M.R.O. 1—80,000—16-10-23.

MADRAS RECORD OFFICE.

Government of Madras.

Judicial **DEPARTMENT.**

G.O. No.	1304	Press Mis.
219-223		
219-213		
Dated	30. 8. 19 1864	

8/9

Not to be folded or roughly handled

No. 219. Read the following letter from J. ROHDE, Esq., Inspector General of Jails; to A. J. ARBUTHNOT, Esqs, Chief Secretary to Government, Fort Saint George, dated Ootacamund, 1st June 1864, No. 3.

I have the honor to request that His Excellency the Governor in Council will lay down one scale of diet for Europeans in confinement by the Mofussil and Presidency officers, as I find that it often exceeds that allowed by Government in the European prison, where not only is labor exacted but where the prisoners are all for long periods.

2. I beg to forward a Statement of our prison dietary which the Government is already aware exceeds that originally sanctioned, by 1 oz. of suet and 5 ozs. of flour; at the same time I append the dietaries of English and Irish prisons, which apply to the classes to which I now particularly allude.

3. In paragraph 13 of the Article diet in my first report, I noted the dietary of Military prisoners at Jacatalla, viz., on three days 1 lb. bread, ½ lb. raw* meat cooked, 2 pints coffee, and 4 pie worth of vegetables; and on the other days of the week 1½ lb. bread, and 1 pint of tea or coffee with no meat. Assuming the cost of this to be four Annas or six Pence a day as fixed in the Mutiny Act, I recommended this as the *maximum* money rate for dieting Europeans in the Mofussil Jail.

* Say ¾ ozs. when cooked.

4. It will be observed that firewood is not included in the cost of dieting.

5. In my late visit to the Chingleput Jail, I noted the dieting of European boys at a rate that I thought objectionably high.

6. Mr. Cook at Calicut lately charged eight Annas a day for dieting Europeans, and on my refusing the charge stated his own and the Medical Officer's opinion that they could not be sufficiently dieted for less.

7. I am of opinion that a rule of diet proportionate to the term of sentence, as in Houses of Correction at Home, should be adoptod; and I beg to submit one which, in my opinion, sufficiently provides for the maintenance of non-laboring European prisoners, while it may in some measure be regarded as penal.

8. For prisoners at labor the European prison scale has, I think, been proved sufficient and worthy of adoption.

DIET PROPOSED FOR EUROPEAN PRISONERS CONFINED FOR TERMS NOT EXCEEDING THREE MONTHS.

Under 3 Weeks.

Bread	1½ lb.
Salt	½ oz.
Onions	1 „
Suet pudding	5 „ flour, 1 oz. suet.
Gruel	2 pints.

Prisoners sentenced to more than 21 days and prisoners at hard labor to receive extra on three days in the week, for dinner 1 pint broth made with 4 ozs. meat free from bone, and the 1 oz. onion allowed.

Prisoners sentenced for more than 21 days if at hard labor, and prisoners not at hard labor if sentenced to more than 30 days' imprisonment.

As in the European prison ordinary diet ½ seer of rice being substituted for potatoes.

An allowance of one Anna a day to be made to the Jailer for cooking for each prisoner.

OOTACAMUND,
OFFICE OF INSPECTOR GENERAL OF JAILS,
1st June 1864.

(Signed) J. ROHDE,
Inspector General of Jails.

EXTRACT from the Report on the discipline and management of the Military Prisons for 1855, by Colonel JEBB, C. B., Inspector General of Military Prisons.

Diet in Military Prisons.

The diet in use in the Military prisons at Home has been, throughout the year 1855, the reduced scale adopted in August 1850, viz.,

	Ordinary.	*After 84 days.*
Breakfast,	8 ozs. of oatmeal.	10 ozs. of oatmeal.
Dinner,	9 „ of Indian meal.	12 „ of Indian meal.
Supper,	8 „ of bread.	8 „ of bread.

