(1) பக்கங்களின் எண்ணிக்கை 50 — 95

(2) புதுக்கித் திருப்பிய நாள் __________

(3) ஆதாரங் குறிப்பவர் சுருக்கொப்பம் __________

தமிழ்நாடு ஆவணக் காப்பகம்.

தமிழ்நாடு அரசு

பொது துறை

அரசாணை எண். 1

மு. கோப்புத் தாள் எண்.

1-1-1889

அச்சகம்

பலவகை

நாள் : 1989.

மடிக்கவோ கண்டபடி கையாளவோ கூடாது.

ஆவண. கா. 1—18,006—6-9-90.

I 8/1/89 7 R Ee 1484/89

1043/90

25-9-09 ✓
28-6-12 ✓
16-12-12 ✓
27/1/14 ✓
17-7-14 ✓
3-3-15 ✓

5

ORDINARY, PRINTED.

Public DEPARTMENT.
G.O., DATED 1-1-89
No. 1.

First copy sent to Press.

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Despatched in print.

[Despatch Abstract.]

Presidency Hospitals.

anctioning, with remarks
the proposed alterations
the scales of diet in the —
& thanking Brig. Surgeon
ibthorpe & members of his
ommittee for their careful
report.

Read again Order of Government, dated
188 , No.

Future Paper, No. 253 — 91.

Enclosures.

Current No.

Statement, &c.

Order, &c. of Government—A.

Papers kept out of File for disposal in original
(not paged).

60

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Letter only.
Order complete with Letter.

N.B.—
A = Print in full.
B = Not to be printed.
F = Print abstract only.
G = Print heading only.
H = Print, but not for monthly Volume.

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№ 4

Madras 7th June 1888.

From,
Brigade Surgeon C. Sibthorpe
F. K. Q. C.
President Diet Committee

To,
The Secretary to the Surgeon General
with the Government
Madras

OFFICE OF SURGEON GENERAL
15 JUN 88
WITH GOVT: OF MADRAS.

Sir,

I have the honor to inform the
Surgeon General that the Committee
appointed by him have, in accordance
with the instructions conveyed in
your Memo. No. 1590 dated 16 March
1888, fully considered the question of
revision of the diet scales of the
Government Hospitals in the Presidency
Town. I now submit their views and
recommendations in the Proceedings*
noted in the margin.

* No. 1 d/ 23rd March/88
" 2 d/ 24 May/88
" 3 d/ 28th do.
with 7 appendices.

2. Surgeon Major W. R. Thompson
M. D. C. I. E. having retired from
service on the 1st of April last, ceased
to be a member of the Committee.

3. The attention of the Committee was
called to G. O. No. 627 of 5th June 1874
Proceedings of the Hospital Committee
which sat in that year, and to
No. 65, dated 24 January 1881,

Con

present scales in fo were
yed.

The revised scale of diets, which is attached to the Proceedings, has been so framed as to suit the requirements of all the Government Hospitals in the Presidency Town, thus doing away with the separate scales which existed for different hospitals. This scale, if sanctioned, will be much simpler for both Medical Officers and subordinates to learn and will render the checking of the different hospital charges for diet a much easier matter in your Office. I consider t most desirable that the time table diet, appendix No. I, should be ought into use in all the hospitals, s it is framed with the view of iving the patients food at more equent intervals than is the custom present.

In the General Hospital and other hospitals where there are ecial Wards, such as the "Officers' uarters," for the treatment of a perior class of patients, there should parate returns of the cost of ng such patients.

The forms proposed by the mittee in para 5 of Proceedings would embody all the particular afforded in the marginally[×]

× Nos 11 & 12 - Explanat
Memo of diets &
Nos 22 & 23 - Nom
return of Expen
of Wines & Sp

---

noted m tly forms submitted the Surgeon General's Office and wou also contain additional information the purposes of check of the monthly Accounts. In view therefore to decrea the amount of clerical labour, I have the honor to recommend that the proposed forms be substituted for the present forms, as marked above, whic will no longer be required. The enclosed list[+] shows the returns which are proposed to be retained and dispensed with respectively. These change will in no way impair the systems of of check which at present obtains.

+ Marked A

7. As regards the proposal in respect to fuel, I have the honor to state that in the event of Coal being substituted for wood, it would be necessary to supply some of the hospitals with American Stoves for burning coal. This could be done at a sm cost and would eventually prove Economical.

