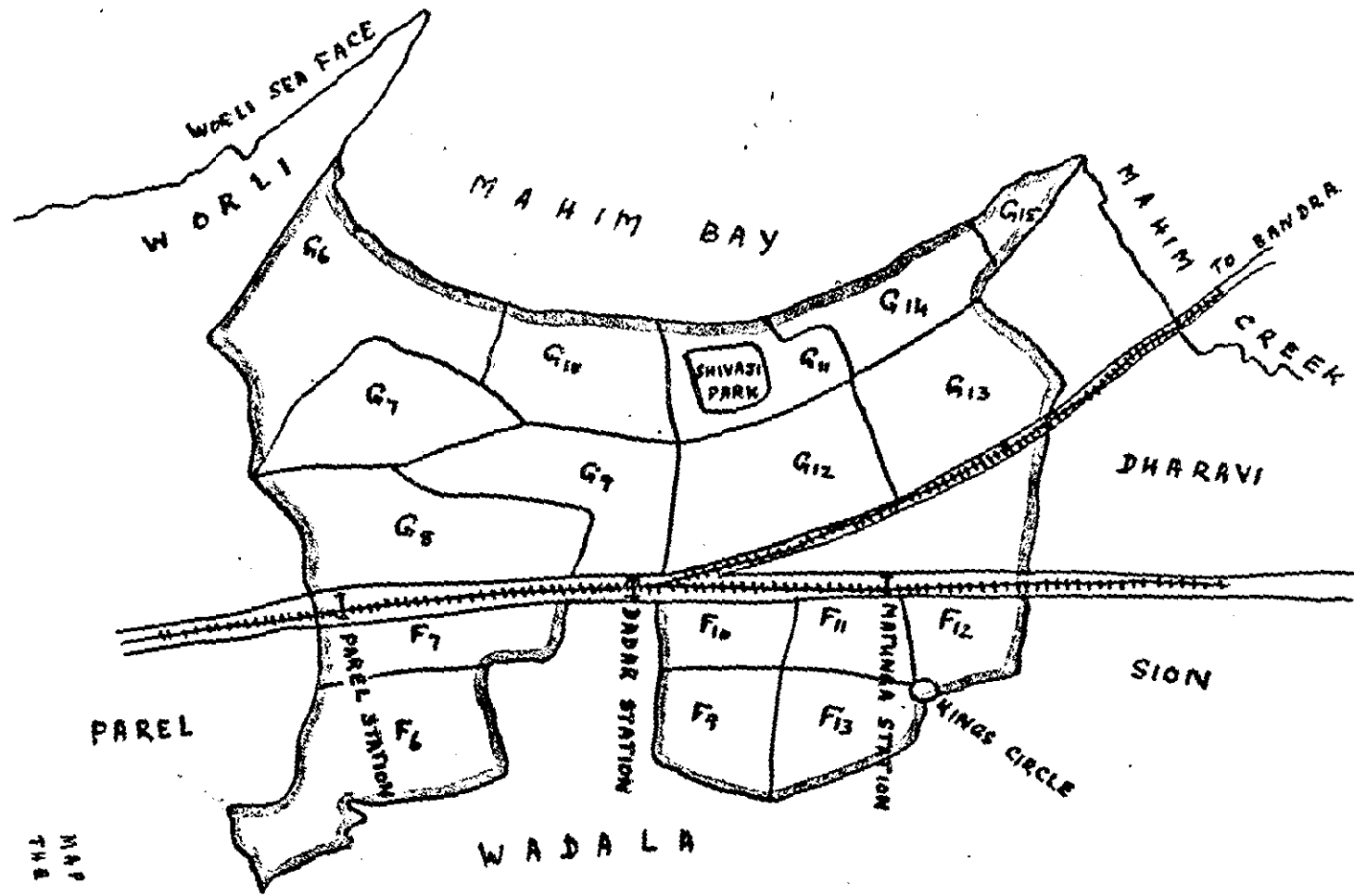
this work. We hope that the same amount of co-operation will be forthcoming in future surveys of this type.

The Office of the Assessor and Collector, Municipality of Bombay, very kindly allowed us to make use of their records and were helpful in other ways. The students of the School of Economics who volunteered to locate the sampled tenements and persuade the householders to co-operate in the survey did a difficult task rather well with a good deal of enthusiasm and good humour thrown in. The paid staff of lady enumerators had an exacting piece of work to do as they had to finish the diet enumeration within a specified time. The collection of the health data was arranged by Dr. G. R. Talwalkar with the help of Doctors N. G. Talwalkar, M. S. Talwalkar and C. V. Talwalkar who devoted every week-end continuously for three months for this work. During the analysis stage the late Dr. R. E. Dadachanji, who was then Nutrition Officer to the Government of Bombay was frequently consulted.

The main burden of conducting the survey at all its stages and of drafting the Report fell on Mr. K. C. Cheriyan, Research Officer in the Division of Statistics, Reserve Bank of India. The Committee of the Institute would like to place on record its appreciation of the thoroughness and devotion with which Mr. Cheriyan did this work. The work was done under the direction of Dr. N. S. R. Sastry, Director of Statistics, Reserve Bank of India.

C. N. Vakil

Vice President, Bombay Branch
of the Indian Statistical Institute



MAP SHOWING
THE AREA SURVEYED
SCALE IN INCHES FEET.

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REPORT ON THE DIET AND HEALTH SURVEY OF MIDDLE CLASS FAMILIES IN BOMBAY CITY

INTRODUCTORY

The recent World War has brought about tremendous changes in the social and economic conditions of different classes of people. It has also brought about a scarcity in essential items of consumption which is believed to have adversely affected the standard of living and health of the bulk of the population. Particularly in an industrial city like Bombay conditions of living have become difficult for persons in the lower income groups owing to the congestion caused by a large influx of population attracted by employment prospects of all kinds. While some idea regarding the living conditions of the working class population is available from the Reports of the Labour Department of the Government of Bombay, relatively little is known about the section of the population known as the middle-class. Acting on a suggestion made by Sir C. D. Deshmukh, Governor of the Reserve Bank of India, the Bombay Branch of the Indian Statistical Institute undertook a small scale survey to assess the nutritive and health standards of middle-class families in a part of Bombay City. A grant of Rs. 5,000 was sanctioned by the Reserve Bank of India to meet the expenses for the survey. A scheme for a sample survey to be conducted in certain residential areas of Dadar, Matunga and Mahim was prepared and approved by the Council of the Bombay Branch at its meeting held on 21st November 1947. The work done under this scheme is described below.

A. COLLECTION OF DATA

2.0. Selection of the Sample

The region selected for the survey was one large contiguous area comprising Sections 6, 7 and 9 to 13 of the municipal ward 'F' and Sections 6 to 15 of ward 'G'. This included parts of Dadar, Matunga and Mahim. To obtain a list of the middle-class families in this area information regarding the assessed rents of residential tenements was used. A list of all buildings situated within the area was prepared, Section-wise, from municipal records and the total number of the residential tenements in each building with assessed rents between Rs. 16 to Rs. 75 noted.

From the total of 20,250 such residential tenements found in the selected area it was decided to select about 770 thus giving a sample of about 3.8% of the total number. These were distributed proportionately in the different Sections of the two wards on the basis of the total number of middle-class residential tenements in each. The particular tenements to be included in the sample were selected from the Section-wise lists with the help of random numbers.

2.1. The Design of the Survey

A latin square design was used for the survey by dividing the entire area under survey into four blocks such that each block contained as homogeneous a set of families as possible. This division was made on the basis of the distribution of rents of residential tenements and also from *a priori* considerations. The following table shows the Sections included in each block.

Block	Ward 'F'	Ward 'G'	No. of tenements selected
Block 1	—	Sections 13, 14 and 15	58
Block 2	—	Sections 11 and 12	128
Block 3	Sections 6, 7, 9, 10, 11, 12 and 13	Sections 7, 9 and 10	541
Block 4	—	Sections 6 & 8	43
Total			770

The tenements falling in each block were randomly divided into four parts and allotted to the four investigators such that all the investigators had to enumerate families of more or less the same type. The main object in using this design was to provide a check on the accuracy of the data collected, by finding the effect of personal bias of the investigators.

2.2. Location of Sampled Tenements

In the sampling process described above, the sample tenement was obtained as a certain specified tenement in a specified building in the Section concerned. For the location of the tenement reference

to the Inspection Books of the municipality was necessary. From these the name of the street, the plot number and the municipal number of the building were obtained. A team of 12 students of the School of Economics who volunteered for this work then attempted to identify the sampled tenements. There were a good number of difficulties in correctly locating the buildings and tenements. In some cases it was found that the municipal number of the building or the plot number of the ground could not be found within the street specified. In others, it was found that the located building did not contain as many residential tenements as were specified in the municipal records. There were also cases where the located tenement turned out to be a non-residential one. Some of these difficulties were due to the fact that the municipal records were compiled in 1946. However, out of the 770 residential tenements which were originally selected as sample, as many as 547 were located.

2.3. Response to the Survey

Out of these 547 tenements, 24 were found to be locked as the family members had temporarily gone out of Bombay. The families in the remaining 523 were approached by the student-volunteers with printed leaflets explaining the object of the survey, the type of information required, the advantages of the survey and requesting their co-operation. The leaflet was printed in three languages, viz., English, Marathi and Gujarathi. It was encouraging to find that out of the 523 families as many as 456 agreed to co-operate. Subsequently, two out of 456 schedules had to be rejected as the information collected was incomplete.

2.4. The Schedule used in the Survey and Staff Employed

A copy of the schedule used in the survey is given in the Appendix. The schedule is divided into three parts:

- (i) General information
- (ii) Diet Data
- (iii) Health data

(i) General Information

This related to such items as the name of head of family, the correct address, community, language spoken, type of residence, rent, income, expenditure etc., and was collected by the volunteers when they approached the families for co-operation in the

survey. Information relating to employment of each member of the family was collected at the time of collecting the health data (part iii below) mainly from considerations of convenience.

(ii) Diet Data

For each enumerated family, diet data of quantities (expressed in a suitable unit) of all the items of food consumed by the family in the house as well as outside e.g. tea, coffee, other drinks, cakes, biscuits, savoury items etc., on each of seven consecutive days were collected by lady investigators. The items of food consumed within the house were classified under 13 groups such as cereals, pulses, vegetables, roots, nuts and oilseeds etc. An attempt was also made to find out the effect of decontrol on the prices and quantities of different items. Sugar and Gur were decontrolled at the time of the survey and rice was allowed to be imported from decontrolled areas outside the city limits.

(iii) Health Data

In this part of the schedule the results of medical examination of the members of the family, their heights, weights and ages as also information regarding their present illnesses and illnesses within the past five years were recorded. It is necessary to point out here that the members of each family for which health data were recorded were the head of the family, his wife and children. Other relatives, dependents and guests, if any, staying with the family were omitted. For the diet part of the survey, data collected related to these members also.

The health data were collected by a team of three doctors who were kind enough to volunteer for the survey. The doctors worked on Saturdays and Sundays only, enumerating about twenty families each week-end.

2.5. The Programme of Work

The work of locating tenements started by about the middle of February. For purposes of collecting the diet data four lady investigators were appointed and they were allotted a certain number of families during each enumeration week consisting of eight consecutive days. Each investigator was required to visit half the allotted families each day so that every family could be visited on alternate days. The investigators started work on 23rd February and the entire diet data were collected within a period of 8 enume-

ration weeks. The following table shows the number of families enumerated by each investigator during each enumeration week.

Enumeration week	Investigator					Total
	1	2	3	4	5	
1	13	17	18	8	—	56
2	24	17	8	20	—	69
3	16	27	32	26	1	102
4	19	—	25	21	14	79
5	20	—	25	23	21	89
6	21	—	14	6	—	41
7	—	—	—	10	—	10
8	—	—	—	8	—	8
Total	113	61	122	122	36	454

The second investigator resigned after the third enumeration week and another investigator was appointed in her place. Each investigator had to do the enumeration during the day walking fairly good distances in the hot sun, to visit the randomly selected tenements. In some houses the investigator had to wait till the housewife finished her duties and could attend to the filling up of the form. Thus, considering the innumerable difficulties involved we may say that the survey progressed at a fairly satisfactory rate. It was also necessary that the locations of tenements by the volunteers and diet enumerations by the investigators should proceed side by side although this involved greater organisational difficulties.

The doctors started work on Saturday the 28th February and continued till the end of May when they completed health enumeration of 302 of the 454 families which were enumerated for diet. A time programme arranging the period and amount of work for the volunteers, investigators and doctors was prepared and was kept up as far as practicable.

2.6. Classification of Families

For the purposes of analysis of both diet and health data, the families were first of all classified by the type of food taken viz., vegetarian or non-vegetarian. A vegetarian family was defined as one which did not consume eggs or any of the meat items on page 2, section 8 under 'Articles consumed at home' in the Schedule. Out of 454 families randomly selected, 231 were vegetarians and the remaining 223 non-vegetarians.

The families were further classified by community and in each community by lan-

guages spoken and different levels of expenditure per capita. In classifying by communities, it was found that the vegetarian group consisted of only Hindu families, while in the non-vegetarian group families belonging to the four major communities, viz., Hindus, Muslims, Christians and Parsis were enumerated. The number of families in each of the last three groups is, however, small. Only families speaking Marathi, Gujarathi, Tamil and Konkani have been shown separately, the remaining being grouped under 'Other Languages'. It is interesting to note that as many as 11 languages were encountered in this group. For classifying the families according to the levels of per capita expenditure the total monthly expenditure of each family was divided by the size of the family taking an adult male or female as one person and a child as $\frac{1}{2}$ person. The expenditure levels used are, less than Rs. 30/- per month; Rs. 30/- to Rs. 49/-; Rs. 50/- to Rs. 69/-; Rs. 70/- to Rs. 99/-; Rs. 100/- to Rs. 199/- and Rs. 200/- and above. Table 1.1 of the Appendix shows the results of this four-fold classification for the 454 families enumerated for the diet part of the survey while table 1.2 shows the results for the 302 families which were enumerated for the health data.

2.7. Scope of the Report

The Report is divided into three parts. In the first part are discussed the results of the analysis of the information collected for total expenditure, housing conditions and rent.

The second part deals with the Diet data collected in part (ii) of the schedule. For each group of families classified in the four-fold classification described earlier, we have calculated the weekly consumption of such items of food as cereals, pulses, vegetables, etc. on an adult-equivalent basis. For this purpose, following the scale given in the Health Bulletin No. 23 prepared by the Nutrition Research Laboratories, Coonoor, an adult female was taken as 0.8 and a child as 0.6* of an adult male.

* For a child between 1-12 years of age this value is slightly larger than that given in the table. However, this was done purposely to counteract the effect of inclusion in some cases of older children.

By using the values of food constituents in the same publication, the consumption of proteins and calories per adult-equivalent has also been calculated for these groups of families.

In the third part of the Report the health data have been analysed. For each classified group, statements have been prepared to show (i) the average monthly expenditures per family on doctors, medicines and tonics and (ii) the proportion of person diagnosed as having some trouble or other in such parts as heart, lungs, eyes, bowels, etc. The data relating to illnesses past and present, have been used to find out the occurrence of different types of illnesses at different ages.

In all the tables presented in this Report, the results for Muslims alone are not given as there were only 5 Muslim families out of 454 families enumerated. The results for Muslims are, however, included in the figures for 'all communities'.

B. DISCUSSION OF THE RESULTS OF THE SURVEY

3.0. Part (i): General Information of size of sample for the Diet and Health portions respectively of the Survey

The numbers of families enumerated for the two parts of the survey have already been shown in Tables 1.1 and 1.2. The following tables show the number of individuals in the two groups. The number per family is smaller in the 'Health' table than that in the other table since, as has already been pointed out, only the members of the principal family were included here. Out of 454 tenements, 302 tenements were visited by Doctors and altogether 1480 individuals were medically examined. For the purposes of this table a child under 12 has been taken as one person. In what follows, the tables relate to the Diet part of the sample unless stated otherwise.

