

MADRAS RECORD OFFICE.

Government of Madras.

Judicial DEPARTMENT.

G.O. No. 388	Press ~~Mis.~~
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Not to be folded or roughly handled

No. 114. Read the following letter from Major C. S. HEARN, Commissioner of Police, to the Chief Secretary to Government, Fort Saint George; dated Madras, 9th February 1867, No. 17.

I have the honor to submit, for the consideration of Government, certain representations made by the Medical Officer in charge of the Madras Penitentiary, regarding the insufficiency of the diet provided for the prisoners confined in that Jail. The scale of diet for the Penitentiary is laid down in the Rules for that Institution sanctioned by Government in their Order, No. 1463, of 10th November 1860.

2. Doctor Harris first addressed me on the 17th August 1866, pointing out that the Malay and Chinese convicts transported from the Straits Settlements were suffering greatly from debility and sickness; that a very undue proportion of them were in Hospital; and that five deaths had occurred amongst these 29 prisoners, three of which were by cholera, to which disease their weak condition rendered them peculiarly liable.

3. As these prisoners were merely passing through the Penitentiary, and I was daily expecting their removal to Salem and the Neilgherries, under the orders of the Inspector General of Jails, I sanctioned the improved scale of diet recommended by Doctor Harris (which resembled the scale in use for these classes of prisoners at Salem, with the addition of a small allowance of tea to the Chinese), as a temporary measure, on medical grounds, under paragraph 23 of the Penitentiary Rules.

4. But finding that these prisoners were not removed as I had expected, I requested Doctor Harris to send in the improved scale of diet for Malays and Chinese which he considered absolutely essential, for submission to Government, with reference, not only to these, but to all such prisoners arriving from the Straits Settlements.

5. On this, Doctor Harris forwarded his letter, No. 89, of the 3rd December (hereto attached), in which, after recommending improved diet for the Malay and Chinese prisoners, he has further stated his views regarding the general insufficiency of the diet scale for Native prisoners in the Penitentiary, owing to deficiency of nitrogenized food. His recommendations may be shortly summarized thus:—

1. That Scale A (laid down in Proceedings of Government, 16th June 1865, page 28) should be adopted for Malays, Chinese, and all classes of long sentenced Native prisoners in the Penitentiary, from commencement of sentence.
2. That one-fifth less than this scale should be issued to short-sentenced prisoners (six months and under), women, and juveniles.
3. That an alteration be made in the diet for Europeans; the allowance of meat being reduced from 12 to 8 ounces, and that of vegetables increased to 4 ounces.

6. The rate of mortality in Doctor Harris' Table (C) is quite unreliable, having been calculated on an entirely unsound basis. The percentage of deaths to average daily strength during six exceptionally unhealthy months has been doubled, in order to give the mortality for the year. It is, I believe, acknowledged that the ratio of deaths calculated upon the daily average number of prisoners for the whole

year, gives an untrue and exaggerated death rate. How much more must this be the case when the result of six unusually sickly months are doubled, in order to give the average of the year? In line 5 of Table C, the death of one man amongst 21 is made to give the enormous death rate of 167.1 per 1000. Had this single death not occurred, the rate would have been 0 per 1000. This shows the unreality of the averages. The real statistics of sickness and mortality in the Penitentiary during 1866 are as follow:—

Total number of prisoners in Jail.....	2662
Average daily number.....	471
Admitted to Hospital during year.....	500
Average daily sick in Hospital.....	17
<i>Deaths.</i>	
Cholera.....	19
Choleraic Diarrhoea.....	3
Other diseases.....	20
Total deaths.....	42

Thus, 19 per cent. of the total number of prisoners were admitted into Hospital during the year. The daily average of sick was only 3.61 of the average strength. The death rate, calculated on daily average strength, was 8.70 per cent. including Cholera, and 4.20 per cent. exclusive of Cholera. The death rate, calculated on total strength, was 1.59 per cent. with Cholera, and 0.75 per cent. without Cholera. The mean between these two averages (which is the method adopted by Dr. Mouat for calculating a prison death rate, and is probably approximate to the truth, although too favorable) gives 5.15 per cent. as the death rate for 1866, including Cholera, and 2.47 per cent. as the rate exclusive of Cholera. These rates are high, but the year was one of great scarcity, and consequent distress and sickness, which would, of course, affect the fluctuating population of the Madras Penitentiary. The Sanitary Commission (vide Proceedings of Government, No. 82, of 13th September 1864, page 6, paragraph 19) spoke favorably of the medical statistics of the Penitentiary. The following were the statistics of sickness and mortality in 1865.