8. The relative price of wood and coal is as follows:

Wood - per ton - Contract rate - Rs 11-10-8 or 1 pie 5
Coal - Australian . . . „ 20 - „ „ or 1 2/8 pie

The consumption of coal would, accord to the experience of the Municipality, be proportionately less than that of Wood, at the rate of one pound

Coa

Sir

per C to two and half pounds of Wood. Coal if used instead of wood, would probably be less destructive to the expensive European (Benham's) Cooking range in the General Hospital, which cost Rs. 2940 in 1883 and had to be repaired at a cost of Rs. 648-13-10. in 1887. The experiments with Wood proposed by the Committee might also be tried at the other hospitals and statements furnished showing the relative cost and quantity consumed.

9. I have the honor to recommend that the rules proposed by the Committee in para 8 of proceedings No. 3, should supersede all former orders, and that they may be printed in a pamphlet form for the guidance of Medical Officers newly appointed to the Presidency Hospitals, as a means of preventing wastage through inexperience.

10. I enclose the following papers, some of which I have been directed to return by you.

No. 1 packet - Bengal diet Scales - Also statement showing cost of Bengal diets calculated at the Madras contract rates.

No. 2 - " - Diet scales in use in the Madras hospitals and averages showing cost of diets &c. in each for the past 5 years.

No. 3 - " - Contractor's rates for the last 3 years, with statement of expenditure of extras in the General Hospital for 3 years and comparative statements of Schedule rates for 1887-88 and 1888-1889.

No. 4 packet - Diet scales of Jails, State, Native Infirmary a Presidency Hospitals

No. 5 - " - Present and proposed form and returns.

OFFICE OF SURGEON GENERAL,
15 JUN 88
WITH GOVT: OF MADRAS.

I have the honor to be
Sir
Your most Obedt Servant
C Sibthorpe F.K.Q.C.P.
Brigade Surgeon
President of the Diet Committee

1800

No: 4992

No. 1. Proceedings of the Committee appointed by the Surgeon Gener in Memo No. 1590 dated 16 March 18 for revision of Scale of diets

23rd March 1888

Present

Brigade Surgeon C. Sibthorpe F.R.C.
Surgeon Major W. F. Drake-Brockman F.R.C.
" " A. J. Hazlett
" " D. R. Thompson M.D. C.I.E.
" " A. M. Branfoot M.B.

In order to enable the Committee to judge the direction in which the increase of Extras has taken place, the Committee resolve to request, with reference to para I of the above quoted Memo: from the Secretary to the Surgeon General that they may be furnished with an Abstract Statement shewing Extra stimulants and bread for the past 5 years from each of the Presidency Hospitals, shewing Europeans and Natives separately.

Resolved that Surgeon Major Thompson be requested to furnis the Committee with copies of the scale of diets in use in the Monega Choultry and their prices.

(True Extract)
(Sd) C. Sibth
Brigade

Jn 4992

C Sibthorpe F.K.Q.C.P.
Brigade Surgeon } President

F.R.C.S.
Surgeon Major
H J Hazlitt
Surgeon Major } Members
M.B.
Surgeon Major

No. 2. Proceedings of the Committe
appointed by Circular Memo N
1590 of 16th March 1888.

24th May 1888.

Present

Brigade Surgeon C. Sibthorpe. F.K.Q.C
Surgeon Major H. J. Hazlitt M.B.
Surgeon Major A. M. Branfoot M

The Committee having had before them the tables of average cost of diets, extras and stimulants in all the Government Presidency Hospitals during the past five years find that in the cost of dieting Europeans there has been an increa

of 5¾ pies in the General Hospital
2 annas in the Leper Hospital
2 annas and 2 pies the Lock Hospita

and in the cost of dieting Native

of 7½ pies in the General Hospita
5 pies in the Women & Children Hospita
4 pies in the Lying-in Hospital
3 pies in the Leper Hospital
1 anna 8 pies in the Lock Hospita

The increases have in the main been due to the use of extras.

They are of opinion that as th diets and extras are now issued i bulk and the various articles

Eac

ach diet paid for in the same way according to contract rates, that no benefit would accrue by increasing the number of diets. The Experience of the Women & Children, the Opthalmic Hospital, the Lying-in Hospital and the Lunatic Asylum proves that, supposing the price of food to remain at about existing rates, it is quite possible to diet European patients at an average cost not exceeding 8 annas and Natives at an average cost not exceeding 4 annas without unduly interfering with the discretion of the Medical Officer in his choice of diets, extras and stimulants.

