Contents

	List of figures	ix
	List of tables	xi
	List of graphs	xiii
	Acknowledgements	xv
	List of abbreviations	xvii
1	Introduction: theory and method	1
2	Previous research: the Gold Coast in African economic history	17
3	Sources and source criticism	49
4	Work ethic and the division of labour	73
5	Work and wages at the Cape Coast Castle	93
6	Domestic markets for goods	117
7	Housing and material wealth	141
8	Living standards in a comparative perspective	159
9	Concluding discussion	179
	References	185
	Index	205
	A note on Anti-Slavery International	210