With a half pint of milk to each meal.

The foregoing remarks on the health of the prisoners will show the sufficiency of diet.

EXTRACT from the 37th Report of the Inspector General of the general state of the Prisons of Ireland for 1858.

COUNTY OF FERMANAGH GAOL.

Dietary and Contracts.

Males—Breakfast 8 ozs. oatmeal made into stirabout with 1 pint of buttermilk.
Dinner 4 lbs. of potatoes and 1 pint of sweet milk, or 1 pint of gruel soup two days weekly.

Females—Breakfast 7 ozs. oatmeal made into stirabout with 1 pint of buttermilk.
Dinner 3½ lbs. of potatoes and ½ pint of sweet milk, or 1 pint of gruel two days, weekly.

COUNTY OF CORK JAIL.

Dietary and Contracts.

All adults for one month and under get gruel in lieu of milk for dinner, and all classes twice a week.

Class I.—Males—Breakfast 6 ozs. Indian meal, 2 ozs. rice, and 1 pint sweet milk.
Dinner 14 ozs. bread and 1 pint of sweet milk.
„ II.—Females—Breakfast 5 ozs. Indian meal, 2 ozs. rice and 1 pint sweet milk.
Dinner 12 ozs. bread and 1 pint of sweet milk.
„ III.—Males and Females under 15—Breakfast 5 ozs. oatmeal and 1 pint sweet milk.
Dinner 8 ozs. bread and 1 pint vegetable soup.
Supper 4 ozs. bread.

COUNTY OF KILDARE GAOL AT ATHY.

Dietary and Contracts.

Males—Breakfast 4 ozs. oatmeal and 4 ozs. Indian meal in stirabout, and ½ pint new milk.
Dinner 14 ozs. brown bread and 1 pint new milk.

Females—Breakfast 3½ ozs. oatmeal and 3½ ozs. Indian meal in stirabout, and ½ pint new milk.
Dinner 12 ozs. brown bread and ½ pint milk.

Juveniles—Breakfast 2½ ozs. oatmeal and 2½ ozs. Indian meal in stirabout, and ½ pint new milk.
Dinner 8 ozs. brown bread and 1 pint soup.
Supper 4 ozs. brown bread.

Prisoners whose term of imprisonment does not exceed one Calendar month get 1 pint of gruel in lieu of 1 pint of milk.

CITY OF LIMERICK GAOL DIETARY.

Class	I.—Breakfast	6 ozs.	of Indian meal,	2 ozs.	of rice and ½ pint of new milk.
„	II.— Do.	5 „	of do.	2 „	of do. and ½ do. of do.
„	III.— Do.	4 „	of do.	1 „	of do. and ½ do. of do.
„	I.—Dinner	14 „	bread made of 2nd quality flour and 1 pint of do.		
„	II.— Do.	12 „	do.	do.	do. and 3 naggins of new milk.
„	III.— Do.	8 „	do.	do.	do. do.
	Supper	4 „	do.	do.	do., and 1 pint of gruel.

All prisoners whose term of imprisonment does not exceed one month get gruel for dinner in lieu of milk.

CITY OF WATERFORD GAOL.

Dietary and Contracts—City Prison.

Class I.—Males—Breakfast 6 ozs. Indian meal and 2 ozs. rice in stirabout, and ½ pint new milk.
Dinner 14 oz. bread and 1 pint new milk.
„ III.—Male Juveniles—Breakfast 5 ozs. meal and rice, and ½ pint new milk.
Dinner 8 ozs. bread and 1 pint soup.
Supper 4 ozs. brown bread.

Prisoners under one month receive gruel instead of new milk on two days in each week.

(True Extract.)

(Signed) J. ROHDE,
Inspector General of Jails.

AMENDED TABLE OF DIETARIES FOR PRISONERS.

Class I.—Convicted prisoners confined for any term not exceeding 7 days.