2. The average cost of diets, extras and stimulants in 1887 in the different Government Hospitals was:

	European	Natives
General Hospital—	" - 10 - 1½	0 - 5 - 4
Women & Children — " —	" 7 - " -	" - 3 - 7
Opthalmic - - " —	" - 7 - 6½	" - 3 - 10
Lying-in - - " —	" - 6 - 4 -	" - 3 - 3
Lunatic Asylum —	" - 5 - 10½	" - 2 - 7½
Leper Hospital —	" - 8 - 8 -	" - 2 - 11
Lock — " —	" - 12 - 4	" - 6 - 10

With reference to para II, the Committee

The Committee are of opinion tha it would be desirable to do away with the existing variations in diet scales in use in the differen Government Presidency Hospitals and establish one standard scale applicable to all. With this in view they recommend that the following should be the diets.

European

Spoon, Milk, Half, Mixed, Full

Natives

Spoon, Milk, Coffee, Half, Full

True extract
C. Lethbridge F.K.Q.C.
Brigade Surgeon
President

May 28/1888.

F.R.C.S.
E. Drake Brockman
Surgeon Major

~~H. J. Hazlett~~
Surgeon Major

MB
Surgeon Major

Members

No. 3.

Proceedings of the Committe appointed by Circular Memo N 1590 of 16 March 1888.

28th May 1888

Present.

Brigade Surgeon C. Sibthorpe F.R.C.
Surgeon Major. C. F. L. Drake-Brockma F.R.C.
" " H. J. Hazlett.
" " A. M. Branfoot. M

1. In regard to appendix I, the Committee having considered the time table of diets submitted, consider that the table may be used as a guide by the Medical Officer but that the exact hours for the issue of the various meals should be left to the discretion of the Medical Officer in charge.

2. In reference to appendix II, the Committee point out that as regards European diets, the cost is very much on a par with that which has hitherto obtained, an that at the same time the diets have been increased in number and variety and have been impr in nutritive value. As regard Native diets it is obvious that the scale now submitted is supe

that which has hitherto ob-
ained in respect of cheapness,
variety and suitability.

3. Appendix III is a com-
parative statement of the previous
nd proposed diets.

4. In reference to para III the
Committee consider that Medical
Officers should be permitted to
diet patients on Extras alone.

5. With regard to para V, the
Committee submit two forms marked
appendices 4 and 5, and suggest
that individual Medical Officers
using diets or perishable articles
in hospital should be required
to initial such forms daily.

6. Appendix 6 is a list of Proposed
Extras and the formula for such
s require special preparation,
the majority of which are at pre-
sent used at the General Hospital.
It is necessary to lay down formula
for these as the cost is calculated
from them. The Committee observe
that the list is a large one, and
s made to embrace the requirements
f the Officers and private quarters
n the hospitals where such classes
f patients are admitted. They

do

do not consider that a large a
of Extras will be ordinarily re-
quired, if the proposed scale of
diets is adopted.

7. The Committee recommend
that, as a very variable amount of
wood fuel is consumed for the
cooking of diets in the various Presiden
Hospitals, a series of Experiments
be made at the General Hospital,
to determine whether the cost of fuel
could not be materially diminished
by the substitution of Coal for
wood. The following table indicate
the quantity of Wood and Coal in us
in the hospitals and Jails therein
noted.

	Per Diet			
	Wood		Coal	
	Europeans	Natives	Europeans	Nati
	lbs	lbs		
Calcutta Medical College	"	"	7/8 to ½ lb	½ t
Madras Hospitals	4	2	"	"
" Lunatic Asylum	2	2	"	"
	Per week for each diet			
Jails. Bengal	3½ lbs			
" Madras	10½ lbs			
" Bombay	7 lbs			
" North-West Provinces	2⅝ "			

8. The Committee submit certain
rules (Appendix 7) for the considerati
of the Surgeon General, with a vie
to their being brought into force i
the various hospitals so far

Circumstan

No 4292

cumstances permit.

True Extract
C. Sibthorpe F.K.Q.C.P.
Brigade Surgeon
President.

May 28th/88.

E. W. Drake Brockman, F.R.C.S
Surgeon Major

H. J. Hazlett
Surgeon Major

M.B.
Surgeon Major

} Members.