1. Table showing distribution of the individuals enumerated for Diet.

Community	Per capita expenditure levels						All levels above
	Less than Rs. 30	Rs. 30-49	Rs. 50-69	Rs. 70-99	Rs. 100-199	Rs. 200 and above	
Hindus (veg.)	140	375	411	297	136	11	1370
Hindus (non-veg.)	269	363	251	124	45	7	1059
Muslims	—	9	12	4	—	—	25
Parsis	14	18	50	27	22	3	134
Christians	44	52	63	43	10	—	212
All communities	467	817	787	495	213	21	2800

2. Table showing the distribution of the individuals enumerated for Health.

Community	Per capita expenditure levels														All levels above		
	Less than Rs. 30		Rs. 30-49		Rs. 50-69		Rs. 70-99		Rs. 100-199		Rs. 200 and above						
	M.	F.	M.	F.	M.	F.	M.	F.	M.	F.	M.	F.	M.	F.	Total		
Hindu (veg.)	41	34	105	109	133	116	67	72	38	39	3	5	387	375	762		
Hindu (non-veg.)	79	74	86	100	88	82	37	23	8	9	—	—	298	288	586		
Muslims	—	—	5	5	5	—	—	—	—	—	—	—	10	5	15		
Parsis	—	—	2	1	1	3	2	4	—	—	—	—	5	8	13		
Christians	8	16	10	9	20	17	9	15	—	—	—	—	47	57	104		
All communities	128	124	208	224	247	218	115	114	46	48	3	5	747	733	1480		

It can be seen from the first table that nearly 79 per cent of the vegetarian Hindus are in the Rs. 30 to Rs. 90 expenditure level groups with a maximum in the Rs. 50 to Rs. 69 group, while nearly 83 per cent of the non-vegetarian Hindus are in the expenditure level groups 'less than Rs. 70' per month with a maximum in the Rs. 30 to Rs. 49 group. Thus we find that among the middle-class families enumerated in this enquiry

the average expenditure level of the non-vegetarian Hindu group is lower than that of the vegetarian (Hindu) group. This may perhaps be due to the presence among vegetarian Hindus of a larger number of Gujarathis and Tamilians who have higher earnings. (See also table 1.1 in the Appendix). The distribution of the other groups is more or less on the lines of the vegetarian group. It may also be noticed that vegetarian Hindus and Parsis have a

larger proportion of upper middle class families if we assume that families having per capita expenditures exceeding Rs. 100 per month belong to the upper middle-class.

3.1. Distribution of families by total expenditure and size of family.

The distribution of the families by total expenditure is as given below. Two out of the 454 families failed to report the total expenditure.

Total expenditure per month.		Number of families.	Average number of adult-equivalents.
Below Rs. 100	100	8	3.5
—	200	132	4.2
—	300	122	5.4
—	400	92	5.3
—	500	41	6.2
—	600	30	5.4
—	800	16	7.3
—	1000	3	5.8
Above Rs. 1000		8	6.8
		452	5.2

The largest concentration of the middle-class families is in the Rs. 100 to Rs. 300 group, there being altogether 254 out of 452 families in that group. It may be of interest to point out here that in two sample surveys of middle-class families conducted at Calcutta by the Indian Statistical Institute in 1939 and 1945 nearly 63 per cent and 69 per cent respectively of the families were found to be concentrated in the expenditure level Rs. 50 to Rs. 250.*

It will also be seen that the families can be divided into three size groups corresponding to (a) the first two expenditure groups (b) the next four i.e., from 200—600 and (c) the remaining. The average size of family increases with increasing expenditure level, from 4.2 in the first two expenditure groups to nearly 7 in the last three groups. This is possibly due to the fact that the larger sized families have more earning members who can contribute to the total family expenditure.

4.0. Residential Accommodation

Table 2.1 in the appendix gives the average number of living rooms available per resident and table 2.2, the average number of total rooms available. Living rooms were defined as those which could be used for sleeping and were counted by excluding any

room used exclusively as kitchen, store or bath room while 'total rooms' included these also. Thus, the number of living rooms in each tenement as given in table 2.1 are those which the residents could use as dining, sitting or drawing room apart from their principal functions as bedrooms. It can be seen from the table 2.1 that on an average there are more than 3 individuals to a living room. In the lowest expenditure group (per capita expenditure less than Rs. 30 per month) there are about 5 persons to a room; in the Rs. 30 to Rs. 50 group about 4 persons; in the Rs. 50 to Rs. 69 and Rs. 70 to Rs. 100 groups above a persons and in the expenditure group above Rs. 100 about 2 persons to a room. The following table gives the two-way distribution of all the families by the number of living rooms and number of residents.

Number of residents	Number of living rooms						Total
	1	2	3	4	5	6,	
1	—	1	—	—	—	—	1
2	6	11	3	2	—	—	22
3	20	15	3	—	—	—	38
4	35	27	7	2	1	—	72
5	43	23	12	—	—	—	78
6	23	27	5	3	2	1	61
7	19	27	7	3	2	—	58
8	10	21	8	3	2	—	44
9	5	13	3	2	—	—	23
10	3	14	3	1	1	1	23
11	3	5	2	2	1	—	13
12	1	2	1	1	—	1	6
13 and above	1	4	4	2	1	—	12
Total	169	190	58	21	10	3	451*

It can be seen that nearly 38 per cent of the families occupied tenements with one living room and 42 per cent occupied tenements with 2 living rooms while only 20 per cent occupied tenements with about 3 to 6 living rooms. In the case of tenements with only one living room, the average number of residents per tenement is 5.4. Out of 169 such tenements, 150 i.e. nearly 89 per cent have about 3 to 8 residents and 13 tenements have more than 8 residents each. For tenements with two living rooms, the average number of residents is 6.3 and 178 out of 190 such tenements, i.e. nearly 94 per cent have about 2 to 9 residents each.

* In 3 schedules the number of rooms reported was incorrect.

* See Sankhya Vol. 8 pt. 2 p. 197.

If we take the average size of a room as 100 sq. ft., we get the following figures for the average room space available for individuals occupying different types of tenements.

Tenements with	Average No. of residents.	Average room space available per resident (sq. ft.)
1 living room	5.4	18.52
2 " "	6.3	31.75
3 " "	6.8	44.12
4 " "	4.9	81.63
5 " "	8.2	60.97
6 " "	9.3	64.52

These figures are sufficient to show the congestion in accommodation suffered by middle-class families in Bombay.

4.1. Rent

Table 3 in the Appendix gives the average rent per residential tenement paid by each of the classified groups. Among communities, Parsis and Christians belonging to the 'other languages' group pay higher rents than Hindus or Marathi and Konkani Christians whose rent varies from about Rs. 23 to Rs. 28 per tenement. The average rent for the whole sample is Rs. 28.73. The average rent for each expenditure level group expressed as a percentage of the average total expenditure is as given below:

Per capita expenditure	Total monthly expenditure	Rent	Rent as percentage of total expenditure
Below Rs. 30	137.0	19.2	14.0
30 — 49	213.8	28.5	13.3
50 — 69	311.1	27.1	8.7
70 — 99	362.3	33.8	9.3
100 — 199	501.3	36.3	6.8
200 and above	860.0	34.0	4.0
All levels	292.6	28.7	9.8

The lowest expenditure level group spends nearly 14 per cent of the total expenditure as rent. This percentage progressively decreases in the higher expenditure levels. In the highest expenditure group the rent forms only 4 per cent of the total expenditure. The average rent for all tenements is 9.8 per cent of the average total monthly expenditure. Thus the incidence of rent even for the meagre accommodation available is highest in the lowest expenditure groups. This is a pointer to the need for social schemes to provide housing facilities at lower rates for needy persons. In this

connection the good work done by certain charitable institutions in some communities like the Parsi community is commendable.

5.0 Part (ii) Diet

Tables 5.11 to 5.62 give the average weekly consumptions per adult equivalent* of each item of food like rice and rice products, wheat and wheat products, pulses, vegetables, roots, meat items and sugar and gur by communities, language groups and per capita expenditure levels. For pulses, vegetables and sugar and gur, figures are given for vegetarian and non-vegetarian Hindus separately. In the case of milk and milk products, as larger consumptions can be expected among children than among adults, an adult equivalent scale different from the one used for the above items would be necessary. As such a scale was not available we have calculated the average consumptions of milk and milk products, per family, for some of the main classified groups. The figures of daily per capita consumption of proteins and calories for each classified group as calculated from the figures of consumption of all the different items are shown in tables 5.71 to 5.82.

In section C a study of the precision of the results is made by calculating the relevant standard errors. In order to facilitate the calculation, mean values of the main classified groups, derived as simple arithmetic means of the different families were used.

5.1. Consumption of Cereals

Tables 5.11 to 5.13 give the weekly consumptions per adult equivalent of rice and rice products, wheat and wheat products and other cereals for each classified group. In table 5.21 the corresponding figures of total cereals separately for vegetarian and non-vegetarian Hindus are given, while in table 5.22 the figures are given for all the different communities. We find that on an average about 5.70 lbs. of cereals are consumed each week by an adult. This being roughly about 3.80 seers per week is slightly higher than the maximum allowable under rationing rules which was about 3.13 seers per card of two units during the period of the survey. The difference is possibly due to the fact that in this survey persons under 12 years of age were considered as children and therefore regarded as 0.6 of an adult while

* For method of calculation of adult equivalents see page 3.

under rationing rules children of 6 years of age and over are allowed the adult ration. Also in our method we have considered an adult female as 0.8 of an adult male. Thus a family consisting of say, one adult male, one adult female, one child between 6 and 12 and one child less than 6 years of age would be considered as 3 adult equivalents by us while it could draw $3\frac{1}{2}$ adult rations. If we had used this latter definition the total number of adult equivalent in the 454 families would be considerably higher and this would give us a lower estimate of the average adult equivalent consumption of total cereals per week than the one obtained above. Thus the full amount of cereals allowed under rationing seems to be com-

pletely utilised (with small supplements from unrationed items) in the class of families surveyed.

The following table gives the consumptions per adult equivalent of the different cereals according to the different communities and expenditure levels. The average overall weekly consumption figures are 2.32 pounds of rice, 2.08 pounds of wheat and 1.30 pounds of other cereals. Although some differences are seen as between the relative proportions of individual cereals consumed e.g. rice and wheat, the total quantity of cereals consumed does not seem to vary appreciably either between the different communities or between the different expenditure levels.

Community	Weekly adult-equivalent consumption (in pounds) of			
	Rice	Wheat	Other Cereals	Total Cereals
Hindus (vegetarian)	2.55	2.05	1.12	5.73
Hindus (non-veg.)	2.22	2.12	1.43	5.78
Hindus (combined)	2.41	2.08	1.26	5.75
Parsis (non-veg.)	1.42	2.18	1.43	5.03
Christians (non-veg.)	2.00	2.00	1.47	5.47
All communities	2.32	2.08	1.30	5.70

The classification according to the languages spoken gives a few interesting results

as is evident from the following table for Hindus alone.

Community	Language Spoken	Adult-equivalent consumption (in pounds) of								All
		Rice		Wheat		Other Cereals		Total Cereals		
		Veg.	Non-veg.	Veg.	Non-veg.	Veg.	Non-veg.	Veg.	Non-veg.	
Hindus	Marathi	1.99	2.24	1.93	2.17	1.65	1.56	5.57	5.97	5.82
	Gujarathi	2.11	1.30	3.02	1.91	1.20	1.84	6.36	5.06	6.30
	Tamil	3.61	3.17	0.80	0.38	0.35	0.00	4.77	3.55	4.63
	Konkani	4.68	2.66	1.82	1.98	0.18	0.00	6.67	4.62	6.12
	Others	2.87	1.92	2.42	2.29	0.80	1.35	6.10	5.56	5.89
All		2.55	2.23	2.05	2.12	1.12	1.43	5.73	5.79	5.75

Considering the classification by expenditure levels we find that for vegetarians, both rice and wheat consumptions are found to be generally increasing with increasing expenditure levels. The consumption of 'other cereals' is maximum for both vegetarians and non-vegetarians in the lower expenditure groups but diminishes considerably in the higher expenditures. Dietary habits may partly be responsible for this since it

has already been noted that a larger percentage of high expenditure groups are composed of Tamilians and Gujarathis who are accustomed to rice and wheat respectively. Non-Vegetarian Hindus who predominate in the lower expenditure groups are more accustomed to Jowar and other cereals. The following table illustrates the points noted above.

DIET AND HEALTH SURVEY OF BOMBAY MIDDLE-CLASS

Expenditure levels	Per capita consumptions of								
	Rice		Wheat		Other Cereals		Total Cereals		All
	Veg.	Non-veg.	Veg.	Non-veg.	Veg.	Non-veg.	Veg.	Non-veg.	
Below Rs. 30	2.20	1.88	2.12	2.10	2.39	2.00	6.88	6.15	6.19
Rs. 30—49	2.19	2.50	2.02	2.15	1.23	1.32	5.44	5.97	5.72
Rs. 50—69	2.92	1.90	1.96	2.01	0.96	1.42	5.84	5.33	5.58
Rs. 70—99	2.24	2.08	1.78	2.00	0.83	1.10	4.84	5.17	4.98
Rs. 100—199	3.37	2.15	2.99	2.42	0.69	1.25	7.06	5.83	6.53
Above Rs. 200	4.50	1.72	3.19	2.37	0.47	0.00	8.16	4.09	6.39
All levels	2.55	2.11	2.05	2.10	1.12	1.46	5.73	5.67	5.70

As can be expected Tamilians and Konkanis consume the maximum amounts of rice but practically nothing of other cereals. Tamilians consume the least amount of wheat, all others consuming about 1.88 to 2.97 lbs. per week.

5.2. Consumption of Pulses

Tables 5.31 and 5.32 give the per capita consumption of pulses for the different classified groups. The over-all average is 1.38 lbs. per week. Christians appear to consume less pulses than other communities, their consumption rate being 0.87 lbs. per week while for Hindus and Parsis the figures are 1.43 and 1.46 lbs. respectively. Vegetarians consume more pulses than non-vegetarians. There is, however, no marked difference in pulse consumption among the

different language groups. The mean values for the different expenditure levels also show a certain amount of variation but there does not appear to be any definite trend in pulse consumption with varying expenditure levels.

Several different types of pulses like tur dal, gram dal, peas, Bengal gram, black gram etc., were enumerated during the survey. Of these the most commonly used pulses are tur dal, gram dal and peas.

5.3. Milk and Milk Products

The following table gives the weekly consumption of milk and milk products per family. It should be noted that the data are inadequate to make comparisons, as the qualities of the milk consumed by each family are unknown.

	Number of families	Weekly consumption per family			
		Milk (seers)	Cheese & ghee (pounds)	Curds, Cheese and Koa (pounds)	Average size of family
(1)	(2)	(3)	(4)	(5)	(6)
Expenditure levels					
Below Rs. 30	57	8.61	2.01	0.04	8.19
Rs. 30—49	123	11.70	2.81	0.63	6.64
Rs. 50—69	138	14.12	1.88	0.95	5.70
Rs. 70—99	87	16.61	1.81	0.71	5.69
Rs. 100—199	44	18.43	3.73	1.17	4.84
Rs. 200 & above	5	13.65	3.25	0.05	4.20
All levels	454	13.86	2.33	0.72	6.17
Hindus—					
Marathi	216	12.34	2.03	0.65	6.37
Gujarathi	58	16.82	2.78	0.21	6.29
Tamil	44	22.69	0.89	1.72	5.98
Konkani	16	18.88	2.00	0.20	5.88
Other languages	55	5.45	3.24	0.84	6.02
All Hindus	389	14.76	2.18	0.77	6.24
Parsis	24	6.51	2.46	0.08	5.58
Christians—					
Marathi	7	9.00	2.50	0.00	6.86
Konkanis	15	3.88	3.85	0.03	5.60
Other languages	14	10.55	3.96	1.82	5.71
All Christians	36	7.28	3.63	0.72	5.89

The average consumption of milk (mostly buffalo's milk) is about 2 seers per day for a family consisting of 6 members. The consumption of milk increases steadily as the expenditure level increases. For non-Hindus the average consumption is only about 1 seer per day. Ghee and butter consumption is about 2.3 pounds per week. Christians appear to consume more than either Parsis or Hindus. The consumption of cheese, koa etc., is less than 1 pound per week, the overall average being 0.72 pounds per family.

