

PRISON DIETARIES COMMITTEE.

# REPORT

OF THE

DEPARTMENTAL COMMITTEE

ON

# PRISON DIETARIES.

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Presented to both Houses of Parliament by Command of Her Majesty

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## WARRANT APPOINTING THE COMMITTEE.

I HEREBY nominate and appoint—

The Right Honourable JOHN LLOYD WHARTON, M.P.,

HERBERT SMALLEY, Esquire, M.D., Medical Inspector of Prisons, and

ARTHUR HENRY DOWNES, Esquire, M.D., Medical Inspector for Poor Law Purposes,

to be a Committee to consider if the existing diets are satisfactory for the various classes of prisoners, and if they are sufficient in quantity and quality for the due maintenance of health and strength.

Representations having been made that the ordinary diets 1 and 2 for local prisons, *i.e.*, the diets to which prisoners are subjected for the first month of their sentences, are conspicuously insufficient, both with regard to the nature of the food and its quantity, the Committee will specially examine and report whether any alteration of this diet is called for, or whether the existing dietary can be maintained without injury to the constitution or impairment of the normal health of the prisoners subjected to it.

Incidentally to this inquiry the Committee will also examine the penal diets for breaches of prison discipline, and report to what extent a reduction of diet can be made effective for purposes of punishment, without causing physical harm.

In the event of any of the existing diets, ordinary and penal, as laid down both for local and convict prisons appearing to the Committee to be insufficient, or as failing in their object, which is to secure that the food given to prisoners shall be sufficient and not more than sufficient to maintain health and strength, the Committee are further instructed to continue their labours, and to report what alteration in the whole dietary system they consider expedient.

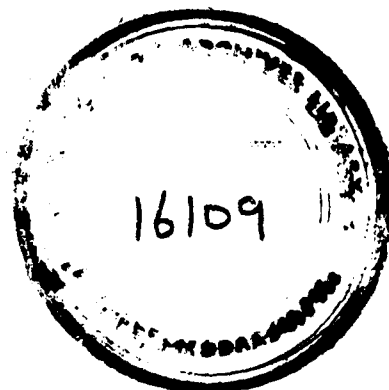
In considering the question of dietary the main principle to be kept in view by the Committee will be the fact that the ordinary prison diet is not to be regarded as an instrument of punishment. At the same time, any approach either to indulgence or excess will be avoided, so that prison diets may not bear too favourable a comparison with the diets of free labourers in the outside world, or of the inmates of workhouses.

For the purposes of this inquiry the Committee will call such evidence as they consider requisite, in order that the opinions of those who are conversant with the methods and results of the dietary system now in use may be fully ascertained, and they will visit such prisons as they think fit, in order that they may examine the nature and preparation of the food on the spot.

I further appoint the said Right Honourable John Lloyd Wharton to be Chairman, and John Baker, Esquire, M.B., Deputy Medical Officer, Pentonville Prison, to be Secretary of the said Committee.

Given at Whitehall, this 23rd day of May, 1898.

(Signed) M. W. RIDLEY.



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To the Right Honourable SIR MATTHEW WHITE RIDLEY, M.P., Secretary of State.

Sir,

In accordance with your letter of reference of 23rd May, 1898, we proceeded to inquire into the system of dietary now in force in the local and convict prisons of England and Wales. Such an inquiry not only deals with the composition and quality of the food, but involves the consideration of many important matters relative to the dietary. In conducting our inquiry we adopted the following method of procedure:—

- (1.) We examined a considerable body of witnesses, including Members of Parliament who had displayed an interest in the question, a few gentlemen capable of speaking with authority on the work of prisoners' aid societies, and a number of experienced prison officials.
- (2.) We issued a circular letter to the Visiting Committees of the local prisons, with the view of eliciting the opinions of the Justices on the dietary, and received many valuable suggestions, which will be found in the Appendix.
- (3.) We visited the convict establishments at Dartmoor, Parkhurst, and Portland, all the London prisons, and several provincial local prisons.
- (4.) On the occasion of our visits to the various prisons—visits made without previous notification—we inspected the stores and made particular inquiry as to the mode of receipt and issue of the food-stuffs. We examined them as to quality and compared them with the samples. We visited the kitchens and examined the diets for the day; we also carefully noted whether the appliances for the preparation, cooking, and service of the food were, in all respects, adequate and satisfactory. We investigated the methods employed in baking bread. We directed our attention to the amount and kind of food returned unconsumed by the prisoners, with some of whom we conversed, thus obtaining at first-hand their impressions concerning the dietary.
- (5.) We obtained a return from all the local prisons showing the operation of the dietary on the body-weight of prisoners discharged during the year 1897, and received a somewhat similar return from the convict prisons.
- (6.) The question of the supply of whole meal flour, which enters so largely into the composition of the prison dietary, and on the balanced proportion of the component parts of which the quality of the bread supplied so largely depends, has engaged our careful attention. With the object of improving the supply of this particular article of diet, we caused a series of experiments to be made in connection with the milling department of Pentonville Prison. We also visited the Naval Victualling Yard at Deptford, and inspected the arrangements for milling biscuit flour at that depot, where, through the courtesy of the staff, we were enabled to gain much valuable information regarding food-stuffs in general. The results of our investigation are dealt with in the further portion of the Report.

## CLASS I. AND CLASS II., LOCAL PRISON DIETS.

## PRELIMINARY INQUIRY.

At the outset of our inquiry the subject of Local Prison Diets came under review. Our attention having been specifically directed to Class I. and Class II., Local Prison Diets, by the terms of the second paragraph of our Reference, we decided to lose no time in seeking to determine whether these, the lowest of the ordinary diets, were adequately fulfilling their requirements.

After hearing the evidence of several experienced prison officials, and after personally examining the diets in question at Wormwood Scrubs Prison, and inquiring into the nature of the labour to which prisoners subjected to these diets were

employed, we came to the conclusion that both diets were inadequate. This conclusion will be found, in the evidence, to be unanimously supported by the prison officials examined. There was no proof, however, that any serious condition of ill-health or permanent injury to the constitution of the prisoners had resulted from their use, but we wish to record our opinion that every prisoner should receive the amount of food sufficient to maintain his general health and bodily condition, so that on discharge he may be capable of taking up any honest means of livelihood. This finding with respect to Class I. and Class II., Local Prison Diets, naturally opened up the whole question, and, according to the instructions contained in our letter of reference, we proceeded to inquire into the whole system of prison dietary.

Before entering upon a critical analysis of the existing diets, and before submitting our proposals regarding the constructive changes which we deem necessary, we desire to call attention to several important matters connected with the application of the local prison dietary.

### THE APPLICATION OF THE LOCAL PRISON DIETARY.

The present application of the local prison dietary is based on the following considerations :—

- (1.) The principle of variation of diet with length of sentence.
- (2.) The system of progressive dietary.
- (3.) The distinction between hard labour diets and non-hard labour diets.
- (4.) The differentiation of diet according to age and sex.

#### 1. VARIATION OF DIET WITH LENGTH OF SENTENCE.

With this principle we agree, but in regard to the diets for local prisons, which we are about to propose, our aim has been somewhat different from that of the Committee of 1878 who framed the present dietary. They state that "the shorter the term of imprisonment the more strongly should the penal element be manifested in the diet"; that "a spare diet is all that is necessary for a prisoner undergoing a sentence of a few days or weeks"; that "to give such a prisoner a diet necessary for the maintenance of health during the longer terms would be to forego an opportunity for the infliction of salutary punishment."

We have eliminated from the scales of diet which we submit the penal element thus defined, but having regard to the grave dangers which would, we believe, accrue, should the lowest of our scales offer temptation to the loafer or mendicant, we have so framed that scale (Class A) that it shall consist of the plainest food, unattractive, but good and wholesome, and adequate in amount and kind to maintain health and strength during the single week for which it would be given.

We are further of opinion that in sentences whose duration exceeds one week and does not exceed three months, a diet more varied in character, and substantially increased in quantity, should be provided. (Class B.)

Again, that in sentences exceeding three months there should be greater variety still, and a further increase in quantity. This, we call Class C.

This proposition involves a reduction in the number of diets from four to three.

We consider that a diminution in the number of diets is very desirable both from the point of view of simplicity and facility of administration.

#### 2. SYSTEM OF PROGRESSIVE DIETARY.

We recommend that in the case of prisoners sentenced to more than seven days and not more than fourteen days, the first seven days of the sentence should be passed on the less attractive diet of Class A, and the remainder of the sentence, only, on Class B.

We further advise that all prisoners whose sentences exceed fourteen days in duration should at once be placed on the diet accordant to their sentence, and not be compelled, as at present, to graduate through the lower diet immediately preceding that proper to their class.

By the adoption of this scheme the present system of progressive dietary, especially in the intermediate sentences, will be to all intents and purposes superseded.

The appended diagrams will more fully illustrate our meaning and show (1) the method of application at present in force, and (2) that which we propose to substitute for the future.

I.—DIAGRAM showing the method of application of the existing Local Prison Dietary. System of Progressive Dietary :—

| Term.                                                 | Class I.    | Class II.          | Class III.         | Class IV.          |
|-------------------------------------------------------|-------------|--------------------|--------------------|--------------------|
| Seven days and under - -                              | Whole term. | —                  | —                  | —                  |
| More than seven days and not more than one month - -  | Seven days. | Remainder of term. | —                  | —                  |
| More than one month and not more than four months - - | —           | One month.         | Remainder of term. | —                  |
| More than four months - -                             | —           | —                  | Four months.       | Remainder of term. |

II.—DIAGRAM showing the method of application of the proposed Local Prison Dietary :—

| Term.                                                    | Class A.    | Class B.           | Class C.    |
|----------------------------------------------------------|-------------|--------------------|-------------|
| Seven days and under - -                                 | Whole term. | —                  | —           |
| More than seven days and not more than fourteen days -   | Seven days. | Remainder of term. | —           |
| More than fourteen days and not more than three months - | —           | Whole term.        | —           |
| More than three months - -                               | —           | —                  | Whole term. |

THE PROGRESSIVE SYSTEM OF DIETARY AS AT PRESENT APPLIED WITH REFERENCE TO GAIN AND LOSS OF WEIGHT.

We have no hesitation in saying that, judged from the standpoint of gain or loss in weight, the local prison dietary under the present system of progressive application has not proved altogether successful, especially in the intermediate sentences.

We are aware that the measure of gain or loss in weight as a test of the adequacy of a particular dietary is open to objection. In some circumstances men may lose weight and yet increase in healthiness and vigour. In other circumstances they may gain weight and yet decline in health and strength. When applied, however, to large bodies of men, all placed in similar circumstances in other respects besides dietary, a general loss of weight on the one hand or a general small gain or maintenance of weight on the other may be looked upon as affording a fairly reliable indication of the adequacy or inadequacy of a dietary for due nutrition.

From the returns which we have received from the local prisons, showing the operation of the dietary on the body weight of prisoners discharged during the year 1897, diagrams relating to which will be found in the Appendix, it appears that the proportion of men who lost weight is considerably larger than the proportion of men who gained. The ratio of loss to gain gradually increases through the shorter sentences, until it reaches a maximum in sentences of a month's duration. It is evident, therefore, that the largest proportion of loss of weight was associated with the combined operation of Class I. and Class II. Diets, more especially with Class II. Diet from the fact of its longer period of application.

There is a fall in the ratio of loss to gain in sentences over one month and not exceeding four months in duration. The diets applicable to these sentences are Class II. Diet for the first month and Class III. Diet for the remainder of the term. The decrease in the ratio is smaller than might have been expected, taking into

account the increased nutritive value of Class III. Diet. In other words, the loss sustained on the lower diet of Class II. has not been compensated by the higher diet of Class III. This circumstance lends added force to the oft-expressed axiom—that if a prisoner, owing to low diet, loses weight in the early part of his sentence, it is a difficult matter indeed to restore the weight so lost during the later stages of the imprisonment. The ratio of loss to gain in the higher diets of the longer sentences is about equal. In the case of convicts undergoing separate confinement who are immediately placed on Class IV. Local Prison Diet, we find that the proportion who gain weight is larger than the proportion who lose (*vide* Diagram No. 7, Appendix). This affords additional proof that the progressive system of dietary at present in force is faulty. These remarks do not apply to women and juveniles. We have already recommended that the progressive system of dietary be limited in its application to sentences not exceeding fourteen days.

We think it important that every prisoner should be weighed on admission and immediately prior to discharge, and the weights recorded; also that at the expiry of every month of the sentence the weight be recorded and submitted for the information of the medical officer.

### 3. DISTINCTION BETWEEN HARD LABOUR DIETS AND NON-HARD LABOUR DIETS.

The hardest forms of labour in local prisons are crank labour, tread-wheel labour, &c. Prisoners sentenced to hard labour, who are certified by the surgeon as fit to perform the above-mentioned forms of work, may, under present conditions, be employed at such hard labour for a term not exceeding 28 days. We learn from the report of the Comptroller of Industries (Report of the Commissioners and Directors of Prisons, 1898, that three out of every five, or sixty per cent. of the men sentenced to hard labour are exempted from performing the hardest forms of prison labour by reason of physical defect, age or infirmity. They, however, by virtue of the terms of their sentence receive hard labour diet.

From this it would appear that the bulk of the prisoners are receiving hard-labour diet, although not engaged in performing the hardest tasks of prison labour defined as first-class hard labour, but in lighter work of an industrial nature designated as second-class hard labour or light labour, at which also prisoners sentenced to simple imprisonment without hard labour are usually employed, although these latter are in receipt of a lower diet. Therefore, both on the score of diet and on the score of labour, the differences that exist under the present system of dietary classification in local prisons are more apparent than real. If the diet could be regulated according to the nature of the labour performed, it would prove the best solution of a difficult question, but the administrative difficulties to be overcome in attaining this end are so numerous that any attempt to frame a dietary for local prisons on these lines would be futile. After mature consideration we have decided to recommend that no distinction be made between hard labour diets and non-hard labour diets in local prisons. Most of the experienced prison officials whom we examined took this view.

### 4. DIFFERENTIATION OF DIET ACCORDING TO AGE AND SEX.

We approve the principle of differentiation of diet according to age and sex. Under the present system of local prison dietary a distinction is made between men (with hard labour), and men (without hard labour), women and boys. The three latter are grouped together as regards diet. This distinction is restricted to Class II., Class III., and Class IV. of the present scale. Class I. Diet is given irrespective of age and sex. We recommend an alteration of this arrangement, and suggest that in each of the three classes of the proposed Local Prison Dietary, viz., Class A, Class B, and Class C, a distinction be made between—

- (1.) Males over 16 years of age, to be designated in the dietary table as men.
- (2.) Females over 16 years of age, to be designated in the dietary table as women.
- (3.) Juveniles of both sexes under 16 years of age, to be designated in the dietary table as juveniles.

Speaking generally, the diet for men will be larger in quantity than that for women, and the dietary for juveniles will be somewhat varied by the addition of certain aliments suited to their constitutional requirements.

## THE DIETARIES.

### GENERAL OBSERVATIONS.

The present fundamental scale of dietary for local prisons was sanctioned by the Secretary of State in 1878. With the exception of a slight change in the diet, accorded to women under Class I., the scale has remained practically without alteration since its introduction.

During the two decades a considerable change for the better has taken place in the general conditions of prison life, apart from the dietary. The standard of living amongst the outside population has manifestly improved. Wages are higher, food is cheaper, and, owing to increased and better means of transport, much greater variety of food is easily obtainable. The diet of the average free labourer, however, which we are asked to bear in mind as a standard of comparison, is difficult to estimate with any approach to accuracy, owing to the varying conditions that prevail in different localities, and the differences that exist in this respect between the habitants of urban and rural districts. No doubt an improvement has occurred in workhouse dietaries, and in those of pauper lunatics located in county and borough asylums. All these facts have to be borne in mind in endeavouring to arrive at a just appreciation of the intricate problems connected with prison dietetics.

The bulk of the evidence at our disposal, both official and general, clearly indicates that some improvement of prison dietaries is necessary.

The unanimous testimony of the experienced prison officials whom we examined served to show that Class I. and Class II., Local Prison Diets, stand greatly in need of improvement, that Class III. may be regarded as fairly satisfactory, and that Class IV. is adequately fulfilling its requirements.

The circular letter already referred to, which we addressed to the visiting committees of the local prisons has met with a gratifying response, and we feel that we should be wanting in courtesy if we did not acknowledge the deep and hearty interest that the visiting justices generally have displayed in the matter. A summary of the replies to the circular letter will be found in the Appendix. While some of the communications contain valuable suggestions as to the manner of preparation and service of the dietary, the volume of observation on the diets themselves seems to have concentrated on Class I.; there is a remarkable consensus of opinion that this diet should be materially increased or altogether abolished. We may briefly allude to the impressions we gathered from the prisoners, for, after all, they are the persons most directly interested. The quantity of food in the two lower diets was regarded as insufficient. No complaint was made respecting the higher diets. No unfavourable comment was passed on the quality of the food supplied.

From a general survey of all the facts in our possession, and from our own observation and experience, we have endeavoured to frame a scale of dietary, which, according to our instructions, shall be sufficient for the maintenance of health and strength, at the same time avoiding any tendency to luxury. We have been careful to provide that the proposed dietary shall not, in point of quality, bear too favourable a comparison with the diets of workhouses, nor, as far as we are able to judge, with the diet of the average free labourer.

We have considered the possibility of introducing into the dietaries a system whereby some simple food, such as bread, may be given according to the varying appetites or requirements of the prisoners. We fully recognize the desirability of such an arrangement, which would afford a security alike to prisoners and to officers; the question, however, is attended with administrative difficulties which preclude our offering any definite recommendations as to the mode in which it could be carried out in practice, but we commend it as well worthy of the careful consideration of the Department.

Meanwhile we feel that a definite scale of dietary must be laid down which will suffice to meet the needs of the average prisoner, leaving the special requirements of individual cases to be dealt with at the discretion of the medical officer.

We are aware that a more elastic system obtains in other countries, such as France and Italy, where the canteen system is in vogue. Under this system the prisoner is enabled, within limits, to indulge his fancies and the caprice of his appetite, according to the remuneration he receives for his labours. Such a system is not, in our opinion, applicable to English prisons.

We have been told that a measure of elasticity might be introduced by awarding extra diet as an inducement to work, or as a reward for labour performed. It is more than likely that allowances of this sort would be productive of mischievous conse-

quences. We do not think that any departure from the dietary scale is advisable on the grounds advanced, and we entirely approve of the existing powers and duty of the medical officer to recommend such additions to the diet of individual prisoners as the circumstances may require, and to use his discretion in recommending such aliments as will tend to improve the health and well-being of the prisoners as a whole. The leading principles which have guided us in the formation of the proposed dietaries may be briefly enumerated.

We have sought to arrange that the nutritive value of the food for each class of prisoner, both convict and local, shall be fairly equivalent to the standards which experience and scientific considerations have indicated as sufficient for each class collectively. We have adopted as a suitable standard for comparison the formula laid down by König, a recognised authority on the subject of dietaries, as the average daily need of food-stuffs for individuals of both sexes, and various ages, performing an average day's work.

In this connection we have prepared a tabular statement of the chemical analyses of the several classes of the proposed dietaries, which will be found in the Appendix.

Keeping in view the environment of the various classes of prisoners, both convict and local, their age, their sex, the nature of the labour to which they are subjected, and the length of their sentences, we have aimed at evolving round the standard laid down by König a series of diets suited to the varying circumstances of the whole prison population.

We have taken particular interest in the diet of juveniles. Witness after witness advocated the inclusion of milk in their dietary, and we agree in the suggestion. The tendency of present day prison administration is to treat the youthful criminal in a reformatory rather than in a punitive sense. We are convinced that a large amount of criminality is due to physical and mental degeneracy, and a regimen designed to insure the physical and mental well-being of the youthful delinquent will prove better for the individual, and in the long run better for the race. Nothing is more adapted to attain this desired end than a liberal dietary combined with physical exercise. We were impressed by the remarkably good state of physique of the juvenile prisoners at Bedford Prison. It was a source of pleasure to watch the alertness of their movements, and the intelligent and eager manner in which they responded to the orders of their instructor in physical drill. We found, on inquiry, that it was the custom of the medical officer to place the boys immediately after reception on one of the higher diets of the present scale. All juveniles sent to Bedford, and the other special prisons set apart for their treatment, have sentences exceeding one month. We venture to think that the diet Class B, which we propose shall be applicable to their case, will be found equal, if not superior, to that which the medical officer of Bedford Prison has been in the habit of giving them.

While we have paid due heed to the composition of the dietary, we have not overlooked the fact that simplicity and uniformity of arrangement are eminently to be desired, tending as they do to facility of administration.

#### DIETARIES OF THE SEVERAL CLASSES. LOCAL PRISONS.

##### COMPARISON BETWEEN THE EXISTING AND PROPOSED SCALE OF DIETS FOR LOCAL PRISONS.

**CLASS I. DIET. EXISTING SCALE.**—This diet consists of 8 ozs. of bread for breakfast and supper respectively, and, for dinner, 1½ pints of stirabout consisting of 3 ozs. Indian meal and 3 ozs. oatmeal. In 1895 a change was made in respect of female prisoners. They are allowed, in addition to bread, 1 pint of gruel at each of the three meals above specified. Class I. diet is open to several objections.

It is a bare subsistence diet, and as regards male prisoners, no provision is made for any allowance of hot food at the morning and evening meals. Indian meal as an article of diet is neither recognised nor used by the general population, and it is universally objected to by the inmates of prisons. We are fortified in this opinion regarding stirabout by the remarks made on the subject by the Departmental Committee on Prisons, 1894, viz.: They state in their report, page 35, paragraph 95, "The stirabout appears to be so distasteful to a large proportion of prisoners that very much of it is rejected. They found on their visit to Pentonville Prison that this was the case, and many other witnesses from other prisons confirmed the experience."

As Pentonville Prison is specifically mentioned, we may relate our own experience when we visited that establishment. We carefully examined all the dinner tins

collected together after the midday meal. If we except a small quantity of bread, stirabout was the only article of diet returned unconsumed by the prisoners. We found a similar state of affairs at other prisons.