---

oposed scale of Diets for the Govt. Hosp
in the Presidency Town

European

Spoon	Milk	Half	Mixed	Full
Sago or arrowroot for Conjee } 2 Pints Tea or Coffee .. 2.	Milk — 2 pints Bread — 12 Oz Butter — 1 Oz Tea or Coffee } 2 pints	Mutton or Chicken } 10 Oz Bread — 1 lb Butter — 1 Oz Potatoes — 8 Oz Salt — 3/4 Oz Tea or Coffee 2 pints Note. The Mutton or Chicken may be roasted or grilled then 1 Oz Ghee may be used. If Stewed Onions — 1 Oz Barley — 1/2 " Flour — 1/2 may be given	Mutton — 8 Oz Rice — 8 Oz Curry powder 1/2 " Tamarind — 1/2 " Bread — 12 " Butter — 1 " Country Vegt. 6 " Hoppers (each 2 Oz) } 4 Salt — 3/4 Oz Tea or Coffee 2 pints Ghee — 1 Oz	Beef or Mutton } 12 Bread 1 Butter 1 Potatoes 8 Country Vegetables } 8 Salt 3/4 Tea or Coffee 2 The meat may be roasted when 1 Oz Ghee may be used. If boiled Onions 1 Barley 1/2 Flour 1/2 may be given

Note
Extras may be ordered on all diets except Full and Mixed.

Natives

Spoon	Milk	Coffee	Half	Full
Soojee or Arrowroot Conjee — } 2 pints	Milk — 1½ pint Bread or Rice } 12 Oz Rice Soojee or arrowroot conjee } 1 pint Sugar — 2 Oz Salt — 1/4 This diet may be ordered with bread or Milk with Rice	Bread — 12 Oz Coffee — 2 pints Soojee Conjee — 1 pint	Mutton without bone } 4 Oz Rice — 12 " Curry powder 1/4 " Tamarind — 3/8 " Salt — 1/2 " Ghee — 1/2 " Vegetable — 2 " Coffee — 1 pint	Rice — 20 Mutton without bone — } 6 Fish — 4 Dholl — 1 Curry powder 1/2 Gingelly oil 1 Salt — 3/4 Tamarind 1/2 Pepper water 1/2 Buttermilk 1/2 Coffee — 1 Hoppers (Each 2 Oz) } 2 Vegetables 4

Notes. Extras may be ordered on all diets except Full. The Meat in the various diets should weigh in its raw state, exclusive of bone the amount specified in the diets. If meat is issued with bone an additional 4 Oz per lb should be allowed.

Notes on Full Diet.
1. Mutton
given one day, Vegetables, Dh
and Fish the next day.
2. 8 Oz bread may be give
lieu of 10 Oz rice, in whole
case add "and bread".
3. In "full with Conjee"
Coffee and hoppers and g
Rice Conjee 1 pint in lieu
4. "This diet may be o
"Full with Conjee" or "
with Coffee".

C. Sibthorpe F.K.Q.C.P.
Brigade Surgeon } President

F.R.C.S
Surgeon Major
H. J. Hazlett
Surgeon Major
M.B.
Surgeon Major } Members

A

List shewing the forms to be retained and dispensed with respectively – in the Steward's Department, General Hospital

No.	Present	Proposed.
	Daily	
1 & 2	P Check slips of Ingredients issued to Kitchen – Eo & N.	The same
3 & 4	P Daily Statement of Diet and Extras – Eo & N.	Appendix No 4 replaces this – But th Nurses might furnish the Steward with a Statement of diet daily in the ordinary form – name of ward with diets extras.
5.	P Indent on Contractor for daily supplies.	The same
6	P Check slips of Extras – Native	The same
7.	P Milk distribution Sheet.	
	Monthly	
8 & 9	D & a Abstract of diets, extras and ingredients – Eo & N	The same, with the names corrected according to the revised nomenclature of diets extras and stimulants.
10	a Contingent bill	The same, as prescribed in th Account Code.
11 & 12	D & a Explanatory Memo of Extras. Eo & N	The form (Appendix No 4) proposed by the Committee in par 5 of Proceedings, No 3 of 28 May 1888, in which forms Nos 11 & 12 and 20 & 21 & 22 & 23 are incorporated would supersede them. Unlik these forms, the proposed form will record daily each days diet extras and stimulants of each ward and section separately with the value thereof and the average cost per diem and mensem, as incurred by each Medical Officer. On being clo each month, the form would furnish a complete and authentic rec

OFFICE OF SURGEON GENERAL
15 JAN 88
WITH GOVT OF MADRAS

"Eo" denotes European
"N" – " – Native
"D" pertaining to Diets

a Pertaining to Monthly Acco submitted to Surg. Genl. w bill of charges.