	Males.	*Females.*
Breakfast,	Oatmeal gruel 1 pint.	Oatmeal gruel 1 pint.
Dinner,	Bread 1 lb.	Bread 1 lb.
Supper,	Oatmeal gruel 1 pint.	Oatmeal gruel 1 pint.

Class II.—Convicted prisoners for any term exceeding 7 days and not exceeding 21 days.

	Males.	*Females.*
Breakfast,	Oatmeal gruel 1 pint.	Oatmeal gruel 1 pint.
	Bread 6 ozs.	Bread 6 ozs.
Dinner,	Bread 12 „	Bread 6 „
Supper,	Oatmeal gruel 1 pint.	Oatmeal gruel 1 pint.
	Bread 6 ozs.	Bread 6 ozs.

Boys in this class get 6 ozs. bread at dinner besides gruel.

Class III.—Convicted prisoners employed at hard labor for terms exceeding 21 days, but not more than six weeks, and convicted prisoners not employed at hard labor for terms exceeding 21 days, but not more than four months.

	Males.	*Females.*
Breakfast,	Oatmeal gruel 1 pint.	Oatmeal gruel 1 pint.
	Bread 6 ozs.	Bread 6 ozs.
	Sunday and Thursday.	
Dinner,	Soup 1 pint.	Soup 1 pint.
	Bread 8 ozs.	Bread 6 ozs.
	Tuesday and Saturday.	
	Cooked meat without bone 3 ozs.	Cooked meat without bone 3 ozs.
	Bread 8 ozs.	Bread 6 ozs.
	Potatoes ½ lb.	Potatoes ½ lb.
	Monday, Wednesday and Friday.	
	Bread 8 ozs.	Bread 6 ozs.
	Potatoes 1 lb.	Potatoes 1 lb.
Supper,	Same as breakfast.	Same as breakfast.

Class IV.—Convicted prisoners employed at hard labor for terms exceeding six weeks, but not more than four months, and convicted prisoners not employed at hard labor for terms exceeding four months.

	Males.	*Females.*
Breakfast,	Oatmeal gruel 1 pint.	Oatmeal gruel 1 pint.
	Bread 8 ozs.	Bread 6 ozs.
	Sunday, Tuesday, Thursday and Saturday.	
Dinner,	Cooked meat without bone 3 ozs.	Cooked meat without bone 3 ozs.
	Potatoes ½ lb.	Potatoes ½ lb.
	Bread 8 ozs.	Bread 6 ozs.

Monday, Wednesday and Friday.

	Soup 1 pint.	Soup 1 pint.
	Bread 8 ozs.	Bread 6 ozs.

Class V.—Convicted prisoners employed at hard labor for terms exceeding 4 months.

Breakfast,	Oatmeal gruel 1 pint.	Oatmeal gruel 1 pint.
	Bread 8 ozs.	Bread 6 ozs.
Dinner,	Cooked meat without bone 4 ozs.	Cooked meat without bone 3 ozs.
	Potatoes 1 lb.	Potatoes ½ lb.
	Bread 6 ozs.	Bread 6 ozs.

Monday, Wednesday and Friday.

Breakfast,	Cocoa 1 pint, made of ¾ oz. of flaked Cocoa or Cocoa nibs sweetened with ¾ oz. of molasses or sugar.	Cocoa 1 pint, made of ¾ oz. of flaked Cocoa or Cocoa nibs sweetened with ¾ oz. of molasses or sugar.
	Bread 8 ozs.	Bread 6 ozs.
Dinner,	Soup 1 pint.	Soup 1 pint.
	Potatoes 1 lb.	Potatoes ½ lb.
	Bread 8 ozs.	Bread 6 ozs.
Supper,	Oatmeal gruel 1 pint.	Oatmeal gruel 1 pint.
	Bread 8 ozs.	Bread 6 ozs.

Class VI.—Prisoners sentenced by Court to solitary confinement.