For these reasons we propose to substitute Class A Diet for Class I. Diet, existing scale, limiting its application to the same period, viz., seven days. In this diet we recommend that, in addition to an allowance of bread, a pint of hot gruel be served out for breakfast and supper to men, women, and juveniles, and, in the case of juveniles, half a pint of hot milk for each of these meals. We also recommend that some variation be introduced into the midday meal. We therefore propose to give, in lieu of the daily mess of stirabout, and in addition to bread, porridge on three days of the week, potatoes on two days, and suet pudding on two days. This variation will admit of the introduction into this short-term diet of two elements in which the present Class I. Diet is conspicuously deficient, viz., the vegetable element in the shape of the potato, and the fatty element in the shape of suet pudding. The advantage to growing youth of a daily allowance of milk will at once be recognised. For purposes of comparison, we place Class I. Diet, existing scale, and Class A Diet, proposed scale, in juxtaposition.

| CLASS I. DIET.—EXISTING SCALE. |               |               |          | CLASS A. DIET.—PROPOSED SCALE. |       |        |            |
|--------------------------------|---------------|---------------|----------|--------------------------------|-------|--------|------------|
| MEALS.                         |               | Men and Boys. |          |                                | 1.    | 2.     | 3.         |
|                                |               |               | Females. |                                | Men.  | Women. | Juveniles. |
| Breakfast                      | Daily :       |               |          | Daily :                        |       |        |            |
|                                | Bread - - -   | 8 oz.         | 5 oz.    | Bread - - - -                  | 8 oz. | 6 oz.  | 6 oz.      |
|                                | Gruel - - -   | -             | 1 pt.    | Gruel - - - -                  | 1 pt. | 1 pt.  | 1 pt.      |
|                                |               |               |          | Milk - - - -                   | -     | -      | ½ "        |
|                                |               |               |          | Sunday :                       |       |        |            |
|                                |               |               |          | Bread - - - -                  | 8 oz. | 6 oz.  |            |
|                                |               |               |          | Porridge - - -                 | 1 pt. | 1 pt.  |            |
|                                |               |               |          | Monday :                       |       |        |            |
|                                |               |               |          | Bread - - - -                  | 8 oz. | 6 oz.  |            |
|                                |               |               |          | Potatoes - - -                 | 8 "   | 8 "    |            |
| Dinner                         | Daily :       |               |          | Tuesday :                      |       |        |            |
|                                | Bread - - -   | -             | 6 oz.    | Bread - - - -                  | 8 oz. | 6 oz.  |            |
|                                | Gruel - - -   | -             | 1 pt.    | Porridge - - -                 | 1 pt. | 1 pt.  |            |
|                                | Stirabout - - | 1½ pts.       | -        | Wednesday :                    |       |        |            |
|                                |               |               |          | Bread - - - -                  | 8 oz. | 6 oz.  |            |
|                                |               |               |          | Suet Pudding - -               | 8 "   | 6 "    |            |
|                                |               |               |          | Thursday :                     |       |        |            |
|                                |               |               |          | Bread - - - -                  | 8 oz. | 6 oz.  |            |
|                                |               |               |          | Potatoes - - -                 | 8 "   | 8 "    |            |
|                                |               |               |          | Friday :                       |       |        |            |
| Supper                         | Daily :       |               |          | Bread - - - -                  | 8 oz. | 6 oz.  |            |
|                                | Bread - - -   | 8 oz.         | 5 oz.    | Porridge - - -                 | 1 pt. | 1 pt.  |            |
|                                | Gruel - - -   | -             | 1 pt.    | Saturday :                     |       |        |            |
|                                |               |               |          | Bread - - - -                  | 8 oz. | 6 oz.  |            |
|                                |               |               |          | Suet Pudding - -               | 8 "   | 6 "    |            |
|                                |               |               |          | Daily :                        |       |        |            |
|                                | Bread - - -   | 8 oz.         | 5 oz.    | Bread - - - -                  | 8 oz. | 6 oz.  | 6 oz.      |
|                                | Gruel - - -   | -             | 1 pt.    | Gruel - - - -                  | 1 pt. | 1 pt.  | 1 pt.      |
|                                |               |               |          | Milk - - - -                   | -     | -      | ½ "        |
|                                |               |               |          |                                |       |        |            |

The composition of the proposed Class A Diet approximates to that of the existing Class II. Diet; but whereas the application of the former will be limited to seven days, the latter is given for the period of one month.

The nutritive value of the proposed Class A Diet is superior to that of the existing Class II. Diet and much superior to that of the existing Class I. Diet; the amount of the solid ingredients in the proposed diet is greater than in either of the existing diets above mentioned.

CLASS II. DIET, EXISTING SCALE; CLASS B DIET, PROPOSED SCALE; AND  
CLASS III., EXISTING SCALE.

We feel it our duty to recommend that a better and more varied diet should early be brought into operation in place of the existing Class II. Diet,—we refer to the proposed Class B Diet. In its constituent elements this diet corresponds closely to the present Class III. Diet, but compares favourably with the latter both in nutritive value and in the amount of solids it contains. As the duration of the application of the proposed Class B Diet will be limited to three months, it will in point of time take the place of both Class II. and Class III. Diets of the existing scale. As the existing Class II. Diet bears no comparison in its nutritive properties to the proposed Class B Diet, the former diet is thus virtually abolished.

The annexed Tables afford proof of this statement; they also show the difference between the proposed Class B Diet and the existing Class III. Diet.

| CLASS II. DIET.—EXISTING SCALE. |                  |                       |                                                                   | CLASS B. DIET.—PROPOSED SCALE.  |       |        |           | CLASS III. DIET.—EXISTING SCALE. |                       |                                                                   |
|---------------------------------|------------------|-----------------------|-------------------------------------------------------------------|---------------------------------|-------|--------|-----------|----------------------------------|-----------------------|-------------------------------------------------------------------|
| Meals.                          | —                | Men with Hard Labour. | Men without Hard Labour, Females, and Boys under 16 years of age. | —                               | Men.  | Women. | Juveniles | —                                | Men with Hard Labour. | Men without Hard Labour, Females, and Boys under 16 years of age. |
| Breakfast                       | Daily :          |                       |                                                                   | Daily :                         |       |        |           | Daily :                          |                       |                                                                   |
|                                 | Bread . . .      | 6 oz.                 | 5 oz.                                                             | Bread . . .                     | 8 oz. | 6 oz.  | 6 oz.     | Bread . . .                      | 8 oz.                 | 6 oz.                                                             |
|                                 | Gruel . . .      | 1 pt.                 | 1 pt.                                                             | Gruel . . .                     | 1 pt. | 1 pt.  | 1 pt.     | Gruel . . .                      | 1 pt.                 | 1 pt.                                                             |
|                                 |                  |                       |                                                                   | Milk . . .                      | —     | —      | ½ pt.     |                                  |                       |                                                                   |
|                                 | Sunday :         |                       |                                                                   | Sunday :                        |       |        |           | Sunday :                         |                       |                                                                   |
|                                 | Bread . . .      | 6 oz.                 | 5 oz.                                                             | Bread . . .                     | 6 oz. | 6 oz.  |           | Bread . . .                      | 4 oz.                 | 4 oz.                                                             |
|                                 | Suet Pudding . . | 8 "                   | 6 "                                                               | Potatoes . . .                  | 8 "   | 8 "    |           | Potatoes . . .                   | 8 "                   | 6 "                                                               |
|                                 |                  |                       |                                                                   | Cooked Meat, preserved by heat. | 4 "   | 3 "    |           | Suet Pudding . .                 | 8 "                   | 6 "                                                               |
|                                 | Monday :         |                       |                                                                   | Monday :                        |       |        |           | Monday :                         |                       |                                                                   |
|                                 | Bread . . .      | 6 oz.                 | 5 oz.                                                             | Bread . . .                     | 6 oz. | 6 oz.  |           | Bread . . .                      | 8 oz.                 | 6 oz.                                                             |
| Dinner                          | Potatoes . . .   | 8 "                   | 8 "                                                               | Potatoes . . .                  | 8 "   | 8 "    |           | Potatoes . . .                   | 8 "                   | 8 "                                                               |
|                                 |                  |                       |                                                                   | Beans and . . .                 | 10 "  | 8 "    |           | Cooked Beef, without bone.       | 8 "                   | 3 "                                                               |
|                                 | Fat Bacon . . .  |                       |                                                                   | Fat Bacon . . .                 | 2 "   | 1 "    |           |                                  |                       |                                                                   |
|                                 | Tuesday :        |                       |                                                                   | Tuesday :                       |       |        |           | Tuesday :                        |                       |                                                                   |
|                                 | Bread . . .      | 6 oz.                 | 5 oz.                                                             | Bread . . .                     | 6 oz. | 6 oz.  |           | Bread . . .                      | 8 oz.                 | 6 oz.                                                             |
|                                 | Soup . . .       | ½ pt.                 | ½ pt.                                                             | Potatoes . . .                  | 8 "   | 8 "    |           | Potatoes . . .                   | 8 "                   | 6 "                                                               |
|                                 |                  |                       |                                                                   | Soup . . .                      | 1 pt. | 1 pt.  |           | Soup . . .                       | ½ pt.                 | ½ pt.                                                             |
|                                 | Wednesday :      |                       |                                                                   | Wednesday :                     |       |        |           | Wednesday :                      |                       |                                                                   |
|                                 | Bread . . .      | 6 oz.                 | 5 oz.                                                             | Bread . . .                     | 6 oz. | 6 oz.  |           | Bread . . .                      | 4 oz.                 | 4 oz.                                                             |
|                                 | Suet Pudding . . | 8 "                   | 6 "                                                               | Potatoes . . .                  | 8 "   | 8 "    |           | Potatoes . . .                   | 8 "                   | 6 "                                                               |
| Supper                          | Thursday :       |                       |                                                                   | Suet Pudding . .                | 10 "  | 8 "    |           | Suet Pudding . .                 | 8 "                   | 6 "                                                               |
|                                 | Bread . . .      | 6 oz.                 | 5 oz.                                                             | Thursday :                      |       |        |           | Thursday :                       |                       |                                                                   |
|                                 | Soup . . .       | ½ pt.                 | ½ pt.                                                             | Bread . . .                     | 6 oz. | 6 oz.  |           | Bread . . .                      | 8 oz.                 | 6 oz.                                                             |
|                                 |                  |                       |                                                                   | Potatoes . . .                  | 8 "   | 8 "    |           | Potatoes . . .                   | 8 "                   | 6 "                                                               |
|                                 | Friday :         |                       |                                                                   | Cooked Beef, without bone.      | 4 "   | 3 "    |           | Soup . . .                       | ½ pt.                 | ½ pt.                                                             |
|                                 | Bread . . .      | 6 oz.                 | 5 oz.                                                             | Friday :                        |       |        |           | Friday :                         |                       |                                                                   |
|                                 | Potatoes . . .   | 8 "                   | 8 "                                                               | Bread . . .                     | 6 oz. | 6 oz.  |           | Bread . . .                      | 8 oz.                 | 6 oz.                                                             |
|                                 |                  |                       |                                                                   | Potatoes . . .                  | 8 "   | 8 "    |           | Potatoes . . .                   | 8 "                   | 8 "                                                               |
|                                 | Saturday :       |                       |                                                                   | Soup . . .                      | 1 pt. | 1 pt.  |           | Cooked Beef, without bone.       | 3 "                   | 3 "                                                               |
|                                 | Bread . . .      | 6 oz.                 | 5 oz.                                                             | Saturday :                      |       |        |           | Saturday :                       |                       |                                                                   |
|                                 | Soup . . .       | ½ pt.                 | ½ pt.                                                             | Bread . . .                     | 6 oz. | 6 oz.  |           | Bread . . .                      | 8 oz.                 | 6 oz.                                                             |
| Supper                          | Daily :          |                       |                                                                   | Potatoes . . .                  | 8 "   | 8 "    |           | Potatoes . . .                   | 8 "                   | 6 "                                                               |
|                                 | Bread . . .      | 6 oz.                 | 5 oz.                                                             | Suet Pudding . .                | 10 "  | 8 "    |           | Soup . . .                       | ½ pt.                 | ½ pt.                                                             |
|                                 | Gruel . . .      | 1 pt.                 | 1 pt.                                                             | Daily :                         |       |        |           | Daily :                          |                       |                                                                   |
|                                 |                  |                       |                                                                   | Bread . . .                     | 8 oz. | 6 oz.  | 6 oz.     | Bread . . .                      | 6 oz.                 | 6 oz.                                                             |
|                                 |                  |                       |                                                                   | Porridge . . .                  | 1 pt. | —      | —         | Gruel . . .                      | 1 pt.                 | 1 pt.                                                             |
|                                 |                  |                       |                                                                   | Gruel . . .                     | —     | 1 pt.  | —         |                                  |                       |                                                                   |
|                                 |                  |                       |                                                                   | Cocoa . . .                     | —     | —      | 1 pt.     |                                  |                       |                                                                   |

It will be readily seen that the proposed Class B Diet is more varied in composition, and altogether more nutritious than the diets it is intended to supersede. The issue of rations has been simplified. The breakfast allowance of milk has been continued for juveniles.

Meat has been introduced into the Sunday dinner in lieu of suet pudding, which has been transferred to a week-day. The measure of soup issued has been raised to a uniform pint for every prisoner. Beans and fat bacon have been made an integral part of the dietary, instead of a substitute, as at present. There is much to be said in favour of the combination both from a physiological and an economical point of view, and it is found that the prisoners like it. We have doubled the amount of bacon for the men, and increased it in the case of women and juveniles, the present allowance being 1 oz. for men and  $\frac{3}{4}$  oz. for women and juveniles. We have added to the amount of suet in the suet pudding. Porridge takes the place of gruel in the supper for men, and cocoa is substituted for gruel in the supper of juveniles. Such are the changes we have felt constrained to make with the view of improving the intermediate dietary, the principal net result of which will be a decided increase in the fatty elements which are so necessary in a prison dietary.

Class B Diet may be regarded as the keystone of the proposed scale of dietaries. As an average diet, for prisoners doing an average day's work, it will be found to closely conform to the standard of König previously alluded to, and the quantity of its solid ingredients corresponds accurately with the amount which previous observers have considered requisite under similar circumstances—300 ounces per week. With the knowledge that Class B Diet will, if adopted, be applicable to a large proportion of the local prison population, viz., those with sentences ranging from eight days to three months, we commend this diet to your favourable consideration.

We also recommend that the proposed Class B Diet be given to the following classes of prisoners :

- (1.) Prisoners on remand or awaiting trial.
- (2.) Offenders of the 1st Division who do not maintain themselves.
- (3.) Offenders of the 2nd Division.
- (4.) Debtors.

In making this recommendation we think that some concession may suitably be made in favour of men and women on remand or awaiting trial, and likewise in the case of offenders of the 1st Division (men and women) who do not maintain themselves. We think that the prisoners so specified should be given for breakfast :

One pint of tea in lieu of gruel,

and, for supper,

One pint of cocoa in lieu of porridge and gruel respectively.

We recommend that offenders of the 2nd Division and Debtors if detained in prison for a period exceeding three months, and if engaged in performing labour of a light or industrial character, may at the expiry of three months of the term of imprisonment, receive Class C Diet according to age and sex.

CLASS IV. DIET, EXISTING SCALE. CLASS C DIET, PROPOSED SCALE.

We are of opinion that Class IV. Diet is adequately fulfilling its requirements. If we do not recommend its continuance in its present form, it is not from any inherent defects in the diet itself, but rather for the sake of maintaining simplicity and uniformity. Our meaning will be sufficiently clear when we explain that the proposed Class C is mainly an amplification of the proposed Class B. The advantage of retaining the same construction will be apparent. We append for purposes of comparison a tabular statement of the existing Class IV. Diet and the proposed Class C Diet.

| MEALS.    | CLASS IV. DIET.—EXISTING SCALE. |                             |                                                                                          | CLASS C. DIET.—PROPOSED SCALE.     |           |             |             |
|-----------|---------------------------------|-----------------------------|------------------------------------------------------------------------------------------|------------------------------------|-----------|-------------|-------------|
|           |                                 | Men with<br>Hard<br>Labour. | Men<br>without<br>Hard<br>Labour,<br>Females<br>and Boys<br>under<br>16 Years<br>of Age. |                                    | 1<br>Men. | 2<br>Women. | 3<br>Juven. |
| Breakfast | Daily :                         |                             |                                                                                          | Daily :                            |           |             |             |
|           | Bread - - -                     | 8 oz.                       | 6 oz.                                                                                    | Bread - - -                        | 8 oz.     | 6 oz.       | 6 oz.       |
|           | Porridge - - -                  | 1 pt.                       | -                                                                                        | Porridge - - -                     | 1 pt.     | -           | 1 p.        |
|           | Gruel - - -                     | -                           | 1 pt.                                                                                    | Tea - - -                          | -         | 1 pt.       | -           |
|           |                                 |                             |                                                                                          | Milk - - -                         | -         | -           | ½ pt.       |
|           | Sunday :                        |                             |                                                                                          | Sunday :                           |           |             |             |
|           | Bread - - -                     | 6 oz.                       | 4 oz.                                                                                    | Bread - - -                        | 6 oz.     | 6 oz.       |             |
|           | Potatoes - - -                  | 8 "                         | 8 "                                                                                      | Potatoes - - -                     | 12 "      | 8 "         |             |
|           | Suet Pudding - -                | 12 "                        | 10 "                                                                                     | Cooked Meat, preserved<br>by heat. | 5 "       | 4 "         |             |
|           | Monday :                        |                             |                                                                                          | Monday :                           |           |             |             |
| Dinner    | Bread - - -                     | 8 oz.                       | 6 oz.                                                                                    | Bread - - -                        | 6 oz.     | 6 oz.       |             |
|           | Potatoes - - -                  | 12 "                        | 10 "                                                                                     | Potatoes - - -                     | 12 "      | 8 "         |             |
|           | Cooked Beef, with-<br>out bone. | 4 "                         | 3 "                                                                                      | Beans and - - -                    | 12 "      | 10 "        |             |
|           |                                 |                             |                                                                                          | Fat Bacon - - -                    | 2 "       | 2 "         |             |
|           | Tuesday :                       |                             |                                                                                          | Tuesday :                          |           |             |             |
|           | Bread - - -                     | 8 oz.                       | 6 oz.                                                                                    | Bread - - -                        | 6 oz.     | 6 oz.       |             |
|           | Potatoes - - -                  | 8 "                         | 8 "                                                                                      | Potatoes - - -                     | 12 "      | 8 "         |             |
|           | Soup - - -                      | 1 pt.                       | 1 pt.                                                                                    | Soup - - -                         | 1 pt.     | 1 pt.       |             |
|           | Wednesday :                     |                             |                                                                                          | Wednesday :                        |           |             |             |
|           | Bread - - -                     | 6 oz.                       | 4 oz.                                                                                    | Bread - - -                        | 6 oz.     | 6 oz.       |             |
| Supper    | Potatoes - - -                  | 8 "                         | 8 "                                                                                      | Potatoes - - -                     | 12 "      | 8 "         |             |
|           | Suet Pudding - -                | 12 "                        | 10 "                                                                                     | Suet Pudding - -                   | 12 "      | 10 "        |             |
|           | Thursday :                      |                             |                                                                                          | Thursday :                         |           |             |             |
|           | Bread - - -                     | 8 oz.                       | 6 oz.                                                                                    | Bread - - -                        | 6 oz.     | 6 oz.       |             |
|           | Potatoes - - -                  | 8 "                         | 8 "                                                                                      | Potatoes - - -                     | 12 "      | 8 "         |             |
|           | Soup - - -                      | 1 pt.                       | 1 pt.                                                                                    | Cooked Beef, without<br>bone.      | 5 "       | 4 "         |             |
|           | Friday :                        |                             |                                                                                          | Friday :                           |           |             |             |
|           | Bread - - -                     | 8 oz.                       | 6 oz.                                                                                    | Bread - - -                        | 6 oz.     | 6 oz.       |             |
|           | Potatoes - - -                  | 12 "                        | 10 "                                                                                     | Potatoes - - -                     | 12 "      | 8 "         |             |
|           | Cooked Beef, with-<br>out bone. | 4 "                         | 3 "                                                                                      | Soup - - -                         | 1 pt.     | 1 pt.       |             |
| Supper    | Saturday :                      |                             |                                                                                          | Saturday :                         |           |             |             |
|           | Bread - - -                     | 8 oz.                       | 6 oz.                                                                                    | Bread - - -                        | 6 oz.     | 6 oz.       |             |
|           | Potatoes - - -                  | 8 "                         | 8 "                                                                                      | Potatoes - - -                     | 12 "      | 8 "         |             |
|           | Soup - - -                      | 1 pt.                       | 1 pt.                                                                                    | Suet Pudding - -                   | 12 "      | 10 "        |             |
|           | Daily :                         |                             |                                                                                          | Daily :                            |           |             |             |
|           | Bread - - -                     | 8 oz.                       | 6 oz.                                                                                    | Bread - - -                        | 8 oz.     | 6 oz.       | 6 oz.       |
|           | Porridge - - -                  | 1 pt.                       | -                                                                                        | Cocoa - - -                        | 1 pt.     | 1 pt.       | 1 pt.       |
|           | Gruel - - -                     | -                           | 1 pt.                                                                                    |                                    |           |             |             |
|           |                                 |                             |                                                                                          |                                    |           |             |             |
|           |                                 |                             |                                                                                          |                                    |           |             |             |

On Monday, Beans and Fat Bacon may be substituted for Beef. At the expiration of nine months, 1 pint of cocoa, with 2 oz. extra bread, may be given at Breakfast three days in the week in lieu of a pint of porridge or gruel, if preferred.

The remarks that were made in discussing the relative merits of the existing Class III. Diet and the proposed Class B Diet apply equally in the case of the two higher diets, with the exception of a few details which we will now describe. In the breakfast of the proposed Class C we have made an innovation in favour of women with sentences over three months. Tea has been substituted for the gruel now given. We feel that in their case a prolonged course of oatmeal gruel is not desirable. The provision of tea will, we believe, tend to make the lives of the women in prison more contented. We have also eliminated oatmeal entirely from the supper of this diet and substituted cocoa in its stead. The amount of solids contained in the existing Class IV. Diet and the proposed Class C Diet is practically the same, but the nutritive value of the latter somewhat exceeds that of the former.