Present	Proposed
	record of the monthly expenditure under all heads of diets, extras and stimulants. It will not however shew "Diseases", but this is immaterial for the purposes of check. This form (appendix 4) can be checked in the Office of the Surg. Genl. by the diet sheets which accompany the monthly Accounts and which are also authenticated. Forms Nos 11 & 12, 20 & 21 and 22 & 23 may therefore with advantage be safely dispensed with.
13. a Indent for extra Servants 14. a do. for funeral expenses 15. a do. for perishable articles 16. D & a do. for bread 17. D & a do. " uncontracted articles 18. D & a Liquor Account 19. List of Condemned articles	The same.
20 & 21 D Computation Statement of diets and extras. E. & N. Note. These, Nos 20 & 21 are not submitted with the monthly Accts to the Surgeon Genl. Office, but are prepared for the purpose of the Abstracts (Nos 8 & 9) above.	Not required. The new form (appendix 4) which entirely displaces these (Nos 20 & 21) will afford the particulars required for the preparation of the Abstracts referred to.
22 & 23 D & a Nominal returns of expenditure of Wines and Spirits. E. & N.	Superseded by the new form (appendix 4). Vide note against Nos 11 & 12.
24 a Copy of Pay bill of Establt.	This seems unnecessary, so long as the Acct. General is furnished with the original bill, under the countersignature of the Surgeon General

E. diets European
N. " Native
D pertaining to Diets

a Pertaining to Monthly Accts subd to S. Genl. with bill.

Present	Proposed
Monthly	No change
25 Medical Officers Pay bills	
26 Pay Abstract of Establt.	
27 Bill for house rent to Medl. Warrt. Officers	
28 Military stoppage rolls	
29 Military stoppage abstracts	
30 List of Seamens bills	
Quarterly	
Quarterly report on Female Nurses 2d Grade	
Half Yearly	
Report on Female Nurses 1st Grade	
List of Officers occupying public quarters	
List of Officials drawing Rs. 100 and above	
Annual	
Acknowledgment of Permanent Advance	
Financial Statement for Calendar year	
Budget Estimates	
Schedule of Establt.	
Registers.	
Articles condemned	
Budget Book	
Correspondence	
Daily expenditure of Wines & Spirits	
Fine Book	
Govt. Progs. File Book	

In 4992

Present	Proposed
Registers	
Indent Book	No change
Letter Book	
Letter File	
Liquor Account Book	
Military Stoppage Book	
Miscellaneous Return Book	
Perishable articles Book	Appendix No. 5 proposed by the Committee in para 5 of Procs No 3.
Receipt File	
Seamens' Stoppage Book	
Stock Registers of Furniture	
Stewards Letter Book	
Account Books	
Abstract Account Current	No change
Cash Book	
Contingent folio	
Diet collection folio	
Patients' deposit folio	
Pay bill Register	
Pay Acquittance roll	
Poor Fund and Miscellaneous folio	

Madras
June 1888

[illegible] F. K. Q. C. P.
Brigade Surgeon,
President Diet Committee

Appendix 4

Time table of Diets

Europeans

Spoon		Milk		Half		Mixed		Full	
Early morning breakfast. 6 or 6.30 AM									
Tea or Coffee	1 pint	Tea or Coffee	1 pint	Tea or Coffee	1 pint	Tea or Coffee	1 pint	Tea or Coffee	1 pint
Breakfast 9.30 or 10 AM									
Soojee or arrowroot Conjee	1 pint	Milk Bread Butter	1 pint 12 Oz 1 "	Bread Butter Mutton or Chicken	1 lb 1 oz 5 "	Hoppers Bread Butter Mutton Chops	No. 4 12 oz 1 " 4 "	Bread Butter Mutton or Beef roasted	1 lb 1 oz 6 "
Dinner 2 p. m.									
Sago or Arrowroot Conjee	1 pint	Milk	1 pint	Mutton or Chicken Potatoes	5 oz 8 "	Rice Mutton Vegetables	8 oz 4 " 6 "	Broth, Soup or Roasted Mutton Potatoes Vegetables	6 oz 8 " 8 "
Supper 5.30 or 6 P.M.									
Tea or Coffee	1 pint	Tea or Coffee	1 pint	Tea or Coffee	1 pint	Tea or Coffee	1 pint	Tea or Coffee	1 pint

Natives

Spoon		Milk		Coffee		Half		Full	
Early Breakfast 6 or 6-30 AM									
Nil		Rice, Soojee or arrowroot Conjee	1 pint	Coffee	1 pint	Coffee	1 pint	Coffee or Conjee Hoppers	1 pint 2
Breakfast. 9.30 or 10.									
Nil		Milk Bread (if Milk with bread)	1 pint 6 oz	Bread	6 oz	Nil		Bread (if Full with bread)	8 oz
1st Meal - 11 or 11-30 AM									
Sago or Arrowroot Conjee	1 pint	Rice (if Milk Rice) Sugar	6 oz 2 "	Soojee Conjee	½ pint	Rice Mutton Vegetables	6 oz 2 " 1 "	Rice Mutton Vegetables Dholl Butter Milk	10 oz 3 oz 4 " 1 " ½
2nd Meal 3 p.m.									
Nil		Nil		Soojee Conjee	½ pint	Nil		Nil	
Night Meal 5-30 or 6 P.M.									
Soojee or arrowroot Conjee	1 pint	Milk Rice or bread	½ pint 6 oz	Coffee Bread	½ pint 6 oz	Rice Mutton Vegetables	6 oz 2 " 1 "	Rice Mutton or Fish Pepper water	1