Males.	*Females.*
The ordinary diet of their respective Classes.	The ordinary diet of their respective Classes.

Class VII.—Prisoners for examination before trial and misdemeanants of the 1st Division who do not maintain themselves.

Males.	*Females.*
The same as Class 4.	The same as Class 4.

Class VIII.—Destitute Debtors.

The same as Class 4.	The same as Class 4.

Class IX.—Prisoners under punishment for prison offences for terms not exceeding 3 days, 1 lb. of bread per diem.

Prisoners in close confinement for prison offences under the provision of the 42nd Section of the Gaol Act.

	Males.	*Females.*
Breakfast,	Gruel 1 pint.	Gruel 1 pint.
	Bread 8 ozs.	Bread 6 ozs.
Dinner,	Bread 8 „	Bread 6 „
Supper,	Gruel 1 pint.	Gruel 1 pint.
	Bread 8 ozs.	Bread 6 ozs.

Note.—The soup to contain per pint 3 ozs. of cooked meat without bone, 3 ozs. of potatoes, 1 oz. of barley rice or oatmeal, and 1 oz. of onions or leeks with pepper and salt. The gruel to contain 2 ozs. of oatmeal per pint. The gruel on alternate days to be sweetened with ¾ oz: of molasses or sugar, and seasoned with salt. In seasons when the potatoe crop has failed 4 ozs. of split peas made into a pudding may be given occasionally; 14 years of age to be placed on the same diet as females.

(True Extract.)

(Signed) J. ROHDE,
Inspector General of Jails.

Referred to the Commissioner of Police and Principal Inspector General of the Medical Department for their remarks.

Fort Saint George,
4th July 1684.

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

No. 220. From J. SHAW, Esq., F.R.C.S., Officiating Principal Inspector General, Medical Department, Fort Saint George; to the Secretary to Government, Judicial Department, Fort Saint George, dated 21st July 1864, No. 232.

Referring to docket of Government as per margin, and premising that the diet recommended by Mr. Rohde is that laid down in the first page of the Proceedings, I have the honor to submit the following observations:—

Dated 4th July 1864.

1. That the principle of fixing a scale of diet, according to its money value alone, is unsound, and that the consideration of real importance is not the actual cost of the food, but its sufficiency and quality being such as to render it capable of supporting men in health. I have always been of opinion that the money allowance system, which obtains in our Mofussil, is in many ways objectionable, but particularly as it tends to stint the men in some instances of the most important articles of food.

It is possible that four Annas a day may be more than enough in some stations to purchase suitable food for European prisoners, but in other places, where the cost of the necessaries of life are subject to great fluctuations, it may be wholly inadequate for the purpose. I cannot agree therefore with Mr. Rohde in considering that this should be the *maximum* allowance for dieting European prisoners.

I am clearly of opinion that all prisoners should have the quantity and quality of food which is considered essential to their health and life, irrespective of the question of cost.

2. The diet proposed by Mr. Rohde appears objectionable in several ways.

In the first place, oatmeal, the staple of the diet, is not an indigenous product. There are grains of Indian growth which are less costly, and for equal bulk as nutritious; of these cholum or rice is perhaps the most suitable to European tastes. In the second place, the diet is very deficient on azotised principles, and for this reason is not fitted to sustain health for more than a very brief period.

I do not think it would be safe to keep Europeans in this country on such a diet, as the one proposed for men under three weeks, for more than a few days, perhaps 14 at the outside.

In all the dietaries quoted by Mr. Rohde, although only a small amount of animal food is allowed, the deficiency is in a great measure compensated for by giving from one to two pints of *new milk* every day.

It is nowhere laid down in Mr. Rohde's scheme that milk is to be given; but if it is excluded, there must be a corresponding increase in the solid animal food allowed, or there can be no comparison between the proposed scale and those in use in Great Britain. I would suggest that the two pints of gruel or stirabout should be made in this country of cholum and milk, when the diet would, I think, be unobjectionable for short sentenced prisoners.