We do not recommend any change in the diet for all classes of prisoners on the first day of reception into prison, nor, with a trifling exception, in the diet accorded to infants whose mothers are defective in nursing power.

These diets will be found in the Appendix.

We recommend that the food provision made for prisoners on discharge, whose homes are at some distance, be continued, and that a suitable provision be made for prisoners who are absent under escort at the Courts, unless such prisoners are otherwise provided for.

## DIETARIES FOR CONVICT PRISONS.

### DIETARY FOR MALE CONVICTS.

Prior to 1864 no uniform system of dietary existed in Public Works Prisons. In that year a committee was appointed to inquire into the subject. They framed a scale of dietary which, having been sanctioned by the Secretary of State, was put in force at all the convict prisons. Some minor changes have been made in the interim, but the dietary of 1864 has remained fundamentally the same since its introduction.

The existing convict prison dietary is by comparison with that in force in local prisons, a simple one.

It is divided into a diet for convicts employed at hard labour and a diet for convicts employed at light labour. We approve of this distinction being continued in the convict prison dietary, although we shall have some criticism to make as to what is precisely meant by hard labour at the public works prisons.

The arguments which we used in condemning the distinction between hard labour diets and non-hard labour diets in the case of prisoners with sentences under two years confined in local prisons do not apply to prisoners in convict prisons.

The circumstances of the two cases are entirely different. In convict prisons a sharp line of demarcation can be drawn between the measure of physical energy expended in outdoor hard labour on the one hand and that required for light outdoor employments and sedentary occupations on the other. In local prisons the work, after the first month of imprisonment, is generally of an industrial character, and carried on within the precincts of the prison. Not so the hard labour, properly so-called, of the convict. He, for the most part, is employed at manual work of a laborious character, under climatic conditions of a somewhat rigorous nature, reclaiming land on the bogs of Dartmoor, hewing stone in the quarries of Portland, constructing forts on the heights of Borstal. It will be readily granted that the conditions of his life necessitate an ample dietary.

We found, on enquiry, that the diet given to those employed on outdoor hard labour is the same as that given to convicts occupied with indoor sedentary work. This we regard as an anomaly. We think that the dietary recommended for convicts undergoing separate confinement, viz., Class C, proposed Local Prison Dietary, is suited to the industrial character of the work which they are required to perform. The diet which we recommend for convicts employed at light labour is more varied than that of the separate confinement diet, Class C, local scale. Both these diets correspond closely in character and nutritive value. We therefore feel justified in advising that the light or non-hard labour convict diet, in its new guise, be applied to convicts engaged in sedentary indoor occupations. For the sake of simplicity and uniformity we have adhered to the form of the existing scale, and have made the hard labour diet merely the complement of the light labour diet, with a few additions to be hereafter specified.

Without burdening this report with a detailed account of the evidence regarding the convict dietary, we may briefly enumerate the principal points to which our attention was more expressly called. The witnesses were practically unanimous in testifying

- (1.) That the breakfast and supper meals were insufficient ;
- (2.) That more variety of food was desirable ;
- (3.) That the element of fat was deficient in the dietary.

Our own observation and experience enable us to confirm this authoritative opinion, and it was supported by statements made to us by convicts at the various prisons, although on the whole they were satisfied with the character of the food supplied.

The returns which we received from the various convict prisons, showing the operation of the dietary on the body weight of prisoners, indicate that a considerable proportion of the men employed at hard labour lose weight, but that a still larger proportion gain weight, *vide* Diagram No. 7, Appendix. The incidence of extra diet and the fact that men employed at sedentary occupations receive the hard labour diet, have to be taken into account in drawing conclusions from the results obtained from these returns.

We have endeavoured to frame a scale of dietary for the convict prisons, calculated to rectify, as far as possible, the deficiencies brought to our notice, and append a tabular statement of the existing and proposed convict dietaries.

| MEALS.    | EXISTING DIETARY.                                                                |                                 |                               | PROPOSED DIETARY.                                                                                                                                                                                                                                                                                            |                                        |                                                            |
|-----------|----------------------------------------------------------------------------------|---------------------------------|-------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------|------------------------------------------------------------|
|           | —                                                                                | Men employed at Hard Labour.    | Men employed at Light Labour. | —                                                                                                                                                                                                                                                                                                            | Men employed at Hard Labour.           | Men employed at Sedentary Indoor Labour, and Light Labour. |
| Breakfast | Daily :<br>Bread . . . .<br>Gruel, sweetened with $\frac{1}{2}$ oz. molasses.    | 8 oz.<br>1 pt.                  | 6 oz.<br>1 pt.                | Daily :<br>Bread . . . .<br>Butter or Margarine * . .<br>Porridge . . . .<br>Gruel, sweetened with $\frac{1}{2}$ oz. molasses.                                                                                                                                                                               | 8 oz.<br>$\frac{1}{2}$ "<br>1 pt.<br>— | 8 oz.<br>—<br>—<br>1 pt.                                   |
|           | Sunday :<br>Bread . . . .<br>Pea Soup (Pork) . .<br>Cheese . . . .               | 8 oz.<br>1 pt.<br>—             | 12 oz.<br>—<br>4 oz.          | Sunday :<br>Bread . . . .<br>Potatoes . . . .<br>Cooked Meat, preserved by heat.                                                                                                                                                                                                                             | 8 oz.<br>16 "<br>6 "                   | 8 oz.<br>12 "<br>5 "                                       |
| Dinner    | Monday :<br>Bread . . . .<br>Potatoes . . . .<br>Cooked Beef . . . .             | 8 oz.<br>16 "<br>5 "            | 8 oz.<br>16 "<br>4 "          | Monday :<br>Bread . . . .<br>Potatoes . . . .<br>Beans and . . . .<br>Fat Bacon . . . .                                                                                                                                                                                                                      | 8 oz.<br>16 "<br>12 "<br>2 "           | 8 oz.<br>12 "<br>12 "<br>2 "                               |
|           | Tuesday :<br>Bread . . . .<br>Potatoes . . . .<br>Soup . . . .<br>Cheese . . . . | 8 oz.<br>16 "<br>1 pt.<br>2 oz. | 8 oz.<br>12 "<br>1 pt.<br>—   | Tuesday :<br>Bread . . . .<br>Potatoes . . . .<br>Cooked Mutton, without bone.                                                                                                                                                                                                                               | 8 oz.<br>16 "<br>6 "                   | 8 oz.<br>12 "<br>5 "                                       |
|           | Wednesday :<br>Bread . . . .<br>Potatoes . . . .<br>Cooked Mutton . . .          | 8 oz.<br>16 "<br>5 "            | 8 oz.<br>16 "<br>4 "          | Wednesday :<br>Bread . . . .<br>Potatoes . . . .<br>Pea Soup (Pork) . . .                                                                                                                                                                                                                                    | 8 oz.<br>16 "<br>1 pt.                 | 8 oz.<br>12 "<br>1 pt.                                     |
|           | Thursday :<br>Bread . . . .<br>Potatoes . . . .<br>Suet Pudding . . . .          | 8 oz.<br>16 "<br>16 "           | 8 oz.<br>16 "<br>8 "          | Thursday :<br>Bread . . . .<br>Potatoes . . . .<br>Cooked Beef, without bone                                                                                                                                                                                                                                 | 8 oz.<br>16 "<br>6 "                   | 8 oz.<br>12 "<br>5 "                                       |
|           | Friday :<br>Bread . . . .<br>Potatoes . . . .<br>Soup . . . .<br>Cheese . . . .  | 8 oz.<br>16 "<br>1 pt.<br>2 oz. | 8 oz.<br>12 "<br>1 pt.<br>—   | Friday :<br>Bread . . . .<br>Potatoes . . . .<br>Vegetable Soup (Beef) .                                                                                                                                                                                                                                     | 8 oz.<br>16 "<br>1 pt.                 | 8 oz.<br>12 "<br>1 pt.                                     |
|           | Saturday :<br>Bread . . . .<br>Potatoes . . . .<br>Cooked Beef . . . .           | 8 oz.<br>16 "<br>5 "            | 8 oz.<br>16 "<br>4 "          | Saturday :<br>Bread . . . .<br>Potatoes . . . .<br>Suet Pudding . . . .                                                                                                                                                                                                                                      | 8 oz.<br>16 "<br>16 "                  | 8 oz.<br>12 "<br>12 "                                      |
|           | Daily :<br>Bread . . . .<br>Cocoa . . . .                                        | 8 oz.<br>1 pt.                  | 6 oz.<br>1 pt.                | Daily :<br>Bread . . . .<br>Cocoa . . . .                                                                                                                                                                                                                                                                    | 12 oz.<br>1 pt.                        | 8 oz.<br>1 pt.                                             |
|           |                                                                                  |                                 |                               | Wednesday and Friday :<br>Cheese . . . .<br>Raw Onion . . . .                                                                                                                                                                                                                                                | 2 oz.<br>3 "                           | —<br>—                                                     |
|           | Bread per Convict per week.                                                      | 168 oz.                         | 145 oz.                       | Bread per Convict per week                                                                                                                                                                                                                                                                                   | 196 oz.                                | 168 oz.                                                    |
|           | Convicts undergoing separate confinement receive CLASS IV., Local Prison Diet.   |                                 |                               | CLASS C.—Proposed Local Prison Diet recommended for Convicts undergoing separate confinement.                                                                                                                                                                                                                |                                        |                                                            |
|           |                                                                                  |                                 |                               | * Butter or Margarine to be given for six months in the year, October to March (inclusive). During the remaining months, April to September (inclusive), Milk, $\frac{1}{2}$ pint, for each Convict at Hard Labour, to be substituted for Butter or Margarine, and to be given in the form of Milk Porridge. |                                        |                                                            |

We describe the alterations made in the various meals, seriatim—

*Breakfast.*—For men employed at hard labour, we recommend that porridge be given in lieu of sweetened gruel, and that during the six months extending from 1st October until 31st March (inclusive) an allowance of  $\frac{1}{2}$  oz. butter or margarine be issued for every prisoner of this class. With the view of obtaining variety, we think that milk may with advantage be substituted for butter or margarine during the remaining six months, *i.e.*, during the spring and summer seasons. We propose that it be given in the form of milk porridge,  $\frac{1}{4}$  pint of milk per prisoner to be utilised in the preparation of the porridge. The porridge during the time that butter or margarine is given to be the same as in the local prison dietary. We think that a concession might be made to male convicts by substituting tea for gruel or porridge on their attaining the third class.

*Dinner.*—We have so arranged the dinner scale that convicts may partake of a different dinner on each day of the week. This applies to the ordinary diet of all male convicts without exception. We have introduced meat into the Sunday dinner. We advise that the pork soup now given to convicts employed at hard labour should be given on a week-day, and that the Sunday dinner of cheese for convicts at light labour be abolished. We have borrowed a dinner from the local prison dietary, and confidently recommend the inclusion of beans and fat bacon in the convict dietary. The remaining dinners of the series we regard as suitable, and we propose to retain them. We, however, increase the amount of suet in the suet pudding, and give potatoes at each dinner meal, Sunday included. We also add to the amount of meat.

*Supper.*—Reverting to hard labour diets, we have made an addition of 4 oz. bread to the supper meal. We also recommend that the dinner allowance of cheese at present made on two days of the week be given at the evening meal instead, and that it be supplemented by 3 ozs. raw onion.

The bread allowance for convicts at hard labour has been increased from 168 oz. to 196 oz. per week, and that of convicts at light labour from 145 oz. to 168 oz. per week.

#### DIETARY FOR FEMALE CONVICTS.

We find that the dietary for female convicts is, on the whole, satisfactory. In order to assimilate this dietary to the scale recommended for women in Class C, Proposed Local Prison Dietary, we eliminate oatmeal gruel entirely. We have reason to believe that this article of diet is objected to by many female convicts. We propose that tea take the place of gruel. The amount of suet in the suet pudding has been increased. Beyond a re-arrangement of the breakfast and supper meals, we do not think that any other alteration in this dietary is called for. The proposed dietary for female convicts will be found with the other diets in the Appendix.

#### HOSPITAL DIETS.

We observe a number of discrepancies in the hospital diets of Local and Convict Prisons. After careful consideration we have come to the conclusion that the Convict Hospital Dietary is the more satisfactory of the two. We cannot think that any useful purpose will be served by the retention of two separate and distinct dietaries for Prison Hospitals. We recommend that the existing Local Prison Hospital Diet be excluded from the list, and a modified form of the present Convict Prison Hospital Diet be introduced for the whole of the prison hospitals, both convict and local.

The proposed prison hospital diet appears in the Appendix.

#### DIETS FOR ILL-CONDUCTED AND IDLE PRISONERS.

We have devoted our earnest attention to this important part of our inquiry, and in the course of our deliberations have considered the Amendment moved by Mr. John Burns, M.P., in the Standing Committee on the Prisons Bill, referring to the application of these diets.

We find that differences exist in these diets as applied in local and convict prisons respectively. We have endeavoured to reduce the dissimilarity to a minimum, and to construct a penal dietary which will, as far as possible, be uniform to the whole of the prison system of England and Wales.

#### NO. 1.—BREAD AND WATER DIET.

This diet consists of 1-lb. bread with water per diem. The experienced prison officials whom we examined on the point were unanimously of opinion that no ill-effects had accrued from the application of this regimen for the space of three days. We, therefore, think that Governors of prisons, convict and local, should be permitted to retain the power of awarding this dietary punishment for the term of three days, provided that no repetition of No. 1 bread and water diet, for a fresh offence, may be made until an interval equal in duration to the term passed by the prisoner on this diet shall have elapsed. Thus if No. 1 Bread and Water Diet is awarded to a prisoner for two days, in the event of a fresh offence the No. 1 Bread and Water Diet may not be again awarded to the said prisoner until two days have elapsed.

Under existing conditions it is within the power of visiting committees of local prisons to award No. 1 Bread and Water Diet for the space of 15 days according to the following rule:—

“The diet to be limited in the first place to three days, after that one or other of the stirabout diets, called respectively No. 2 Stirabout Diet and No. 3 Full Stirabout Diet, according to labour performed, for three days before the repetition of No. 1 Bread and Water Diet, when it is again to be limited to three days, and a second interval on stirabout is to elapse before it is again repeated. The entire period, including intervals, for which any single term of this diet may be ordered is not to exceed 15 days. No task of labour is to be enforced on any one of the nine days on which the bread and water constitute the sole food of the prisoner.” The higher visiting authorities of the convict prisons have the power to sentence an ill-conducted or idle prisoner to No. 1 Bread and Water Diet for the space of 18 days. The method of application is somewhat similar to that enforced in the local prisons, only in the case of the convict, Class IV., Local Prison Diet, replaces the Stirabout Diet in the intervals of No. 1 Bread and Water Diet.

We venture to think that the convict is somewhat more favoured in this respect than the local prisoner. In order to restore the balance and to establish some degree of concord between the two scales, we had the choice of two alternatives: we had either to level down the convict to intervals of stirabout diet, or level up the local prisoner to intervals of ordinary local prison diet; after due consideration we elected to adopt the latter alternative.

It may be said that the convict has to perform harder labour under more unfavourable circumstances, and that special heed ought to be paid to this fact in meting out his measure of punishment. We reply that the ordinary hard-labour diet of the convict is superior to that of the local prisoner. We think that the two scales may be fairly equalised by giving to the local prisoners in the intervals of No. 1, Bread and Water Diet, Class B, proposed Local Prison Diet, and by awarding to the convicts in the intervals of No. 1, Bread and Water Diet, Class C, proposed Local Prison Diet.

Class C proposed Local Prison Diet is superior in nutritive value to Class B, proposed Local Prison Diet; it is also superior to Class IV., existing Local Prison Diet. It will be seen that due regard has been had to the circumstances of the two classes of prisoners, convict and local; that the convict will benefit slightly, and the local prisoner materially, by the change, and that a degree of similarity will be established in the conditions underlying the infliction of this dietary punishment on all classes of prisoners.

We think that the limit for which No. 1 Bread and Water Diet can be allotted at present, *viz.*, a term not exceeding 15 days in local prisons, with the necessary intervals, and a term not exceeding 18 days in convict prisons, with the necessary intervals, may be safely retained, with the proviso that no repetition of No. 1 Bread and Water Diet for a fresh offence may be made until an interval equal in duration to the term passed by the prisoner on the aforesaid diet shall have elapsed. [Thus a prisoner sentenced to 12 days' No. 1 Bread and Water Diet may not, in the event of a fresh offence, be again placed on this diet until an interval of 12 days has elapsed.]

#### NO. 2. STIRABOUT DIET.—NO. 3. FULL STIRABOUT DIET.

We have carefully considered the composition of these diets. We find that the difference in the amount of food they contain is not sufficient to justify their continuance as separate and distinct diets; one-half pint of stirabout and 8 oz. bread per diem constitute this difference. We recommend that they be amalgamated

into one diet, and that stirabout be replaced by porridge in the new diet. Indian meal will thus be entirely eliminated from all the dietaries. We think that for all practical purposes, two diets for idle and ill-conducted prisoners ought to be sufficient viz., No. 1, Bread and Water Diet, and No. 2, Porridge Diet. Under existing conditions the present No. 2 Stirabout Diet is limited in its application to 42 days, and the present No. 3 Full Stirabout Diet to 84 days. We regard the limit of 84 days as excessive, and suggest that the application of the proposed No. 2 Porridge Diet be limited to 42 days.

#### NO. 2 PROPOSED PORRIDGE DIET.

We recommend that Governors of prisons, convict and local, be empowered to award this diet to idle and ill-conducted prisoners for a period not exceeding 14 days.

When awarded by superior authority for a longer period, the proposed No. 2 Porridge Diet to be limited in the first instance to 21 days, after that the proposed Class B Diet in the case of the Local Prisoner, and the proposed Class C Diet in the case of the convict to be given for one week, before the proposed No. 2 Porridge Diet be repeated; the repetition of the proposed No. 2 Porridge Diet to be then limited to 14 days. The entire period, including the interval, for which any single term of this diet may be ordered, not to exceed 42 days. We recommend that if, while on this diet, a prisoner commits a fresh offence and No. 1 Bread and Water Diet is awarded for such offence, the period for which the No. 1 Bread and Water may be applied be limited to three days, and the term so passed on No. 1 Bread and Water be included as part of the sentence awarded on the proposed No. 2 Porridge Diet, i.e. the two sentences to run concurrently. This recommendation is subject to the reservations made with regard to the re-infliction of No. 1 Bread and Water Diet, as aforesaid stated.

The evidence which we heard showed that the diets for ill-conducted and idle prisoners were seldom if ever awarded for the full term allowed by the rules. We also note that every prisoner, prior to being subjected to dietary punishment, is examined by the medical officer with regard to his fitness to undergo such punishment, and that it is the duty of the medical officer to daily visit all prisoners undergoing such dietary punishment. These precautions for safe-guarding the health of the prisoners subjected to dietary punishment have our thorough approval.

#### ARTICLES OF FOOD.

*Bread.* Bread made from wholemeal flour, from which 10 per cent. of the coarse bran should have been removed, is one of the staple articles of food of the prisoner. It is, therefore, most important that the bread supplied should be palatable and of good quality. To attain this desideratum, it is essential that the wholemeal flour used in the process of making bread should be in every respect satisfactory. We find that the supply is derived in about equal proportions from prison sources and from contractors. We received samples of wholemeal flour from every prison in England and Wales; we examined them, and the result of our examination could not be called satisfactory. Many of the samples contained an excess of coarse bran, and other defects were recognisable.

We were further convinced by our examination of the mills in several prisons that the whole question of the milling arrangements and flour supply is one which should receive the early attention of the Prisons Department.

*Wheat.* It is at present specified that the wheat supplied shall be good, sweet, dry, clean wheat, of best quality, weighing  $61\frac{3}{4}$  lbs. to the bushel. This implies that the contractor can supply any one wheat or any admixture of wheat, provided it complies with the specification of weight set forth in the contract schedule.

The result is want of uniformity in the wheat supplied to the different prisons and, in consequence, great diversity in the quality of the bread produced. This diversity is further accentuated by the varied character of the wholemeal flour supplied by contractors.

We recommend an alteration in the terms of contract for wheat, and would suggest that a recurrence be had to the form of contract in force before the present system came into operation. This would insure a supply of different kinds of wheat, both native-grown and foreign, and would enable the prison miller to mix his wheat in proportions that may be found best adapted for the purpose. We found a system similar to that we advocate in force at Deptford Victualling Yard where the biscuit flour for the Navy is manufactured. In the Navy flour 14 per

cent. of coarse bran and coarse pollards are rejected. In the flour produced by the milling department of the prisons 10 per cent. of the coarser bran is supposed to be rejected. Our examination of the various samples we received, and some experiments we have carried out, lead us to believe that the present milling apparatus in general use is not adapted to bring about the desired result. The 12 per inch wire mesh generally employed in milling operations and for testing wholemeal flour by hand sieve is, in our opinion, too large in calibre, and, in consequence, a larger proportion of coarse bran than the specifications require passes into the flour. We are not prepared to indicate the calibre of wire mesh required. The question is complicated with numerous details, but we suggest that the subject be enquired into departmentally. We think that if 12 per cent. coarse bran and coarse pollards be rejected a more satisfactory loaf would result, provided that our recommendations regarding the wheat contract be carried into effect. We recommend that a bushel measure be provided for every prison where wheat forms part of the supply.

By an improvement in the milling apparatus and an extension of this industry, the Prison Department might be enabled to cope more efficiently with this difficult problem.

*Meat.*—We found Colonial or American beef or mutton preserved by heat to have been successfully used as an alternative meat supply, and, if continued care be exercised in selecting approved brands of best quality, we recommend it as a regular article of diet.

*Soup.*—We recommend that the parts of the carcase employed in the preparation of soup be limited to clod and leg or shin of beef to the exclusion of cheek and neck.

*Beef Tea.*—For the preparation of beef-tea we advocate the following formula: 16 oz. lean beef without bone to  $1\frac{1}{2}$  pints of cold water to produce one pint. Definite instructions to be issued as to its preparation.

*Suet Pudding.*—We have increased the amount of suet, and if properly prepared and cooked the suet pudding should be rendered more palatable as well as more nutritious.

