

Boston, November 25. 1728.

I have a long time tho't that one great Reason why this Country labours under such pressing Difficulties, is the People's advertence to their own Expences: By which means, thinking they do not expend so much as they really do; they live at a higher Rate than their Incomes bear, & so become involv'd in surprizing Straits & Difficulties. To open their Eyes, and taken them in this matter, I tho't it might be of Publick Service to present a fair and easy Computation of

*The Necessary Expences in a Family of but middling Figure, and no more than Eight Persons.*

For Diet.			
For One Person for One Day			d.
Breakfast, but rd. for Bread, & 1 plnt of Milk	2d.	l. --	3
Dinner, Meat, Roots, Salt and Vinegar.	--	--	10
Supper as the Breakfast, but	--	--	3
Small Beer for the whole Day, Winter & Summer.	--	--	2
		l. --	16
For one Person, one Week, i. e. 7 Days.	--	10	6
For Eight Persons for one Day.	--	12	--
		l. 2 19	--
For Eight Persons for one Year, i. e. 365 Days.			--
Candles, but 3 a night Summer & Winter, for } ordinary and extraordinary occasions, at 9 } In the pound, and at 15d. a pound.		l. 7 12	1
For Sand, Soap, and Washing, for one Year.		l. 5 --	--
But One Maid's Wages,		l. 10 --	--
		l. 24 12	1

Which is l. 4 13 -- a Week.

V. B. If the Dinner be allowed at 1s. a person, then the 4 Articles above will amount, }  
in one Year to } l. 265 18 9

Which is l. 5 2 -- a Week.

Besides the following Articles.

1. No House Rents mentioned, nor Buying, Carting or Sawing Fire-wood.
2. No Butter, Cheese, Sugar, Coffee, Tea, nor Chocolate.
3. No Wine, nor Cyder, nor any other Spiritous Liquors, nor so much as Strong Beer.
4. No Tobacco, Fruit, Spices nor Sweet-meats.
5. No Hospitality, or Occasional Entertaining, either Gentle-men, Strangers, Friends or Relatives.
6. No Acts of Charity, nor Contribution for Pious Uses.
7. No Pocket Expences, either for Horse-hire, Travelling, Convenient Recreation, or Numberless other Occasions.
8. No Charge of Nursing.
9. No Schooling for Children.
10. No Buying of Books of any sort, or Pens, Ink, & Paper.
11. No Lyings in.
12. No Sicknesse—nothing to the Apothecaries or Doctors.
13. No Buying, mending or repairing Household Stuff, or Utensils.
14. Nothing to the Simstresses, nor to the Taylor, nor to the Barber, nor to the Hatter, nor to the Shoemaker, nor to the Shopkeeper,—and therefore NO CLOATHS.

*Inferences.*

1. What need there is, of being Diligent to provide for our Households.
  2. Of Computing Our Income, and Expences.
  3. Of Living with the greatest Thriftness.
  4. Of Wealthy Men's Considering the Case of those that are in no such ways of Gain as they.
  5. How is it possible some Families should Subsist without being greatly involv'd?
- 5th Inference is ——— The dreadful Cry of the Poor Oppressed!
- and a 7th and last, I leave for every Serious Christian in this Professing Country to think of. ———