and the water caused from boiling the rice should have a little salt added to it & given [illegible] in half pints to those patients who are getting rice.

Appendix I

Appendix ~~3~~ II

Comparative Statement of values of Diets 18

European

	Diets	Present as.	Present p.	Proposed as.	Proposed p.
Spoon	Sago, with Tea	1	5	1	2
	do, with Coffee	"	"	1	3
	Arrowroot, with Tea	"	"	1	½
	do, with Coffee	"	"	1	1½
Milk	With Tea	4	11	4	6
	" - Coffee	"	"	4	7
Half Mutton	Roasted, with Tea	4	8	4	7½
	do with Coffee	"	"	4	8½
	Stewed, with Tea	4	10	4	9½
	do - with Coffee	"	"	4	10½
Half Chicken	Roasted, with Tea	6	1	6	½
	do, with Coffee	"	"	6	1½
	Stewed, with Tea	6	3	6	2½
	do, with Coffee	"	"	6	3½
Minced	with Tea	.	.	4	10
	" - Coffee	4	10	4	11
Full	Beef roasted, with Tea	4	5	4	5
	" - " with Coffee	"	"	4	6
	" boiled, with Tea	4	7	4	7
	" - " - " Coffee	"	"	4	8
	Mutton roasted, with Tea	5	2	5	2
	" - " Coffee	"	"	5	3
	" boiled, with Tea	5	4	5	4
	" - " - " Coffee	"	"	5	5

The above prices are calculated from the contract rates in force during the year, 1888-9.

Natives

Diets	Present as.	Present p.	Proposed as.	Proposed p.
Spoon - with Sojee	1	3	0	2
do - " - Arrowroot	"	"	"	2
Milk with bread	3	8	3	½
do with Rice	3	7	2	10
Low	2	4	"	"
Coffee	"	"	1	9
Half	"	"	1	11
Full				
Mutton with Coffee	3	10	3	"
Fish - " -	"	"	2	11¾
Mutton - " Conjee	"	"	2	4
Fish - " - "	"	"	2	3¾

Appendix II

Appendix III

Table of present & proposed Diets
Europeans

Spoon	Present	Proposed	Milk	Present	Proposed	Half	Present	Proposed	Mixed	Present	Proposed	Full	Present	Prop
Sago	2 Oz	1 Oz	Bread	12 Oz	12 Oz	Chicken or			Tea ~~or Coff~~	Nil	½ oz	Beef or	12 Oz	12 O
Tea	½ .	½ .	Rice	3 .	Nil	Mutton	10 oz	10 oz	Coffee	1¼ Oz	1 Oz	Mutton	1 lb	1 lb
Sugar	2¼ .	2 . .	Milk for tea	6 .	4 Oz	Bread	1 lb	1 lb	Hoppers	6	4	Bread	12 Oz	8 Oz
Milk	6 .	4 . .	do. for diet	2 Pts.	2 Pint	Potatoes	8 Oz	8 Oz	Mutton	8 Oz	8 oz	Potatoes	12 .	8 . .
For Congee water: Rice	2 .	Nil	Butter	½ oz	1 Oz	Tea or	½ .	½ .	Rice	8 .	8 .	Tea or	½ .	½ . .
Salt	2 dr.		Sugar	2 .	1 Oz	Coffee	1 .	1 . .	Currypowder	½ .	½ .	Coffee	1 .	1 .
			Tea or	½ .	½ .	Sugar	1½ .	1 . .	Sugar	1½ .	1 . .	Sugar	1½ .	1 .
			Coffee	1 . .	1 .	Milk	6 .	4 . .	Milk	6 .	4 . .	Milk	6 .	4 .
			Salt	2 dr.	Nil	Butter	1 .	1 .	Butter	1 .	1 . .	Butter	1 .	1 .
			Soojee	4 Oz		Onions	1 .	1 .	Bread	8 .	12 . .	Onions	1 .	1 .
						Barley	½ .	½ .	Country Vegt.	4 . .	6 . .	Barley	½ .	½ .
						Flour	½ .	½ .	Salt	1 .	¾ . .	Salt	6 dr.	12 dr.
						Salt	6 dr.	¾ Oz	Tamarind	½ .	½ . .	Ghee	1 Oz	1 Oz
						Ghee	1 Oz	1 Oz	Ghee	Nil	1 Oz	Country Vegt.	Nil	8 .
												Flour	½ .	½ .