*Potatoes.*—It appears to have been a common practice in many prisons to allow the contractor to discontinue delivery at the season when the supply of potatoes becomes somewhat uncertain. This practice has not been found necessary in other large public institutions, and we consider that in seasons when it is difficult to obtain potatoes of good quality, or at times when the contractor fails to continue the supply, such failure of supply should be at once reported to responsible authority. It is very essential that any cessation or limitation in the supply of this article of diet should be avoided.

In the event of a partial falling off in the supply of potatoes we recommend the substitution of fresh vegetables as a half-ration; if the supply should cease entirely, we advocate the substitution of fresh vegetables either alone, or in combination with rice; but we strongly deprecate the use of rice itself as an article of diet for any period beyond a few days. The vegetables issued as a substitute should be given in equal quantity as potatoes—weight for weight after cooking.

We recommend that the sugar used in the dietary should be Demerara sugar; that the allowance of tea should be  $\frac{1}{2}$  oz. per pint, and of cocoa  $\frac{3}{4}$  oz. per pint, and that the cocoa used should be Admiralty cocoa in the proportion of 4 lbs. cocoa to 1 lb. sugar; that the milk should be fresh unskimmed milk; that the ingredients for porridge and gruel should remain as at present—3 oz. coarse Scotch oatmeal for porridge and 2 oz. coarse Scotch oatmeal for gruel; that broad or Windsor beans, dried in the green state and decorticated, or haricot beans, be employed; and that the fat bacon be of good quality.

#### ADMINISTRATION.

##### DUTIES OF STOREKEEPERS. SYSTEM OF SUPPLIES. DELIVERIES.

We take it that it is the duty of the storekeeper to see that all stores received comply with the conditions of contract, are according to sample, and correspond to invoice; and further that he is responsible for the proper storage of meat and perishable articles, and for the correct issue of food-stuffs to the kitchen. We have not been satisfied by our personal inspection that these duties have been in all cases carried out as carefully as they should be, and we desire to express our sense of the great importance of this matter, not only in relation to the qualifications and duties of the storekeepers, but in regard to the system of supplies generally.

We cannot speak in terms of unqualified approval of the food-stuffs we examined on our visits to the prisons. With the whole-meal flour we have already dealt; of the groceries we found that, as a rule, the samples on hand were not of recent date, and stores, although not so defective as to render them unsuitable for use, were not in every case up to sample. We understand that the Prison Department receives supplies of cocoa and salt pork from Deptford Victualling Yard. We were much impressed with the care taken to insure a high standard of quality in the various food-stuffs stored at that depot. We venture to suggest that the Prison Department might advantageously extend its connection with the Admiralty in the matter of obtaining food-stuffs from Deptford Victualling Yard. We were also impressed with the system there adopted for the purchase of stores, and think that the Prison Department should consider the possibility of procuring some portion of its supplies in like manner.

#### PREPARATION AND SERVICE OF FOOD.

In some of the prisons the kitchens were slovenly and ill-provided, the appliances for the preparation of food being scanty or defective. Others again were well equipped in this respect. These differences should not exist. Where practicable the diets for hospital cases should be prepared in the hospital kitchen. We think that the tin utensils employed in the service of the food might be replaced by enamel ware. We recommend that a trial be made in this direction, and, if successful, the use of enamel ware might gradually be extended.

We approve of the practice of the various articles of food supplied to the cook being weighed in his presence, and the weights checked by him.

We are strongly of opinion that, having regard to the foregoing, some method of trained inspection of the food supplies is called for.

#### SYSTEMATIC TRAINING FOR COOKS, &C.

We recommend that all officials engaged in the preparation of prisoners' food should undergo a course of tuition before being placed in charge of their respective departments. We understand that a large measure of success has attended the working of the training schools recently established for the instruction of warders and nurses. We think it essential that cooks, bakers, and millers should have the benefit of special training. We advise that a manual of cooking similar to that issued for the use of military cooks be placed in the hands of the cooks in the prison service. We do not approve of the present method of issuing instructions for cooking on loose sheets.

#### CULTIVATION OF VEGETABLES.

We consider that, where land is available, the cultivation of vegetables should be encouraged. Not only would it prove a suitable form of labour, but the produce might be largely used in the dietary. This suggestion applies especially to convict prisons. We are aware that unfavourable conditions of climate and soil render difficult the cultivation of potatoes at Dartmoor, but other vegetables can be readily grown. On account of the length of the term of imprisonment and the monotony inevitably associated with a fixed scale of dietary, we advise that the medical officer be encouraged to avail himself of his power to recommend extra diet and exercise a large discretion where fresh vegetables are concerned. We think that an allowance of fresh vegetables might occasionally be issued on the days the beef and mutton are served out for dinner, the allowance of vegetables not to exceed 4 oz. (cooked) per diet.

We put forward these recommendations in the hope that they will prove beneficial to the prisoner and facilitate the work of the executive. The dietary has an intimate relationship with all the other elements of prison life; on its proper adjustment to the requirements of the average prisoner, and in the manner of its application and administration, must depend in large measure the successful working of the whole prison system.

We desire in conclusion to record our high sense of the valuable services rendered to the Committee by our Secretary, Dr. Baker, whose untiring energy in his work has contributed largely to our opportunities of obtaining valuable information, and thus being able to form a definite opinion on the important questions submitted to our judgment.

The following is a Summary of our principal recommendations.

- I. That the ordinary diets of local prisons be reduced in number from four to three.
- II. That in each of the three classes there be a separate diet for men, women and juveniles respectively.

III. That the application of the Local Prison Dietary be simplified

- (a) by the limitation of the progressive system of dietary to sentences not exceeding 14 days in duration;
- (b) by the abolition of the distinction between hard labour diets and non-hard labour diets in local prisons.

IV. That all prisoners be weighed on reception and prior to discharge; that the results be recorded. That prisoners be weighed at the expiry of each month of imprisonment; that the results be recorded and submitted for the information of the medical officer.

V. That Class I., Local Prison Dietary, be abolished; that Class II., Local Prison Dietary, be abolished; that Class III., Local Prison Dietary, be superseded; that Class IV., Local Prison Dietary, be superseded.

VI. That a new diet, to be called Class A Diet, approximating in constitution to Class II., Local Prison Diet, but superior in nutritive value to that diet, and much superior in nutritive value to Class I., Local Prison Diet, and more varied than that diet, take the place of Class I., Local Prison Diet.

VII. That the application of the proposed Class A Diet be limited to seven days; that it be given for the whole term to prisoners sentenced to seven days and under, and for the first seven days to prisoners sentenced to more than seven days and not more than fourteen days.

VIII. That a new diet, to be called Class B Diet, approximating in constitution to Class III., Local Prison Diet, but superior in nutritive value to that diet, take the place of Class II. and Class III., Local Prison Diets.

IX. That the application of the proposed Class B Diet be limited to three months. That it be given after the first seven days for the remainder of the term, to prisoners with sentences exceeding seven days, and not exceeding fourteen days; that it be given for the whole term to prisoners whose sentences exceed fourteen days, and do not exceed three months.

X. That a new diet, to be called Class C Diet, approximating in constitution to Class IV., Local Prison Diet, but superior to that diet in nutritive value, and much superior to Class III., Local Prison Diet, and more varied than either of these diets, take the place of Class III., Local Prison Diet, for the period represented by the last month of the application of that diet, and wholly supersede Class IV., Local Prison Diet.

XI. That Class C Diet be given for the whole term to prisoners with sentences exceeding three months and not exceeding two years; that it be given for the whole term to convicts undergoing separate confinement.

XII. That the proposed Class A Diet, the proposed Class B Diet, and the proposed Class C Diet, before mentioned, form the ordinary diets for local prisons.

XIII. That for prisoners (men and women) on remand or awaiting trial, offenders of the first division who do not maintain themselves, offenders of the second division, and debtors, the diet be Class B Diet aforesaid; that for prisoners (men and women) on remand or awaiting trial, and offenders of the first division (men and women) who do not maintain themselves, tea be given for breakfast and cocoa for supper in lieu of gruel, and porridge and gruel respectively; that for offenders of the second division and debtors who are detained in prison for a period exceeding three months, and who are engaged in performing light or industrial labour, Class C be given at the expiry of three months of imprisonment for the remainder of the imprisonment.

XIV. That the system whereby men engaged in sedentary indoor occupations at public works prisons receive hard labour diet be discontinued, and that such prisoners be placed on the proposed diet for prisoners employed at light labour which has been improved. That the diets for male convicts be increased in quantity, rendered superior in nutritive value, and more varied in character. That this should apply to both hard labour and light labour diets, but considerably more so in the case of the hard labour diets. That the dinners in both diets be so arranged that the convict may receive a different dinner on each day of the week.

- XV. That oatmeal gruel be eliminated from the diet of female convicts, and tea substituted, that the same apply to female prisoners in local prisons under sentences ranging from three months to two years, and to female convicts in separate confinement.
- XVI. That one uniform hospital dietary be introduced for the whole of the prisons, both convict and local.
- XVII. That the dietaries for ill-conducted and idle prisoners be reduced in number from three to two, to be called respectively No. 1, Bread and Water Diet, and No. 2, Porridge Diet. That no change be made as regards the application of the former diet in point of time either in local or convict prisons. That the application of the proposed No. 2 Porridge Diet in point of time be limited to 42 days. That Governors of prisons, convict and local, be empowered to award No. 2 Porridge Diet for a period not exceeding 14 days. That an alteration is necessary as regards the constitution of No. 1 Bread and Water Diet when applied for periods exceeding three days; that Class B Diet, proposed Local Prison Dietary, be substituted for the Stirabout Diets now given in the intervals of No. 1 Bread and Water in local prisons; and that Class C Diet, proposed Local Prison Dietary, be substituted for Class IV., existing Local Prison Dietary, in the intervals of No. 1 Bread and Water Diet, as applied in convict prisons.
- XVIII. That the supply of wholemeal flour, both from prison sources and from contractors, is unsatisfactory, as it contains too large a proportion of coarse bran and coarse pollards; that the terms of contract for the supply of wheat be altered; that a wire mesh of smaller calibre is required both for testing wholemeal flour and in connection with the milling apparatus; that the question of improvement in milling machinery be inquired into departmentally; that it is of the utmost importance that the bread supplied to the prisoners should be improved in quality that with an improvement in the milling machinery the industry might be suitably extended.
- XIX. That it is essential for the well-being of prisoners that the supply of potatoes should be regular and constant.
- XX. That samples of food-stuffs should be of recent date, and that stores should always be according to sample.
- XXI. That the appliances for the preparation and cooking of food are capable of improvement.
- XXII. That it is very desirable that cooks, bakers, and millers should undergo a course of systematic training.
- XXIII. That the tin utensils used in the service of the food be replaced by enamel ware.
- XXIV. That where land is available the cultivation of fresh vegetables should be encouraged, especially at convict prisons; that they should be freely used in the dietary.
- XXV. That the appointment of a well qualified and competent inspector of food supplies is necessary.

JOHN L. WHARTON,  
HERBERT SMALLEY,  
ARTHUR DOWNES.

JOHN BAKER, SECRETARY.

27th December, 1898.

## APPENDIX.



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## APPENDIX I.

## (i.)—DIETARIES RECOMMENDED.

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## 1. DIETARIES recommended for the Local Prisons of England and Wales.

| MEALS.    |              | CLASS A. |           |              | CLASS B. |           |              | CLASS C. |           |              |
|-----------|--------------|----------|-----------|--------------|----------|-----------|--------------|----------|-----------|--------------|
|           |              | 1. Men.  | 2. Women. | 3. Juveniles | 1. Men.  | 2. Women. | 3. Juveniles | 1. Men.  | 2. Women. | 3. Juveniles |
| Breakfast | Daily:       |          |           |              |          |           |              |          |           |              |
|           | Bread        | 8 oz.    | 6 oz.     | 6 oz.        | 8 oz.    | 6 oz.     | 6 oz.        | 8 oz.    | 6 oz.     | 6 oz.        |
|           | Gruel        | 1 pt.    | 1 pt.     | 1 pt.        | 1 pt.    | 1 pt.     | 1 pt.        | 1 pt.    | 1 pt.     | 1 pt.        |
|           | Milk         | —        | —         | 1 "          | —        | —         | 1 "          | —        | —         | 1 pt.        |
|           | Sunday:      |          |           |              |          |           |              |          |           |              |
|           | Bread        | 8 oz.    | 6 oz.     | —            | 6 oz.    | 6 oz.     | —            | 6 oz.    | 6 oz.     | —            |
|           | Porridge     | 1 pt.    | 1 pt.     | —            | —        | —         | —            | —        | —         | —            |
|           | Monday:      |          |           |              |          |           |              |          |           |              |
|           | Bread        | 8 oz.    | 6 oz.     | —            | 6 oz.    | 6 oz.     | —            | 6 oz.    | 6 oz.     | —            |
|           | Potatoes     | 8 "      | 8 "       | —            | 8 "      | 8 "       | —            | 12 "     | 8 "       | —            |
| Dinner    | Tuesday:     |          |           |              |          |           |              |          |           |              |
|           | Bread        | 8 oz.    | 6 oz.     | —            | 6 oz.    | 6 oz.     | —            | 6 oz.    | 6 oz.     | —            |
|           | Porridge     | 1 pt.    | 1 pt.     | —            | —        | —         | —            | 1 pt.    | 1 pt.     | —            |
|           | Wednesday:   |          |           |              |          |           |              |          |           |              |
|           | Bread        | 8 oz.    | 6 oz.     | —            | 6 oz.    | 6 oz.     | —            | 6 oz.    | 6 oz.     | —            |
|           | Suet Pudding | 8 "      | 6 "       | —            | 10 "     | 8 "       | —            | 12 "     | 10 "      | —            |
|           | Thursday:    |          |           |              |          |           |              |          |           |              |
|           | Bread        | 8 oz.    | 6 oz.     | —            | 6 oz.    | 6 oz.     | —            | 6 oz.    | 6 oz.     | —            |
|           | Potatoes     | 8 "      | 8 "       | —            | 8 "      | 8 "       | —            | 12 "     | 8 "       | —            |
|           | Friday:      |          |           |              |          |           |              |          |           |              |
| Supper    | Bread        | 8 oz.    | 6 oz.     | —            | 6 oz.    | 6 oz.     | —            | 6 oz.    | 6 oz.     | —            |
|           | Porridge     | 1 pt.    | 1 pt.     | —            | —        | —         | —            | 1 pt.    | 1 pt.     | —            |
|           | Saturday:    |          |           |              |          |           |              |          |           |              |
|           | Bread        | 8 oz.    | 6 oz.     | —            | 6 oz.    | 6 oz.     | —            | 6 oz.    | 6 oz.     | —            |
|           | Suet Pudding | 8 oz.    | 6 "       | —            | 10 "     | 8 "       | —            | 12 "     | 10 "      | —            |
|           | Daily:       |          |           |              |          |           |              |          |           |              |
|           | Bread        | 8 oz.    | 6 oz.     | 6 oz.        | 8 oz.    | 6 oz.     | 6 oz.        | 8 oz.    | 6 oz.     | 6 oz.        |
|           | Gruel        | 1 pt.    | 1 pt.     | 1 pt.        | 1 pt.    | 1 pt.     | 1 pt.        | 1 pt.    | 1 pt.     | 1 pt.        |
|           | Milk         | —        | —         | 1 "          | —        | —         | 1 "          | —        | —         | 1 pt.        |
|           | Sunday:      |          |           |              |          |           |              |          |           |              |

NOTE.—Men include all male prisoners over 16 years of age.  
 Juveniles include all prisoners under 16 years of age.  
 Women include all female prisoners over 16 years of age.

The terms to which the above diets are intended to be severally applied are those set forth in the following Table:—

| TERM.                                                  | CLASS A.    | CLASS B.           | CLASS C.    |
|--------------------------------------------------------|-------------|--------------------|-------------|
| Seven days and under                                   | Whole term. | —                  | —           |
| More than seven days and not more than fourteen days   | Seven days. | Remainder of term. | —           |
| More than fourteen days and not more than three months | —           | Whole term.        | —           |
| More than three months                                 | —           | —                  | Whole term. |

## (2.) DIETS recommended for special classes of prisoners, viz:—

- (a.) Prisoners on Remand or Awaiting Trial.  
 (b.) Offenders of the 1st Division who do not maintain themselves.  
 (c.) Offenders of the 2nd Division.  
 (d.) Debtors.
- Class B. Diet.

NOTE.—Prisoners on Remand or Awaiting Trial (men and women) and offenders of the 1st Division (men and women) who do not maintain themselves to receive for breakfast—one pint of tea in lieu of gruel, and for supper—one pint of cocoa in lieu of porridge and gruel respectively.

Offenders of the 2nd Division and Debtors, if detained in prison for a period exceeding three months in duration or receive Class C. Diet, according to age and sex at the expiration of the third month of imprisonment.

## (3.) DIET recommended for prisoners of both sexes, irrespective of age on the day of first reception, whether on remand, to await trial, or on conviction or otherwise:—

|           |   |   |   |   |   |         |
|-----------|---|---|---|---|---|---------|
| Breakfast | — | — | — | — | — | 8 oz.   |
|           | — | — | — | — | — | 1 pint. |
| Dinner    | — | — | — | — | — | 12 oz.  |
|           | — | — | — | — | — | 4 "     |
| Supper    | — | — | — | — | — | 8 oz.   |
|           | — | — | — | — | — | 1 pint. |

## (4.) DIET recommended for infants born in prison, or received therein with their mothers, in cases in which the Medical Officer is of opinion that the nursing powers of the mothers are defective:—

- For infants under 3 months old — At the discretion of the Medical Officer.  
 " " from 3 to 6 months old — 1 pint milk daily.  
 " " from 6 to 9 months old — { 6 oz. bread or biscuit, 1 pint milk, daily.  
 { 1 pint beef tea, three times a week.

## (5.)—NOTES on the proposed LOCAL PRISON DIETARY.

|                                 |                                                                                                                                                                                                                                                                                                                                                                                       |
|---------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| bread                           | To be made with whole meal flour, consisting of all the products of grinding the wheaten grain with the exception of 12 per cent. of coarse bran and coarse pollards.                                                                                                                                                                                                                 |
| porridge                        | To every pint, 3 oz. coarse Scotch oatmeal, with salt.                                                                                                                                                                                                                                                                                                                                |
| gruel                           | To every pint, 2 oz. coarse Scotch oatmeal, with salt.                                                                                                                                                                                                                                                                                                                                |
| tea                             | To every pint, 1 oz. tea, 2 oz. milk, and 1 oz. sugar.                                                                                                                                                                                                                                                                                                                                |
| cocoa                           | To every pint, 1 oz. Admiralty cocoa, 2 oz. milk, and 1 oz. sugar.                                                                                                                                                                                                                                                                                                                    |
| milk                            | To be fresh unskimmed milk; to be served hot with the breakfast and supper of juveniles.                                                                                                                                                                                                                                                                                              |
| suet pudding                    | To every pound, 2 oz. suet and 8 oz. whole meal flour.                                                                                                                                                                                                                                                                                                                                |
| soup                            | In every pint, 4 oz. clod (or shoulder), leg, or shin of beef; 4 oz. split peas; 2 oz. fresh vegetables; 1 oz. onions; pepper and salt. It is recommended that from May to September inclusive the soup consist of the following ingredients:—4 oz. clod (or shoulder), leg, or shin of beef; 1 oz. pearl barley; 2 oz. fresh vegetables; 1 oz. onions; 1 oz. flour; pepper and salt. |
| cooked meat, preserved by heat. | Colonial or American beef or mutton of approved brands and of best quality. This meat should not be cooked or heated in any way; it should always be served cold as it leaves the tin.                                                                                                                                                                                                |
| beef liquor or broth            | The liquor in which the beef is cooked on Thursdays should be thickened with 1 oz. flour, and flavoured with 1 oz. onions to each ration, with pepper and salt.                                                                                                                                                                                                                       |
| beans                           | Haricot beans, or broad or Windsor beans dried in the green state and decorticated.                                                                                                                                                                                                                                                                                                   |
| SUBSTITUTES.                    |                                                                                                                                                                                                                                                                                                                                                                                       |
| cooked beef, without bone.      | Colonial or American beef or mutton, preserved by heat, may be substituted for cooked English beef, weight for weight. Cooked fresh fish, 8 oz., or cooked salt fish, 12 oz., may occasionally be substituted for 4 oz. cooked English beef without bone, and in like proportion for other quantities.                                                                                |
| potatoes                        | Fresh vegetables may be substituted for potatoes, weight for weight after cooking; rice, also, may be substituted in the same proportion after cooking; rice, however, should be sparingly used as a substitute for potatoes, and when so used should, if possible, be combined with fresh vegetables in equal proportions.                                                           |
| fresh vegetables                | If fresh vegetables are not procurable, 1 oz. preserved mixed vegetables may be used, in lieu of 1 oz. fresh vegetables, for ordinary prison diets.                                                                                                                                                                                                                                   |