In framing dietaries in this country, it should be borne in mind that the kind of animal food, likely to be found in the bazaars of native towns, is less nutritious than the excellent meat supplied to British Jails, and that to compensate for this superiority in some degree, the quantity of meat in India should be in excess of the Home allowance by at least one-third.

The quantity of salt put down by Mr. Rohde is too small. It should not be less than one ounce per diem.

3. I append to this the scale of diet in use in the Madras Penitentiary, with the opinion of the Medical Officer regarding it. I cannot but think that in this instance the quantity of animal food is extravagantly large, and that it would bear considerable reduction without injury to the health of the prisoners.

4. The very existence of such variations in the mode of feeding prisoners, as are shown in Mr. Rohde's proposed scale and the one in use in the Penitentiary, must make it evident that the re-adjustment of dietaries ought not to be attempted except upon clear and well defined scientific principles.

The leading idea should be to keep the two kinds of food, the carbonaceous and the nitrogenous, as nearly as possible in the proportion of three to one, without which Doctor Christison has averred that it is impossible to maintain men for a long time in health.

But to do this the chemical composition of each article of food must be known, and the quantities so apportioned that the total result will be as above indicated.

A dietary constructed in any other way must always be objectionable. It may happen to be right, but it is much more likely to be wrong.

From Assistant Surgeon J. L. PAUL, M. D., in charge, Penitentiary; to J. E. MAYER, Esq., Deputy Inspector General of Hospitals, Presidency, dated Madras, 13th July 1864, No. 53.

With reference to your Memorandum, No. 2012, dated the 9th instant, enclosing Memorandum, No. 2209, from the Secretary to the Principal Inspector General, Medical Department, herewith returned, I have the honor to forward a copy of the diet scale for European prisoners confined in the Penitentiary. No separate dietary existing for those confined on short or long sentences.

2. Under the present dietary the European prisoners in the Penitentiary have enjoyed excellent health; for men convicted for short periods, it is perhaps too liberal, but the great proportion of the prisoners, 44 out of 47 inmates being confined for periods over three weeks, the dietary is, in my opinion, suitable. It is, I am aware, more liberal than the dietaries of most prisoners in great Britain, but it is strictly in accordance with the physiological standard of animal food required by a hard laboring man.

REVISED REGULATIONS AND ORDERS—PARAGRAPH 24.

Diet for one European.

½ oz. of tea.	1 oz. of onions.
1½ oz. of sugar.	½ oz. of mint and parsley.
2 drams of milk.	1/10 oz. of pepper.
1 lb. of bread.	½ oz. country greens.
12 oz. of meat.	½ oz. of salt.
2¾ oz. of rice.	Firewood 2 Pice and 80 cents.

(A true Copy.)

(Signed) J. L. PAUL, M. D.,
Asst. Surgeon in charge, Penitentiary.

MADRAS, 13*th July* 1864.

No. 221. From Lieutenant Colonel W. J. WILSON, Commissioner of Police; to J. D. SIM, Esq., Secretary to Government, Fort Saint George, dated Madras, 22nd July 1864, No. 79.

I have the honor to acknowledge the receipt of the Proceedings of Government containing the letter from the Inspector General of Jails, dated 1st June 1864, and

an amended table of dietaries which were forwarded to me for remark on the 4th instant.

2. I here annex a table showing the scale of diet which has been in use at the Penitentiary for several years under the orders of Government. This scale has been approved of by the different officers who have been in Medical charge, and has been found successful. It is easily managed, works well, and cannot be called extravagant, the average daily cost of rations for each European during the year 1863, having amounted to Rupees 0-4-10½, including firewood.

3. The cooking is performed by one or more of the prisoners according to the number confined, which I consider preferable to making an allowance of one Anna per diem to the Jailor for each prisoner. In expressing this opinion, I speak of the Penitentiary alone where there are always some prisoners who may be as advantageously employed in cooking as in any other way.