Total number of prisoners in Jail.....	2569
Average daily number.....	380
Total number admitted into Hospital.....	273
<i>Deaths.</i>	
From Cholera.....	7
Do. other diseases.....	8
Total...	15
Percentage of deaths to daily average, with Cholera. ...	4.21
Do. do. without Cholera... ..	2.11
Percentage of deaths on mean between daily average and gross total, with Cholera.....	2.39
Do. do. without Cholera.....	1.21

7. Thus, even upon the present diet, the prisoners in the Penitentiary would seem to have been usually healthy, as compared with those in other Jails. I found

that the daily cost of each prisoner's ration, according to Scale A, recommended by Dr. Harris, would be Annas 3-4 $\frac{51}{100}$, against Annas 1-10 $\frac{60}{100}$, the cost of a short-sentenced prisoner's ration on the present scale. The expense of feeding this class of Prisoners would, therefore, be nearly doubled, while the cost of the long-sentenced men (who receive an extra allowance of meat) would be much increased. On communicating with the Inspector General of Jails, I found that the Scale A had been introduced into various Mofussil Jails but too recently to enable him to form an opinion as to the result, and that, meanwhile, the most healthy Jails were those at Palghaut and Cannanore, where the prisoners were on the former scale of diet, and only received meat or fish once a week. On examining the Penitentiary Registers, and weighing the prisoners, I found that, out of 98 long-sentenced prisoners not yet confined six months, and who consequently were not in receipt of the extra meat allowance, 61 had gained weight, 27 had lost weight, and 10 remained the same. The total weight gained was 368 lbs.; total weight lost, 124 lbs. But out of 19 prisoners selected at random from those already confined for upwards of 1, 2, and 3 years, and who receive meat three times a week, 7 had gained weight, 10 had lost weight, and 2 remained the same. On taking six consecutive pages of the Register of Magisterial Prisoners during 1866 at random, I found that out of 144 prisoners (six months and under) only 16 had lost weight in Jail, 116 had gained weight, and 12 remained the same. The total weight lost was only 60 lbs.; the total gained, 382 lbs. Thus, it was obvious that a large majority of prisoners gained in weight, during the first six months of their residence in Jail, upon the present scale of diet, with a very scanty meat allowance. And, notwithstanding the opinion of Dr. Harris to the contrary, I cannot divest myself of the belief that a marked increase of weight during the first few months of confinement is proof of improvement in health, strength, and condition. It is true that dropsical increase of weight is no sign of health; but dropsy is not a common disease in the Penitentiary.

8. Accordingly, on the 17th December, I addressed Dr. Harris (copy of Memorandum, No. 595, is appended), giving my reasons for thinking that the scale recommended by him was excessive, and requesting him to submit a modified scale.

9. Dr. Harris then submitted Scale D for all classes of Native prisoners, and Scale E for Chinese and Malay prisoners, with his letter, No. 95, of the 21st December, herewith forwarded. Scale E, for Chinese and Malays, is in use at Coimbatore, and I recommend its adoption in the Madras Penitentiary, with the omission of tobacco and betel-nut, which are mere luxuries. These men are generally large and muscular, and accustomed to much higher feeding than the Natives of this country. Moreover, they enter the Penitentiary under circumstances of great depression, having just landed in a strange country. These prisoners merely pass through the Jail, en-route to the Mofussil, and the extra expenditure caused by their increased ration will be very trifling.

10. With reference to Scale D, I cannot think it necessary to feed prisoners sentenced to 6 months' imprisonment and under with meat three times a week. These prisoners are not depressed by the anticipation of a long and dreary confinement. They eat little, if any, meat outside the Jail; and experience shows that prisoners, on first entering Jail, should be more sparingly fed than those who have been longer incarcerated. Full feeding on first entry produces indigestion and other ailments. Moreover, it has been shown that short-sentenced prisoners almost invariably

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increase in weight on their present diet. Some few, however, fall off, and I would give this class of prisoners 3 ounces of meat, once a week, but no more. Having visited Bangalore Jail, containing 1300 prisoners, with a view to studying various points of Jail management and economy, I found the prisoners there decidedly stonger, and more healthy in appearance, than the Penitentiary prisoners, although they only receive 4 ounces of meat once a week. Doubtless, they are of stronger race than the Madras Natives, and they are fed upon a dry grain diet, which is more nutritious than rice. The Diet Scale in use at Bangalore is appended, marked F. I also bear in mind a most successful experiment tried in the Monegar Choultry, where the inmates were suffering greatly, in 1865, from dropsy and other diseases caused by insufficient nutrition. On the recommendation of Doctor vanSomeren, a mixed diet of dry grain and rice was introduced, without increasing the gross quantity, and the immediate result, in reducing the prevalence of this class of disease, was quite surprising. I would, therefore, recommend that a mixed diet scale should be introduced into the Madras Penitentiary. It may not be quite so palatable to Natives of Madras, but this forms no objection to a Jail diet, so long as it is wholesome and nutritious. The scale I have adopted is that laid down in Proceedings of Government, 16th June 1865, before adverted to, with certain alternations. I have altered the allowance of meat from 5 ounces to 4 ounces, which latter quantity is, I think, sufficient; and, with reference to considerations already stated, I would give only 3 ounces of meat, three times a week, to long sentenced prisoners during the first 6 months of incarceration, and 3 ounces of meat, once a week, to short-sentenced prisoners (6 months and under). The scale is much fuller of nitrogenous element than the present scale, which it is proposed to supersede. The daily ration of ghee or oil I have altered from half an ounce to quarter of an ounce; I am inclined to think that even the last quantity may be found excessive. The Bangalore ration is 2 drachms, and this is considered ample by the experienced Medical Officer who superintends the Jail, although a larger proportion of this ingredient is needed in a colder climate than in Madras. The quantity of firewood has been altered from 2 lbs. to $\frac{1}{2}$ lb. per man. This is found to suffice in the Penitentiary, owing to the system of cooking for the whole of the prisoners together (*i. e.* for all Hindoos, save Brahmins, in one cook-room, and for all Mussulmans and Pariahs in another), instead of by smaller messes as in other Jails. I also support Dr. Harris' recommendation, with reference to the alteration in the European ration, which accords with the scale used at Bangalore.