## (6.)—DIETARIES recommended for CONVICTS.

| DIETARY FOR MALE CONVICTS. |                                                                                               |                                                                                                |                     | DIETARY FOR FEMALE CONVICTS.                         |                                                                                                |                                                                                                  |                |
|----------------------------|-----------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------|---------------------|------------------------------------------------------|------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------|----------------|
| Meals.                     | Male Convicts undergoing separate imprisonment. Class C.—Proposed Local Prison Diet (Men).    | Male Convicts after period of separate imprisonment.                                           | Men at Hard Labour. | Men at Sedentary Indoor Employment and Light Labour. | Female Convicts undergoing separate imprisonment. Class C.—Proposed Local Prison Diet (Women). | Female Convicts after period of separate imprisonment.                                           |                |
| Breakfast                  | Daily - { Bread - 8 oz. 1 pint. } Porridge - 1 pint.                                          | Daily - { Bread - 8 oz. 1 pint. } Butter or Margarine* - 1 pint.                               | 8 oz. 1 pint.       | 8 oz. 1 pint.                                        | Daily - { Bread - 6 oz. 1 pint. } Tea - 1 pint.                                                | Daily - { Bread - 6 oz. 1 pint. } Tea - 1 pint.                                                  | 6 oz. 1 pint.  |
|                            | Sunday - { Bread - 6 oz. 12 " 5 " } Cooked meat preserved by heat - 1 pint.                   | Sunday - { Bread - 6 oz. 12 " 5 " } Cooked meat preserved by heat - 1 pint.                    | 8 oz. 12 " 5 "      | 8 oz. 12 " 5 "                                       | Sunday - { Bread - 6 oz. 12 " 5 " } Cooked meat preserved by heat - 1 pint.                    | Sunday - { Bread - 6 oz. 12 " 5 " } Cooked meat preserved by heat - 1 pint.                      | 6 oz. 12 " 5 " |
|                            | Monday - { Bread - 6 oz. 12 " 5 " } Potatoes - 12 " 5 " Beans and Fat Bacon - 2 "             | Monday - { Bread - 6 oz. 12 " 5 " } Potatoes - 12 " 5 " Beans and Fat Bacon - 2 "              | 8 oz. 12 " 5 "      | 8 oz. 12 " 5 "                                       | Monday - { Bread - 6 oz. 12 " 5 " } Potatoes - 12 " 5 " Beans and Fat Bacon - 2 "              | Monday - { Bread - 6 oz. 12 " 5 " } Potatoes - 12 " 5 " Beans and Fat Bacon - 2 "                | 6 oz. 12 " 5 " |
|                            | Tuesday - { Bread - 6 oz. 12 " 5 " } Potatoes - 12 " 5 " Soup - 1 pint.                       | Tuesday - { Bread - 6 oz. 12 " 5 " } Potatoes - 12 " 5 " Cooked Mutton, without bone - 1 pint. | 8 oz. 12 " 5 "      | 8 oz. 12 " 5 "                                       | Tuesday - { Bread - 6 oz. 12 " 5 " } Potatoes - 12 " 5 " Soup - 1 pint.                        | Tuesday - { Bread - 6 oz. 12 " 5 " } Potatoes - 12 " 5 " Cooked Beef, without bone - 1 pint.     | 6 oz. 12 " 5 " |
|                            | Wednesday - { Bread - 6 oz. 12 " 5 " } Potatoes - 12 " 5 " Suet Pudding - 1 pint.             | Wednesday - { Bread - 6 oz. 12 " 5 " } Potatoes - 12 " 5 " Pea Soup (Pork) - 1 pint.           | 8 oz. 12 " 5 "      | 8 oz. 12 " 5 "                                       | Wednesday - { Bread - 6 oz. 12 " 5 " } Potatoes - 12 " 5 " Suet Pudding - 1 pint.              | Wednesday - { Bread - 6 oz. 12 " 5 " } Potatoes - 12 " 5 " Cooked Mutton, without bone - 1 pint. | 6 oz. 12 " 5 " |
|                            | Thursday - { Bread - 6 oz. 12 " 5 " } Potatoes - 12 " 5 " Cooked Beef, without bone - 1 pint. | Thursday - { Bread - 6 oz. 12 " 5 " } Potatoes - 12 " 5 " Cooked Beef, without bone - 1 pint.  | 8 oz. 12 " 5 "      | 8 oz. 12 " 5 "                                       | Thursday - { Bread - 6 oz. 12 " 5 " } Potatoes - 12 " 5 " Cooked Beef, without bone - 1 pint.  | Thursday - { Bread - 6 oz. 12 " 5 " } Potatoes - 12 " 5 " Suet Pudding - 1 pint.                 | 6 oz. 12 " 5 " |
|                            | Friday - { Bread - 6 oz. 12 " 5 " } Potatoes - 12 " 5 " Soup - 1 pint.                        | Friday - { Bread - 6 oz. 12 " 5 " } Potatoes - 12 " 5 " Vegetable Soup (Beef) - 1 pint.        | 8 oz. 12 " 5 "      | 8 oz. 12 " 5 "                                       | Friday - { Bread - 6 oz. 12 " 5 " } Potatoes - 12 " 5 " Soup - 1 pint.                         | Friday - { Bread - 6 oz. 12 " 5 " } Potatoes - 12 " 5 " Cooked Beef, without bone - 1 pint.      | 6 oz. 12 " 5 " |
| Dinner                     | Saturday - { Bread - 6 oz. 12 " 5 " } Potatoes - 12 " 5 " Suet Pudding - 1 pint.              | Saturday - { Bread - 6 oz. 12 " 5 " } Potatoes - 12 " 5 " Suet Pudding - 1 pint.               | 8 oz. 12 " 5 "      | 8 oz. 12 " 5 "                                       | Saturday - { Bread - 6 oz. 12 " 5 " } Potatoes - 12 " 5 " Suet Pudding - 1 pint.               | Saturday - { Bread - 6 oz. 12 " 5 " } Potatoes - 12 " 5 " Vegetable Soup (Beef) - 1 pint.        | 6 oz. 12 " 5 " |
|                            | Daily - { Bread - 8 oz. 1 pint. } Cocoa - 1 pint.                                             | Daily - { Bread - 8 oz. 1 pint. } Cocoa - 1 pint.                                              | 8 oz. 1 pint.       | 8 oz. 1 pint.                                        | Daily - { Bread - 6 oz. 1 pint. } Cocoa - 1 pint.                                              | Daily - { Bread - 6 oz. 1 pint. } Cocoa - 1 pint.                                                | 6 oz. 1 pint.  |
|                            |                                                                                               | Wednesday and Friday - { Cheese - 2 oz. 3 " } Raw Onion - 3 "                                  | 2 oz. 3 "           |                                                      |                                                                                                |                                                                                                  |                |
|                            |                                                                                               |                                                                                                |                     |                                                      |                                                                                                |                                                                                                  |                |
|                            |                                                                                               |                                                                                                |                     |                                                      |                                                                                                |                                                                                                  |                |
|                            |                                                                                               |                                                                                                |                     |                                                      |                                                                                                |                                                                                                  |                |
|                            |                                                                                               |                                                                                                |                     |                                                      |                                                                                                |                                                                                                  |                |
|                            |                                                                                               |                                                                                                |                     |                                                      |                                                                                                |                                                                                                  |                |
| Supper                     | Daily - { Bread - 8 oz. 1 pint. } Cocoa - 1 pint.                                             | Daily - { Bread - 8 oz. 1 pint. } Cocoa - 1 pint.                                              | 8 oz. 1 pint.       | 8 oz. 1 pint.                                        | Daily - { Bread - 6 oz. 1 pint. } Cocoa - 1 pint.                                              | Daily - { Bread - 6 oz. 1 pint. } Cocoa - 1 pint.                                                | 6 oz. 1 pint.  |

\* Butter or margarine to be given for six months in the year, October to March (inclusive). During the remaining months, April to September (inclusive), milk, 1 pint for each convict at hard labour, to be substituted for butter or margarine, and to be given in the form of milk porridge.

## (7.)—NOTES on the proposed CONVICT DIETARIES.

|                                 |                                                                                                                                                                                                                                                                                                                                                                                           |
|---------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Bread                           | To be made with whole-meal flour, consisting of all the products of the wheaten grain, with the exception of 12 per cent. of coarse bran and coarse pollards.                                                                                                                                                                                                                             |
| Porridge                        | To every pint 3 oz. coarse Scotch oatmeal, with salt.                                                                                                                                                                                                                                                                                                                                     |
| Milk Porridge                   | To every pint 3 oz. coarse Scotch oatmeal; $\frac{1}{2}$ pint milk, with salt.                                                                                                                                                                                                                                                                                                            |
| Gruel                           | To every pint 2 oz. coarse Scotch oatmeal; $\frac{1}{2}$ oz. molasses.                                                                                                                                                                                                                                                                                                                    |
| Tea                             | To every pint $\frac{1}{2}$ oz. tea, 2 oz. milk, $\frac{3}{4}$ oz. sugar.                                                                                                                                                                                                                                                                                                                 |
| Cocoa                           | To every pint $\frac{3}{4}$ oz. Admiralty cocoa, 2 oz. milk, $\frac{3}{4}$ oz. sugar.                                                                                                                                                                                                                                                                                                     |
| Milk                            | To be fresh unskimmed milk.                                                                                                                                                                                                                                                                                                                                                               |
| Butter or Margarine             | To be of approved brands of best quality.                                                                                                                                                                                                                                                                                                                                                 |
| Suet Pudding                    | To every lb., 2 oz. beef suet; 8 oz. wholemeal flour.                                                                                                                                                                                                                                                                                                                                     |
| Pea Soup for Male Convicts.     | To every pint 4 oz. salt pork, 4 oz. split peas, 1 oz. onions, $\frac{1}{2}$ oz. vinegar, pepper and salt.                                                                                                                                                                                                                                                                                |
| Vegetable Soup                  | To every pint, clod or shoulder, leg or shin of beef in the proportion of 8 oz. for male convicts employed at hard labour, and 6 oz. for male convicts employed at sedentary indoor labour and light labour, and also for female convicts; and, in addition, the soup to contain 1 oz. pearl barley, 2 oz. fresh vegetables, 1 oz. onions, $\frac{3}{4}$ oz. flour, with pepper and salt. |
| Meat Liquor                     | The allowance of cooked mutton to be served with its own liquor, flavoured with $\frac{1}{2}$ oz. onions, and thickened with $\frac{1}{2}$ oz. flour, with pepper and salt.                                                                                                                                                                                                               |
| Ditto                           | The allowance of cooked beef to be served with its own liquor, flavoured and thickened as above.                                                                                                                                                                                                                                                                                          |
| Cooked Meat, preserved by heat. | Colonial or American beef or mutton of approved brands and of best quality. This meat should not be cooked or heated in any way. It ought to be served cold as it leaves the tin.                                                                                                                                                                                                         |
| Beans                           | Haricot beans, or broad or Windsor beans, dried in the green state and decorticated.                                                                                                                                                                                                                                                                                                      |
| SUBSTITUTES.                    |                                                                                                                                                                                                                                                                                                                                                                                           |
| Cooked Beef, without bone.      | Colonial or American beef or mutton, preserved by heat, may, if necessity arises, be substituted for cooked English beef or mutton, weight for weight. Cooked fresh fish 8 oz., or cooked salt fish 12 oz. may occasionally be substituted for 4 oz. cooked English beef or mutton, and in like proportion for other quantities.                                                          |
| Potatoes                        | Fresh vegetables or rice may be substituted for potatoes, weight for weight after cooking. Rice, however, should be sparingly used as a substitute for potatoes, and, when so used, should, if possible, be combined with fresh vegetables in equal proportions.                                                                                                                          |
| Fresh Vegetables                | In the event of fresh vegetables not being procurable, $\frac{1}{2}$ oz. preserved mixed vegetables may be used in lieu of 1 oz. fresh vegetables for ordinary prison diets.                                                                                                                                                                                                              |

## (8.)—HOSPITAL DIETS recommended for CONVICT and LOCAL PRISONS.

|           | Ordinary Diet.                                                                                                | Pudding Diet.                                                                                                                          | Low Diet.                                                                           |
|-----------|---------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|
| Breakfast | Bread - 8 oz.<br>Tea - 1 pint, containing $\frac{1}{2}$ oz. tea, $\frac{3}{4}$ oz. sugar, and 2 oz. milk.     | White bread - 6 oz.<br>Milk - 1 pint.                                                                                                  | Bread - 6 oz.<br>Tea - 1 pint; ingredients as in ordinary diet.                     |
| Dinner    | Meat - 5 oz. (cooked).<br>Potatoes - 8 oz.<br>Vegetables - 4 oz.<br>Bread - 6 oz.<br>Salt - $\frac{1}{2}$ oz. | Rice pudding, containing 3 oz. rice, 1 egg, and 10 oz. milk;<br>or,<br>Batter pudding, containing 3 oz. flour, 1 egg, and 10 oz. milk. | Cornflour, containing 1 oz. cornflour, 1 pint milk, 1 oz. sugar; to produce 1 pint. |
| Supper    | Bread - 8 oz.<br>Tea - 1 pint.                                                                                | White bread - 6 oz.<br>Milk - 1 pint.                                                                                                  | Bread - 6 oz.<br>Tea - 1 pint.                                                      |

## (9.)—NOTES on the proposed HOSPITAL DIETARY.

Cooked meat to consist of fresh beef or mutton, which may be roasted, baked, stewed, or boiled; when boiled the allowance of cooked meat to be served with its own liquor, thickened with  $\frac{1}{2}$  oz. of flour, and flavoured with  $\frac{1}{2}$  oz. of onions, with pepper and salt.

Fowls, rabbits, or fish may be substituted for 5 oz. cooked meat, at the rate of 8 oz. (uncooked), or bacon 4 oz., uncooked, per diet. Tapioca may be substituted for rice.

Beef tea, 16 oz. lean beef, without bone,  $1\frac{1}{2}$  pints of cold water, to make 1 pint.

Extras and medical comforts may be given to patients when considered necessary by the medical officer.

## (10.) DIETS recommended for ILL-CONDUCTED or IDLE PRISONERS in CONVICT and LOCAL PRISONS.

## No. 1 SCALE.

(a.) This scale when given for a period of three days, or less, to consist of—  
1 lb. bread per diem, with water.

(b.) When given for more than three days to consist of—

(1) 1 lb. bread per diem, with water;

(2) Class B., Local Prison Diet, according to age and sex, in the case of prisoners confined in Local Prisons;

Class C., Local Prison Diet, according to age and sex in the case of prisoners confined in Convict Prisons;

for alternate and equal periods of three days.

(c.) The duration of time for which this scale may be ordered, not to exceed 15 days for any single term in Local Prisons, and not to exceed 18 days for any single term in Convict Prisons.

(d.) No task of labour to be enforced on any one of the days on which bread and water constitute the sole food supplied to the prisoner, who may, nevertheless, be allowed the option of performing suitable labour in the cell.

(e.) No prisoner who has been upon this scale to be again placed upon it for a fresh offence until an interval has elapsed equal to the period passed by the prisoner on No. 1 Scale.

## No. 2 SCALE.

(f.) For a prisoner performing a daily task of labour, not expressly defined as hard labour.

(g.) This scale when given for a period of 21 days, or less, to be as follows:—

Breakfast - - - - - Bread, 8 oz.

Dinner - - - - - { 1 pint of porridge containing 3 oz.  
Oatmeal.  
Potatoes, 8 oz.  
Bread, 8 oz.

Supper - - - - - Bread, 8 oz.

(h.) The No. 2 Scale ordered for a period exceeding 21 days to consist of the above diet for the first three weeks and after the fourth week. During the fourth week prisoners confined in Local Prisons to receive Class B., Local Prison Diet, according to age and sex, and prisoners confined in convict prisons Class C., Local Prison Diet, according to sex.

(i.) The entire period for which any single term of the No. 2 Scale may be ordered not to exceed 42 days.

(k.) No prisoner who has been upon this scale for a period of 21 days continuously to be again placed upon it until after the expiration of an interval of one week.

(l.) If a prisoner while on No. 2 Scale should be guilty of misconduct, No. 2 Scale may be temporarily interrupted, and the prisoner may be placed on the No. 1 Scale for a period not exceeding three days; on the expiration of the period awarded on the No. 1 Scale the prisoner to resume the scale originally ordered, and the period passed upon the No. 1 Scale to count as part of the period originally awarded on No. 2 Scale.

## APPENDIX II.

## (i.)

TABLES showing the composition of the proposed Local Prison Dietary, compared with the existing Local Prison Dietary:—

1. Analysis of Class A. Diet for men, women and juveniles respectively.
2. Analysis of Class B. Diet for men, women and juveniles respectively.
3. Analysis of Class C. Diet for men, women and juveniles respectively.

## (ii.)

TABLES showing the composition of the proposed dietaries for male and female convicts compared with the existing dietary:—

1. Analysis of the diet for male convicts at hard labour.
2. Analysis of the diet for male convicts at sedentary indoor labour, and light labour.
3. Analysis of the diet for female convicts.

## (iii.)

1. Standards of Comparison; Summary of above Tables.

NOTE.—In estimating the value of a dietary, it ought not to be overlooked that prisoners in Local Prisons are not subjected to weather exposure.

## PROPOSED LOCAL PRISON DIETARY.

## (i.)

## 1.—CLASS A. Diet.—Men.

| Article.           | Nitrogenous matters. | Carbo-hydrates. | Fats. | Mineral matters. |
|--------------------|----------------------|-----------------|-------|------------------|
|                    | Oz.                  | Oz.             | Oz.   | Oz.              |
| Bread - - - - -    | 21                   | 87·36           | 2·01  | 2·85             |
| Oatmeal - - - - -  | 4·66                 | 23·31           | 2·07  | 1·11             |
| Potatoes - - - - - | ·32                  | 3·36            | ·01   | ·16              |
| Flour - - - - -    | 1·16                 | 5·56            | ·12   | ·09              |
| Suet - - - - -     | —                    | —               | 1·98  | —                |
| Salt - - - - -     | —                    | —               | —     | 3·50             |
| Per week - - -     | 27·14                | 119·59          | 6·19  | 7·71             |
| Per day - - -      | 3·88                 | 17·08           | ·89   | 1·10             |

## CLASS I. Diet.—Existing Local Prison Dietary.—Men.

|                |       |       |      |      |
|----------------|-------|-------|------|------|
| Per week - - - | 14·04 | 84·18 | 4·66 | 5·31 |
| Per day - - -  | 2·01  | 12·03 | ·67  | ·76  |

## CLASS II. Diet.—Existing Local Prison Dietary.—Men with Hard Labour.

|                |       |       |      |      |
|----------------|-------|-------|------|------|
| Per week - - - | 17·52 | 95·21 | 5·36 | 8    |
| Per day - - -  | 2·5   | 13·6  | ·77  | 1·15 |

## 1.—CLASS A. Diet.—Women.

| Article.           | Nitrogenous matters. | Carbo-hydrates. | Fats. | Mineral matters. |
|--------------------|----------------------|-----------------|-------|------------------|
|                    | Oz.                  | Oz.             | Oz.   | Oz.              |
| Bread - - - - -    | 15·75                | 65·52           | 1·51  | 2·14             |
| Oatmeal - - - - -  | 4·66                 | 23·31           | 2·07  | 1·11             |
| Potatoes - - - - - | ·32                  | 3·36            | ·01   | ·16              |
| Flour - - - - -    | ·87                  | 4·17            | ·09   | ·07              |
| Suet - - - - -     | —                    | —               | 1·48  | —                |
| Salt - - - - -     | —                    | —               | —     | 3·50             |
| Per week - - -     | 21·60                | 96·36           | 5·16  | 6·98             |
| Per day - - -      | 3·09                 | 13·77           | ·74   | 1·00             |

## CLASS I. Diet.—Existing Local Prison Dietary.—Females. (Altered Dietary, 1895.)

|                |       |       |      |      |
|----------------|-------|-------|------|------|
| Per week - - - | 14·36 | 83·91 | 4·14 | 5·58 |
| Per day - - -  | 2·05  | 11·99 | ·59  | ·79  |

## CLASS II. Diet.—Existing Local Prison Dietary.—Females.

|                |       |       |      |      |
|----------------|-------|-------|------|------|
| Per week - - - | 15·60 | 83·09 | 4·68 | 7·67 |
| Per day - - -  | 2·22  | 11·87 | ·66  | 1·09 |

## PROPOSED LOCAL PRISON DIETARY.

(i.)

## 1. CLASS A.—Diet for Juveniles under 16 Years of Age.

| Article.         | Nitrogenous matters. | Carbo-Hydrates. | Fats. | Mineral matters. |
|------------------|----------------------|-----------------|-------|------------------|
|                  | Oz.                  | Oz.             | Oz.   | Oz.              |
| Bread - - - -    | 15.75                | 65.52           | 1.51  | 2.14             |
| Oatmeal - - - -  | 4.66                 | 23.31           | 2.07  | 1.11             |
| Potatoes - - - - | .32                  | 3.36            | .01   | .16              |
| Flour - - - - -  | .87                  | 4.17            | .09   | .07              |
| Suet - - - - -   | —                    | —               | 1.48  | —                |
| Milk - - - - -   | 5.88                 | 6.30            | 5.18  | .98              |
| Salt - - - - -   | —                    | —               | —     | 3.50             |
| Per week - - -   | 27.48                | 102.66          | 10.34 | 7.96             |
| Per day - - -    | 3.93                 | 14.67           | 1.48  | 1.14             |

## CLASS I. Diet.—Existing Local Prison Dietary.—Boys under 16 Years of Age.

|                |       |       |      |      |
|----------------|-------|-------|------|------|
| Per week - - - | 14.04 | 84.18 | 4.66 | 5.31 |
| Per day - - -  | 2.01  | 12.03 | .67  | .76  |

## CLASS II. Diet.—Existing Local Prison Dietary.—Boys under 16 Years of Age.

|                |       |       |      |      |
|----------------|-------|-------|------|------|
| Per day - - -  | 15.60 | 83.09 | 4.68 | 7.67 |
| Per week - - - | 2.23  | 11.87 | .67  | 1.09 |

## 2.—CLASS B.—Diet for Men.

| Article.                         | Nitrogenous matters. | Carbo-Hydrates. | Fats. | Mineral matters. |
|----------------------------------|----------------------|-----------------|-------|------------------|
|                                  | Oz.                  | Oz.             | Oz.   | Oz.              |
| Bread - - - - -                  | 19.25                | 80.08           | 1.84  | 2.61             |
| Oatmeal - - - -                  | 4.41                 | 22.05           | 1.96  | 1.05             |
| Potatoes - - - -                 | 1.12                 | 11.76           | .05   | .56              |
| Flour - - - - -                  | 1.46                 | 6.95            | .15   | .12              |
| Suet - - - - -                   | —                    | —               | 2.48  | —                |
| Beans - - - - -                  | 1.18                 | 2.78            | .09   | .18              |
| Bacon - - - - -                  | .17                  | —               | 1.46  | .05              |
| Fresh Beef - - -                 | 2.46                 | —               | 1.00  | .19              |
| Cooked Meat (preserved by heat). | 1.16                 | —               | .46   | .14              |
| Peas - - - - -                   | 1.84                 | 4.20            | .15   | .20              |
| Fresh Vegetables -               | 0.7                  | .31             | .01   | .04              |
| Onions - - - - -                 | 0.1                  | .08             | —     | —                |
| Salt - - - - -                   | —                    | —               | —     | 3.50             |
| Per week - - -                   | 33.13                | 128.21          | 9.65  | 8.64             |
| Per day - - -                    | 4.73                 | 18.32           | 1.38  | 1.24             |

## CLASS II. Diet.—Existing Local Prison Dietary.—Men at Hard Labour

|                |       |       |      |      |
|----------------|-------|-------|------|------|
| Per week - - - | 17.52 | 95.21 | 5.36 | 8.00 |
| Per day - - -  | 2.51  | 13.60 | .77  | 1.14 |

## CLASS III. Diet.—Existing Local Prison Dietary.—Men at Hard Labour.

|                |       |        |      |      |
|----------------|-------|--------|------|------|
| Per week - - - | 22.98 | 116.57 | 6.89 | 9.17 |
| Per day - - -  | 3.29  | 16.66  | .99  | 1.31 |

## WORK DIET.—Minimum daily need of food.—Stuffs for Adult Males (König.)

|               |     |      |      |   |
|---------------|-----|------|------|---|
| Per day - - - | 4.1 | 17.5 | 1.96 | — |
|---------------|-----|------|------|---|

## PROPOSED LOCAL PRISON DIETARY.

(i.)