Appendix III

Table of present and proposed diets

Natives

Spoon	Present	Proposed
10	4	4
Sago	4 Oz	Nil
Sugar	2 "	1 Oz
Milk	6 "	
Rice	2 "	Nil
Salt	2 dr	
Sojee or arrowroot	Nil	1 Oz

Milk	Present	Proposed
10	4	4
Bread or Rice	12 Oz	12 Oz
Milk	2 Pt.	½ Pt.
Sugar	2 Oz	2½ "
Rice	2 "	2 "
Sojee or arrowroot (or Rice 2 Oz.)	Nil	½ "
Salt	2 dr	4 dr

Coffee	Present	Proposed
9	4	4
Bread	Nil	12 Oz
Coffee	"	1 "
Sugar	"	½ "
Milk	"	4 "
Soojee	"	½ "

Half	Present	Proposed
10	4	4
Mutton without bone	Nil	4 Oz
Rice	"	12 "
Curry powder	"	¼ "
Tamarind	"	3/8 "
Salt	"	½ "
Ghee	"	½ "
Vegetable	"	2 "
Coffee	"	½ "
Sugar	"	½ "
Milk	"	2 "

Full	Present	Prop
16	7	4
Mutton	8 Oz	6 O
Rice	8 "	20 "
Curry powder	½ "	½
Vegetables	4 "	4
Hoppers	6	2
Bread	8 Oz	Nil
Butter or Ghee	1 Oz	Nil
Salt	1 "	3/4 Oz
Tamarind	½ "	½
Dhall (thrice a week)	2 "	1
Fish	Nil	4
Gingelly oil	"	1
Pepper water	"	½ pin
Coffee	"	½ O
Sugar	"	½
Milk	Nil	2
Rice Congee in lieu of Hoppers or Coffee	Nil	1 pi

Appendix III

Pharm 3234/88

Appendix IV

48h

Officers Quarters
Daily Register of dieting in-patients Europeans / Natives in the wards of the Hospital Madras

Date	Section & Ward	Men	Women	Children	Total	Diets							Extras																			Stimulants								Cost of diets	Cost of Extras	Cost of Stimulants	Total cost	Average cost per patient	Signature of Medical Officer

Appendix V.

Register of Perishable articles

22 SW

Date		Wards																															Signature of the Office to each of their respecti Entries - & the Signatur of R.M.O. to daily total
			No.	No.	No.	lb	lb	lb	oz	oz	oz																						

3 2 10 2 2 . . 10 10 [illegible]

Appendix VI

Nomenclature of Extras authorized for use in the Government Civil Hospitals in the Presidency

No. of Formula	Names	No. of Formula	Names
	Almonds*	30	Curry powder
	Apples*	31	Custard*
1	Arrowroot Blancmange		Dholl
2	Do. Conjee		Eggs
3	Do. Jelly	32	do. fried*
4	Barley water	33	do. Omelette*
5	Batter pudding	34	do. poached
6	Beef-juice		Essence of beef - Brand's
7	Beef-steak*		Extract of beef - Liebig's
8	Beef-tea*		Fish
9	Beef tea jugged	35	do. boiled
	Biscuits*	36	do fried
10	Blancmange	37	do Moli
11	Bran-biscuits	38	Fruit stewed*
	Bread		Ghee
12	Bread pudding	39	Ginger tea
	Butter		Grapes*
	Butter-milk		Hoppers
13	Chicken boiled*		Ice
14	Do. broth		Jam*
15	Do. Curry		Lemonade
16	Do. Cutlets*	40	Lime juice
17	Do. Fricassee*	41	Lime pudding*
18	Do. Grilled*		Limes
19	Do. Jelly*	42	Linseed tea
20	Do. Kussee*		Mangoes
21	Do. Pepperwater		Milk
22	Do. Roast*	43	Mutton broth
23	Do. Stew*	44	do. Chops
24	Chutney	45	do. do. boiled
25	Cocoa*	46	do Curry
26	Coffee with Milk	47	do. Cutlets
27	Cornflour blancmange*		do. Fat
28	do. Conjee	48	do. fried
29	do. Pudding*	49	do. Minced