5.31 Fruits

About 15 different types of fruits were enumerated during the survey. These included apples, bananas, guava, grapes, oranges, pine-apples, mangoes, plums and other varieties. Of these, bananas appear to be the most popular, the average consumption being about 20 to 30 per family per week, the average number of adult equivalents for the family being nearly 5. Other fruits which are generally consumed are guavas, lemon, dates, mangoes and oranges. The remaining types of fruits are consumed by only very few families.

5.4. Consumption of Vegetables, Roots and Tubers

Table 5.41 gives the weekly consumption per adult equivalent of leafy and non-leafy vegetables separately for vegetarians and non-vegetarians. Tables 5.42 and 5.43 give the corresponding figures for the different communities for vegetables and roots respectively. Nearly 40 different varieties of vegetables were enumerated and among roots and tubers we have potatoes, carrots, beet-root, colocasia, radish, sweet potato and yam. The average consumption of vegetables is about 1.62 pounds per adult-equivalent per week. Among vegetarian Hindus, Tamilians and Konkanis appear to consume the largest amounts of vegetables, the figures being 2.04 and 2.56 pounds per adult-equivalent per week respectively. Among the different expenditure levels, the consumption increases from 1.12 pounds per week in the lowest expenditure group to 2.47 pounds in the Rs. 100 to Rs. 199 expenditure group. From table 5.43 we see that the consumption of roots also shows a steady increase from the lowest to the highest expenditure level. The overall average consumption of roots is 1.05 pounds per week. Combining vegetables and roots we

get the following figures for the average weekly adult-equivalent consumptions of some of the main classified groups.

Community	Language group	Consumption per week (pounds)
Hindus	Marathi	2.39
	Gujarathi	2.64
	Tamil	2.95
	Konkani	3.66
	Other languages	3.04
	All	2.62
Parsis	Gujarathi	3.64
Christians	Marathi	2.69
	Konkani	2.46
	Other languages	3.03
	All	2.74
All communities		2.67

5.5. Consumption of Meat items

Table 5.5 gives the average consumption rates of meat items, the overall average consumption being 1.32 pounds per week. Hindus consume the least amount (0.85 pounds) and Christians the maximum. The amount consumed increases with increasing expenditure level, the variation being from 0.66 pounds per week in the lowest expenditure level to 2.53 in the Rs. 100|- to Rs. 199|-group.

5.6. Consumption of Sugar and Gur

Tables 5.61 and 5.62 gives the adult-equivalent consumption of sugar and gur for each of the classified groups. It may, however, be remarked that this includes only the sugar consumed in the house and excludes the amount consumed outside in tea, coffee and other light refreshments. Among Hindus, Gujarathis and Tamilians consume comparatively lesser amounts than Marathis, Konkanis and Others. There is no marked increase in sugar and gur consumption corresponding to a rise in expenditure levels.

5.61. Standard of Diet

We may now compare the standard of diet as observed in the survey with normal requirements. The health bulletin published by the Coonoor Nutritional Research Laboratories* gives the normal requirements for a vegetarian diet. Comparison with the consumption figures for vegetarians as observed in the present survey gives the following figures.

* Health bulletin, P. 15.

	Consumption of Veg. Hindus	Normal require- ments
Cereals	5.73 pounds	6.56 pounds
Pulses	1.48 "	1.31 "
Vegetables	1.74 ")	4.38 "
Roots	1.02 ")	
Fruits	0.62 "	0.88 "
Milk	2.93 seers)	2.35 seers
Milk products	0.58 pounds)	

The diet of vegetarians (Hindus) is seen to be deficient in cereals, vegetables and fruits. More milk and milk products are consumed but it obviously requires an analysis of the type of milk consumed at present to state conclusively whether it comes to the required standard, letting alone the fact whether it makes up for deficiencies in the other items. It may also be noted here that the figures of consumption given above were obtained by enquiring the amount of each foodstuff used for cooking for the whole family on each day. As all the foodstuffs cooked are not generally consumed a correction must necessarily be made to account for this wastage.

The overall average weekly consumption figures per adult-equivalent for vegetarians and non-vegetarians are: 5.70 pounds cereals, 1.38 pounds pulses, 1.62 pounds leafy and non-leafy vegetables, 1.05 pounds roots, 1.32 pounds eggs, fish and meat and 1.04 pounds sugar and gur. The average weekly consumption of milk per family is 13.7 seers and of milk products 3.1 pounds.

5.7. Proteins and Calories

The amounts of proteins and calories in the food consumed by an adult male in each classified group were calculated by using the tables of constituents of food items published by the Nutrition Research Laboratories, Coonoor which gives the amount of protein contained in unit weight of each item of food. Among items consumed in the house, the protein and calorie contents of tonics and other special foods have not been included as these are consumed only by particular members of the family. The protein and calorie contents of some items like sweets and some types of fruits which were not given in the Health Bulletin No. 23, were supplied by the Nutrition Office, Government of Bombay. In the case of certain cereals, pulses and vegetables, figures giving the amount of proteins and calories contained in the cooked material*

* Ranganathan, Sundararajan and Swaminathan in the Indian Journal of Medical Research Vols. 24 and 25.

are used in the calculation. For all other items the figures given in the Health Bulletin No. 23 were used in calculating the total amount of proteins and calories consumed by each family. Thus it has to be noted that an adjustment for the amount of proteins and calories wasted due to the method of cooking followed by the enumerated families for these latter items of food will have to be made in the figures presented in tables 5.71 to 5.82.

5.71. Protein Content of Food Consumed

Table 5.71 gives the daily average adult-equivalent intake of proteins in the food, separately for vegetarian and non-vegetarian Hindus and table 5.72 similar figures for all communities. The average intake of proteins per adult male is 80 grammes per day. The amounts of protein requirements suggested by the Nutrition Research Laboratories, Coonoor for persons at different ages are as follows:

1 adult male	..	65 grammes per day	
1 adult female	..	55	—do—
Boy aged 10 to 17	..	80	—do—
Girl aged 10 to 17	..	70	—do—
Child aged 6 to 9	..	60	—do—
Child aged 2 to 6	..	40 to 50	—do—

Thus to find the adult-equivalent intake of proteins in the food we should have used a scale based on the above table in place of the scale we have used already. However, the ages of the members of the family were not enumerated at the time of collecting the diet data. It can, however, be seen that we would get a larger number of adult-equivalents for each classified group using such a scale and consequently lower estimates than those obtained in tables 5.71 and 5.72. It may also be noted that the above scale is said to "fall short of the ideal as defined by modern physiologists and may often with advantage be exceeded."

In tables 5.71 and 5.72 the groups with daily adult-equivalent intake of proteins exceeding 125 grammes have been omitted in calculating the marginal averages. Non-vegetarian food appears to contain larger quantities of protein than the vegetarian diet. There appears to be an increase in the intake of proteins with increasing expenditure levels. Among communities, Parsi and Christian diets have the highest protein content.

5.72. Calorie Content of Food Consumed

The average daily calorie requirement of an Indian adult male is given as 2,600,

while that of an adult female is 2,100. The requirements of children vary from 1,000 to 2,100 calories*. The calorie content of the food consumed each day by an average adult equivalent as obtained from the present data is nearly 3,200. The figure appears to be too large but it has to be remembered that a correction in this estimate is necessary in order to account for the wastage of calories in cooking and also for wastage of food left unconsumed. Further, similar high figures were recorded in certain other enquiries also. Perhaps this has to be attributed to the possible exaggerated statements in some kinds of surveys, though in some cases, all the articles were weighed by the investigators. It may also be noted that a balanced diet is more important than the number of calories supplied by a few carbohydrate foods.

Tables 5.81 and 5.82 give the calorie content in the food consumed each day by an average adult-equivalent separately for vegetarian and non-vegetarian Hindus and for the different communities. In computing the marginal averages, values exceeding 4,286 calories per day (i.e. 30,000 per week) were omitted. The calorie content appears to increase with increasing expenditure level. Among Hindus, the calorie content in the diet of an adult-equivalent is more for vegetarians than for non-vegetarians. The overall average for all non-vegetarians is, however, 3,430 which is more than that for vegetarians. In respect of the different communities there appears to be very little difference between the figures of average intake of calories.

5.8. Effect of decontrol on Prices

An attempt was made to find the effect of removal of control on prices. As sugar and gur were the only items decontrolled within Bombay city, 410 families were enumerated for this purpose and the following results were observed.

S U G A R	
Percentage increase in price from controlled rate	Number of families
50—60	6
60—70	168
70—80	182
80—90	5
Total	361

* Health bulletin No. 23—page 2.

G U R

Percentage increase in price from controlled rate	Number of families
—12.5	2
nil	115
10—20	35
20—30	65
30—40	30
50	91
60—70	1
Total	339

Out of the 410 families 361 gave the required information regarding sugar and 339 regarding gur. In the case of sugar, all families have reported above 50 per cent increase while more than half the families have reported more than 70 per cent increase. For gur, two families have reported a decrease from controlled prices, 115 families could still get gur at the controlled rates and 222 reported price increases varying from 10 to 70 per cent. The majority of replies regarding quantity available were to the effect that any amount of these commodities was available.

6.0. Part (iii) Condition of Health

The results of health examination of the 303 families enumerated by Doctors are given in tables 6.2 to 6.4. The present survey being exploratory in nature, a detailed medical examination was not attempted. Thus, with the data at our disposal it is not possible to study the correlations between deficiencies in diet and deficiency diseases. The whole examination had to be restricted to measurement of height and weight, noting down bodily ailments and defects and questioning members of the family regarding past and present illnesses.

6.1. Heights and Weights according to age

The following table gives the number of males and females whose heights and weights were recorded, classified by age-groups. The average height and weight observed in each age-group are also given. It will be seen that all persons medically examined were not measured for height and weight.

Age group	MALES				FEMALES			
	Number measured for height	Average height (inches)	Number measured for weight	Average weight (pounds)	Number measured for height	Average height (inches)	Number measured for weight	Average weight (pounds)
Less than 5	66	33.1	102	23.9	67	32.9	106	23.6
5-9	94	43.0	94	40.5	86	42.4	91	38.9
10-14	85	53.6	85	64.3	73	53.5	74	65.6
15-10	81	63.1	82	100.6	71	58.9	75	96.6
20-24	58	64.6	58	111.6	67	59.5	67	97.8
25-29	60	64.7	58	121.2	96	59.7	105	102.8
30-39	89	64.6	89	124.1	81	58.4	81	106.4
40-49	65	64.7	64	124.2	49	58.0	48	100.9
50-59	44	64.1	45	122.1	31	57.7	28	117.7
60-69	18	63.0	28	109.5	10	58.0	8	107.6
70 & above	6	63.7	6	116.2	4	58.3	4	102.0
	666		701		635		687	

The average height of an adult male is 5' 4" and that of an adult female 4' 10". The average weight of an adult male is about 121 pounds while that of the adult female is about 104 pounds. The increase in height with age for male children appears to be the same as that for females but this should preferably be studied with smaller age groups, say, with intervals of 1 year. After the 15th year the rate of growth in females is retarded. The rate of increase in the weights of female children is more or less similar to that of males upto the 15-20 age group.

6.2. Amount spent on Doctors, Tonics, etc.

Table 6.1 gives the average per capita monthly expenditure on doctors, medicines and tonics for each classified group. These per capita values were calculated using the scale 1 child=0.5 of an adult male or female. It is seen that on an average a middle-class family spends Rs. 2.05 per month on each member of the family for medicines, etc. The amount is seen to be considerably low for Parsis which may be due to the fact that there are several charitable dispensaries and hospitals in the city for members of that community. Gujarathi Hindus appear to be spending more on illness than any other community.

The amounts spent for illness expressed as percentages of the per capita expenditures are as given below:

Community	Language	Total expenditure	Expenditure on illness	Percentage
Hindus	Marathi	46.30	1.98	4.78
	Gujarathi	70.31	3.02	4.29
	Tamil	72.17	2.49	3.45
	Konkani	61.63	3.20	5.19
	Other languages	64.79	1.57	2.47
	All languages	55.21	2.17	3.93
Christians	Marathi	67.97	0.75	1.11
	Konkani	38.56	1.97	5.11
	Other languages	50.34	1.15	2.28
	All languages	62.34	1.37	2.20
Parsis	Gujarathi	52.75	0.47	0.89
Expenditure Level				
	Below Rs. 30	22.27	2.04	9.16
	Rs. 30 to Rs. 49	38.59	1.73	4.48
	Rs. 50 to Rs. 69	56.72	2.38	4.20
	Rs. 70 to Rs. 99	79.62	1.57	1.97
	Rs. 100 to Rs. 199	127.23	3.22	2.53
	Rs. 200 and above	238.89	1.39	0.58
	All levels	55.94	2.05	3.66

As could be expected the lowest expenditure level group has to spend a proportionately higher amount on illness than the higher expenditure level groups. This might be due to the fact that the morbidity rate in the lower expenditure group is largely due to bad housing conditions and poorer diets.

6.3. Results of Medical Examination

Table 6.2 to 6.4 give the results of medical examination of the enumerated persons separately for males and females. We find that teeth defects were the most prominent, nearly 16 per cent of all the enumerated persons having bad teeth. 9.5 per cent have eye

defects and nearly 8 per cent were suffering from throat trouble. 3 per cent had skin diseases and two per cent suffered from ailments of lungs. One per cent had heart troubles and less than 1 per cent suffered from ailments of liver, bowels, ear, gums and hair. It may be noted that as regards the defects and ailments of skin, teeth, eyes, throat, lungs and heart, Christians had larger percentages defective than Hindus.

We find from tables 6.2 and 6.3 that a larger percentage of females were suffering from bad teeth, gums, and throat than males. In the case of teeth, the percentage of sufferers in females is nearly twice as much as that of males. In the case of eyes, lungs and skin the percentage of sufferers is larger amongst males than females. About two to three per cent were found to have skin diseases and lung troubles.

Defect observed in:	PERCENTAGE DEFECTIVE IN THE (PER CAPITA) EXPENDITURE LEVELS						
	Less than Rs. 30	Rs. 30-49	Rs. 50-69	Rs. 70-99	Rs. 100-199	Rs. 200 and above	All levels
Hair	0.00	0.22	0.00	0.43	0.00	0.00	0.13
Skin	3.17*	3.23	1.49	3.39	5.32	12.49	2.96
Teeth	15.07	14.34	17.38	13.96	21.28	24.99	15.86
Gums	0.00	0.23	0.87	0.00	0.00	0.00	0.34
Eyes	3.97	10.41	8.60	7.86	12.76	0.00	8.44
Ear	0.80	0.46	0.64	0.87	0.00	0.00	0.61
Throat	4.36	5.79	11.61	8.73	7.44	0.00	7.90
Lungs	3.96	1.16	3.00	1.76	0.00	0.00	2.23
Heart	0.40	1.84	0.43	1.74	2.12	0.00	1.14
Liver	0.79	0.90	0.42	0.43	0.00	0.00	0.60
Bowels	0.83	1.38	0.22	0.00	2.12	0.00	0.75
Spleen	0.00	0.23	0.00	0.00	0.00	0.00	0.07
Urine	0.40	0.45	0.22	0.87	2.13	0.00	0.54

There appears to be a slight increase in the percentages defective in teeth as the expenditure level increases. Excluding the highest expenditure level group it is found that defects were observed in most of the items examined. In the highest expenditure group, only 8 persons were examined and so no valid conclusions can be drawn regarding this group. It is also interesting to note that the lowest expenditure level group had a smaller percentage defective in every item examined than the Rs. 100-199 expenditure level group except in the case of lungs where the percentage is maximum in the lowest expenditure group. This may probably be due to the congested conditions of living of the families in this group.