## 2.—CLASS B. Diet.—Females.

| Article.                         | Nitrogenous matters. | Carbo-hydrates. | Fats. | Mineral Matters. |
|----------------------------------|----------------------|-----------------|-------|------------------|
|                                  | Oz.                  | Oz.             | Oz.   | Oz.              |
| Bread - - - - -                  | 15.75                | 65.52           | 1.51  | 2.14             |
| Oatmeal - - - -                  | 3.52                 | 17.64           | 1.56  | .84              |
| Potatoes - - - -                 | 1.12                 | 11.76           | .05   | 6                |
| Flour - - - - -                  | 1.16                 | 5.56            | .12   | .09              |
| Suet - - - - -                   | —                    | —               | 1.98  | —                |
| Beans - - - - -                  | .94                  | 2.22            | .07   | .14              |
| Bacon - - - - -                  | .08                  | —               | .73   | .02              |
| Fresh beef - - -                 | 2.25                 | —               | .92   | .17              |
| Colonial Meat preserved by heat. | .87                  | —               | .34   | .10              |
| Peas - - - - -                   | 1.84                 | 4.20            | .15   | .20              |
| Fresh Vegetables -               | .07                  | .31             | .01   | .04              |
| Onions - - - - -                 | .01                  | .08             | —     | —                |
| Salt - - - - -                   | —                    | —               | —     | 3.50             |
| Per week - - -                   | 27.61                | 107.29          | 7.44  | 7.80             |
| Per day - - -                    | 3.94                 | 15.33           | 1.06  | 1.11             |

## CLASS II. Diet.—Existing Local Prison Dietary.—Females.

|                |       |       |      |      |
|----------------|-------|-------|------|------|
| Per week - - - | 15.60 | 83.09 | 4.68 | 7.67 |
| Per day - - -  | 2.23  | 11.87 | .67  | 1.09 |

## CLASS III. Diet.—Existing Local Prison Dietary.—Females.

|                |       |        |      |      |
|----------------|-------|--------|------|------|
| Per week - - - | 20.57 | 100.28 | 6.12 | 8.69 |
| Per day - - -  | 2.94  | 14.33  | .88  | 1.24 |

## WORK DIET.—Minimum daily need of Food Stuffs for Adult Females.—(König).

|               |     |    |      |   |
|---------------|-----|----|------|---|
| Per day - - - | 3.2 | 14 | 1.54 | — |
|---------------|-----|----|------|---|

## PROPOSED LOCAL PRISON DIETARY.

(i.)

## 2.—CLASS B. Diet.—Juveniles.

| Article.                         | Nitrogenous Matters. | Carbo-Hydrates. | Fats. | Mineral Matter. |
|----------------------------------|----------------------|-----------------|-------|-----------------|
|                                  | Oz.                  | Oz.             | Oz.   | Oz.             |
| Bread . . . . .                  | 15.75                | 65.52           | 1.51  | 2.14            |
| Oatmeal . . . . .                | 1.76                 | 8.82            | .78   | .42             |
| Potatoes . . . . .               | 1.12                 | 11.76           | .05   | .56             |
| Flour . . . . .                  | 1.16                 | 5.56            | .12   | .09             |
| Suet . . . . .                   | —                    | —               | 1.98  | —               |
| Beans . . . . .                  | .94                  | 2.22            | .07   | .14             |
| Bacon . . . . .                  | .08                  | —               | .78   | .02             |
| Fresh Beef . . . . .             | 2.45                 | —               | .92   | .17             |
| Peas . . . . .                   | 1.84                 | 4.20            | .15   | .20             |
| Fresh Vegetables . . . . .       | .07                  | .31             | .01   | .04             |
| Onions . . . . .                 | .01                  | .08             | —     | —               |
| Colonial Meat preserved by heat. | .87                  | —               | .34   | .10             |
| Cocoa . . . . .                  | .78                  | 1.15            | 2.78  | .17             |
| Milk . . . . .                   | 3.48                 | 3.78            | 3.06  | .54             |
| Sugar . . . . .                  | —                    | 5.06            | —     | —               |
| Salt . . . . .                   | —                    | —               | —     | 3.50            |
| Per week . . . . .               | 30.11                | 108.46          | 12.50 | 8.09            |
| Per day . . . . .                | 4.30                 | 15.49           | 1.79  | 1.16            |

## CLASS II. Diet.—Existing Local Prison Dietary.—Boys under 16 Years of Age.

|                    |       |       |      |      |
|--------------------|-------|-------|------|------|
| Per week . . . . . | 15.60 | 83.09 | 4.68 | 7.67 |
| Per day . . . . .  | 2.23  | 11.87 | .67  | 1.09 |

## CLASS III. Diet.—Existing Local Prison Dietary.—Boys under 16 Years of Age.

|                    |       |        |      |      |
|--------------------|-------|--------|------|------|
| Per week . . . . . | 20.57 | 100.28 | 6.12 | 8.69 |
| Per day . . . . .  | 2.94  | 14.33  | .88  | 1.24 |

## WORK DIET.—Minimum Daily need of Food-stuffs.—Juveniles 16 years of Age. (König.)

|                   |      |    |      |   |
|-------------------|------|----|------|---|
| Per day . . . . . | 2.45 | 14 | 1.75 | — |
|-------------------|------|----|------|---|

## PROPOSED LOCAL PRISON DIETARY.

(i.)

## 3.—CLASS C.—Men.

| Article.                         | Nitrogenous Matters. | Carbo-Hydrates. | Fats. | Mineral Matters. |
|----------------------------------|----------------------|-----------------|-------|------------------|
|                                  | Oz.                  | Oz.             | Oz.   | Oz.              |
| Bread . . . . .                  | 19.25                | 80.08           | 1.84  | 2.61             |
| Oatmeal . . . . .                | 2.64                 | 13.23           | 1.17  | .63              |
| Potatoes . . . . .               | 1.68                 | 17.64           | .08   | .84              |
| Flour . . . . .                  | 1.75                 | 8.34            | .18   | .14              |
| Suet . . . . .                   | —                    | —               | 2.97  | —                |
| Beans . . . . .                  | 1.41                 | 3.33            | .11   | .21              |
| Bacon . . . . .                  | .17                  | —               | 1.46  | .05              |
| Fresh Beef . . . . .             | 2.66                 | —               | 1.09  | .20              |
| Colonial Meat preserved by heat. | 1.45                 | —               | .57   | .18              |
| Peas . . . . .                   | 1.84                 | 4.20            | .15   | .20              |
| Fresh Vegetables . . . . .       | .07                  | .31             | .01   | .04              |
| Onions . . . . .                 | .01                  | .08             | —     | —                |
| Cocoa . . . . .                  | .78                  | 1.15            | 2.78  | .17              |
| Milk . . . . .                   | .58                  | .63             | .51   | .09              |
| Sugar . . . . .                  | —                    | 5.06            | —     | —                |
| Salt . . . . .                   | —                    | —               | —     | 3.50             |
| Per Week . . . . .               | 34.29                | 134.05          | 12.92 | 8.86             |
| Per Day . . . . .                | 4.90                 | 19.15           | 1.85  | 1.27             |

## CLASS IV.—Diet.—Existing Local Prison Dietary.—Men with Hard Labour.

|                    |       |        |      |       |
|--------------------|-------|--------|------|-------|
| Per Week . . . . . | 28.65 | 141.23 | 9.15 | 10.84 |
| Per Day . . . . .  | 4.09  | 20.18  | 1.31 | 1.55  |

## WORK DIET.—Minimum daily need of Food Stuffs for Adult Males.—(König.)

|                   |     |      |     |   |
|-------------------|-----|------|-----|---|
| Per Day . . . . . | 4.1 | 17.5 | 1.9 | — |
|-------------------|-----|------|-----|---|

## PROPOSED LOCAL PRISON DIETARY.

(i.)

## 3. CLASS C.—Diet for Females.

| Article.                            | Nitrogenous Matters. | Carbo-Hydrates. | Fats. | Mineral Matters. |
|-------------------------------------|----------------------|-----------------|-------|------------------|
|                                     | Oz.                  | Oz.             | Oz.   | Oz.              |
| Bread - - - -                       | 15.75                | 65.52           | 1.51  | 2.14             |
| Potatoes - - - -                    | 1.12                 | 11.76           | .05   | .56              |
| Flour - - - -                       | 1.46                 | 6.95            | .15   | .12              |
| Suet - - - -                        | —                    | —               | 2.48  | —                |
| Beans - - - -                       | 1.18                 | 2.78            | .09   | .18              |
| Bacon - - - -                       | .17                  | —               | 1.46  | .05              |
| Fresh Beef - - - -                  | 2.46                 | —               | 1.00  | .19              |
| Colonial Meat preserved<br>by heat. | 1.16                 | —               | .46   | .14              |
| Peas - - - -                        | 1.84                 | 4.20            | .15   | .20              |
| Fresh Vegetables - -                | .07                  | .31             | .01   | .04              |
| Onions - - - -                      | .01                  | .08             | —     | —                |
| Tea - - - -                         | .28                  | .07             | .07   | .06              |
| Cocoa - - - -                       | .78                  | 1.15            | 2.78  | .17              |
| Milk - - - -                        | 1.17                 | 1.26            | 1.03  | .19              |
| Sugar - - - -                       | —                    | 10.13           | —     | —                |
| Salt - - - -                        | —                    | —               | —     | 3.50             |
| Per week - -                        | 27.45                | 104.21          | 11.24 | 7.54             |
| Per day - -                         | 3.92                 | 14.89           | 1.61  | 1.08             |

## CLASS IV. DIET.—Existing Local Prison Dietary.—Females.

|              |       |        |      |      |
|--------------|-------|--------|------|------|
| Per week - - | 22.63 | 108.58 | 7.02 | 8.93 |
| Per day - -  | 3.24  | 15.51  | 1.01 | 1.28 |

## WORK DIET.—Minimum daily need of Food Stuffs for Adult Females.—(König).

|             |     |     |      |   |
|-------------|-----|-----|------|---|
| Per day - - | 3.2 | 14. | 1.54 | — |
|-------------|-----|-----|------|---|

## PROPOSED LOCAL PRISON DIETARY.

(i.)

## 3.—CLASS C.—Diet for Juveniles.

| Article.                            | Nitrogenous Matters. | Carbo-Hydrates. | Fats. | Mineral Matters. |
|-------------------------------------|----------------------|-----------------|-------|------------------|
|                                     | Oz.                  | Oz.             | Oz.   | Oz.              |
| Bread - - - -                       | 15.75                | 65.52           | 1.51  | 2.14             |
| Oatmeal - - - -                     | 2.64                 | 13.23           | 1.17  | .63              |
| Potatoes - - - -                    | 1.12                 | 11.76           | .05   | .56              |
| Flour - - - -                       | 1.46                 | 6.95            | .15   | .12              |
| Suet - - - -                        | —                    | —               | 2.48  | —                |
| Beans - - - -                       | 1.18                 | 2.78            | .09   | .18              |
| Bacon - - - -                       | .17                  | —               | 1.46  | .05              |
| Fresh Beef - - - -                  | 2.46                 | —               | 1.00  | .19              |
| Colonial Meat preserved<br>by heat. | 1.16                 | —               | .46   | .14              |
| Peas - - - -                        | 1.84                 | 4.20            | .15   | .20              |
| Fresh Vegetables - -                | .07                  | .31             | .01   | .04              |
| Onions - - - -                      | .01                  | .08             | —     | —                |
| Cocoa - - - -                       | .78                  | 1.15            | 2.78  | .17              |
| Milk - - - -                        | 3.48                 | 3.78            | 3.06  | .54              |
| Sugar - - - -                       | —                    | 5.06            | —     | —                |
| Salt - - - -                        | —                    | —               | —     | 3.50             |
| Per week - -                        | 32.12                | 114.82          | 14.37 | 8.46             |
| Per day - -                         | 4.59                 | 16.40           | 2.05  | 1.21             |

## CLASS IV. DIET.—Existing Local Prison Dietary.—Boys under 16 years of age.

|              |       |        |      |      |
|--------------|-------|--------|------|------|
| Per week - - | 22.33 | 108.58 | 7.02 | 8.93 |
| Per day - -  | 3.24  | 15.51  | 1.01 | 1.28 |

## WORK DIET.—Minimum daily need of Food-stuffs for Juveniles 15 years of age.—(König).

|             |     |     |      |   |
|-------------|-----|-----|------|---|
| Per day - - | 3.2 | 14. | 1.51 | — |
|-------------|-----|-----|------|---|

## PROPOSED DIETARY FOR CONVICTS.

(ii.)

## 1.—DIET for Male Convicts at Hard Labour.

| Article.                         | Nitrogenous Matters. | Carbo-Hydrates. | Fats. | Mineral Matter |
|----------------------------------|----------------------|-----------------|-------|----------------|
|                                  | Oz.                  | Oz.             | Oz.   | Oz.            |
| Bread . . . . .                  | 24.50                | 101.92          | 2.35  | 3.33           |
| Oatmeal . . . . .                | 2.64                 | 13.23           | 1.17  | .63            |
| Potatoes . . . . .               | 2.24                 | 23.52           | .11   | 1.12           |
| Colonial Meat preserved by heat. | 1.74                 | —               | .69   | .21            |
| Bacon . . . . .                  | .17                  | —               | 1.46  | .05            |
| Pork . . . . .                   | .58                  | —               | 1.49  | .03            |
| Mutton (fresh) . . . . .         | 1.79                 | —               | 2.76  | .11            |
| Beef (fresh) . . . . .           | 3.79                 | —               | 1.55  | .29            |
| Suet . . . . .                   | —                    | —               | 1.98  | —              |
| Beans . . . . .                  | 1.41                 | 3.33            | .11   | .21            |
| Onions . . . . .                 | .14                  | .72             | —     | .06            |
| Peas . . . . .                   | .92                  | 2.10            | .07   | .10            |
| Barley . . . . .                 | .11                  | .74             | .02   | .02            |
| Fresh Vegetables . . . . .       | .03                  | .15             | —     | .02            |
| Whole-meal Flour . . . . .       | 1.22                 | 5.80            | .12   | .10            |
| Cocoa . . . . .                  | .78                  | 1.15            | 2.78  | .17            |
| Sugar . . . . .                  | —                    | 5.06            | —     | —              |
| Milk . . . . .                   | .58                  | .63             | .51   | .09            |
| Butter or Margarine . . . . .    | —                    | —               | 2.97  | —              |
| Cheese . . . . .                 | 1.16                 | .04             | 1.12  | .28            |
| Salt . . . . .                   | —                    | —               | —     | 3.50           |
| Per week . . . . .               | 43.80                | 158.39          | 21.26 | 10.32          |
| Per day . . . . .                | 6.26                 | 22.63           | 3.04  | 1.48           |

## DIET for Male Convicts at Hard Labour.—Existing Scale.

|                    |       |        |       |      |
|--------------------|-------|--------|-------|------|
| Per week . . . . . | 38.72 | 136.63 | 15.65 | 9.23 |
| Per day . . . . .  | 5.53  | 19.50  | 2.24  | 1.32 |

## WORK DIET.—Minimum daily need of Food-stuffs, Adult Male.—(König).

|                   |     |      |      |   |
|-------------------|-----|------|------|---|
| Per day . . . . . | 4.1 | 17.5 | 1.96 | — |
|-------------------|-----|------|------|---|

## PROPOSED DIETARY FOR CONVICT PRISONS.

(ii.)

## 2.—DIET for Male Convicts at Sedentary Indoor Labour and Light Labour.

| Article.                         | Nitrogenous Matters. | Carbo-Hydrates. | Fats. | Mineral Matters. |
|----------------------------------|----------------------|-----------------|-------|------------------|
|                                  | Oz.                  | Oz.             | Oz.   | Oz.              |
| Bread . . . . .                  | 21.00                | 87.36           | 2.01  | 2.85             |
| Oatmeal . . . . .                | 1.76                 | 8.82            | .78   | .42              |
| Potatoes . . . . .               | 1.68                 | 17.64           | .08   | .84              |
| Colonial Meat preserved by heat. | 1.45                 | —               | .57   | .18              |
| Bacon . . . . .                  | .17                  | —               | 1.46  | .05              |
| Pork . . . . .                   | .58                  | —               | 1.49  | .03              |
| Mutton (fresh) . . . . .         | 1.49                 | —               | 2.30  | .09              |
| Beef (fresh) . . . . .           | 2.25                 | —               | .92   | .17              |
| Suet . . . . .                   | —                    | —               | 1.48  | —                |
| Beans . . . . .                  | 1.41                 | 3.33            | .11   | .21              |
| Onions . . . . .                 | .04                  | .24             | —     | .02              |
| Peas . . . . .                   | .92                  | 2.10            | .07   | .10              |
| Barley . . . . .                 | .11                  | .74             | .02   | .02              |
| Fresh Vegetables . . . . .       | .03                  | .15             | —     | .02              |
| Whole-meal Flour . . . . .       | .93                  | 4.43            | .09   | .07              |
| Cocoa . . . . .                  | .78                  | 1.15            | 2.78  | .17              |
| Sugar . . . . .                  | —                    | 8.44            | —     | —                |
| Milk . . . . .                   | .58                  | .63             | .51   | .09              |
| Salt . . . . .                   | —                    | —               | —     | 3.50             |
| Per week . . . . .               | 34.98                | 135.03          | 14.67 | 8.83             |
| Per day . . . . .                | 4.99                 | 19.29           | 2.09  | 1.26             |

## DIET for Male Convicts at Light Labour.—Existing Scale.

|                    |       |        |       |      |
|--------------------|-------|--------|-------|------|
| Per week . . . . . | 32.88 | 118.09 | 10.97 | 8.45 |
| Per day . . . . .  | 4.69  | 16.87  | 1.57  | 1.21 |

## WORK DIET.—Minimum daily need of Food-stuffs for Adult Male.—(König).

|                   |     |      |      |   |
|-------------------|-----|------|------|---|
| Per day . . . . . | 4.1 | 17.5 | 1.96 | — |
|-------------------|-----|------|------|---|

## PROPOSED DIETARY FOR CONVICT PRISONS.

(ii.)

## 3.—DIET for Female Convicts.

| Article.                         | Nitrogenous Matters. | Carbo-Hydrates. | Fats. | Mineral Matters. |
|----------------------------------|----------------------|-----------------|-------|------------------|
|                                  | Oz.                  | Oz.             | Oz.   | Oz.              |
| Bread - - - -                    | 15.75                | 65.52           | 1.51  | 2.14             |
| Potatoes - - - -                 | 1.68                 | 17.64           | .08   | .84              |
| Flour - - - -                    | .87                  | 4.17            | .09   | .07              |
| Colonial Meat preserved by heat. | 1.16                 | —               | .46   | .14              |
| Mutton - - - -                   | 1.79                 | —               | 2.76  | .11              |
| Beef - - - -                     | 3.39                 | —               | 1.35  | .26              |
| Suet - - - -                     | —                    | —               | 1.24  | —                |
| Onions - - - -                   | .04                  | .24             | —     | .02              |
| Barley - - - -                   | .11                  | .74             | .02   | .02              |
| Fresh Vegetables - -             | .03                  | .15             | —     | .02              |
| Cocoa - - - -                    | .78                  | 1.15            | 2.78  | .17              |
| Sugar - - - -                    | —                    | 10.13           | —     | —                |
| Milk - - - -                     | 1.17                 | 1.26            | 1.03  | .19              |
| Tea - - - -                      | .28                  | .07             | .07   | .06              |
| Salt - - - -                     | —                    | —               | —     | 3.50             |
| Per week - -                     | 27.05                | 101.07          | 11.39 | 7.54             |
| Per day - -                      | 3.86                 | 14.44           | 1.63  | 1.08             |

## Existing Dietary for Female Convicts.

|              |       |       |       |      |
|--------------|-------|-------|-------|------|
| Per week - - | 27.48 | 93.09 | 10.98 | 7.28 |
| Per day - -  | 3.93  | 13.29 | 1.57  | 1.04 |

## WORK DIET.—Minimum daily need of Food-stuffs, Adult Females—(König).

|             |     |     |      |   |
|-------------|-----|-----|------|---|
| Per day - - | 3.2 | 14. | 1.54 | — |
|-------------|-----|-----|------|---|

(iii.)