11. I would, therefore, propose, for the consideration of Government, that the scales laid down in Table G, attached to this letter, should be tentatively adopted in the Madras Penitentiary for a period of 6 months, and that the result should be reported at the end of that time. In calculating the additional expense, I have taken a high average number of prisoners, viz.—

High Court Prisoners.....	200
Magisterial.....	300
Europeans.....	30

Total 530

The average number during 1866 (embracing a period of exceptional crime) was 471, but there are now nearly 600 prisoners in Jail, and allowance must be made for Chinese, Malay, and Mofussil Transportation Convicts.

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The estimated increase of expenditure will stand as follows:—			PIES.
Increase per Magisterial prisoner, per diem, over present ration...			5 ⁵³ ₁₀₀
Do. High Court do.			26 ⁷ ₁₀₀
Decrease of expense per European, per diem.....			2 ³⁰ ₁₀₀
Daily increase for 200 long-sentenced prisoners	RS.	A. P.	
	Rupees 2-12-7,	×365=	1017 0 11
Do. do 300 short-sentenced prisoners			
	Rupees 8-12-11,	×365=	3214 10 7
			4231 11 6
Daily decrease of expense for 30 Europeans			
	5 Annas 9 Pice,	×365=	131 2 9
Net increase of expense...			4100 8 9

This calculation has been made according to present contract rates. The anticipated fall in the price of articles of food will probably enable the extra allowance to be met out of the present Budget Estimate for the Penitentiary, under Head "Prisoners' Rations"; any excess will have to be met out of general savings, under Head "Law and Justice."

12. On the 31st ultimo, I received an urgent letter from Dr. Harris (No. 6, of 30th January 1867, also appended) requesting that, pending consideration of the general question of improved diet, an allowance of 6 ounces of tyre, daily, might be given to each prisoner not in receipt of meat rations. As Dr. Harris stated to me, verbally, that the general tone of health amongst the prisoners was such as to encourage the out-break of epidemic disease in the present crowded state of the Jail, I have given orders for the issue of this temporary allowance of tyre, which I trust will be sanctioned.

13. The mere percentages of sickness quoted by Dr. Harris in this letter would rather argue exceptional healthiness last year than exceptional unhealthiness now. Differently stated, the condition of sickness in the Penitentiary on the 27th January was as follows:—

Total Native prisoners in Jail	561
Do. do. sick	11
Of these	
From Diarrhoea.....	4
„ Dysentery	4

Thus, only 2.85 per cent. of the Native prisoners were sick in Hospital, and only 1.43 per cent. were suffering from the diseases specially alluded to by Dr. Harris. In addition to these, there were 7 Native convalescents under Hospital diet. Dr. Harris, however, assured me that the general health of the prisoners was weakly, and on personal inspection with that Officer, it was found that a large number of prisoners were suffering from a peculiar red soreness of tongue, and from a bad cutaneous affection of the scrotum. Whether this was the result of insufficient diet or not I cannot say; nor could the Medical Officer form a decided opinion. I am inclined myself to think that the soreness of tongue must be due to the large proportion of chillies in the present scale of diet; and the disease of the scrotum, to

want of personal cleanliness, which I have taken measures to rectify. Still, this much is certain, that the two ailments were almost invariably found in combination, and chiefly amongst the prisoners who receive no meat allowance. Moreover, it has since been found that all the Transportation Convicts just arrived from Chingleput are similarly afflicted, whereas those from Bellary and Kurnool (dry grain districts) are free from these symptoms. If this is really a peculiar sort of Jail disease in this country, the matter deserves attention, with a view to remedial measures.

[F.]

Table of Jail Dietary in use at Bangalore.

Articles of Diet.	Class A.			Class B.			Class C.			Class D.
	Men sentenced to labor.			Men awaiting trial, undergoing simple imprisonment, and women.			Children of both sexes, under 14 years of age.			Sick in Hospital.
	lbs.	oz.	dr.	lbs.	oz.	dr.	lbs.	oz.	dr.	
1 Raggy Flour.....	1	12*	0	1	4	0	1	0	0	0 Adults as Class B.
2 Dhol or Buller (a).	0	3	0	0	2	0	0	2	0	0 Children as Class C.
3 Vegetables.....	0	4	0	0	4	0	0	2	0	0 But rice may be substituted for raggy, and medical comforts and extra diet issued at the recommendation of the Medical Officer, for which a contingent bill is to be submitted.
4 Salt.....	0	0	8	0	0	8	0	0	0	6
5 Tamarind.....	0	0	8	0	0	8	0	0	0	6
6 Coriander.....	0	0	1	0	0	1	0	0	0	1
7 Onions.....	0	0	8	0	0	8	0	0	0	8
8 Turmeric.....	0	0	1	0	0	1	0	0	0	1
9 Chillies.....	0	0	3	0	0	3	0	0	0	2
10 Black pepper.....	0	0	1	0	0	1	0	0	0	1
11 Gingely oil.....	0	0	2	0	0	2	0	0	0	1
Total food...	2	4	15½	1	11	15½	1	5	8½	
12 Firewood.....	2	0	0	2	0	0	2	0	0	
(a) To be issued on alternate days, i. e. Dhol one day, and Buller the next.	On Sundays an equal quantity of Caroo boiled rice to be substituted for raggy flour, and 4 oz. of meat added.			On Sundays an equal quantity of Caroo boiled rice to be substituted for raggy.			On Sundays an equal quantity of Caroo boiled rice to be substituted for raggy.			