6.4. Present illnesses

Quite a large number of different types of illnesses were observed among the individuals examined but the incidence of each type of illness was small. Out of 1480 persons examined, 297 or roughly 20 per cent were found to be suffering from one type of illness or another. Classified by adults and children the percentages of persons ill are as given below:

	Number examined	Number suffering from illnesses	Percentage ill
Adult males	499	96	19.2
Adult females	490	125	25.8
Children	491	76	15.5
Total	1480	297	20.1

(i) *Adult males*: The most common illness among adult males appeared to be stomach complaints, there being altogether 21 persons suffering from different types of stomach troubles varying from abdominal pain and indigestion to dysentery. Other commonly occurring illnesses were general weakness and debility (14 cases) cough (13 cases), fever (10 cases) and cold (8 cases). There were 5 cases of asthma and one of bronchitis. Two persons had enlarged tonsils and two others complained of sore throat and septic throat. Three persons were found to be diabetic. The others had one or the other of several types of illnesses such as pneumonia, influenza, piles, thrombosis, rheumatism and several others.

Out of the 96 adult males only 22 were found to be having more than one type of illness.

(ii) *Adult females*: Out of 125 adult females found to be ill, 23 were found to be anaemic, this being the most commonly occurring illness. There were 19 cases of general weakness or debility, 12 complained of cough and 7 of asthma or bronchitis. There were also 6 cases of fever and 4 of low fever. Nine women complained of pain in the joints, chest or back, 5 had glossitis and 4 had either fits, hysteria or nervousness. Other illnesses of low incidence were pneumonia, chicken pox, sciatica, paralysis, diabetes, irregular periods

etc. Nineteen women had more than one illness.

(iii) *Children*: Seventy-six children were reported to be ill and out of them 22 were found to be suffering from cough. Thirteen cases each were reported for fever, cold, and rickets. Seven children had measles and two were having chicken pox.

6.5 Past illnesses

The illnesses from which the members of family suffered during the past 5 years were noted on page 6 of the Schedule. It has to be noted that this does not give a complete picture of the incidence of the different diseases among the middle-class population as those who did not survive are not taken into account of. The following table gives the percentages of those examined who reported one type of illness or another.

	Number examined	Number reporting illness	Percentage reporting illness
Adult males	499	90	18.0
Adult females	490	78	15.9
Children	491	49	9.9
Total	1480	217	14.6

(i) *Adult males*

Among adult males typhoid appears to have the largest incidence as 22 out of 90 were found to have had attacks of typhoid. Nine persons had pneumonia and 6 had malarial attacks. Two had small pox, 4 had diphtheria and 4 persons had asthma trouble. Six persons had tonsil operations. Other illnesses of low incidence reported were pyelitis, appendicitis, liver trouble, chicken pox, cough and several others.

(ii) *Adult females*

Among adult females also the disease with the largest incidence was typhoid, there being 17 out of 78 cases reporting typhoid. Eight women reported cases of abortion or miscarriage and two of toxæmia in pregnancy. Four of the women had anaemia and fever. Other illnesses reported were oedema, nephritis, spinal trouble, paralysis, influenza, pneumonia and a few others.

(iii) *Children*

The illnesses of major incidence were typhoid (5 cases), poliomyelitis (5 cases), diphtheria (4 cases), whooping cough (6 cases) and 3 cases each of tonsillitis and pneumonia. Two cases each of measles, meningitis and rickets and three of small pox were also reported. Other illnesses enumerated are malaria, chicken pox, dysentery, diarrhoea, etc.

C. PRECISION OF RESULTS

7.0. Homogeneity of Blocks

It may be recalled that a latin square design was used for this survey by dividing the surveyed area into four blocks and allotting a quarter of the sampled families in each block to each investigator. The division into blocks was done by grouping the different sections of the wards. This grouping was done from considerations of the rent distributions of all middle-class families and also from certain *a priori* considerations regarding the types of families resident in the different sections. For the success of the experiment it is essential that the families within each block should be as homogeneous as possible with respect to most of the characters studied. This was tested by considering the mean rents of the four blocks into which the sampled tenements could be divided, the rents being those which were entered in the schedules during the course of the survey. An analysis of variance of the rents gives the following result:

Due to	D.F.	Sum of squares	Variance	Ratio
Between blocks	3	3678.43	1226.14	4.48*
Within blocks	425	116201.29	273.41	
	428	119879.72		

* Significant at 1 per cent level.

The purpose of the division was, however, to get a set of families within each block whose consumption patterns in respect of food items would more or less be of the same order. In order to test this the per capita expenditure per family could be considered a suitable factor. An analysis of variance of the per capita expenditure gave us the following result:

Due to	D.F.	Sum of squares	Variance	Ratio
Between blocks	3	10495.48	3498.5	2.92*
Within blocks	450	539286.06	1198.4	
	453	549781.54		

* Significant at 5 per cent level.

The above results show that the division into blocks was successful for purposes of the design used.

7.1. Investigator bias

The object of the design was to test whether there was any significant bias in the results given by any investigator. This was tested for one item, namely consumption of total cereals per adult-equivalent. Due to rationing there was likely to be very little variation in this character between the different families and hence any personal bias by any particular investigator was likely to be shown in the variance analysis. As mentioned earlier, the analysis of variance had to be done in two stages since one investigator resigned when the survey was in progress and another was appointed in her place. The results are as shown below:

(i) Families enumerated in Blocks I, II and III before 26-3-1948.

Due to	D.F.	Sum of squares	Variance	Ratio
Blocks	2	5.44	2.72	1.37*
Investigators	3	25.20	8.40	
Bl. x Investigator	6	30.39	5.06	
Error	215	1320.08	6.14	
	228	1381.11		

* Not significant.

(ii) Families enumerated in Block III after 26-3-1948.

Due to	D.F.	Sum of squares	Variance	Ratio
Investigator	3	12.38	4.13	1.42*
Error	162	472.57	2.92	
	165	484.95		

* Not significant.

In the first case the fourth block was not enumerated by all the four investigators and so the results relating to that block are not included in the analysis. In the second case

only one block was enumerated by all the four investigators and so the 'between investigator' variance was analysed only for that particular block. The other blocks which had comparatively fewer number of families were completed by some of the investigators before the first stage was completed.

From these results it can be inferred that the work of the investigators was of uniform quality.

7.2. Standard Errors of the Estimates

It would be of interest to find out the precision with which estimates of average consumptions, etc., have been made. We have given estimates for the average adult-equivalent consumptions of the important food items in the section on diet. These averages were obtained as weighted means of the adult-equivalent consumptions for each family, the weights being proportional to the number of adult-equivalents in each family. As the total weight for any group of families is a variable number this introduces some difficulties in calculating the standard error of the averages. To use a simpler method, we may take the unweighted averages as our estimates and find the standard errors of those averages. It is obvious that there would be very little difference between the weighted and unweighted averages as the weights are not likely to vary much from family to family. The following table gives the unweighted averages and their standard errors for total cereals, pulses, vegetables and sugar and gur by communities and language groups. Comparing with the weighted averages given in tables 5.22, 5.32, 5.42 and 5.62 we find that the differences are all small. The results for Muslims are also given although only 5 Muslim families were enumerated.

(in pounds)

Community	Language	Cereals		Pulses		Vegetables		Sugar and Gur	
		Mean	S.E.	Mean	S.E.	Mean	S.E.	Mean	S.E.
Hindus	Marathi	5.49	0.15	1.35	0.06	1.62	0.07	1.26	0.04
	Gujarathi	6.13	0.33	1.45	0.10	1.75	0.14	1.46	0.09
	Tamil	5.37	0.30	1.53	0.15	2.22	0.16	1.12	0.06
	Konkani	6.10	0.78	1.48	0.22	2.47	0.46	1.34	0.23
	Other lang.	5.43	0.37	1.45	0.18	2.09	0.14	1.40	0.29
	All	5.60	0.12	1.40	0.04	1.80	0.05	1.30	0.03
Muslims	Other lang.	5.37	1.39	0.84	0.09	0.70	0.12	1.04	0.26
Parsis	Gujarathi	6.08	0.45	1.41	0.16	1.88	0.23	1.19	0.17
Christians	Marathi	6.42	0.39	1.11	0.18	1.77	0.35	1.47	0.25
	Konkani	6.10	1.05	0.99	0.37	1.54	0.30	1.32	0.19
	Other lang.	5.19	0.65	1.15	0.41	1.94	0.33	1.18	0.16
	All	5.66	0.49	1.09	0.21	1.74	0.19	1.30	0.11
All Communities		5.49	0.12	1.36	0.04	1.80	0.05	1.29	0.03

Tamilians consume a significantly smaller quantity of cereals than Gujarathis and their consumption of vegetables is significantly greater than that of either Marathis or Gujarathis. The higher consumption of vegetables by Konkanis is not, however, significantly greater than that of other language groups. Muslims appear to consume a significantly smaller amount of pulses and vegetables than other communities but more data are required before this result can be confirmed.

We may now find out the percentage errors involved in our estimates at specified confidence levels. At the 95 per cent level the following percentage errors can be expected in the estimated averages for each community.

Community	Cereals	Pulses	Vegetables	Sugar and Gur
Hindus	4.2	5.6	5.4	4.5
Muslims	50.7	21.0	33.6	49.0
Parsis	14.6	22.2	24.0	28.0
Christians	17.0	37.8	21.4	16.6
All communities	4.3	5.8	5.4	4.6

This shows that the estimates obtained for Hindus and all communities have a high precision as the margin of error varies only from 4 to 6 per cent at the 95 per cent confidence level. The results obtained for Christians and Parsis have a much smaller precision. Thus we should have selected a larger number of each of the non-Hindu communities to get accurate results for each community.

In the following table the co-efficients of variation are given. These figures help us to decide the size of sample required to keep the margin of error at a specified level.

COEFFICIENTS OF VARIATION				
Community	Cereals	Pulses	Vegetables	Sugar and Gur
Hindus	42.4	56.2	55.2	45.4
Muslims	58.0	24.0	38.4	56.0
Parsis	36.5	55.6	60.0	70.1
Christians	51.9	115.5	65.4	50.7
All communities	46.9	62.9	59.7	50.1

The value of 115.5 for consumption of pulses by Christians may be incorrect due to inaccuracies in the data. However, taking the average coefficient of variation at 50 per cent for each community it appears that if results are required separately for each community we should have taken a sample of at least 400 families of each community in order to keep

the margin of error of the estimates at the 5 per cent level with 95 per cent probability.

D. SUMMARY OF RESULTS

This report gives a brief account of some of the important results observed in the data collected on the diet and health conditions of middle-class families in some parts of Bombay City, by enumerating a sample number of families selected at random. A summary of the results is given below.

I. General

(1) Nearly 76 per cent of the middle-class families (as defined in this survey) were found to have monthly incomes varying from Rs. 100 to Rs. 400 per month per family, there being nearly 29, 27 and 20 per cent of the families in the income groups Rs. 100 to Rs. 200, Rs. 200 to Rs. 300 and Rs. 300 to Rs. 400 respectively.

(2) Out of 451 families who gave correct information regarding the type of accommodation available to them it was found that 160 were occupying tenements with only one living room and 190 in tenements with 2 living rooms. On an average there were 3 persons in a living room, this number varying from 5 persons per living room in the 'less than Rs. 30' expenditure group to 2 persons per living room in the highest expenditure group.

(3) The average amount of rent paid is Rs. 28.73 per tenement which amounts to about 9.8 per cent of the total expenditure. The percentage expenditure on rent varied from 14 in the lowest expenditure group to 4 in the highest expenditure group.

II. Diet

(1) The average weekly consumptions per adult equivalent were found to be: 5.70 pounds cereals, 1.38 pounds pulses, 1.62 pounds leafy and non-leafy vegetables, 1.05 pounds roots, 1.32 pounds eggs, fish and meat and 1.04 pounds sugar and gur. The average weekly consumption per family of milk is 13.66 seers and of milk products 3.05 pounds. On comparing the vegetarian diet as enumerated with normal requirements the diet was seen to be deficient in cereals, vegetables and also fruits. More milk and milk products are consumed but it obviously requires an analysis of the type of milk available at present to state conclusively whether it makes up for the deficiencies in the other items.

(2) The average daily intake per adult equivalent of proteins was found to be about

80 grammes and of calories nearly 3,200. As no estimates are available of the loss in proteins and calories due to the different methods of cooking and also due to wastages, it is not possible to state what the true values are. The average intake of the different vitamins was not worked out as it is known that a good deal of destruction of vitamins occurs depending on the method of cooking followed.

III. Health

(1) The measurement of heights and weights showed an average height of 5' 4" and an average weight of 121 pounds for an adult male. The corresponding figures for an adult female were: height 4' 10" and weight about 104 pounds.

(2) The expenditure on illness varied considerably among the different communities and language groups, the overall average being nearly Rs. 2 per capita per month or about 3.7 per cent of the total monthly expenditure.

(3) Nearly 19 per cent of adult males, 26 per cent of adult females and 16 per cent of

the children were found to be suffering from one type of illness or other. The most commonly occurring illnesses were stomach complaints among adult males, anaemia among adult females and cough among children.

(4) Nearly 18 per cent of adult males, 16 per cent of adult females and 10 per cent of children reported some illness or other during the past five years, the most commonly occurring illness in all the three cases being typhoid.

IV. Precision of results

It was found that the sampling errors of the overall estimates for the different items vary only from 4 to 6 per cent at a high level of confidence. For Hindus also, who constituted the greater part of the sample, the estimates have a low sampling error. For Parsis and Christians, however, the estimates suffer from fairly large sampling errors ranging from 20 to 50 per cent in some cases.

APPENDIX

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TABLE No. I.1

Distribution of families enumerated for the Diet Survey by Communities, Language Spoken and per capita Expenditure.

1	2	3	4	5	6	7	8	8
Community	Language spoken	Per Capita Expenditure Levels						All levels above
		Below Rs. 30	Rs. 30-49	Rs. 50-69	Rs. 70-99	Rs. 100-199	Rs. 200 & above	
Vegetarians								
Hindus	Marathi	12	32	28	15	5	—	92
	Gujarathi	4	10	17	14	9	1	55
	Tamil	—	2	17	12	8	—	39
	Konkani	1	4	1	2	—	1	9
	Other languages	1	11	9	9	5	1	36
	All languages	18	59	72	52	27	3	231
Non-Vegetarians								
Hindus	Marathi	28	45	34	11	5	1	124
	Gujarathi	1	—	1	1	—	—	3
	Tamil	1	—	1	2	1	—	5
	Konkani	—	1	3	3	—	—	7
	Other languages	1	5	5	4	4	—	19
	All languages	31	51	44	21	10	1	158
Muslims	Other languages	—	2	1	1	1	—	5
Parsis	Gujarathi	2	4	8	5	4	1	24
Christians	Marathi	2	2	2	1	—	—	7
	Konkani	3	3	6	1	2	—	15
	Other languages	1	2	5	6	—	—	14
	All languages	6	7	13	8	2	—	36
All communities		39	64	66	35	17	2	223
Total Sample								
Hindus	Marathi	40	77	62	26	10	1	216
	Gujarathi	5	10	18	15	9	1	58
	Tamil	1	2	18	14	9	—	44
	Konkani	1	5	4	5	—	1	16
	Other languages	2	16	14	13	9	1	55
	All languages	49	110	116	73	37	4	389
Muslims	Other languages	—	2	1	1	1	—	5
Parsis	Gujarathi	2	4	8	5	4	1	24
Christians	Marathi	2	2	2	1	—	—	7
	Konkani	3	3	6	1	2	—	15
	Other languages	1	2	5	6	—	—	14
	All languages	6	7	13	8	2	—	36
All communities		57	123	138	87	44	5	454

TABLE No. I.2

Distribution of Families enumerated for Health by Communities, Expenditure Levels etc.