4. Mr. Rohde in paragraph 3 of his letter, assumes the cost of a certain scale of diet to amount to a certain sum which he recommends as the maximum money rate for dieting Europeans; but while I fully admit that the question of expense is one of the points which call for attention, it seems more correct on principle to adopt a scale of rations with regard to their sufficiency than to their cost; and I do not think that the fixing of such a maximum rate as four Annas for each man would be found to answer, at all events, in the Presidency town, where the prices of provisions have been steadily on the increase for years.

5. The amended tables proposed by Mr. Rohde contain articles of the use of which we have not had any experience here, and which are not cheap in Madras whatever they may be elsewhere, viz., oatmeal and potatoes. The deprivation of meat to Sailors who compose the majority of the European prisoners in the Penitentiary, and who must return to duty on board-ship when they are released, is a serious matter; and as the new scale appeared to me altogether too low for Europeans in a climate like this, I forwarded the correspondence to the Medical Officer in charge of the Penitentiary for his opinion, and I enclose his reply, with which I concur.

6. The scale at present in use at the Penitentiary may perhaps be susceptible of some slight reduction, and I have requested the Medical Officer to favor me with his opinion upon that point, but I would not vary or alter it in any other way.

7. In conclusion, I beg to observe that although, generally speaking, there may be advantages in assimilation, it may reasonably be doubted whether a scale of diet suitable for England or for Ootacamund would be found well adapted for Madras.

SCALE OF DIET FOR ONE EUROPEAN AS PER PENITENTIARY REGULATIONS.

½ oz. of tea.	1 oz. of onions.
1½ oz. of sugar.	½ oz. of mint and parsley.
2 drams of milk.	1/10 oz. of pepper.
1 lb. of bread.	½ oz. of country greens.
12 oz. of meat.	½ oz. of salt.
2¾ oz. of rice.	Firewood 2 Pice and 80 cents.

(Signed) W. J. WILSON,
Commissioner of Police.

From Surgeon J. L. PAUL, M. D. and A. M., in charge of Penitentiary; to Colonel W. J. WILSON, Commissioner of Police, Madras, dated 21st July 1864, No. 55.

I have the honor to return the Proceedings of Government, enclosing letter from the Inspector General of Prisons to the Secretary of Government regarding prison dietaries sent by you for my information.

2. I have perused these dietaries with great care, but I must confess to having some difficulty in arriving at a conclusion as to what Mr. Rohde really does recommend, as there is a *diet proposed for European prisoner*, and an *amended table of dietaries for prisoners* given, which differ somewhat.

3. It appears to me that the table of dietaries is much too refined and sub-divided (there being no fewer than 9 classes) for application to a small number of prisoners, who rarely exceed 50, although it might be very applicable to a large House of Correction.

4. The quantity of food allowed to short period prisoners, as in most of the English dietaries, is much too small, and certainly not capable of sustaining the prisoner in health, but it is even more limited than in any British prison dietary that I have met with. The Scotch prison dietary is the most scanty I know of, in which prisoners sentenced to terms under three days are allowed 1lb. of bread, and 4 oz. of oatmeal. In that recommended by Mr. Rohde for the same term of imprisonment, 1lb. of bread only is allowed, while for prisoners confined for terms under seven days the lowest Scotch dietary, or that for three days, is recommended, viz., three pints of oatmeal gruel, and 1lb. of bread, inadequate sustenance, in my opinion, for so long a period, more especially for a European in India.

5. A European convicted for the short period of seven days may be supposed to be guilty of a comparatively trivial offence, and if he is a laboring man, dependant for the support of himself and his family upon his own labor, I have no hesitation in stating that fed for seven days upon two pints of oatmeal gruel and a pound of bread daily, he will leave prison unfit to earn his livelihood in this climate, and must necessarily be driven to beggary or to hospital.