Brahmins and inhabitants of the Malnad Taluqs should be allowed to have rice instead of raggy, in the same quantity; and Brahmins and Lingaits sentenced to hard labor should be allowed half a pint of tyre on Sundays, in lieu of the meat allowed to lower caste prisoners.

(Signed) J. KIRKPATRICK, M. D.,

Surgeon to the Mysore Commission.

17th January 1867.

* For the Pettah Jail, or men of six months and under, raggy flour 1-3-0.
All the other articles the same as Class A.

[G.]

Scales of diet recommended for adoption in the Madras Penitentiary.

For Malays and Chinese.

	Monday.	Tuesday.	Wednesday.	Thursday.	Friday.	Saturday.	Sunday.
Rice..... oz.	26	26	26	26	26	26	26
Dhol.....	2		2		2		
Mutton.....	5		5		5		
Salt-fish.....		2½		2½		2½	1½
Butter-milk.....		10		10		10	
Oil.....	½	½	½	½	½	½	½
Tamarind.....	1	1	1	1	1	1	1
Salt.....	½	½	½	½	½	½	½
Curry powder.....	½	½	½	½	½	½	½
Vegetables.....		6		6			6
Onions.....	½	½	½	½	½	½	½
Garlic..... grains.	30		30		30		
Firewood.....	1½	1½	1½	1½	1½	1½	1½

Mixed Grain Diet Scale, for all classes of Native Prisoners.

	Monday.	Tuesday.	Wednesday.	Thursday.	Friday.	Saturday.	Sunday.
Rice..... oz.	12	12	12	12	12	12	12
Dry grain.....	13	13	13	13	13	13	13
Dhol.....	2	4	2	4	2	4	2
Mutton or fish.....	4		4		4		
Butter-milk or tyre.....		10		10		10	10
Ghee or Oil.....	½	½	½	½	½	½	½
Tamarind.....	½	½	½	½	½	½	½
Salt.....	1	1	1	1	1	1	1
Curry powder.....	½	½	½	½	½	½	½
Vegetable.....		6		6			6
Onions.....	½	½	½	½	½	½	½
Garlic..... grains.	30		30		30		
Firewood..... oz.	1½	1½	1½	1½	1½	1½	1½

Long-sentenced prisoners to receive only 3 oz. of meat, three times a week, for first six months of imprisonment.

Short-sentenced prisoners to receive 3 oz. of meat, once a week only.

Simple imprisonment prisoners, prisoners for trial, and women to receive one-fifth less than full ration.

Juveniles under 14, to receive one-third less.

Do under 10, do. half less.

Brahmins to receive 10 oz. of tyre daily, instead of meat, and rice instead of dry grain.

For Europeans and East Indians.	
$\frac{1}{2}$ Oz. Tea.....	1 Oz. Onions.....
$1\frac{1}{2}$ Oz. Sugar.....	$\frac{1}{2}$ Oz. Mint and Parsley.....
2 Drachms Milk.....	$\frac{1}{16}$ Oz. Pepper.....
1 lb. Bread.....	4 Oz. Green Vegetables.....
8 Oz. Meat.....	$\frac{1}{2}$ Oz. Salt.....
$2\frac{1}{2}$ Oz. Rice.....	$1\frac{1}{2}$ lb. Firewood.....

(Signed) C. S. HEARN,
Commissioner of Police.

From Surgeon W. H. HARRIS, M. D., in Medical Charge of the Madras Penitentiary, to the Commissioner of Police, Madras; dated Madras, 3rd December 1866, No. 89.

Adverting to my letter, No. 62, of the 17th August last, recommending, as a temporary measure, a more liberal dietary for Malay and Chinese convicts, I have the honor, now, to state my opinion, as requested by you, in regard to a permanent scale of diet for this class of prisoners.

2. Since that period, about half of the Malay and Chinese convicts who were then in the Penitentiary have been transferred to other Jails, several have died, and the remainder have improved considerably in health. Another detachment, which arrived from the Straits some time afterwards have not deteriorated in health on the improved diet, and thus my opinion, respecting the old scale of diet being faulty, seems to be confirmed in two ways.

3. I am given to understand that the health of the Malay and Chinese convicts in the Jail at Salem (and I believe at Coimbatore also) is generally good. The scale of diet for them is, with the exception of an extra allowance of tobacco, in lieu of a portion of the condiment, the same as for Native prisoners generally, and does not differ materially from that recommended by me in August. The scale (of which a copy is appended, A) is printed at pages 28 and 67 of Proceedings of Government, 16th June 1865, and I think it highly advisable to introduce this as a permanent scale at the Penitentiary, in substitution for the present dietary, not only for this class of convicts, but for all long-sentenced prisoners.