Community	Language spoken	Per Capita Expenditure Levels						
		Below Rs. 30	Rs. 30-49	Rs. 50-69	Rs. 70-99	Rs. 100-199	Rs. 200 & above	All levels
1	2	3	4	5	6	7	8	9
Vegetarians								
Hindus	Marathi	7	21	22	9	4	—	63
	Gujarathi	4	7	14	10	5	1	41
	Tamil	—	2	14	7	4	—	27
	Konkani	—	2	1	1	—	—	4
	Other languages	—	10	5	6	4	1	26
	All languages	11	42¹	56	33	17	2	161
Non-Vegetarians								
Hindus	Marathi	21	30	28	9	3	—	91
	Gujarathi	1	—	—	1	—	—	2
	Tamil	1	—	1	1	1	—	4
	Konkani	—	1	3	2	—	—	6
	Other languages	1	3	3	2	1	—	10
	All languages	24	34	35	15	5	—	113
Muslims	Other languages	—	2	1	—	—	—	3
Parsis	Gujarathi	—	1	1	1	—	—	3
Christians	Marathi	1	—	1	—	—	—	2
	Konkani	3	2	5	1	—	—	11
	Other languages	—	2	4	3	—	—	9
	All languages	4	4	10	4	—	—	22
All Communities		28	41	47	20	5	—	141
Total Sample								
Hindus	Marathi	28	51	50	18	7	—	154
	Gujarathi	5	7	14	11	5	1	43
	Tamil	1	2	15	8	5	—	31
	Konkani	—	3	4	3	—	—	10
	Other languages	1	13	8	8	5	1	36
	All languages	35	76	91	48	22	2	274
Muslims	Other languages	—	2	1	—	—	—	3
Parsis	Gujarathi	—	1	1	1	—	—	3
Christians	Marathi	1	—	1	—	—	—	2
	Konkani	3	2	5	1	—	—	11
	Other languages	—	2	4	3	—	—	9
	All languages	4	4	10	4	—	—	22
All Communities		39	83	103	53	22	2	302

TABLE No. 2.1 Average number of rooms (living) available per resident.

Community	Language Spoken	Expenditure Levels (Per Capita)						All expenditure levels
		Below Rs. 30	Rs. 30—Rs. 49	Rs. 50—Rs. 69	Rs. 70—Rs. 99	Rs. 100—Rs. 199	Rs. 200 & above	
Hindus	Marathi	(337) 0.20	(518) 0.24	(341) 0.33	(133) 0.44	(40) 0.53	(7) 0.29	(1376) 0.28
	Gujarathi	(33) 0.21	(70) 0.23	(117) 0.31	(83) 0.28	(57) 0.30	(5) 0.40	(365) 0.28
	Tamil	(7) 0.14	(15) 0.13	(107) 0.27	(92) 0.37	(42) 0.45	..	(263) 0.32
	Konkani	(8) 0.25	(29) 0.28	(20) 0.30	(33) 0.24	..	(4) 0.50	(94) 0.28
	Other languages	(24) 0.17	(106) 0.30	(77) 0.21	(80) 0.29	(42) 0.38	(2) 2.00	(331) 0.28
	All languages	(409) 0.20	(738) 0.25	(662) 0.30	(421) 0.35	(181) 0.40	(18) 0.56	(2429) 0.28
Parsis	Gujarathi	(14) 0.29	(18) 0.44	(50) 0.44	(27) 0.63	(22) 0.53	(3) 0.67	(134) 0.48
Christians	Marathi	(10) 0.20	(24) 0.25	(7) 0.29	(7) 0.43	(48) 0.27
	Konkani	(26) 0.19	(15) 0.27	(28) 0.50	(5) 0.40	(10) 0.70	..	(84) 0.38
	Other languages	(8) 0.50	(13) 0.46	(28) 0.50	(31) 0.71	(80) 0.57
	All languages	(44) 0.25	(52) 0.31	(63) 0.48	(43) 0.63	(10) 0.70	..	(212) 0.43
All Communities		(467) 0.21	(817) 0.26	(787) 0.32	(495) 0.39	(213) 0.43	(21) 0.58	(2800) 0.30

Note:—Figures within brackets indicate the number of residents in the enumerated families.

TABLE No. 2.2 Average number of rooms (living and others) available per resident

Community	Language spoken	Expenditure Levels (Per Capita)						All expenditure levels
		Below Rs. 30	Rs. 30—Rs. 49	Rs. 50—Rs. 69	Rs. 70—Rs. 99	Rs. 100—Rs. 199	Rs. 200 & above	
Hindus	Marathi	(337) 0.25	(518) 0.36	(341) 0.47	(133) 0.63	(40) 0.95	(7) 0.29	(1376) 0.40
	Gujarathi	(33) 0.21	(70) 0.29	(117) 0.45	(83) 0.41	(57) 0.44	(5) 0.40	(365) 0.39
	Tamil	(7) 0.14	(15) 0.20	(107) 0.37	(92) 0.47	(42) 0.57	..	(263) 0.42
	Konkani	(8) 0.38	(29) 0.34	(20) 0.40	(33) 0.36	..	(4) 0.75	(94) 0.38
	Other languages	(24) 0.29	(106) 0.39	(77) 0.43	(80) 0.50	(42) 0.55	(2) 2.00	(331) 0.45
	All languages	(409) 0.25	(738) 0.35	(662) 0.44	(421) 0.51	(181) 0.61	(18) 0.61	(2429) 0.41
Parsis	Gujarathi	(14) 0.44	(18) 0.72	(50) 0.66	(27) 0.89	(22) 0.77	(3) 1.00	(134) 0.71
Christians	Marathi	(10) 0.30	(24) 0.42	(7) 0.44	(7) 0.57	(48) 0.42
	Konkani	(26) 0.31	(15) 0.27	(28) 0.57	(5) 0.80	(10) 1.10	..	(84) 0.51
	Other languages	(8) 0.75	(13) 0.62	(28) 0.75	(31) 0.97	(80) 0.81
	All languages	(44) 0.39	(52) 0.43	(63) 0.64	(43) 0.89	(10) 1.10	..	(212) 0.60
All communities		(467) 0.27	(817) 0.37	(787) 0.47	(495) 0.56	(213) 0.65	(21) 0.67	(2800) 0.44

Note:—Figures within brackets indicate the number of residents in the enumerated families.

TABLE No. 3 Average rent per tenement by communities, expenditure levels, etc.

(In rupees)

Communi- nity	Language spoken	Expenditure Levels (Per Capita)						All expendi- ture levels	
		Below Rs. 30	Rs. 30—Rs. 49	Rs. 50—Rs. 69	Rs. 70—Rs. 99	Rs. 100—Rs. 199	Rs. 200 & above		
Hindus	Marathi	(38) 18.06	(73) 31.63	(56) 27.19	(24) 35.88	(8) 32.75	(1) 20.00	(200) 28.30	
	Gujarathi	(4) 11.38	(8) 25.63	(18) 26.00	(15) 24.13	(9) 35.88	(1) 28.00	(55) 26.02	
	Tamil	(1) 13.00	(2) 15.00	(18) 26.06	(16) 31.13	(9) 30.81	(46) 27.99	
	Konkani	(1) 24.00	(5) 18.94	(4) 24.06	(3) 29.13	(1) 48.38	(14) 25.05	
	Other languages	(2) 30.00	(16) 24.69	(14) 21.31	(9) 34.31	(9) 28.75	(1) 38.50	(51) 26.66	
	All languages	(46) 18.02	(104) 29.17	(110) 25.95	(67) 31.60	(35) 32.03	(4) 33.72	(366) 27.57	
Parsis	Gujarathi	(2) 28.81	(4) 31.19	(7) 37.50	(5) 54.38	(4) 50.25	(1) 35.00	(23) 41.42	
Christians	Marathi	(2) 17.00	(1) 22.00	(2) 27.00	(1) 37.00	(6) 24.50	
	Konkani	(3) 26.13	(3) 10.44	(6) 22.50	(1) 27.50	(2) 38.00	(15) 23.21	
	Other languages	(1) 35.00	(2) 24.50	(5) 35.25	(6) 44.31	(14) 37.58	
	All languages	(6) 24.56	(6) 17.05	(13) 28.09	(8) 41.30	(2) 38.00	(35) 29.19	
All Communities		(54) 19.15	(116) 28.51	(131) 27.09	(81) 33.83	(42) 36.26	(5) 33.98	(429) 28.73	

Note:—Figures within brackets indicate the number of families paying rent.

TABLE No. 4 Percentage employed among adult males.

(1) Communi- nity	(2) Language spoken	(3) Expenditure Level (Per Capita)						(4) All expendi- ture levels	
		Below Rs. 30	Rs. 30—Rs. 49	Rs. 50—Rs. 69	Rs. 70—Rs. 99	Rs. 100—Rs. 199	Rs. 200 & above		
Hindus	Marathi	(141) 49.64	(209) 65.55	(129) 78.29	(55) 61.81	(18) 72.22	(1) 100.00	(553) 64.37	
	Gujarathi	(9) 77.77	(25) 68.00	(32) 93.75	(20) 75.00	(19) 57.89	(2) 50.00	(107) 75.70	
	Tamil	(2) 50.00	(3) 100.00	(42) 76.19	(22) 90.90	(13) 92.30	(2) 50.00	(82) 82.92	
	Konkani	(3) 33.33	(10) 70.00	(6) 83.33	(11) 100.00	(32) 78.12	
	Other languages	(5) 80.00	(29) 68.96	(27) 66.66	(25) 56.00	(13) 61.53	(1) 100.00	(100) 65.00	
	All languages	(160) 51.87	(276) 66.66	(236) 78.81	(133) 70.14	(63) 69.84	(6) 66.66	(874) 68.07	
Parsis	Gujarathi	(3) 66.66	(9) 77.77	(24) 75.00	(10) 50.00	(9) 77.77	(1) 100.00	(56) 71.42	
Christians	Marathi	(2) 100.00	(7) 28.57	(4) 100.00	(13) 61.53	
	Konkani	(12) 66.66	(4) 100.00	(14) 71.42	(1) 100.00	(3) 100.00	(34) 76.47	
	Other languages	(1) 100.00	(6) 66.66	(14) 92.85	(10) 90.00	(31) 87.09	
	All languages	(15) 73.33	(17) 58.82	(32) 84.37	(11) 90.90	(3) 100.00	(78) 78.20	
A) All Communities		(178) 53.93	(306) 66.99	(295) 78.98	(155) 70.96	(77) 72.72	(7) 71.42	(1018) 69.25	

Note: Figures within brackets indicate the number of adult males enumerated.

TABLE No. 5.11 Average weekly consumption (per adult equivalent) of rice and rice products for all enumerated families. (In pounds)

Community	Language spoken	Expenditure Levels (pere capita)						All Expenditure Levels							
		Below Rs. 30	Rs. 30—Rs. 49	Rs. 50—Rs. 69	Rs. 70—Rs. 99	Rs. 100—Rs. 199	Rs. 200 & above								
Hindus	Marathi	(283.9)	1.80	(412.2)	2.48	(280.9)	2.06	(110.0)	2.09	(35.9)	1.88	(5.0)	1.50	(1127.9)	2.15
	Gujarathi	(25.0)	1.47	(51.4)	1.71	(89.4)	2.12	(63.0)	2.01	(41.4)	2.88	(4.2)	2.51	(274.4)	2.03
	Tamil	(5.4)	3.89	(11.4)	4.47	(82.6)	4.74	(98.8)	2.13	(30.6)	4.62	(228.8)	3.56
	Konkani	(6.6)	9.54	(24.6)	2.67	(13.6)	3.97	(24.9)	3.14	(3.6)	4.70	(73.3)	3.79
	Other languages	(17.8)	2.38	(80.2)	2.28	(60.6)	2.75	(62.9)	2.48	(30.0)	2.55	(1.8)	8.75	(253.3)	2.52
	All languages	(338.7)	1.99	(579.8)	2.43	(527.1)	2.62	(359.6)	2.23	(137.9)	2.93	(14.6)	3.47	(1957.7)	2.41
Parsis	Gujarathi	(11.6)	2.91	(16.8)	1.78	(42.6)	0.54	(21.4)	1.55	(14.7)	2.09	(2.4)	2.19	(109.5)	1.42
Christians	Marathi	(8.0)	1.88	(17.9)	1.68	(17.9)	1.17	(4.8)	2.19	(48.6)	1.58
	Konkani	(25.4)	1.74	(11.3)	1.92	(22.4)	3.81	(3.6)	2.91	(8.6)	2.61	(71.3)	2.58
	Other languages	(5.4)	1.95	(11.0)	1.58	(28.6)	1.59	(31.0)	1.89	(76.0)	1.74
	All languages	(38.8)	1.80	(40.2)	1.72	(68.9)	2.20	(39.4)	2.02	(8.6)	2.61	(195.9)	2.00
All Communities		(389.1)	2.00	(643.2)	2.36	(649.0)	2.41	(423.6)	2.18	(165.4)	2.86	(17.0)	3.29	(2287.3)	2.32

Note:—Figures within brackets indicate male adult equivalents of enumerated families.

TABLE No. 5.12 Average weekly consumption (per adult equivalent) of wheat and wheat products for all enumerated families. (In pounds)

Community	Language spoken	Expenditure Levels (Per Capita)						All expenditure levels							
		Below Rs. 30	Rs. 30—Rs. 49	Rs. 50—Rs. 69	Rs. 70—Rs. 99	Rs. 100—Rs. 199	Rs. 200 & above								
Hindus	Marathi	(283.9)	2.05	(412.2)	2.11	(280.9)	1.98	(110.0)	2.21	(35.9)	2.39	(5.0)	1.87	(1127.9)	2.08
	Gujarathi	(25.0)	2.10	(51.4)	2.55	(89.4)	3.00	(63.0)	2.68	(41.4)	4.44	(4.2)	2.60	(274.4)	2.97
	Tamil	(5.4)	1.44	(11.4)	1.09	(82.6)	0.88	(98.8)	0.53	(30.6)	0.93	(228.8)	0.75
	Konkani	(6.6)	1.36	(24.6)	1.32	(13.6)	2.69	(24.9)	1.71	(3.6)	4.88	(73.3)	1.88
	Other languages	(17.8)	2.62	(80.2)	2.22	(60.6)	1.87	(62.9)	2.66	(30.0)	3.14	(1.8)	1.21	(253.3)	2.37
	All languages	(338.7)	2.06	(579.8)	2.11	(527.1)	1.99	(359.6)	1.88	(137.9)	2.84	(14.6)	2.74	(1957.7)	2.08
Parsis	Gujarathi	(11.6)	2.30	(16.8)	2.30	(42.6)	1.93	(21.4)	1.74	(14.7)	3.09	(2.4)	3.41	(109.5)	2.18
Christians	Marathi	(8.0)	3.12	(17.9)	2.27	(17.9)	0.92	(4.8)	2.60	(48.6)	1.95
	Konkani	(25.4)	2.07	(11.3)	2.05	(22.4)	3.28	(3.6)	0.98	(8.6)	1.77	(71.3)	2.36
	Other languages	(5.4)	3.18	(11.0)	1.17	(28.6)	1.85	(31.0)	1.52	(76.0)	1.71
	All languages	(38.8)	2.44	(40.2)	1.91	(68.9)	2.07	(39.4)	1.60	(8.6)	1.77	(195.9)	2.00
All Communities		(389.1)	2.11	(643.2)	2.09	(649.0)	1.99	(423.6)	1.87	(165.4)	2.75	(17.0)	2.83	(2287.3)	2.08

Note:—Figures within brackets indicate male adult equivalents of enumerated families.