6. Except in rare instances which are usually specified, as I apprehend, the law does not contemplate punishing its prisoners by starvation. It aims at supplying them with a cheap but substantial meal, such as is capable of supporting them in health, and such cheap dietary is usually the dietary of the laboring population of the District.

7. The European prisoners of the Penitentiary are for the most part sailors who are accustomed to a meat diet, or such persons as are in this country accustomed to far better fare than the laboring classes of Ireland, and to whom two pints of gruel, and 1lb. of bread amounts to starvation.

8. Prison dietary is occasionally made intentionally penal; to meet such cases and support prison discipline, it is necessary to have a bread and water class, but to put all Europeans confined for periods under seven days upon two pints of gruel and 1lb. of bread is as inhumane as it is uncalled for.

9. In most of the British dietaries, indeed in several of those quoted by Mr. Rohde, a pint of milk is allowed daily. Thus an otherwise meagre diet becomes sufficiently nourishing, and had Mr. Rohde added milk to all his diets, there could have been no exception taken to them on Medical grounds.

10. If economy be the object of these reduced dietaries, as I presume it is, from four Annas being recommended as the maximum money rate for dieting Europeans in the Mofussil Jails, and from the dietary at Calicut being noted as objectionably high, this dietary seems to me to defeat its own ends; for although oatmeal is a sufficiently cheap article of food in Scotland and Ireland, and easily procurable, it is not so in India, certainly not a cheap commodity, and usually regarded as a luxury.

No. 222. From Lieutenant Colonel W. J. WILSON, Commissioner of Police; to J. D. SIM, Esq., Secretary to Government, Fort Saint George, dated Madras, 8th August 1864, No. 84.

With reference to paragraph 7 of my letter of the 22nd ultimo, No. 79, I have the honor to forward a letter from the Officer in Medical charge of the Penitentiary in which he recommends that the daily allowance of meat should be reduced to six ounces per man, without bone, and that one uniform scale should be adopted for all prisoners.

2. All the meat purchased for the Penitentiary is sold by weight, the bone being included. I have therefore caused the daily supply to be weighed with and without the bone for some days consecutively, and the result is that the loss per man in the case of beef is a trifle under two ounces, and in the case of mutton about two ounces and a half.

3. This being the case I would recommend that the daily allowance bought in the market should be at the rate of 9 ounces per man which would give from 6½ to 7 ounces of meat without bone.

4. Prisoners confined for long periods should, in my opinion, either continue to receive their rations as heretofore, or have them increased to that standard at the expiration of one year.

From Surgeon J. L. PAUL, M. D. and A. M., in charge of Penitentiary; to Colonel W. J. WILSON, Commissioner of Police, Madras, dated 25th July 1864, No. 56.

With reference to the diet for Europeans, at present in use in the Penitentiary, given in the margin, I have the honor to state that the dietary is very liberal for prisoners, but that it corresponds closely with the physiological standard of food required by a laboring man. The prisoners in the Madras Penitentiary are for the most part seamen, accustomed to a meat diet, many of them requiring more food than would be given in a House of Correction, from having been on long voyages on salt provisions. Under it, the prisoners have enjoyed excellent health, and therefore I consider it, under all the circumstances, a suitable dietary. The condiments, greens, &c., it contains are highly useful to persons on restricted diet, and it is therefore most desirable they should be retained. It would not benefit the prisoners to substitute for it one of Mr. Rohde's scales; the only change to be recommended in the dietary, would be a reduction in the quantity of meat allowed. No harm would accrue if the meat were reduced to 8 oz. Eight ounces of meat would give, when cooked, about 6 ounces without bone. This would be sufficient for all classes of prisoners. Prisoners confined for periods of one month and under might no doubt be kept in health on a somewhat smaller allowance; but in a small body of men, several scales of diet give rise to greater inconvenience than would be gained by the saving; and therefore I would be inclined to recommend a uniform scale for all, giving the short period men the benefit of the diet necessary for men confined for longer periods, more particularly as the larger proportion of men confined for short periods are required to earn their livelihood by a laborious occupation, and not unfrequently to go on long voyages, where they are plentifully supplied with fresh provisions, on leaving the Penitentiary.

