

MADRAS RECORD OFFICE.

Government of Madras.

Judicial DEPARTMENT.

G.O. No.	17524	Press
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Dated	10 - 11	19/8/54

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Not to be folded or roughly handled

Proceedings of the Madras Government, Judicial Department,
10th November 1863.

No. 75. Read the following letter from ROBERT COLE, Esq., Principal Inspector General Medical Department, Fort Saint George; to the Honorable A. J. ARBUTHNOT, Chief Secretary to Government, Judicial Department, Fort Saint George, dated 5th November 1863, No. 244.

I have the honor to forward herewith a report by Inspector General of Hospitals J. Shaw, F.R.C.S., whom I deputed to inquire into the prevalence of sickness amongst the prisoners* in the Grand Jail.

No. 44, dated Madras, 29th October 1863.
* Of Salem.

2. I agree with Mr. Shaw in thinking that the diet is defective, and a principal cause of the weakly condition of many of the prisoners, and would recommend a trial of the diet scale alluded to in his letter.

3. The scale does not contain any provision for the usual ingredients of curry powder which might be given as at present, or if necessary the quantity of each ingredient can be laid down.

From JAMES SHAW, Esq., Inspector General of Hospitals; to the Secretary to the Principal Inspector General Medical Department, dated Madras, 29th October 1863, No. 44.

In accordance with the instructions from the Principal Inspector General, conveyed in your letter, No. 2936, October 26th, 1863, I have the honor to report, that I visited the Jail on the 27th instant, and carefully inspected the Native Convicts from Salem.

2. I was accompanied by the Deputy Inspector General of the Division, and the Officer in Medical charge of the Jail.

3. The number of Convicts received on the 15th of July was one hundred, six are dead, seven are in Hospital, sixteen upon the convalescent list, leaving seventy-one, well.

4. Of the six cases who died, I find upon referring to the Medical Journal, that—

1. Anthony, died of Dysentery.

2. Saddegaudoo, was admitted Anæmic and Anasarca.

3. Lutchmun had Œdematous feet ulcerated, gums and Diarrhœa supervened.

4. Veracooty, was admitted with Œdema, terminating in general Dropsy.

5. Pilla Kalig, Œdema and Diarrhœa.

6. Baulen, Anasarca with Diarrhœa.

5. Six of the seven men in Hospital are Anæmic subjects, two have general Anasarca, in one the urine is decidedly albuminous, in both highly alkaline, four are in a state of considerable debility with Œdema of the feet, the 7th man has an abscess. Two of the men in Hospital are in a most precarious state.

6. Of the sixteen convalescents four or five are debilitated subjects; of the rest a few are suffering from spongy gums, and others are Dyspeptic, as evidenced by swollen and indented tongues.

7. The convalescents have each 4 oz. of meat daily, and they work with the others; this is said to be their own wish; they will all, I think, do well.

8. The sick in Hospital get such diet as the Medical Officer considers right.

9. The diet for the prisoners in health is—

5½ Oolocks of Rice.

6/20 Pollum of Chilly.

1/40 Do. of Pepper.

3/4 Do. of Tamarind.

1/50 measure of Salt.

12/100 of a pice of Curry Stuff.

96/100 of a pice of Curry.

Firewood.

10. No Dietary could well be compiled which contained fewer nutritious elements than the one given above. Rice forms the bulk of the food, this of all the grain used as food contains the least amount of gluten or flesh making material. The 96/100 part of a pice of meat cannot com-

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pensate for the want of the nitrogenous and undue proportion of the carboniferous elements contained in the diet.

11. The men who have died, and those who are now on the sick report labored under Asthenia, or what may be designated debility of the whole economy, and that this must be attributed to the faulty diet; I fear there can be no doubt.

12. I beg to recommend that the diet recommended at page 44 in the "Report of the Dietaries in Zillah Jails," lately prepared by Mr. Cornish, be at once introduced, with the modification in the quantity of mutton, which I have reduced to 15 oz. a week in the annexed table. I think that article is in excess, 24 oz. a week is considered sufficient for a European Soldier, and the same for a European Convict at Ootacamund under sentences of "hard labor," 15 oz. of meat weekly has been found sufficient to keep the Native Convicts at Coimbatore in health. This table is the first authoritative attempt in this Presidency to introduce "a Dietary for prisons," founded upon experience and scientific principles, and should it answer with the Salem prisoners, I strongly recommend its being adopted in all the Jails, with the modifications for different Districts, suggested by Mr. Cornish.

Proposed Dietary.

	Monday.	Tuesday.	Wednesday.	Thursday.	Friday.	Saturday.	Sunday.
	oz.	oz.					
Rice...	...	...	...	...	...	...	12
Raggy...	16	8	16	8	...	16	12
Cumboo...	...	...	8	...	8	...	...
Cholum...	8	16	...	16	16	8	...
Dholl...	6	...	2	2	6	4	5
Mutton...	...	5	...	5	...	6	...
Fish...	...	...	6	...	12	...	8
Butter-Milk...	12	...	...	...	...	...	...
Ghee...	...	...	...	...	...	...	...
Tamarind...	...	...	...	...	...	...	...
Salt...	1	1	1	1	...	1	...
Green Vegetables...	6	...	6	...	6	...	...
Plantain or other fruits...	...	...	...	6	...	...	6

No. 76.

ORDER THEREON, 10th November 1863, No. 1754.

The Governor in Council authorizes the adoption of the diet table proposed by the Inspector General of Hospitals, with the addition of curry stuff in such quantities as the Principal Inspector General may deem necessary. It should be introduced at once.

(Signed) A. J. ARBUTHNOT,
Chief Secretary.

Exd. T. McMootry.

Order. 10th November 1863 No. 1754

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authorizes the adoption of the
diet table proposed by the
Inspector General of Hospitals,
with the addition of Curry stuff
in such quantities as the Principal
Inspector General may deem
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duced at once.*

*The Principal Inspector General, Med. Department
The Sheriff of Madras
Commissary General*