TABLE No. 5.13 Average weekly consumption (per adult equivalent) of other cereals for all enumerated families.

(In pounds)

Communi- city	Language spoken	Expenditure Levels (Per Capita)										All expendi- ture levels			
		Below Rs. 30		Rs. 30—Rs. 49		Rs. 50—Rs. 69		Rs. 70—Rs. 99		Rs. 100—Rs. 199				Rs. 200 & above	
Hindus	Marathi	(283.9)	2.19	(412.2)	1.44	(280.9)	1.32	(110.0)	1.37	(35.9)	1.70	(5.0)	0.00	(1127.9)	1.59
	Gujarathi	(25.0)	2.35	(51.4)	1.12	(89.4)	1.21	(63.0)	1.14	(41.4)	0.84	(4.2)	1.07	(274.4)	1.23
	Tamil	(5.4)	0.00	(11.4)	0.00	(82.6)	0.72	(98.8)	0.00	(30.6)	0.39	(228.8)	0.31
	Konkani	(6.6)	0.00	(24.6)	0.05	(13.6)	0.44	(24.9)	0.00	(3.6)	0.00	(73.3)	0.10
	Other languages	(17.8)	3.64	(80.2)	0.67	(60.6)	1.52	(62.9)	1.39	(30.0)	0.00	(1.8)	0.00	(253.3)	1.00
	All languages	(338.7)	2.07	(579.8)	1.22	(527.1)	1.21	(359.6)	0.86	(137.9)	0.78	(14.6)	0.31	(1957.7)	1.26
Parsis	Gujarathi	(11.6)	2.71	(16.8)	1.36	(42.6)	1.39	(21.4)	1.61	(14.7)	0.56	(2.4)	0.00	(109.5)	1.43
Christians	Marathi	(8.0)	3.00	(17.9)	2.18	(17.9)	0.00	(4.8)	1.56	(48.6)	1.45
	Konkani	(25.4)	1.99	(11.3)	1.19	(22.4)	1.27	(3.6)	0.73	(8.6)	1.92	(71.3)	1.56
	Other languages	(5.4)	3.06	(11.0)	3.14	(28.6)	0.44	(31.0)	1.37	(76.0)	1.40
	All languages	(38.8)	2.35	(40.2)	2.16	(68.9)	0.60	(39.4)	1.33	(8.6)	1.92	(195.9)	1.47
All Communities		(389.1)	2.08	(643.2)	1.28	(649.0)	1.19	(423.6)	0.93	(165.4)	0.92	(17.0)	0.27	(2287.3)	1.30

Note:—Figures within brackets indicate male adult equivalents of enumerated families.

TABLE No. 5.21 Average weekly consumption of total cereals (per adult equivalent) for Hindus. (In pounds)

Language spoken	Expenditure Levels (Per Capita)										All expenditure levels			
	Below Rs. 30	Rs. 30—Rs. 49	Rs. 50—Rs. 69	Rs. 70—Rs. 99	Rs. 100—Rs. 199	Rs. 200 & above								
Vegetarians														
Marathi	(81.2)	6.58	(156.7)	5.66	(113.6)	4.85	(59.5)	5.06	(13.6)	6.77	(424.6)	5.57
Gujarathi	(20.8)	6.68	(51.4)	5.38	(86.8)	6.30	(58.2)	5.94	(41.4)	8.16	(4.2)	6.18	(262.8)	6.36
Tamil	(11.4)	5.56	(75.4)	6.65	(90.4)	2.74	(27.0)	5.95	(204.2)	4.77
Konkani	(6.6)	10.90	(17.2)	4.22	(5.2)	8.82	(8.4)	5.77	(3.6)	9.58	(41.0)	6.67
Other languages	(3.0)	7.49	(57.6)	5.23	(40.4)	5.71	(42.4)	7.34	(14.4)	6.23	(1.8)	9.96	(159.6)	6.10
All languages	(111.6)	6.88	(294.3)	5.44	(321.4)	5.84	(258.9)	4.84	(96.4)	7.06	(9.6)	8.16	(1092.2)	5.73
Non-Vegetarians														
Marathi	(202.7)	5.82	(255.5)	6.27	(167.3)	5.70	(50.5)	6.37	(22.3)	5.49	(5.0)	3.37	(703.3)	5.97
Gujarathi	(4.2)	4.17	(2.6)	7.44	(4.8)	4.54	(11.6)	5.06
Tamil	(5.4)	5.33	(7.2)	3.13	(8.4)	1.79	(3.6)	5.84	(24.6)	3.55
Konkani	(7.4)	3.61	(8.4)	6.00	(16.5)	4.37	(32.3)	4.62
Other languages	(14.8)	8.88	(22.6)	4.95	(20.2)	7.00	(20.5)	4.85	(15.6)	5.19	(93.7)	5.56
All languages	(227.1)	5.73	(285.5)	6.10	(205.7)	5.77	(100.7)	5.26	(41.5)	5.38	(5.0)	3.37	(865.5)	5.79

Note:—Figures within brackets indicate male adult equivalents of enumerated families.

TABLE No. 5.22 Average weekly consumption (per adult equivalent) of total cereals for enumerated families. (In pounds)

Community	Language spoken	Expenditure Levels (Per Capita)										All expenditure levels			
		Below Rs. 30	Rs. 30—Rs. 49	Rs. 50—Rs. 69	Rs. 70—Rs. 99	Rs. 100—Rs. 199	Rs. 200 & above								
Hindus	Marathi	(283.9)	6.04	(412.2)	6.03	(280.9)	5.36	(110.0)	5.67	(35.9)	5.97	(5.0)	3.37	(1127.9)	5.82
	Gujarathi	(25.0)	5.92	(51.4)	5.38	(89.4)	6.33	(63.0)	5.83	(41.4)	8.16	(4.2)	6.18	(274.4)	6.28
	Tamil	(5.4)	5.33	(11.4)	5.56	(82.6)	6.34	(98.8)	2.66	(30.6)	5.94	(228.8)	4.62
	Konkani	(6.6)	10.90	(24.6)	4.04	(13.6)	7.10	(24.9)	4.85	(3.6)	9.58	(73.3)	5.77
	Other languages	(17.8)	8.64	(80.2)	5.15	(60.6)	6.14	(62.9)	6.53	(30.0)	5.69	(1.8)	9.96	(253.3)	5.89
	All languages	(338.7)	6.12	(579.8)	5.76	(527.1)	5.82	(359.6)	4.97	(137.9)	6.55	(14.6)	6.52	(1957.7)	5.75
Parsis	Gujarathi	(11.6)	7.92	(16.8)	5.44	(42.6)	3.86	(21.4)	4.90	(14.7)	5.74	(2.4)	5.60	(109.5)	5.03
Christians	Marathi	(8.0)	8.00	(17.9)	6.13	(17.9)	2.09	(4.8)	6.35	(48.6)	4.98
	Konkani	(25.4)	5.80	(11.3)	5.16	(22.4)	8.36	(3.8)	4.62	(8.6)	6.30	(71.3)	6.50
	Other languages	(5.4)	8.19	(11.0)	5.89	(28.6)	3.88	(31.0)	4.78	(76.0)	4.85
	All languages	(38.8)	6.59	(40.2)	5.79	(68.9)	4.87	(39.4)	4.95	(8.6)	6.30	(195.9)	5.47
All Communities		(389.1)	6.19	(643.2)	5.73	(649.0)	5.59	(423.6)	4.98	(165.4)	6.53	(17.0)	6.39	(2287.3)	5.70

Note:—Figures within brackets indicate male adult equivalent of enumerated families.

TABLE No. 5.31 Average weekly consumption of pulses (per adult equivalent) for Hindus.

(In pounds)

Language spoken	Expenditure Levels (Per Capita)										All expenditure levels			
	Below Rs. 30	Rs. 30—Rs. 49	Rs. 50—Rs. 69	Rs. 70—Rs. 99	Rs. 100—Rs. 199	Rs. 200 & above								
Vegetarians														
Marathi	(81.2)	1.14	(156.7)	1.25	(113.6)	1.43	(59.5)	1.61	(13.6)	2.45	(424.6)	1.37
Gujarathi	(20.8)	1.56	(51.4)	1.98	(86.8)	1.46	(58.2)	1.21	(41.4)	2.10	(4.2)	4.64	(262.8)	1.67
Tamil	(11.4)	0.86	(75.4)	1.58	(90.4)	0.74	(27.0)	2.61	(204.2)	1.30
Konkani	(6.6)	2.15	(17.2)	1.89	(5.2)	0.55	(8.4)	1.79	(3.6)	1.13	(41.0)	1.67
Other languages	(3.0)	1.63	(57.6)	1.53	(40.4)	1.85	(42.4)	1.52	(14.4)	1.95	(1.8)	3.39	(159.6)	1.67
All languages	(111.6)	1.29	(294.3)	1.45	(321.4)	1.51	(258.9)	1.21	(96.4)	2.27	(9.6)	3.09	(1092.2)	1.48
Non-Vegetarians														
Marathi	(202.7)	1.26	(255.5)	1.63	(167.3)	1.15	(50.5)	1.27	(22.3)	1.08	(5.0)	1.07	(703.3)	1.36
Gujarathi	(4.2)	2.71	(2.6)	1.88	(4.8)	1.18	(11.6)	1.89
Tamil	(5.4)	1.35	(7.2)	0.51	(8.4)	1.50	(3.6)	1.13	(24.6)	1.12
Konkani	(7.4)	0.50	(8.4)	1.11	(16.5)	1.09	(32.3)	0.96
Other languages	(14.8)	3.30	(22.6)	1.14	(20.2)	1.23	(20.5)	0.75	(15.6)	1.39	(93.7)	1.10
All languages	(227.1)	1.28	(285.5)	1.56	(205.7)	1.14	(100.7)	1.15	(41.5)	1.20	(5.0)	1.07	(865.5)	1.32

Note:—Figures within brackets indicate male adult equivalents of enumerated families.

TABLE No. 5.32 Average weekly consumption of pulses (per adult equivalent) for all enumerated families.

(In pounds)

Community	Language spoken	Expenditure Levels (Per Capita)										All expenditure levels			
		Below Rs. 30	Rs. 30—Rs. 49	Rs. 50—Rs. 69	Rs. 70—Rs. 99	Rs. 100—Rs. 199	Rs. 200 & above								
Hindus	Marathi	(283.9)	1.23	(412.2)	1.49	(280.9)	1.26	(110.0)	1.45	(35.9)	1.60	(5.0)	1.07	(1127.9)	1.37
	Gujarathi	(25.0)	1.75	(51.4)	1.98	(89.4)	1.47	(63.0)	1.21	(41.4)	2.10	(4.2)	4.64	(274.4)	1.67
	Tamil	(5.4)	1.35	(11.4)	0.86	(82.6)	1.49	(98.8)	0.80	(30.6)	2.44	(228.8)	1.28
	Konkani	(6.6)	2.15	(24.6)	1.47	(13.6)	0.90	(24.9)	1.33	(3.6)	1.13	(73.3)	1.36
	Other languages	(17.8)	3.02	(80.2)	1.42	(60.6)	1.64	(62.9)	1.27	(30.0)	1.66	(1.8)	3.39	(253.3)	1.59
	All languages	(338.7)	1.38	(579.8)	1.51	(527.1)	1.37	(359.6)	1.19	(137.9)	1.95	(14.6)	2.40	(1957.7)	1.43
Parsis	Gujarathi	(11.6)	1.63	(16.8)	0.97	(42.6)	1.58	(21.4)	1.21	(14.7)	1.82	(2.4)	2.03	(109.5)	1.46
Christians	Marathi	(8.0)	1.07	(17.9)	0.77	(17.9)	0.71	(4.8)	1.06	(48.6)	0.83
	Konkani	(25.4)	0.06	(11.3)	1.61	(22.4)	0.38	(3.6)	0.79	(8.6)	0.50	(71.3)	0.50
	Other languages	(5.4)	0.94	(11.0)	0.67	(28.6)	2.17	(31.0)	0.63	(76.0)	1.24
	All languages	(38.8)	0.39	(40.2)	0.98	(68.9)	1.21	(39.4)	0.70	(8.6)	0.50	(195.9)	0.87
All Communities	(389.1)	1.29	(643.2)	1.46	(649.0)	1.35	(423.6)	1.14	(165.4)	1.83	(17.0)	2.35	(2287.3)	1.38	

Note:—Figures within brackets indicate male adult equivalents of enumerated families.

TABLE No. 5.41 Average weekly consumption of vegetables (per adult equivalent) for Hindus. (In pounds)

Language spoken	Expenditure Levels (Per Capita)										All expenditure levels			
	Below Rs. 30	Rs. 30—Rs. 49	Rs. 50—Rs. 69	Rs. 70—Rs. 99	Rs. 100—Rs. 199	Rs. 200 & above								
Vegetarians														
Marathi	(81.2)	1.25	(156.7)	1.49	(113.6)	2.02	(59.5)	1.86	(13.6)	2.56	(424.6)	1.69
Gujarathi	(20.8)	1.44	(51.4)	1.22	(86.8)	1.58	(58.2)	1.01	(41.4)	1.92	(4.2)	2.20	(262.8)	1.40
Tamil	(11.4)	1.84	(75.4)	2.41	(90.4)	1.39	(27.0)	3.27	(204.2)	2.04
Konkani	(6.6)	1.67	(17.2)	2.33	(5.2)	2.12	(8.4)	2.98	(3.6)	5.00	(41.0)	2.56
Other languages	(3.0)	0.92	(57.6)	1.68	(40.4)	2.19	(42.4)	1.43	(14.4)	2.80	(1.8)	2.92	(159.6)	1.25
All languages	(111.6)	1.30	(294.3)	1.54	(321.4)	2.02	(258.9)	1.47	(96.4)	2.52	(9.6)	3.39	(1092.2)	1.74
Non-Vegetarians														
Marathi	(202.7)	1.08	(255.5)	1.49	(167.3)	1.40	(50.5)	1.73	(22.3)	2.26	(5.0)	1.80	(703.3)	1.39
Gujarathi	(4.2)	0.24	(2.6)	3.27	(4.8)	1.20	(11.6)	1.32
Tamil	(5.4)	0.93	(7.2)	1.04	(8.4)	1.37	(3.6)	4.17	(24.6)	1.59
Konkani	(7.4)	1.96	(8.4)	2.80	(16.5)	1.05	(32.3)	1.71
Other languages	(14.8)	1.20	(22.6)	1.65	(20.2)	1.73	(20.5)	2.34	(15.6)	2.31	(93.7)	1.86
All languages	(227.1)	1.07	(285.5)	1.51	(205.7)	1.50	(100.7)	1.69	(41.5)	2.44	(5.0)	1.80	(865.5)	1.46

Note:—Figures within brackets indicate male adult equivalents of enumerated families.