4. This recommendation renders it necessary that I should state my views on the whole question of Native diets.

5. Until about two years ago, only one scale was in use for all classes of prisoners. On the representation of my predecessor, that scale was supplemented by 4 ounces of butcher's meat, three times a week, for prisoners after they had been incarcerated six months, but no change was recommended for prisoners confined a shorter period than this; and for these the old scale is still applicable. From the copy of this scale (appended, B) it will be observed that there is a great deficiency of the nitrogenized element which is required to maintain the health and strength of a man. Eight Annas only are allowed per 100 men, daily, for meat, dholl, vegetable, gingely oil, and mustard—that is, 96 cents of a pie to each man; and at present prices, I calculated that the portion for each prisoner would certainly not exceed half an ounce of meat or fish five times a week. Two and a half or three ounces of meat or fish per week is far too little, and there is neither ghce, oil, nor tyre allowed, in addition to what may be purchased out of the Annas above-mentioned.

6. There can be no question, I think, that this amount of nitrogenized food is far below the requirements of the system, even without labor; and if prisoners are compelled to perform a fair day's work on such a dietary, they must deteriorate in health, and be exposed to very considerable risk on the occurrence of any epidemic outbreak. The practice of allowing a money rate, instead of a fixed weight of food, is open to great objection, as the quantity must constantly vary, and be dependent upon the market rates. When the 8 Anna rate was adopted, animal food was very much cheaper than it is now; and as it is probable that the quantity then procurable was not considered

too great, it follows that each prisoner's share is now proportionately decreased, and is, by so much, less than was then supposed to be necessary for him.

7. The scale now recommended for Malay and Chinese convicts, and for adoption at the Penitentiary, has been sanctioned by Government for Mofussil Jails generally, the grain being varied according to the locality. It is as liberal, as the present scale in use at the Penitentiary is meagre, but it possesses the advantage of all the various articles comprised in it being in certain fixed quantities; and I, therefore, recommend it, in substitution for the present scale, rather than suggest any departure from it; for there is no reason, that I am aware of, why Madras prisoners should be worse fed than those in the Mofussil.

8. I am aware that if reference be made to the recorded weights of prisoners, on admission and release, the majority by far will be found to have gained, instead of lost; but it appears to me that this is scarcely an argument in favor of the sufficiency of the present dietary, considering the miserable condition of a large proportion of the prisoners when sentenced. The most numerous class of prisoners sentenced to short periods of imprisonment are "old offenders," broken in health from disease and vicious habits, suffering from privation, and accustomed to live, so to speak, as much on narcotics and toddy, as on curry and rice; and very many, no doubt, would sooner go without a meal than the accustomed soporific or stimulant. Withdrawn from the scenes of their dissipation, it is no wonder they improve in health, even on an inferior quality; but I apprehend it is due as much to the more regular mode of life, and to their compulsory abstinence from narcotics, &c., in Jail, as to the quality of the food.

9. From the foregoing considerations, as well as from the greater amount of sickness which has prevailed for the last six months, I recommend that all classes of Native prisoners sentenced to rigorous imprisonment should have the improved dietary, with the exception of women and juvenile prisoners, and, if it be deemed advisable on the score of discipline, of those also under very short sentences, say one or two months at most; and that all prisoners under longer sentence than two months, with hard labor, should be allowed the improved scale of diet from the commencement of their sentences. I am quite opposed to the present rule of putting a prisoner under long sentence on the lower scale of diet for the first six months, as I conceive that his chance of outliving his sentence is greatly diminished, by thus allowing him to fall into such a state of debility that he must be the less able to withstand the depressing effects of long confinement. A reduction of one-fifth may be made in the case of short-sentenced prisoners, simple imprisonment females, and juveniles.

10. *European Diets.*—Having stated, in my last Annual Report, that I considered a slight change might be made in the dietary for Europeans, as well as for Natives, with advantage, the present is a fitting occasion to bring this point to notice also.

Each European and East Indian prisoner now gets 12 ounces of meat, but only $1\frac{1}{2}$ ounces of green vegetables. This is a very liberal allowance of animal food for men who have, comparatively, no hard labor, and I consider a reduction may be made, without risk of injury to the health of this class of prisoners; and if the quantity of green vegetables were augmented at the same time, the dietary would be much improved. I, therefore, beg to recommend that 8 ounces of butcher's meat (without bone) be allowed, and 4 ounces of green vegetables and the other articles of the present scale to be continued as at present.

11. Recapitulation—

1. Malay and Chinese prisoners to have the dietary as ordered for Natives in Mofussil Jails (Scale A).
2. Prisoners under short sentence or simple imprisonment, and women and juveniles, to have one-fifth less than Scale A.
3. All other prisoners—Scale A, from commencement of sentence.
4. *Europeans.*—Meat to be reduced to 8 ounces (without bone), and green vegetables to be increased to 4 ounces daily.

Proceedings of the Madras Government, Judicial Department,
9th February 1867.

[A.]

Scale of diet for all classes of prisoners, applicable to Jails where rice is the principal staple.
(No. 1). *Vide* Proceedings of Government, 16th June 1865, page 28.