## 1.—DIETS.

## ANALYSIS SUMMARY.

## (a.) STANDARDS of Comparison.

|                                                                                                                                             | Nitrogenous matters. | Carbo-hydrates.  | Fats.                | Mineral matters. |
|---------------------------------------------------------------------------------------------------------------------------------------------|----------------------|------------------|----------------------|------------------|
| Subsistence Diet - - - -                                                                                                                    | 2                    | 12               | .5                   | .5               |
| Rest Diet - - - -                                                                                                                           | 2.5                  | 12               | 1.00                 | .5               |
| Work Diet : { Juveniles, about 15 years }<br>viz. :— { Adult Females }<br>Minimum average daily need of food stuffs (König) { Adult Males } | 2.8<br>3.2<br>4.1    | 14<br>14<br>17.5 | 1.75<br>1.54<br>1.96 | —<br>—<br>—      |

(b.) COMPARISON between Class I., Existing Local Prison Dietary, and Class A., Proposed Local Prison Dietary. (It is proposed to substitute Class A. for Class I.)

| Class I. Diet.—Existing Local Prison Dietary. |                              |                     |       |                     | Class A. Diet.—Proposed Local Prison Dietary. |                              |                     |       |                     |
|-----------------------------------------------|------------------------------|---------------------|-------|---------------------|-----------------------------------------------|------------------------------|---------------------|-------|---------------------|
|                                               | Nitro-<br>genous<br>matters. | Carbo-<br>hydrates. | Fats. | Mineral<br>matters. |                                               | Nitro-<br>genous<br>matters. | Carbo-<br>hydrates. | Fats. | Mineral<br>matters. |
| Diet for—                                     |                              |                     |       |                     | Diet for—                                     |                              |                     |       |                     |
| Men - - - -                                   | 2.01                         | 12.03               | .67   | .76                 | Men.                                          | 3.88                         | 17.08               | .89   | 1.10                |
| Females - - -                                 | 2.05                         | 11.99               | .59   | .79                 | Women.                                        | 3.09                         | 13.77               | .74   | 1.00                |
| Boys under 16 years of age                    | 2.01                         | 12.03               | .67   | .76                 | Juveniles under 16 years of age.              | 3.93                         | 14.67               | 1.48  | 1.14                |

(c.) COMPARISON between Class II. Diet, Class III. Diet, Existing Local Prison Dietary, and Class B., Proposed Local Prison Dietary. (It is proposed to substitute Class B. for Classes II. and III.)

| Class II. Diet and Class III. Diet.—Existing Local Prison Dietary. |                              |                     |       |                     | Class B. Diet.—Proposed Local Prison Dietary. |                              |                     |       |                     |
|--------------------------------------------------------------------|------------------------------|---------------------|-------|---------------------|-----------------------------------------------|------------------------------|---------------------|-------|---------------------|
|                                                                    | Nitro-<br>genous<br>matters. | Carbo-<br>hydrates. | Fats. | Mineral<br>matters. |                                               | Nitro-<br>genous<br>matters. | Carbo-<br>hydrates. | Fats. | Mineral<br>matters. |
| Class II. Diet for—                                                |                              |                     |       |                     | Class B. Diet for—                            |                              |                     |       |                     |
| Men (with hard labour) - - - -                                     | 2.51                         | 13.60               | .77   | 1.14                | Men.                                          | 4.73                         | 18.32               | 1.38  | 1.24                |
| and for                                                            |                              |                     |       |                     | Women.                                        | 3.94                         | 15.33               | 1.06  | 1.11                |
| Men (without hard labour), females and boys - - -                  | 2.23                         | 11.87               | .67   | 1.09                | Juveniles under 16 years of age.              | 4.30                         | 15.49               | 1.79  | 1.16                |
| Class III. Diet for—                                               |                              |                     |       |                     |                                               |                              |                     |       |                     |
| Men (with hard labour) - - - -                                     | 3.29                         | 16.66               | .99   | 1.31                |                                               |                              |                     |       |                     |
| and for                                                            |                              |                     |       |                     |                                               |                              |                     |       |                     |
| Men (without hard labour), females and boys - - -                  | 2.94                         | 14.33               | .88   | 1.24                |                                               |                              |                     |       |                     |

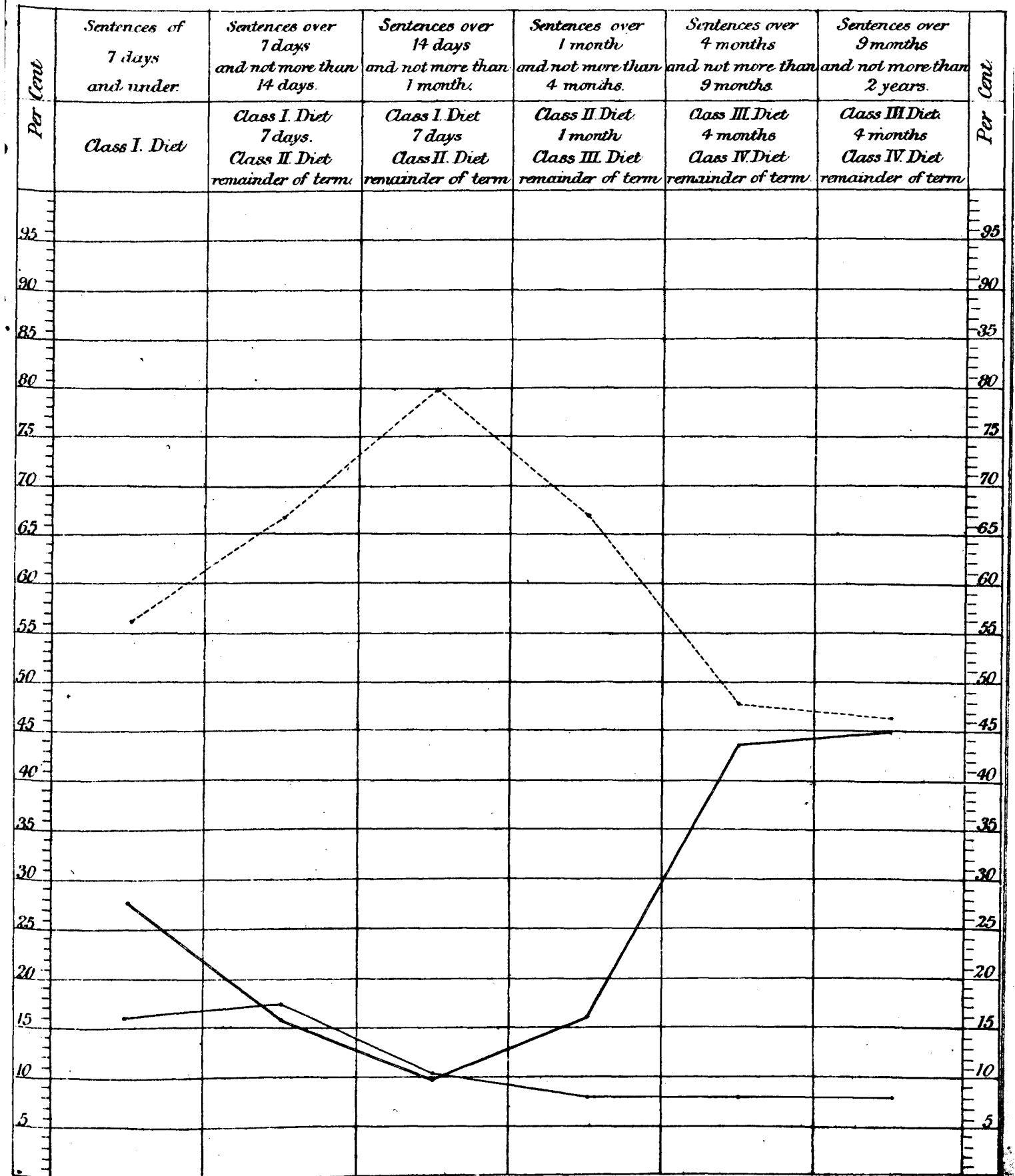
NOTE.—The proposed diet for juveniles is intended to meet the requirements of growing boys. Girls under 16 years of age rarely find their way into prison.



DIAGRAM N° I. LOCAL PRISONS.

Showing the proportion per cent of male prisoners  
who gained, lost or remained stationary in weight.

Adult Male Prisoners sentenced to imprisonment with Hard Labour.



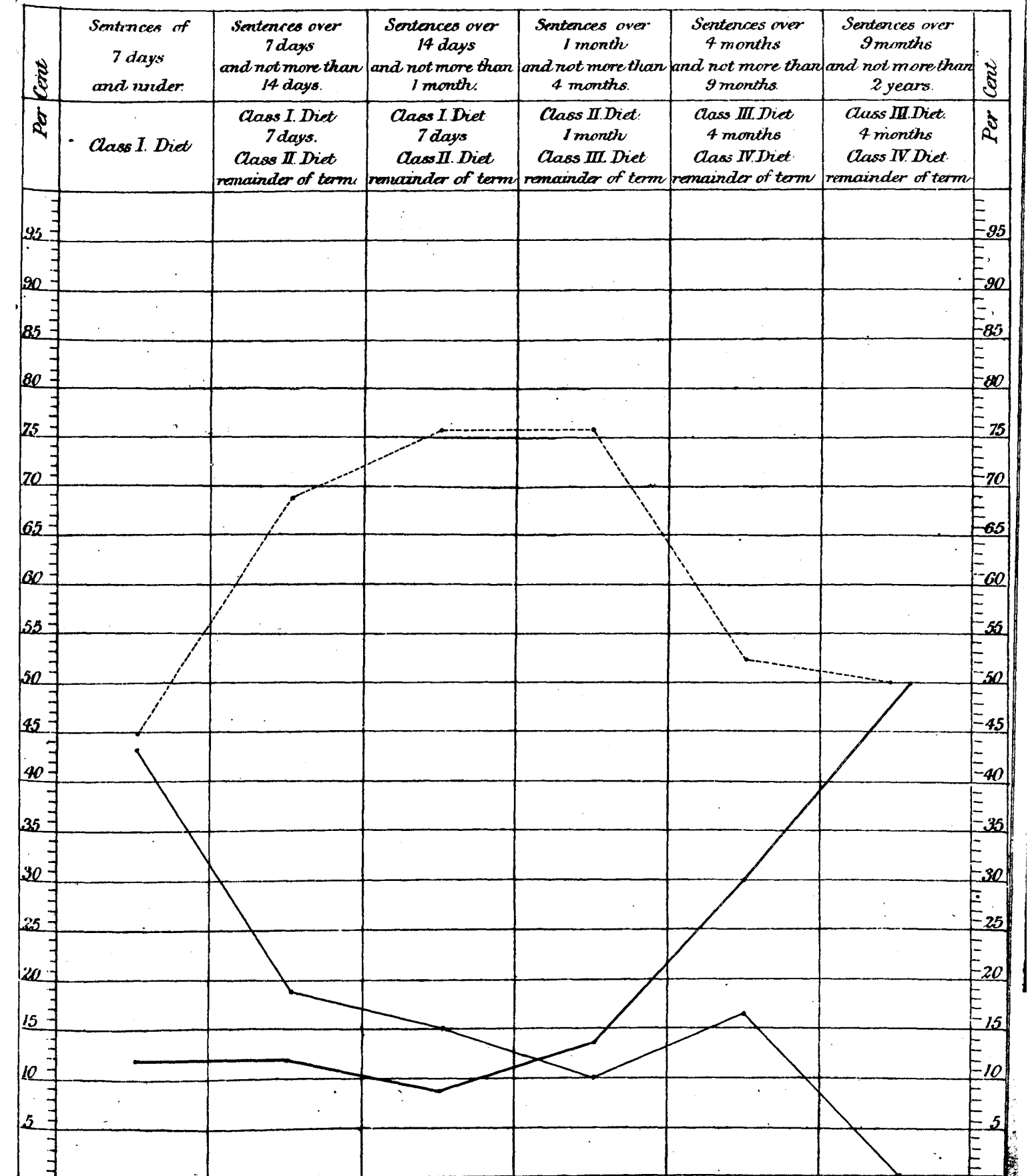
# APPENDIX.III.

(i)

## DIAGRAM N° 2. LOCAL PRISONS.

Showing the proportion per cent of male prisoners  
who gained, lost or remained stationary in weight.

Adult Male Prisoners sentenced to imprisonment without Hard Labour.



APPENDIX. III.

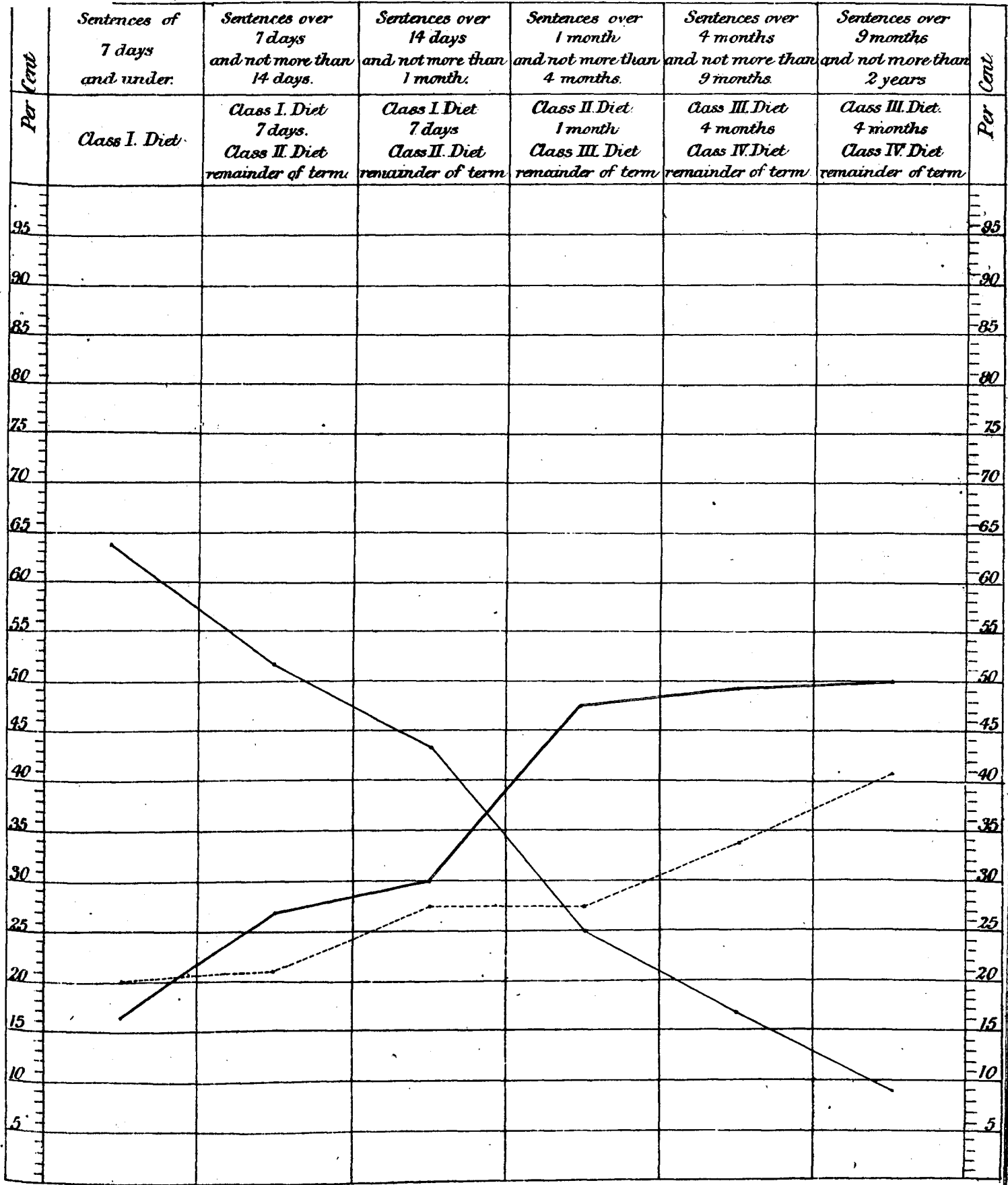
(1)

DIAGRAM N° 3. LOCAL PRISONS.

Showing the proportion per cent of female prisoners.

who gained, lost or remained stationary in weight.

Female Prisoners sentenced to imprisonment with Hard Labour.



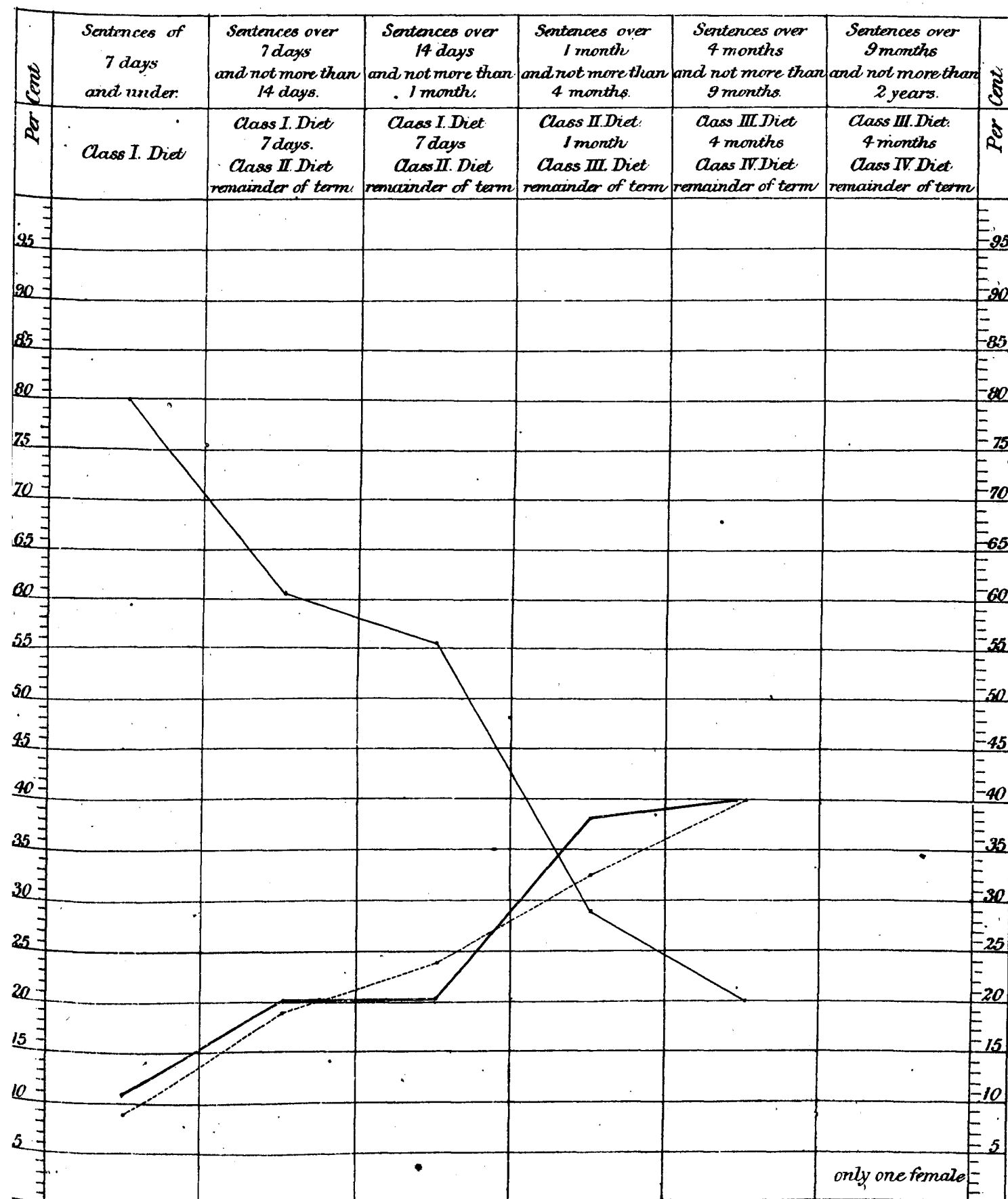
# APPENDIX.III.

(i)

## DIAGRAM N° 4. LOCAL PRISONS.

Showing the proportion per cent of female prisoners  
who gained, lost or remained stationary in weight.

Female Prisoners sentenced to imprisonment without Hard-Labour.

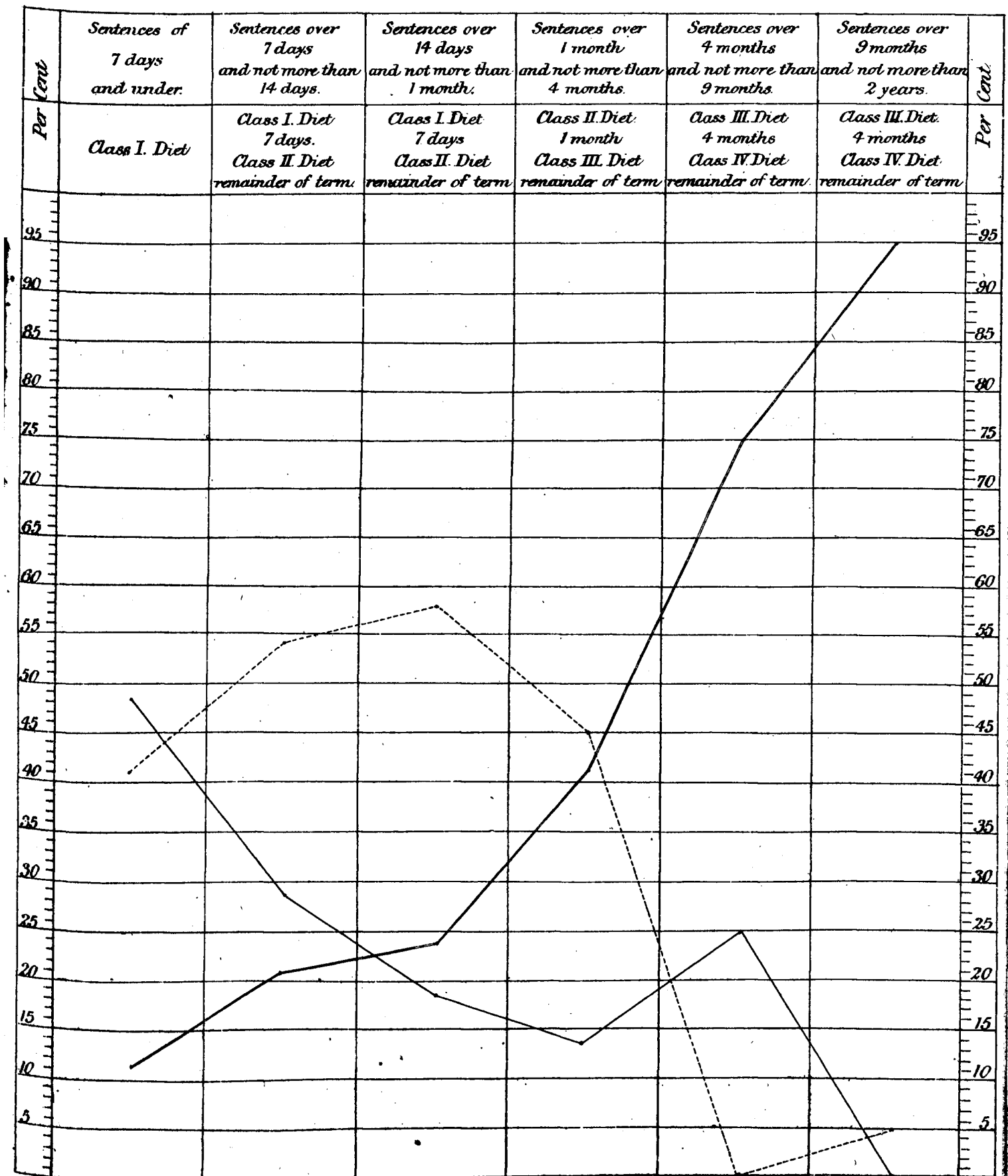


# APPENDIX. III.

(1)

## DIAGRAM N° 5. LOCAL PRISONS.

Showing the proportion per cent of boys under sixteen years  
of age who gained, lost or remained stationary in weight.  
Juvenile prisoners (boys) sentenced to imprisonment with Hard Labour.