TABLE No. 5.42 Average weekly consumption of vegetables (per adult equivalent) for all enumerated families. (In pounds)

Community	Language spoken	Expenditure Levels (Per Capita)										All Expenditure Levels			
		Below Rs. 30	Rs. 30—Rs. 49	Rs. 50—Rs. 69	Rs. 70—Rs. 99	Rs. 100—Rs. 199	Rs. 200 & above								
Hindus	Marathi	(283.9)	1.13	(412.2)	1.49	(280.9)	1.65	(110.0)	1.80	(35.9)	2.37	(5.0)	1.80	(1127.9)	1.50
	Gujarathi	(25.0)	1.24	(51.4)	1.22	(89.4)	1.63	(63.0)	1.01	(41.4)	1.92	(4.2)	2.20	(274.4)	1.43
	Tamil	(5.4)	0.93	(11.4)	1.84	(82.6)	2.29	(98.8)	1.39	(30.6)	3.38	(228.8)	1.99
	Konkani	(6.6)	1.67	(24.6)	2.22	(13.6)	2.54	(24.9)	1.70	(3.6)	5.00	(73.3)	2.19
	Other languages	(17.8)	1.15	(80.2)	1.67	(60.6)	2.04	(62.9)	1.73	(30.0)	2.55	(1.8)	2.92	(253.3)	1.85
	All languages	(338.7)	1.15	(579.8)	1.53	(527.1)	1.81	(359.6)	1.53	(137.9)	2.50	(14.6)	2.84	(1957.7)	1.62
Parsis	Gujarathi	(11.6)	1.38	(16.8)	0.42	(42.6)	2.25	(21.4)	2.08	(14.7)	2.48	(2.4)	4.58	(109.5)	1.92
Christians	Marathi	(8.0)	1.81	(17.9)	1.45	(17.9)	1.34	(4.8)	0.83	(48.6)	1.41
	Konkani	(25.4)	0.36	(11.3)	1.68	(22.4)	1.85	(3.6)	1.94	(8.6)	2.56	(71.3)	1.38
	Other languages	(5.4)	1.11	(11.0)	0.86	(28.6)	1.91	(31.0)	2.30	(76.0)	1.86
	All languages	(38.8)	0.76	(40.2)	1.35	(68.9)	1.74	(39.4)	2.09	(8.6)	2.56	(195.9)	1.57
All Communities		(389.1)	1.12	(643.2)	1.48	(640.0)	1.81	(423.6)	1.60	(165.4)	2.47	(17.0)	3.09	(2287.3)	1.62

Note:—Figures within brackets indicate male adult equivalents of families enumerated.

TABLE No. 5.43 Average weekly consumption (per adult equivalent) of roots for all enumerated families.

(In pounds)

Communi- ty	Language spoken	Expenditure Levels (Per Capita)										All Expendi- ture Levels			
		Below Rs. 30		Rs. 30—Rs. 49		Rs. 50—Rs. 69		Rs. 70—Rs. 99		Rs. 100—Rs. 199				Rs. 200 & above	
Hindus	Marathi	(283.9)	0.75	(412.2)	0.75	(280.9)	1.10	(110.0)	1.09	(35.9)	1.23	(5.0)	0.70	(1127.9)	0.89
	Gujarathi	(25.0)	0.54	(51.4)	0.96	(89.4)	1.12	(63.0)	1.17	(41.4)	1.95	(4.2)	3.33	(274.4)	1.21
	Tamil	(5.4)	1.34	(11.4)	1.49	(82.8)	0.26	(98.8)	0.82	(30.6)	3.00	(228.8)	0.96
	Konkani	(6.8)	0.23	(24.6)	1.63	(13.6)	0.90	(24.9)	2.02	(3.6)	0.97	(73.3)	1.47
	Other languages	(17.8)	0.96	(80.2)	0.91	(60.6)	1.20	(62.9)	1.37	(30.0)	1.66	(1.8)	1.11	(253.3)	1.19
	All languages	(338.7)	0.74	(579.8)	0.85	(527.1)	0.98	(359.6)	1.15	(137.9)	1.93	(14.6)	1.58	(1957.7)	1.00
Parsis	Gujarathi	(11.6)	1.23	(16.8)	1.25	(42.6)	1.60	(21.4)	1.21	(14.7)	2.96	(2.4)	6.46	(109.5)	1.72
Christians	Marathi	(8.0)	1.00	(17.9)	1.28	(17.9)	1.28	(4.8)	1.67	(48.8)	1.28
	Konkani	(25.4)	0.57	(11.3)	1.28	(22.4)	1.32	(3.6)	1.94	(8.6)	1.37	(71.3)	1.08
	Other languages	(5.4)	0.56	(11.0)	0.93	(28.6)	1.42	(31.0)	1.14	(76.0)	1.17
	All languages	(38.8)	0.66	(40.2)	1.19	(68.9)	1.35	(39.4)	1.28	(8.6)	1.37	(195.9)	1.17
All Communities		(389.1)	0.75	(643.2)	0.88	(649.0)	1.06	(423.6)	1.16	(165.4)	1.96	(17.0)	2.26	(2287.3)	1.05

Note:—Figures within brackets indicate male adult equivalents of enumerated families

TABLE No. 5.5 Average weekly consumption of meat items (per adult equivalent) for non-vegetarians.

(In pounds)

Communi- ty	Language spoken	Expenditure Levels (Per Capita)										All Expendi- ture Levels			
		Below Rs. 30		Rs. 30—Rs. 49		Rs. 50—Rs. 69		Rs. 70—Rs. 99		Rs. 100—Rs. 199				Rs. 200 & above	
Hindus	Marathi	(202.7)	0.67	(255.5)	0.88	(167.3)	0.94	(50.5)	0.92	(22.3)	0.78	(5.0)	1.40	(703.3)	0.84
	Gujarathi	(4.2)	0.36	(2.6)	2.98	(4.8)	1.03	(11.6)	1.22
	Tamil	(5.4)	0.33	(7.2)	0.33	(8.4)	0.27	(3.6)	0.23	(24.6)	0.29
	Konkani	(1.4)	0.22	(8.4)	0.67	(16.5)	0.42	(32.3)	0.44
	Other languages	(14.8)	0.17	(22.6)	1.10	(20.2)	1.60	(20.5)	1.02	(15.6)	1.65	(93.7)	1.13
	All languages	(227.1)	0.62	(285.5)	0.90	(205.7)	1.00	(100.7)	0.81	(41.5)	1.06	(5.0)	1.40	(865.5)	0.85
Parsis	Gujarathi	(11.6)	0.45	(16.8)	0.73	(42.6)	1.91	(21.4)	1.86	(14.7)	3.26	(109.5)	1.83
Christians	Marathi	(8.0)	1.28	(17.9)	1.57	(17.9)	2.08	(4.8)	0.93	(2.4)	4.67	(48.8)	1.65
	Konkani	(25.4)	0.89	(11.3)	3.26	(22.4)	2.57	(3.6)	3.78	(8.6)	8.08	(71.3)	2.81
	Other languages	(5.4)	0.65	(11.0)	2.81	(28.6)	5.12	(31.0)	4.36	(76.0)	4.16
	All languages	(38.8)	0.94	(40.2)	2.38	(68.9)	3.50	(39.4)	3.89	(8.6)	8.08	(195.9)	3.04
All Communities		(277.5)	0.66	(348.9)	1.09	(327.6)	1.65	(164.7)	1.71	(69.0)	2.53	(7.4)	2.46	(1195.1)	1.32

Note:—Figures within brackets indicate the male adult equivalents of enumerated families.

TABLE No. 5.61 Average weekly consumption of sugar and gur (per adult equivalent) for Hindus.

(In pounds)

Language spoken	Expenditure Levels (Per Capita)										All Expenditure Levels			
	Below Rs. 30	Rs. 30—Rs. 49	Rs. 50—Rs. 69	Rs. 70—Rs. 99	Rs. 100—Rs. 199	Rs. 200 & above								
Vegetarians														
Marathi	(81.2)	0.85	(156.7)	1.20	(113.6)	1.43	(59.5)	0.34	(13.6)	1.89	(424.6)	1.10
Gujarathi	(20.8)	0.93	(51.4)	1.28	(86.8)	0.48	(58.2)	0.59	(41.4)	0.26	(4.2)	2.38	(262.8)	0.69
Tamil	(11.4)	0.75	(75.4)	0.25	(90.4)	0.22	(27.0)	1.33	(204.2)	0.41
Konkani	(6.6)	0.56	(17.2)	1.34	(5.2)	1.35	(8.4)	0.83	(3.6)	0.90	(41.0)	1.07
Other languages	(3.0)	1.75	(57.6)	1.11	(40.4)	1.52	(42.4)	1.26	(14.4)	1.32	(1.8)	2.50	(159.6)	1.30
All languages	(111.6)	0.87	(294.3)	1.19	(321.4)	0.91	(258.9)	0.52	(96.4)	0.95	(9.6)	1.85	(1092.2)	0.90
Non-Vegetarians														
Marathi	(202.7)	0.98	(255.5)	1.31	(167.3)	1.13	(50.5)	1.33	(22.3)	1.00	(5.0)	3.00	(703.3)	1.18
Gujarathi	(4.2)	1.07	(2.6)	1.06	(4.8)	1.04	(11.6)	1.06
Tamil	(5.4)	1.39	(7.2)	0.63	(8.4)	1.55	(3.6)	1.67	(24.6)	1.26
Konkani	(7.4)	1.18	(8.4)	1.88	(16.5)	0.91	(32.3)	1.22
Other languages	(14.8)	1.62	(22.6)	1.29	(20.2)	1.05	(20.5)	1.02	(15.6)	1.41	(93.7)	1.25
All languages	(227.1)	1.03	(285.5)	1.31	(205.7)	1.13	(100.7)	1.20	(41.5)	1.21	(5.0)	3.00	(865.5)	1.19

Note:—Figures within brackets indicate the male adult equivalents of enumerated families.

TABLE No. 5.62 Average weekly consumption of sugar and gur (per adult-equivalent) for the enumerated families.

(In pounds)

Community	Language spoken	Expenditure Levels (Per Capita)										All Expenditure Levels			
		Below Rs. 30	Rs. 30—Rs. 49	Rs. 50—Rs. 69	Rs. 70—Rs. 99	Rs. 100—Rs. 199	Rs. 200 & above								
Hindus	Marathi	(283.9)	0.94	(412.2)	1.27	(280.9)	1.25	(110.0)	0.79	(35.9)	1.34	(5.0)	3.00	(1127.9)	1.15
	Gujarathi	(25.0)	0.95	(51.4)	1.28	(89.4)	0.50	(63.0)	0.62	(41.4)	0.26	(4.2)	2.38	(274.4)	0.71
	Tamil	(5.4)	1.39	(11.4)	0.75	(82.6)	0.28	(98.8)	0.33	(30.6)	1.37	(228.8)	0.50
	Konkani	(6.6)	0.56	(24.6)	1.29	(13.6)	1.80	(24.9)	0.88	(3.6)	0.90	(73.3)	1.16
	Other languages	(17.8)	1.64	(80.2)	1.16	(60.6)	1.36	(62.9)	1.18	(30.0)	1.37	(1.8)	2.50	(253.3)	1.28
	All languages	(338.7)	0.98	(579.8)	1.25	(527.1)	1.00	(359.6)	0.71	(137.9)	1.03	(14.6)	2.24	(1957.7)	1.03
Parsis	Gujarathi	(11.6)	0.91	(16.8)	0.48	(42.6)	0.85	(21.4)	1.38	(14.7)	1.38	(2.4)	3.75	(109.5)	1.04
Christians	Marathi	(8.0)	1.38	(17.9)	1.37	(17.9)	1.37	(4.8)	1.77	(48.6)	1.41
	Konkani	(25.4)	0.63	(11.3)	1.59	(22.4)	1.19	(3.6)	1.39	(8.6)	0.87	(71.3)	1.03
	Other languages	(5.4)	0.83	(11.0)	0.89	(28.6)	1.16	(31.0)	1.23	(76.0)	1.13
	All languages	(38.8)	0.81	(40.2)	1.30	(68.9)	1.22	(39.4)	1.31	(8.6)	0.87	(195.9)	1.16
All Communities		(389.1)	0.96	(643.2)	1.23	(649.0)	1.02	(423.6)	0.80	(165.4)	1.07	(17.0)	2.45	(2287.3)	1.04

Note:—Figures within brackets indicate male adult equivalents of enumerated families.

TABLE No. 5.71 Average Protein Content of all foods consumed each day by adult equivalent (for Hindus only). (In grammes).

Language spoken	Expenditure Levels (Per Capita)										All Expenditure Levels			
	Below Rs. 30		Rs. 30—Rs. 49		Rs. 50—Rs. 69		Rs. 70—Rs. 99		Rs. 100—Rs. 199				Rs. 200 & above	
Vegetarians														
Marathi	(81.2)	61.88	(156.7)	73.40	(113.6)	76.10	(59.5)	82.37	(13.6)	124.75	(424.6)	74.82
Gujarathi	(20.8)	64.59	(51.4)	70.23	(86.8)	86.22	(58.2)	76.96	(41.4)	117.34	(4.2)	123.24	(262.8)	84.77
Tamil	(11.4)	63.91	(75.4)	82.49	(90.4)	45.76	(27.0)	121.45	(204.2)	70.34
Konkani	(6.6)	118.90	(17.2)	73.36	(5.2)	86.38	(8.4)	88.35	(3.6)	107.57	(41.0)	88.42
Other languages	(3.0)	88.82	(57.6)	76.07	(40.4)	71.80	(42.4)	93.54	(14.4)	102.89	(1.8)*	201.35	(157.8)	82.36
All languages	(111.6)	66.36	(294.3)	72.99	(321.4)	79.96	(258.9)	70.39	(96.4)	117.38	(7.8)	116.01	(1090.4)	77.98
Non-Vegetarians														
Marathi	(202.7)	70.50	(255.5)	84.13	(167.3)	84.62	(50.5)	100.69	(22.3)	81.70	(5.0)	77.65	(703.3)	81.39
Gujarathi	(4.2)	95.77	(2.6)	82.11	(4.8)	77.71	(11.6)	85.26
Tamil	(5.4)	65.18	(7.2)	68.79	(8.4)	70.79	(3.6)	91.33	(24.6)	71.98
Konkani	(7.4)	52.86	(8.4)	86.80	(16.5)	65.92	(32.3)	68.36
Other languages	(14.8)	68.30	(22.6)	81.56	(20.2)	86.92	(20.5)	75.60	(15.6)	95.10	(93.7)	81.57
All languages	(227.1)	70.70	(285.5)	83.12	(205.7)	84.36	(100.7)	86.30	(41.5)	87.57	(5.0)	77.65	(865.5)	80.71

Note:—Figures within brackets indicate the male adult valents of enumerated families.

* Denotes values omitted in calculating the marginal means.

TABLE No. 5.72 Average Protein Content of all foods consumed each day by adult equivalent (for all enumerated families) (In grammes)

Community	Language spoken	Expenditure Levels (Per Capita)										All Expenditure Levels			
		Below Rs. 30		Rs. 30—Rs. 49		Rs. 50—Rs. 69		Rs. 70—Rs. 99		Rs. 100—Rs. 199				Rs. 200 & above	
Hindus	Marathi	(283.9)	68.04	(412.2)	80.05	(280.9)	81.18	(110.0)	90.78	(35.9)	98.01	(5.0)	77.64	(1127.9)	80.71
	Gujarathi	(25.0)	69.28	(51.4)	70.23	(89.4)	86.10	(63.0)	77.03	(41.4)	117.34	(4.2)	123.24	(274.4)	84.79
	Tamil	(5.4)	65.18	(11.4)	63.91	(82.6)	81.29	(98.8)	47.88	(30.6)	117.90	(228.8)	70.52
	Konkani	(6.6)	118.90	(24.6)	67.19	(13.6)	86.64	(24.9)	73.49	(3.6)	107.57	(73.3)	79.58
	Other languages	(17.8)	71.76	(80.2)	77.61	(60.6)	76.85	(62.9)	87.69	(30.0)	98.84	(1.8)*	204.21	(251.5)	82.07
	All languages	(338.7)	69.27	(579.8)	77.98	(527.1)	81.67	(359.6)	74.85	(137.9)	108.41	(12.8)	101.02	(1955.9)	79.19
Parsis	Gujarathi	(11.6)	72.37	(16.8)	61.44	(42.6)	87.33	(21.4)	86.40	(14.7)	121.86	(2.4)*	167.35	(107.1)	86.20
Christians	Marathi	(8.0)	73.36	(17.9)	74.23	(17.9)	39.85	(4.8)	83.28	(48.6)	62.32
	Konkani	(25.4)	44.59	(11.3)	116.21	(22.4)	99.72	(3.6)	104.25	(8.6)*	148.13	(62.7)	80.62
	Other languages	(5.4)	64.77	(11.0)	91.63	(28.6)	140.54	(31.0)	104.79	(76.0)	113.50
	All languages	(38.8)	53.33	(40.2)	90.79	(68.9)	101.11	(39.4)	102.12	(8.6)*	148.13	(187.3)	89.21
All Communities		(389.1)	67.77	(643.2)	78.20	(649.0)	83.68	(423.6)	78.07	(156.8)	109.90	(12.8)	101.02	(2274.5)	80.27

Note:—Figures within brackets indicate the male adult equivalents of enumerated families.