FOR ONE EUROPEAN.

½ oz. tea.	1 oz. onions.
1½ oz. sugar.	½ oz. mint and parsley.
2 drams milk.	½ oz. pepper.
1 lb. bread.	½ oz. greens.
12 oz. meat.	½ oz. salt.
2½ oz. rice.	2 Pice 80 cents, firewood.

No. 222A. MEMORANDUM.

With reference to his letter of the 1st June, the Inspector General of Jails has the honor to forward the dietary of the European prison stated in the 2nd paragraph to have been enclosed, and further to request that it may form the first Appendix to his letter.

(Signed) J. ROHDE,
Inspector General of Jails.

28th August 1864.

To the Secretary to Government, Judicial Department.

DIETARY OF THE EUROPEAN PRISON.

On Monday, Wednesday, and Friday.	*On Sunday, Tuesday, and Thursday.*	*On Saturday.*
Bread, 22 oz.	14 oz.	22 oz.
Potatoes, 1 lb.	1 lb.	½ lb.
Rice.	.....	½ lb.
Soup (3 oz. meat, 3 oz. potatoes, 1 oz. dholl meal, 1 oz. onions.)		As on Monday with addition of curry-stuff to form Mulligatanny.
Meat, cookod.	4 oz.	
Gruel, 1 pint.	1 pint.	1 pint.
Coffee, 1 pint.	1 pint.	1 pint.

The weekly allowance of Coffee is ¼lb. with Sugar ½ lb.; the pint of Gruel contains 2 oz. of meal and 1 oz. sugar, a due proportion of Pepper and Salt is allowed.

No. 223. ORDER THEREON, 30th August 1864, No. 1304.

The Governor in Council concurs with the Inspector General of Jails as to the expediency of prescribing a uniform scale of diet for Europeans in confinement in the Jails both in the Presidency and in the Mofussil; but in the papers above recorded the subject has not been submitted in such a manner as to enable the Government to pass any definite orders as to what diet tables should be adopted. To Mr. Rohde's scheme objections are urged by the Officiating Principal Inspector General of the Medical Department, but that Officer's letter does not propose any diet table to be substituted for that proposed by the Inspector General of Jails. The Governor in Council accordingly directs that Mr. Rohde will confer with the Principal Inspector General of the Medical Department as to the details of a suitable dietary for European prisoners throughout the Presidency. These Officers will then submit a joint report specifying the scale of diet which, on full consideration, they may deem most suitable.

(True Extract.)

Secretary to Government.

To the Principal Inspector General, Medical Department.
" Inspector General of Jails.
" Commissioner of Police.

Exd. T. Cartledge.

Judicial Deptt

Proceedings of the Madras Govt

Read the following papers.

From the Inspector General of Jails. dt 1st June 1864. No 3.

From the Offg Principal Inspector Genl Medical Deptt dt 21st July — No 232.

From the Commissioner of Police. dt 22d July & 8 Augt 1864. Nos 79 & 84.

Order thereon 30 of August 1864 No. 1304.

The Governor in Council concurs with the Inspector General of Jails as to the expediency of prescribing a uniform scale of diet for Europeans in confinement in the Jails both in the Presidency and in the Mofussil, but in the papers above recorded the subject has not been submitted in such a manner as to enable the Govt to pass any definite orders as to what diet tables should be adopted. To Mr Rohde's scheme valid objections are urged by the Officiating Principal

Judicial 1864 Departt

No 1304

Proceedings of Govt

Dated 30 August 1864

Circ:

219 c 223.