	Monday.	Tuesday.	Wednesday.	Thursday.	Friday.	Saturday.	Sunday.	
Rice..... (a)	oz. 26	oz. 26	oz. 26	oz. 26	oz. 26	oz. 26	oz. 26	(a). 3 oz. of rice to be made into hoppers, and eaten in the mid-day.
Dholl.....	2	4	2	4	2	4	2	(b). When dried or salt fish is used, 2½ oz. to be considered equivalent to 5 oz. of fresh fish.
Mutton or fish. ... (b)	3		3		3			
Butter-milk or tyre...		10		10		10	10	(c). In Districts where cocoanut is plentiful, 2 oz. of copra may be given in lieu of oil or ghee.
Ghee or oil..... (c)	½	½	½	½	½	½	½	(d). Mango pickle may be substi- tuted for tamarind, when procur- able.
Tamarind..... (d)	½	½	½	½	½	½	½	
Salt.....	1	1	1	1	1	1	1	(e). Curry powder to be made ac- cording to formula in Medical Code (appended).
Curry powder..... (e)	½	½	½	½	½	½	½	
Vegetable.....		6		6			6	
Onions.....	½	½	½	½	½	½	½	
Garlic.....	grs. 30	grs. 30	grs. 30	grs. 30	grs. 30	grs. 30	grs. 30	
Firewood.....	lbs. 2	lbs. 2	lbs. 2	lbs. 2	lbs. 2	lbs. 2	lbs. 2	

[B.]

Scale of diet at the Penitentiary for all classes of prisoners.

	Monday.	Tuesday.	Wednesday.	Thursday.	Friday.	Saturday.	Sunday.	
Rice.....	ol. 5½	ol. 5½	ol. 5½	ol. 5½	ol. 5½	ol. 5½	ol. 5½	(About 33 oz).
Mutton, dholl, mus- tard, vegetables, and gingely oil...	*		*					* 8 Annas per 100 men, or 96 cents of a Pie per man.
Fish and Dholl.....		†			†			† Do. do. do.
Dholl.....				†				† Do. do. do.
Curry-stuff, onions, and garlic, one Anna per 100 men daily.								
Salt.....	oz. 1	oz. 1	oz. 1	oz. 1	oz. 1	oz. 1	oz. 1	
Tamarind.....	½	½	½	½	½	½	½	
Pepper.....	3½	3½	3½	3½	3½	3½	3½	
Chillies.....	½	½	½	½	½	½	½	
Firewood.....								1 Pie per day per man.

(Signed) W. H. HARRIS, M. D.,
Surgeon in Medical Charge,
Madras Penitentiary.

Proceedings of the Madras Government, Judicial Department,
9th March 1867.

[C.]

Table showing the comparative rates of sickness and mortality among the undermentioned classes
of prisoners during the year 1866.

Class of Prisoners.	For what period.	Mean strength.	Admissions.	Daily sick.	Deaths.	Ratio per mille to strength per annum.			Remarks.
						Admissions.	Daily sick.	Deaths.	
Malays and Chinese.	1st Jan. to 18th Aug. 1866.*	28	36	1-8		52010-4	64-3	283-38	* Date of im- proved dietary.
Do., exclud- ing Cholera.	Do.	28	32		2			113.	
(a) Malays and Chinese.	19th Aug. to 30th Nov. 1866.	21	11	2-4		11838-4	114-3	167-1	† Dieted in Hos- pital; admit- ted 28th July, before dietary was improved; and died 25th September.
Do., exclud- ing Cholera.	Do.	21	11	2-4		11838-4	114-3	167-1	
(b) Malays and Chinese.	1st May to 31st Oct. 1866.	29	37	3-2		62551-7	110-3	413-8	
Do., exclud- ing Cholera.	Do.	29	33		3			206-9	
Europeans and East Indians.	Do.	33-3	39	3	3	2342	90	180-2	
Do., exclud- ing Cholera.	Do.	33-3	38		2			120-1	
All other (Natives of India).	Do.	424	206	13-75	21	971-7	32-43	99-06	
Do., exclud- ing Cholera.	Do.	424	175		9			42-45	
Malays and Chinese.	Cholera only.		†4		3				† Including a re- admission. 75 per cent.
Europeans and East Indians.	do.		1		1				100 per cent.
All others.	do.		31		12				38-7 per cent.

The great ratio of admissions and mortality from Cholera among the Malays and Chinese is probably as much due to the inferior diet as the high rate of sickness generally among them. Excluding the re-admission, the admissions to strength from Cholera were 10 per cent., while among all other prisoners, they were less than 5 per cent.; therefore, although the ratio of sickness, excluding cholera, is shown separately in the table, the other data, I think, are the most correct for forming an opinion in regard to the dietary.

The death of the Malay, which occurred after the dietary was improved, should be added to the five others, as the man was admitted with Jail Dysentery on 28th July, before the improved dietary was ordered, and had only Hospital diet until his death. Three others, who were admitted in a very reduced state, also before the dietary was improved, were transferred sick to Coimbatore on 23rd September, and, remaining on the Hospital books until that date, have swelled the

ratio of daily sick since the change in diet. Were these, and the death excluded from the calculation, as they ought to be, the series of figures in the line marked (a) would be :—

Mean strength.	Admissions.	Daily sick.	Deaths.	Ratio per mille to strength per annum.		
				Admissions.	Daily Sick.	Deaths.
21	11	1.03	0	1838.4	49.29	0

Again, if the time subsequent to the transfer of the majority of the sickly Malays and Chinese to Coimbatore (October) were also excluded from the calculation in the series marked (b), the ratio of daily sick, per mille, would be upwards of 3000, and the other figures also proportionately greater.