# APPENDIX.III.

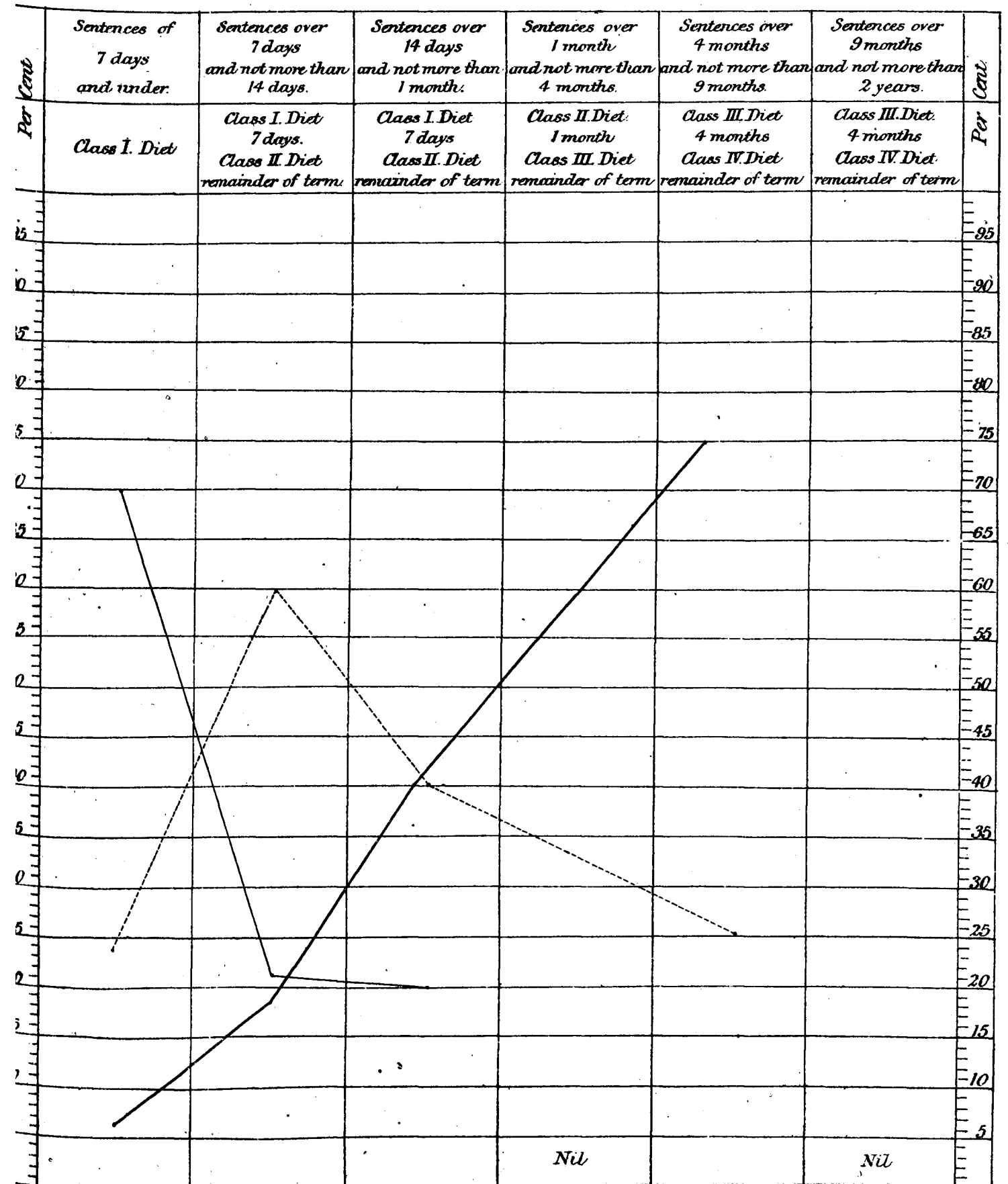
(i)

## DIAGRAM N° 6. LOCAL PRISONS.

Showing the proportion per cent of boys under sixteen years

of age who gained, lost or remained stationary in weight.

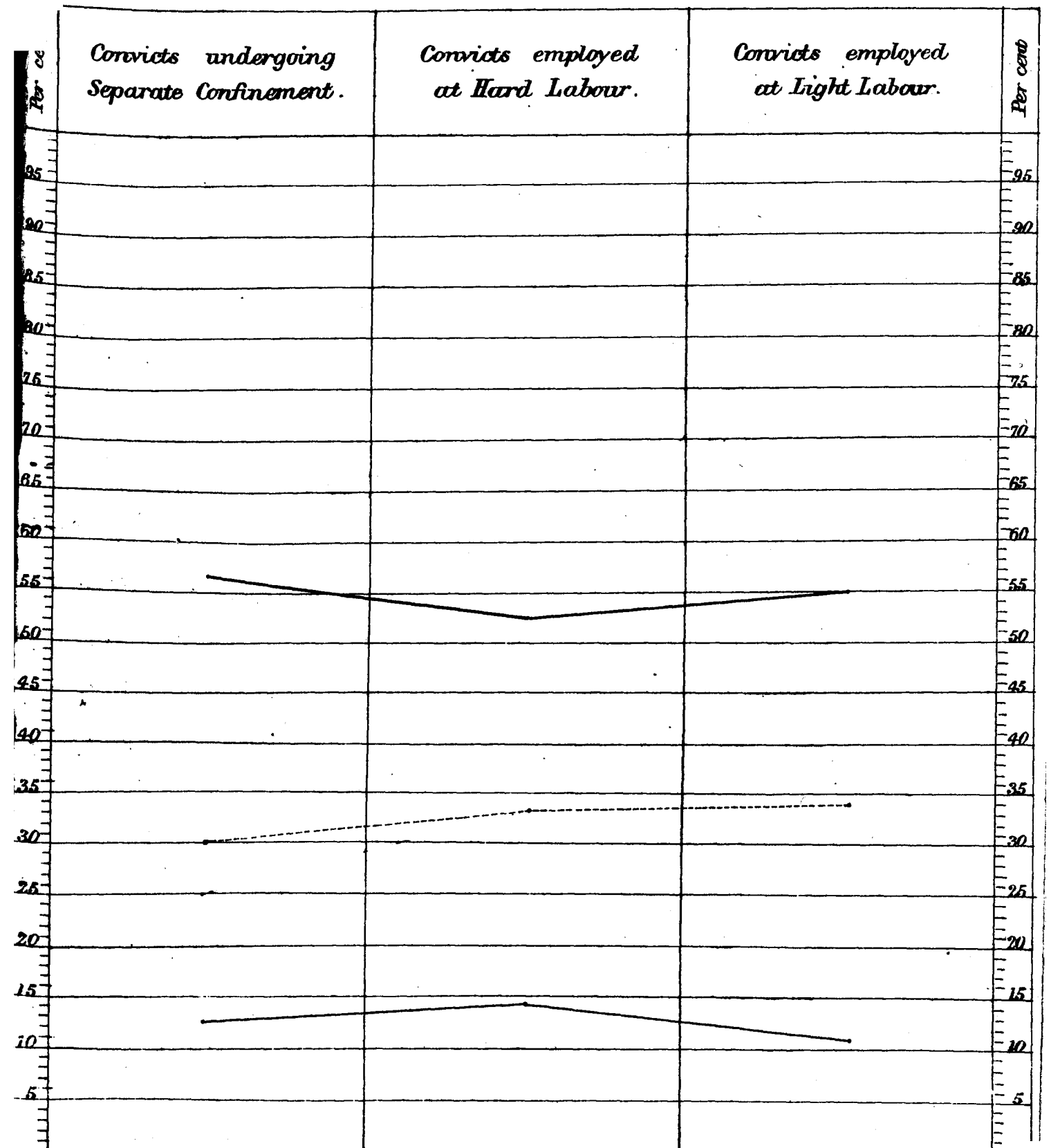
Juvenile prisoners (boys) sentenced to imprisonment without Hard Labour.



(ii)

DIAGRAM N<sup>o</sup> 7. CONVICT PRISONS.

showing the proportion per cent of Male Convicts who gained, lost, or remained stationary in weight under the conditions stated in the diagram



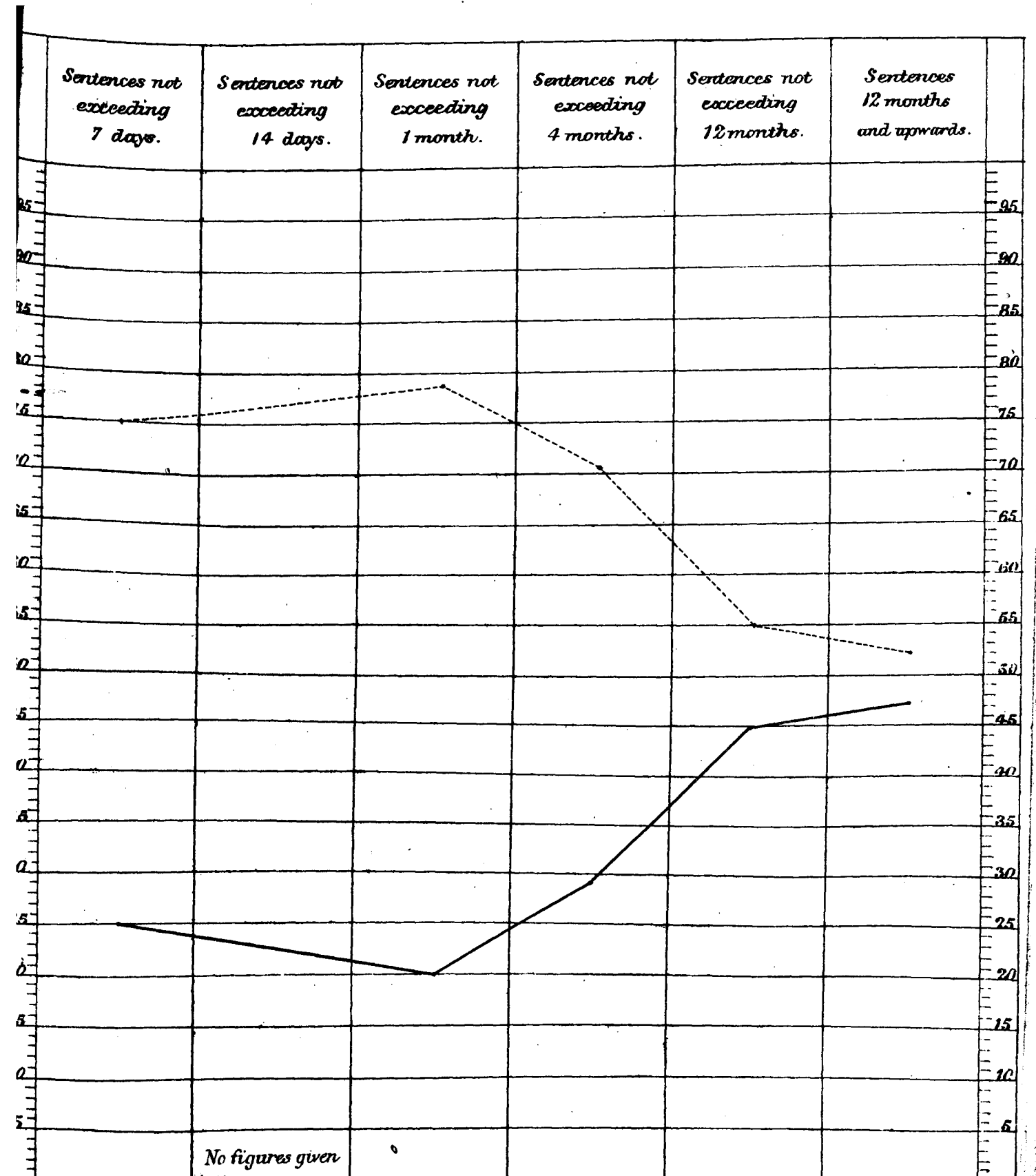
- Note (1) The incidence of extra diet and the fact that Convicts engaged in sedentary indoor employment receive hard labour diet have to be taken into account in drawing conclusions from this diagram.
- (2) The figures relating to Convicts employed at Hard Labour and Light Labour respectively are based on the weights of Convicts received at Public Works Prisons during the years 1895-96-97 and during the six months January to June 1898 (inclusive) 3½ years and remaining in the various Prisons on 1<sup>st</sup> July 1898. The difference (if any) between the reception weight and the weight on 1<sup>st</sup> July 1898, shows the respective gain or loss.

# APPENDIX III.

(iii.)

## DIAGRAM N<sup>o</sup> 8 COUNTY AND BOROUGH GAOLS, 1861.

*Showing the proportion per cent of Prisoners who gained or lost weight in the County and Borough Prisons. (Ten years to 1861.) Based on figures extracted from Report of County and Borough Dietary Committee 1864.*



*Note; The resemblance between this diagram and the Diagrams Nos 1 and 2 relating to Male Prisoners in Local Prisons is very striking.*

# APPENDIX IV.

(i.)

SYNOPSIS of REPLIES made by Visiting Committees of Local Prisons in answer to the Circular Letter issued by the Departmental Committee on Prison Dietaries inviting the Visiting Justices to express their opinion regarding the existing dietary.

## OBSERVATIONS AND RECOMMENDATIONS MADE BY THE VISITING COMMITTEES OF LOCAL PRISONS.

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| <p>The Visiting Committee of—</p> <p>Bedford Prison recommend :</p> <ol style="list-style-type: none"> <li>1. That Class I. diet be abolished.</li> <li>2. That Class II. Diet be improved.</li> <li>3. That milk be added to the dietary of juveniles.</li> </ol> <p>Bodmin Prison recommend that the progressive system of dietary be abolished.</p> <p>Bristol Prison recommend that Class I. Diet be improved.</p> <p>Carmarthen Prison recommend the continuance of the existing diets.</p> <p>Carnarvon Prison have no suggestions to offer.</p> <p>Cambridge Prison recommend that Class I. Diet be improved.</p> <p>Canterbury Prison have no suggestions to offer.</p> <p>Carlisle Prison recommend that Class I. Diet be abolished.</p> <p>Chelmsford Prison recommend :</p> <ol style="list-style-type: none"> <li>1. That Class I. Diet be improved.</li> <li>2. That the diet for remand prisoners be improved.</li> <li>3. That cocoa be introduced into the dietary at an earlier period than now obtains.</li> </ol> <p>Derby Prison have no suggestions to offer.</p> <p>Durham Prison recommend that Class I. Diet be improved.</p> <p>Exeter Prison have no suggestions to offer.</p> <p>Gloucester Prison have no suggestions to offer.</p> <p>Hereford Prison recommend :</p> <ol style="list-style-type: none"> <li>1. That Class I. Diet be abolished.</li> <li>2. That Class IV. Diet be given at the end of the third month of imprisonment instead of the fourth.</li> </ol> <p>Holloway Prison recommend :</p> <ol style="list-style-type: none"> <li>1. That Class II. Diet be improved.</li> <li>2. That milk be introduced into the dietary of juvenile prisoners under remand.</li> </ol> <p>Ipswich Prison recommend that Class I. Diet be improved.</p> <p>Knutsford Prison recommend :</p> <ol style="list-style-type: none"> <li>1. That Class I. Diet be abolished.</li> <li>2. That Class II. Diet be improved.</li> </ol> <p>Lancaster Prison recommend :</p> <ol style="list-style-type: none"> <li>1. That white flour be substituted for whole-meal flour.</li> <li>2. That rice form a constituent of the dietary—that it be given once a week.</li> </ol> <p>Leeds Prison recommend :</p> <ol style="list-style-type: none"> <li>1. That proper appliances be provided for keeping the food hot till served, more especially the food of hospital patients.</li> <li>2. That the highest efficiency can only be attained in the kitchen department by the appointment of trained cooks.</li> </ol> <p>Leicester Prison have no suggestions to offer.</p> <p>Lewes Prison recommend that Class I. Diet be abolished.</p> <p>Liverpool Prison recommend :</p> <ol style="list-style-type: none"> <li>1. That Class I. Diet be improved.</li> <li>2. That Class II. and Class III. Diets be amalgamated.</li> <li>3. That No. 1 Punishment Diet be retained.</li> <li>4. That Nos. 2 and 3 Punishment Diets be abolished.</li> <li>5. That the distinction between Hard Labour and non-Hard Labour Diets be abolished.</li> <li>6. That suet pudding be made with white flour.</li> <li>7. That all prisoners be weighed on reception and discharge, at every change of diet, before and after dietary punishment.</li> </ol> | <p>Maidstone Prison recommend :</p> <ol style="list-style-type: none"> <li>1. That Class I. Diet be improved.</li> <li>2. That the diet for remand prisoners be improved.</li> </ol> <p>Manchester Prison recommend that Class I. Diet be abolished.</p> <p>Northallerton Prison recommend that Class I. Diet be improved.</p> <p>Northampton Prison recommend :</p> <ol style="list-style-type: none"> <li>1. That Class I. Diet be abolished.</li> <li>2. That juveniles be not placed on Class I. Diet.</li> <li>3. That juveniles be allowed one-half pint of tea for breakfast and supper in lieu of porridge.</li> <li>4. That cocoa be allowed for breakfast in Class IV. after the lapse of six months.</li> </ol> <p>Norwich Prison have no suggestions to offer.</p> <p>Nottingham Prison recommend that Class I. Diet be abolished.</p> <p>Oxford Prison have no suggestions to offer.</p> <p>Pentonville Prison recommend :</p> <ol style="list-style-type: none"> <li>1. That Class I. Diet be improved.</li> <li>2. That Class II. Diet be abolished.</li> <li>3. That enamelled ware be substituted for the tin utensils now used in the service of food.</li> </ol> <p>Plymouth Prison recommend :</p> <ol style="list-style-type: none"> <li>1. That Class I. Diet be abolished.</li> <li>2. That Class II. Diet be improved.</li> <li>3. That the bacon allowance Class III. and Class IV. Diet be increased, or the beef ration restored.</li> <li>4. That soup be given with suet pudding in Class III. and Class IV. Diets.</li> <li>5. That females be allowed a pint of tea for breakfast and supper on Sunday in Class III. and Class IV. Diets.</li> <li>6. That Class III. Diet be limited in its application to three months.</li> <li>7. That cocoa be given after six months.</li> <li>8. That enamelled ware be substituted for the tin utensils now used for the service of the food.</li> <li>9. That a metal spoon and fork be issued for the use of prisoners instead of a wooden spoon.</li> </ol> <p>Portsmouth Prison recommend :</p> <ol style="list-style-type: none"> <li>1. That Class I. Diet be improved.</li> <li>2. That the diet for Star Class prisoners be improved.</li> <li>3. That the Governor have power to increase or alter the diet for industry and good conduct.</li> </ol> <p>Preston Prison recommend :</p> <ol style="list-style-type: none"> <li>1. That oatmeal be substituted for Indian meal in Class I. Diet.</li> <li>2. That the allowance of bacon be doubled.</li> </ol> <p>Ruthin Prison recommend : That oatmeal be substituted for Indian meal in Class I. Diet.</p> <p>Shepton Mallet Prison : Have no suggestions to offer.</p> <p>Shrewsbury Prison : Have no suggestions to offer.</p> <p>Stafford Prison recommend :</p> <ol style="list-style-type: none"> <li>1. That Class I. Diet be abolished.</li> <li>2. That additions to the diet be given as rewards.</li> </ol> <p>St. Albans Prison recommend : That Class II. Diet be improved.</p> <p>Swansea Prison recommend : That Class I. Diet be improved.</p> <p>Uxk Prison recommend : That Visiting Justices have power to vary the diet of prisoners awaiting trial.</p> |
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## Wakefield Prison recommend :

1. That Class I. Diet be merged in Class II.
2. That Class III. Diet be merged in Class IV.
3. That cocoa and increased bread be given instead of porridge for breakfast and supper, at the option of the prisoner, on alternate days and at an earlier period than allowed under the present regulations.
4. That milk form part of the regular diet of juvenile prisoners.
5. That greater variation be introduced into the hospital dietary.

Observe 6. That the necessity of a difference in the diet of prisoners sentenced to hard labour and those not sentenced to hard labour seems doubtful.

Wandsworth Prison recommend : That Class I. Diet be improved in the case of prisoners with sentences exceeding seven days—but that it be not made superior to the diet of workhouses.

## Warwick Prison recommend :

1. That Class I. Diet be improved.
2. That Class II. Diet be improved.
3. That both diets be made more varied.
- Observe 4. That no prison diet should be so severe as to incapacitate a prisoner from earning his living on discharge.

Worcester Prison have no suggestion to offer.

## Wormwood Scrubs Prison recommend :

1. That Class I. Diet be improved.
2. That Class II. Diet be abolished.
3. That margarine or other fatty substance be given with the bread.
4. That molasses be supplied with the porridge.
5. That cocoa be given at an earlier period than at present.
6. That male and female prisoners be allowed to earn the privilege of having tea for supper if they desire it.

York Prison recommend : That cooked meat be given on another day than Friday.