* Denotes values which were omitted in computing the marginal means.

TABLE No. 5.81 Average number of calories of all foods consumed each day by adult equivalent (for Hindus only).

Language spoken	Expenditure Levels (Per Capita)								All Expenditure Levels					
	Below Rs. 30	Rs. 30—Rs. 49	Rs. 50—Rs. 69	Rs. 70—Rs. 99	Rs. 100—Rs. 199	Rs. 200 & above								
Vegetarians														
Marathi	(81.2)	2694.77	(156.7)	3163.61	(113.6)	3397.61	(59.5)	3324.34	(13.6)*	4888.14	(411.0)	3158.93
Gujarathi	(20.8)	2958.45	(51.4)	3616.30	(86.8)	4113.68	(58.2)	3433.90	(41.4)*	5306.62	(4.2)*	5391.44	(217.2)	3703.20
Tamil	(11.4)	2770.93	(75.4)	3751.61	(90.4)	2125.79	(27.0)*	4822.91	(177.2)	2859.09
Konkani	(6.6)*	4380.04	(17.2)	3169.02	(5.2)	3378.16	(8.4)	3758.21	(3.6)*	4665.86	(30.8)	3365.02
Other languages	(3.0)	3791.24	(57.6)	3436.18	(40.4)	4173.84	(42.4)	3832.60	(14.4)	4162.56	(1.8)*	6379.32	(157.8)	3804.59
All languages	(105.0)	2778.33	(294.3)	3281.13	(321.4)	3771.31	(258.9)	3027.79	(14.4)	4162.56	(9.6)*	5304.58	(994.0)	3333.29
Non-Vegetarians														
Marathi	(202.7)	2694.81	(255.5)	3241.25	(167.3)	3177.30	(50.5)	3757.82	(22.3)	3163.14	(5.0)	3411.84	(703.3)	3104.37
Gujarathi	(4.2)	3212.55	(2.6)	2850.20	(4.8)	3756.81	(11.6)	3356.55
Tamil	(5.4)	3287.53	(7.2)	2933.15	(8.4)	3184.49	(3.6)	3847.06	(24.6)	3230.51
Konkani	(7.4)	2619.30	(8.4)	4152.64	(16.5)	2956.59	(32.3)	3210.42
Other languages	(14.8)	2724.41	(22.6)	3268.79	(20.2)	3217.60	(20.5)	2955.58	(15.6)	3917.52	(93.7)	3211.25
All languages	(227.1)	2720.41	(285.5)	3227.31	(205.7)	3208.40	(100.7)	3415.35	(41.5)	3508.04	(5.0)	3411.84	(865.5)	3126.87

Note:—Figures within brackets indicate male adult equivalents of enumerated families.

* Denotes values omitted in calculating the marginal means.

TABLE No. 5.82 Average number of calories of all foods consumed each day by adult equivalent (for all enumerated families).

Community	Language spoken	Expenditure Levels (Per Capita)						All Expenditure Levels							
		Below Rs. 30	Rs. 30—Rs. 49	Rs. 50—Rs. 69	Rs. 70—Rs. 99	Rs. 100—Rs. 199	Rs. 200 & above								
Hindus	Marathi	(283.9)	2694.80	(412.2)	3211.74	(280.9)	3266.40	(110.0)	3523.35	(35.9)	3816.62	(5.0)	3411.84	(1127.9)	3145.76
	Gujarathi	(25.0)	3001.14	(51.4)	3630.59	(89.4)	4076.93	(83.0)	3458.51	(41.4)*	5306.62	(4.2)*	5391.45	(228.8)	3685.63
	Tamil	(5.4)	3287.53	(11.4)	2770.93	(82.8)	3680.27	(98.8)	2215.80	(30.6)*	4708.10	(198.2)	2887.25
	Konkani	(6.6)*	4380.04	(24.6)	3003.66	(13.6)	3856.51	(24.9)	3227.01	(3.6)*	4665.87	(63.1)	3275.61
	Other languages	(17.8)	2904.21	(80.2)	3389.01	(60.6)	3855.13	(62.9)	3543.91	(30.0)	4035.14	(1.8)*	6379.32	(251.5)	3583.53
	All languages	(332.1)	2738.73	(579.8)	3254.63	(527.1)	3551.63	(359.6)	3136.32	(65.9)	3916.10	(5.0)	3411.84	(1869.5)	3247.70
Parsis	Gujarathi	(11.6)	3421.13	(16.8)	2269.30	(42.6)	3503.55	(21.4)	3107.17	(14.7)*	4512.95	(2.4)*	5308.40	(92.4)	3176.99
Christians	Marathi	(8.0)	3077.54	(17.9)	2762.92	(6.2)*	4341.21	(4.8)	3566.16	(30.7)	2970.49
	Konkani	(25.4)	2131.92	(11.3)	4219.88	(22.4)	3695.15	(3.6)	3180.67	(8.6)*	4884.36	(62.7)	3126.91
	Other languages	(5.4)	3108.12	(11.0)	2641.20	(28.6)	3963.76	(31.0)	3456.00	(76.0)	3504.43
	All languages	(38.8)	2462.75	(40.2)	3139.16	(51.0)	3845.78	(39.4)	3444.27	(8.6)*	4884.36	(169.4)	3267.93
All Communities		(382.5)	2731.43	(643.2)	3211.73	(631.1)	3558.49	(423.6)	3167.22	(65.9)	3916.10	(5.0)	3411.84	(2151.3)	3241.33

Note:—Figures within brackets indicate male adult equivalents of enumerated families.

* Denotes values omitted in computing the marginal means.

TABLE No. 6.1 Average monthly expenditure (per adult equivalent) on Doctors, medicines and tonics.

(In Rupees)

Community	Language spoken	Expenditure Levels (Per Capita)										All Expenditure Levels			
		Below Rs. 30		Rs. 30—Rs. 49		Rs. 50—Rs. 69		Rs. 70—Rs. 99		Rs. 100—Rs. 199				Rs. 200 & above	
Hindus	Marathi	(292.5)	2.28	(431.0)	1.09	(301.5)	2.75	(118.5)	2.44	(37.0)	1.67	(5.0)	0.00	(1185.5)	1.98
	Gujarathi	(28.0)	2.89	(56.5)	1.77	(87.5)	3.34	(63.5)	2.02	(41.5)	7.88	(4.5)	5.55	(281.5)	3.02
	Tamil	(5.5)	4.54	(12.0)	1.08	(90.0)	2.58	(55.5)	1.64	(33.0)	3.85	(4.0)	0.00	(196.0)	2.49
	Konkani	(7.0)	0.00	(26.5)	9.09	(16.5)	0.31	(26.0)	0.38	(80.0)	3.20
	Other languages	(20.5)	1.22	(82.5)	2.48	(62.0)	1.69	(63.0)	0.52	(32.0)	1.34	(2.0)	0.00	(262.0)	1.57
	All languages	(353.5)	2.25	(608.5)	1.74	(557.5)	2.45	(326.5)	1.69	(143.5)	3.92	(15.5)	1.81	(2005.5)	2.17
Parsis	Gujarathi	(13.5)	0.00	(20.5)	1.46	(49.5)	0.20	(24.0)	0.83	(16.5)	0.00	(2.5)	0.00	(126.5)	0.47
Christians	Marathi	(9.0)	2.22	(21.0)	0.00	(6.5)	1.65	(4.5)	0.00	(41.0)	0.75
	Konkani	(26.5)	0.55	(12.0)	2.25	(23.0)	3.91	(3.5)	3.43	(8.0)	0.00	(73.0)	1.97
	Other languages	(5.0)	0.00	(12.0)	0.00	(28.5)	1.82	(33.5)	1.16	(79.0)	1.15
	All languages	(40.5)	0.85	(45.0)	0.60	(58.0)	2.63	(41.5)	1.23	(8.0)	0.00	(193.0)	1.37
All Communities		(407.5)	2.04	(681.5)	1.73	(675.5)	2.38	(395.5)	1.57	(173.5)	3.22	(18.0)	1.37	(2351.5)	2.05

Note:—Figures within brackets indicate the number of adult equivalents calculated on the basis 1 child=0.5 of an adult male or female.

TABLE No. 6.2 Results of medical examination of males by communities, language spoken, etc.

Community	Language spoken	No. Examined	Percentage of Males defective in												
			Hair	Skin	Teeth	Gums	Eyes	Ear	Throat	Lungs	Heart	Liver	Bowels	Spleen	Urine
Hindus	Marathi	405	0.00	3.21	19.25	0.24	11.60	0.98	6.91	1.61	0.96	0.74	0.49	0.00	0.49
	Gujarathi	99	0.00	2.02	10.09	0.00	7.07	1.01	8.08	3.03	1.01	0.00	2.02	0.00	2.02
	Tamil	71	0.00	4.23	14.08	0.00	11.27	1.41	8.45	5.63	1.41	0.00	0.00	1.41	0.00
	Konkani	23	0.00	0.00	13.04	0.00	13.04	0.00	4.35	0.00	0.00	0.00	0.00	0.00	0.00
	Other languages	87	0.00	4.59	12.64	0.00	6.89	0.00	10.34	4.59	0.00	1.13	0.00	0.00	1.15
	All languages	685	0.00	3.21	6.34	0.15	10.36	0.81	7.58	2.56	0.85	0.58	0.58	0.15	0.73
Parsis	Gujarathi	5	0.00	0.00	20.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Christians	Marathi	5	0.00	20.00	0.00	0.00	0.00	0.00	20.00	0.00	0.00	0.00	0.00	0.00	0.00
	Konkani	19	0.00	0.00	15.79	0.00	10.53	0.00	5.26	5.26	0.00	0.00	0.00	0.00	0.00
	Other languages	23	0.00	4.35	34.78	0.00	17.39	0.00	21.74	8.69	8.69	0.00	0.00	0.00	0.00
	All languages	47	0.00	4.25	23.93	0.00	12.77	0.00	14.89	6.37	4.25	0.00	0.00	0.00	0.00
All Communities		747	0.00	3.21	7.22	0.14	10.57	0.74	7.76	2.74	1.05	0.53	0.66	0.14	0.67

TABLE No. 6.3 Results of medical examination of females by communities, language spoken, etc.

Community	Language spoken	No. Examined	Percentage of Females defective in												
			Hair	Skin	Teeth	Gums	Eyes	Ear	Throat	Lungs	Heart	Liver	Bowels	Spleen	Urine
Hindus	Marathi	363	0.27	1.92	15.14	1.09	7.98	0.00	7.43	2.20	0.82	1.09	1.13	0.00	0.00
	Gujarathi	130	0.00	4.42	9.11	0.00	3.53	0.00	8.84	0.88	0.88	0.00	0.80	0.00	0.00
	Tamil	68	1.47	4.41	16.18	0.00	4.41	2.94	11.76	0.00	0.00	0.00	0.00	0.00	0.00
	Konkani	22	0.00	0.00	9.09	0.00	9.09	0.00	13.61	4.55	0.00	0.00	0.00	0.00	4.54
	Other languages	97	0.00	1.03	16.49	0.00	5.15	1.03	5.15	1.03	3.09	0.00	0.00	0.00	0.00
	All languages	663	0.30	2.41	14.21	0.59	6.48	0.45	7.98	1.66	1.05	0.59	0.75	0.00	0.15
Parsis Christians	Gujarathi	8	0.00	12.50	0.00	0.00	12.50	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
	Marathi	2	0.00	0.00	50.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
	Konkani	31	0.00	6.45	19.30	0.00	12.88	0.00	6.82	0.00	0.00	0.00	0.00	0.00	0.00
	Other languages	24	0.00	0.00	20.83	0.00	8.33	0.00	8.33	0.00	4.16	0.00	0.00	0.00	8.33
		All languages	57	0.00	3.51	21.03	0.00	10.51	0.00	7.11	0.00	1.75	0.00	0.00	0.00
All Communities		733	0.27	2.73	14.49	0.53	6.81	0.41	8.04	1.50	1.22	0.87	0.81	0.00	0.41

TABLE No. 6.4 Results of medical examination of individuals by communities, language spoken, etc.

Community	Language spoken	No. Examined	Percentage Defective in												
			Hair	Skin	Teeth	Gums	Eyes	Ear	Throat	Lungs	Heart	Liver	Bowels	Spleen	Urine
Hindus	Marathi	768	0.13	2.60	17.30	0.64	9.89	0.52	7.15	1.89	0.58	0.90	0.79	0.00	0.26
	Gujarathi	212	0.00	3.29	9.56	0.00	5.18	0.47	8.48	1.88	0.93	0.00	1.37	0.00	0.94
	Tamil	139	0.72	4.32	15.10	0.00	7.91	2.16	10.06	2.87	0.72	0.00	0.00	0.72	0.00
	Konkani	45	0.00	0.00	11.10	0.00	11.11	0.00	8.87	2.22	0.00	0.00	0.00	0.00	2.22
	Other languages	184	0.00	2.71	14.66	0.00	5.97	0.52	7.60	2.71	1.62	0.53	0.00	0.00	0.54
	All languages	1348	0.15	2.81	15.28	0.36	8.45	0.66	7.77	2.11	0.77	0.58	0.67	0.08	0.44
Parsis	Gujarathi	13	0.00	7.69	7.69	0.00	7.69	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Christians	Marathi	7	0.00	14.29	14.28	0.00	0.00	0.00	14.28	0.00	0.00	0.00	0.00	0.00	0.00
	Konkani	50	0.00	3.99	17.96	0.00	11.99	0.00	6.10	1.99	0.00	0.00	0.00	0.00	0.00
	Other languages	47	0.00	2.13	27.65	0.00	12.76	0.00	14.89	4.25	6.37	0.00	0.00	0.00	4.25
	All languages	104	0.00	3.84	21.89	0.00	11.53	0.00	10.62	2.88	2.88	0.00	0.00	0.00	1.92
All Communities		1480	0.13	2.97	15.86	0.33	9.50	0.60	7.89	2.13	1.13	0.60	0.73	0.07	0.54

SCHEDULE USED IN THE SURVEY

Name of Investigator _____ Date _____

Indian Statistical Institute (Bombay Branch)

BOMBAY MIDDLE CLASS HEALTH SURVEY 1948

Name of the head of family _____ Ward _____

Section _____ Street _____

Municipal No. of House _____ Name of House _____

Rent _____ No. of Rooms :- Living _____ Others _____ No of balconies or verandahs _____

Religion _____ Province or District of Origin _____

Mother tongue _____ Total monthly expenditure _____

Total monthly income _____ Number of Earning Members _____

Number of Resident Members _____

Total Number of persons taking food with the family			
Meals	No. of adults		Children
	Males	Females	
Morning (full meal/tiffin)			
Noon			
Evening			

Condition of Health (Contd.)

Members of Family	Past illness if any, duration and type of treatment.						
Males 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15		<u>Doctor's Remarks</u>					
		No. of children born		No. living			
		Male	Female	Male	Female		
		Females 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15					