(Signed) W. H. HARRIS, M. D.

No. 595.

MEMORANDUM.

With reference to letter, No. 89, of 3rd instant, from the Medical Officer in charge of the Penitentiary.

1. The enclosed scale of charges (to be returned) will show that the difference of expense between the new diet and the old will be very considerable, nearly double.

2. The Inspector General of Jails states that the new diet has been introduced into most of the Mofussil Jails, but that it is yet doubtful whether there are increased advantages at all commensurate with the increased expense; and that in Palghaut and Tinnevely Jails, where the old diet is adhered to, with the addition of meat or fish once a week, the convicts are much more healthy than in other Jails where the new diet is used.

3. From a conversation with the Sanitary Commissioner, it is gathered that convicts appear sometimes to suffer in health from being brought suddenly on this new scale of diet, which is much fuller than the hard fare to which they, as a class, are accustomed.

4. The question of Jail discipline, too, arises, and whether it is not contemplated as a wholesome element of punishment that criminals should live on less palatable fare in Jail than in their own houses.

5. Further, from an examination of the Jail Registers, and from the experiment of weighing the High Court Prisoners now in Jail, it is shown that a large majority of prisoners increase in weight while in Jail, even on the present scale of diet.

6. Taking all these points into consideration, Doctor Harris is requested to be good enough to submit a scale (as proposed by him verbally) which may be more sparing and less expensive, while containing a sufficiency of that nitrogenous element in which the scale now in use is found wanting.

MADRAS POLICE COMMISSIONER'S OFFICE,
17th December 1866.

(Signed) C. S. HEARN,
Commissioner of Police.

To the Medical Officer in charge of the Penitentiary, Madras.

From Surgeon W. H. HARRIS, M. D., in Medical Charge of the Penitentiary, to the Commissioner of Police; dated Madras, 21st December 1866, No. 95.

With reference to paragraph 6 of your Memorandum, No. 595, of the 17th instant, I have the honor to forward a modified scale of diet for the prisoners of the Penitentiary, which I beg to recommend may be adopted as an experiment for 6 months, pending any conclusion that may be arrived at in respect to the dietary recently introduced experimentally in the Mofussil Jails.

2. In this scale, I have reduced the quantity of firewood to that now allowed, which is stated to be sufficient for the system of cooking pursued at the Penitentiary. This alone will lessen the difference of cost considerably, and if, as I believe, there is an error in the calculation of the cost

of mutton and garlic in the scale of charges forwarded with your Memorandum, the actual cost would be still less (mutton is charged at the rate of 3 Annas 10 Pie per pound, while the bazar rate is from 2 to 3 Annas per seer; and garlic is charged at the rate of one and a quarter (oz ?) daily, instead of a few grains). I have also reduced the quantity of meat to 3 ounces; also of vegetables, curry-stuff, tyre, and dholl.

3. You will observe, also, in the cost of the old scale, no allowance has been made for the extra meat to prisoners longer than six months in Jail, and with this correction, also added, I conceive the cost of the new scale would not be more than 25 per cent. on the present scale.

4. It seems, however, that we are liable to fall into error, if either the actual or relative cost of a dietary is taken as a basis, on which to calculate the amount of food necessary to preserve the health of prisoners.

Physiological, not economic, principles should be our chief, if not our only, guide in determining what elements, and what quantities, should be introduced in a dietary; and with regard to the question of discipline, which you have raised, I believe it has been laid down as a rule by the Government of India that the dietary is not to be made a means of punishment for criminals.

5. With regard to paragraph 5 of your Memorandum, it may be stated that weight is no actual test of health. Men with dropsy and other diseases may even increase in weight, and I think the Jail Registers will prove, from the average weight of prisoners when sentenced, that their condition is much below par; for crime is often the offspring of want, and it is no matter of surprise to me that many of them increase somewhat in weight, even upon a spare diet.

6. Having given the subject earnest consideration, I think the dietary I now propose, though not quite so liberal as the Mofussil scale, is still a sufficient improvement on the old one to merit a fair trial, and to justify the expectation of its being found adequate for prisoners sentenced to not more than 6 months' imprisonment. I, therefore, recommend it as the dietary for all Magistrates prisoners.

7. High Court Prisoners, after the first 6 months, are now allowed 4 ounces of meat, three times a week, and I think this quantity should still be given to this class of prisoners from the commencement of their sentence. In other respects, the dietary now proposed may be made applicable to them also.

8. The accompanying scales for Malays and Chinese are in use at Coimbatore. Fish is allowed on the days when meat is not issued, and the Chinese are given 4 ounces of rice extra. I am given to understand that the Medical Officer does not consider them at all too liberal for this class of prisoners; and I, therefore, beg they may be adopted here. The tobacco and betel may be omitted.

[D.]

Amended scale of diet for all classes of prisoners in the Madras Penitentiary.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Rice..... oz.	26	26	26	26	26	26	26	Prisoners sentenced to more than six months' imprisonment to have 4 oz. of meat instead of 3.
Dholl..... oz.	2	2	2	2	2	4	2	
Mutton or fish..... oz.	3	...	3	...	3	...	...	
Butter-milk or tyre oz.	...	8	...	8	...	8	8	
Oil, gingely..... oz.	...	...	...	...	...	...	...	
Tamarind..... oz.	...	...	...	...	...	...	...	
Salt..... oz.	1	1	1	1	1	1	1	
Curry powder..... oz.	3	...	...	...	...	...	...	
Vegetables..... oz.	...	5	...	5	...	...	5	
Onions..... oz.	...	...	...	...	...	...	...	
Garlic..... grains	30	...	30	...	30	...	...	

MADRAS, 21st December 1866.

(Signed) W. H. HARRIS, M. D., Surgeon,
In charge, Penitentiary.

[E.]

Scale of diet for Malays and Chinese in use at Coimbatore, recommended for adoption in the Madras Penitentiary.

	Monday.	Tuesday.	Wednesday.	Thursday.	Friday.	Saturday.	Sunday.	
Rice..... oz.	26	26	26	26	26	26	26	Chinese to have 30 oz. of Rice daily, instead of 26 oz.
Dholl..... oz.	2	...	2	...	2	...	...	
Mutton..... oz.	5	...	5	...	5	...	...	"Two pice worth of Tobacco and Betel-nut daily." This may be omitted.
Salt-fish..... oz.	...	2½	...	2½	...	2½	...	
Butter-milk..... oz.	...	10	...	10	...	10	1½	
Oil..... oz.	½	½	...	...	...	...	...	
Tamarind..... oz.	½	½	...	...	...	...	...	
Salt..... oz.	1	1	1	1	1	1	1	
Curry powder..... oz.	½	½	½	½	½	½	1	
Vegetables..... oz.	...	6	...	6	...	...	6	
Onions..... oz.	½	...	...	...	...	...	...	
Garlic..... grains.	30	...	30	...	30	...	...	

MADRAS, 21st December 1866.

(Signed) W. H. HARRIS, M. D., Surgeon,
In charge, Penitentiary.

From Surgeon W. H. HARRIS, M. D., in Medical Charge of the Penitentiary, to the Commissioner of Police, Madras; dated Madras, 30th January 1867, No. 6.

I have the honor to bring to your notice that there has been a considerable increase of sickness among the prisoners during the past year; and comparing the admissions of the last three months with the number for the corresponding months of last year, the increase appears about 30 per cent. During this period more than half (60 per cent.) of the admissions have been from Dysentery and Diarrhœa; and, in addition, a great number have been treated as convalescents, and their diet supplemented with an allowance of tyre. The health of the prisoners generally seems much deteriorated, and there can be no doubt that this and the increased sickness are mainly due to the inferior quality of the dietary. Pending the consideration and decision of the question of improved diet for Native prisoners, which I submitted some time since, I beg to recommend that an ollock (Coz.) of tyre be issued to all classes of prisoners daily. Prisoners having the 4 oz. of meat will not require the tyre on the days the extra meat ration is given to them.

No. 115.

ORDER THEREON, 9th March 1867, No. 388.

The Governor in Council sanctions, as a temporary arrangement, the adoption of the scales of diet entered in Table G appended to the foregoing letter, provided that the Principal Inspector General of the Medical Department, to whom a copy of Major Hearn's letter will be furnished, shall see no objection to the experiment. Dr. Mackenzie will communicate on the subject direct with Major Hearn.

2. A report by the Medical Officer on the experiment now sanctioned will be submitted at the expiration of six months; and previous to submitting that document, Major Hearn will furnish a copy of it to the Principal Inspector General of

the Medical Department, and will forward the remarks of the latter Officer, together with his own, for the consideration of Government.

(True Extract).

Chief Secretary.

To the Principal Inspector General, Medical Department.

„ Commissioner of Police.
„ Accountant General.
„ Examiner of Claims.

Exd. J. H. Burns.

Pro: 15th March / 62 ch. 198 to 200
 " 20th Augt. " ch. 219 to 223
 " 13th Sept. " ch. 82 - 83
 " 12th Oct. " ch. 84 to 86
 " 21st March / 65 ch. 156 - 157
 " 26th June " ch. 206 - 207
 " 1st Dec. " ch. 152 to 153
 Jail Rules.

184.

26 March
 R8 "

Seal of the President
of the United States

Executive 1867. Department.

No. 380.

PROCEEDINGS OF GOVERNMENT.

27th 2743.
1616103.

Dated 9 March 1867.

114. 115.

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sideration of Government.

Erratum

In the second
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printed on page
7 of form of form
of a branch of 1887/1888

In

form

1887/1888 of 7 forward

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and in each for
history & (history)

To the Print Inspector Genl. Med. Dept.
Command of Police
Acet General
Examiner of Claims

Erratum about an alteration in the Diet
sent on last 7 - dispatch

Reminders sent 4/10/67.

dispt 12/3.

51P
Medical Department.

PROCEEDINGS of the MADRAS GOVERNMENT.

Read the following
letter from the Commissioner of Police.

Dated 9th Feby 1867 No 17.

Order thereon 9 March 1867 N^o 388.

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Dr Mackenzie will com-
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W.H.