Note - The Extras with ~~an~~ asterisks are only for Europeans and Eurasians

Formula	Names
50	Mutton pepperwater
51	do stew
52	Oatmeal porridge *
	Oranges
53	Partridge roast *
54	do Stew *
	Peas *
	Pepper
55	Pepperwater
56	Pigeon-roast *
57	do stew *
	Plantains
	Plums *
58	Plum-pudding
	Pomegranate
	Potatoes
59	do Cutlets *
59½	Rabbit-
	Rice
60 ~~59~~	do Conjee water
61	do pudding
62	Sago Conjee
63	do jelly
64	do pudding
65	Scotch-broth
66	Sheep trotter jelly
67	do do stew
68	Snipe-roast *
69	Sponge-pudding
~~70~~	Soda water
70	Soojee Conjee
71	do jelly
72	do pudding
73	Spice powder
	Sugar
74	Tapioca conjee

No. of formula	Names
75	Tapioca pudding *
76	Tea with milk
77	Teal Roast *
	Tyre
	Vegetable
78	do curry
~~79~~	do Europe *
79	Vermicelli pudding *
80	Wheat Cakes.

Wines & Stimulants

Arrack
Beer *
Brandy
Burgundy *
Claret *
Constantia *
Frontignac *
Gin (Old Tom)
Porter *
Portwine
Sherry *
Whiskey *

Note The extras with an asterisk are only for Europeans and Eurasians.

Formulæ for preparation of Extra diet

1. Arrowroot Blancmange

Arrowroot	Oz: 1
Sugar	" 1
Lime	No. 1
Milk	Pt. 1
Ice	lb ½

2. Arrowroot Conjee - per pint

Arrowroot	Oz. ½
Sugar	" ½
Milk	" 3

3 Arrowroot Jelly ~~[illegible]~~

Arrowroot	Oz 1½
Sugar	" 1
Egg	No 1
Milk	Oz 2

4. Barley Water - 1 Pint

Barley	Oz 2
Sugar	" 1

5 Batter pudding

Flour	Oz 3
Milk	" 10
Egg	No 1.

6 Beef-juice

Beef	lb 1
Hydrochloric Acid	drops 40
Salt	Oz ¾

7 Beef Steak

Beef	Oz 8
Ghee	" 1
Onions	" 1
Salt	grs 30
Pepper	grs 30

8. Beef tea - 1 Pint ~~[illegible]~~

Beef without bone	Oz 12
Salt	grs 60
Pepper	grs 20

9. Beef tea-jugged ~~Pint~~ ~~[illegible]~~

Beef	Oz 16
Salt	grs 30
Pepper	" 60

Water sufficient to just cover meat when placed in jar - To be jugged for two hours.

10. Blancmange - ~~[illegible]~~

Gelatine	Oz 1
Sugar	" 1
Lime	No 1
Ice	lb ½
Egg	No 1
Milk	Pt 1

11. Bran biscuits - 1 lb.

Bran	Oz 16
Salt.	" ½
Ghee	" 2

Prepare as follows:—
~~[illegible]~~ Mince the beef & put in a jar adding 60 grs of salt to one pound of beef, cover the jar with paste and leave it in hot water near fire for three hours and then strain the juice with a clean piece of muslin.

12. Bread pudding

Bread	Oz 4
Sugar	" 1
Egg	No 2
Milk	Oz

13 Chicken - boiled

Chicken	No 1	Oz	10
Onions		"	1/2
Pepper		gr	30
Salt		"	30
Mint & parsley		"	60

14 Chicken broth - 1 Pint

Chicken -	No 1	Oz	10
Onions		"	1/2
Barley		"	1/4
Salt		gr	60
Pepper		"	60
Mint & parsley		"	60

~~Water sufficient so that when cooked it should measure 1~~ Pt.

15 Chicken Curry

Chicken	No 1	Oz	10
Ghee		"	1/2
Curry powder		"	1/2
Tamarind		"	1/4
Onions		"	1/2
Salt		gr	60

16 Chicken Cutlets

Chicken	No 1	Oz	10.
Ghee		"	1
Salt		gr	30
Onions		"	1/2

17 Chicken Fricassee

Chicken	No 1	Oz	10
Milk		Pt	1/2
Onions		Oz	1
Salt		gr	30
Pepper		"	30
Butter		Oz	1

18. Chicken grilled

Chicken	No 1	Oz	10
Ghee		"	1
Salt		gr	60
Pepper		gr	30

19. Chicken Jelly

Chicken	No 2.	Oz	20.
Sugar		"	1½
Lime		No	1
Eggs		"	2
Spice		gr	20
Ice		~~lb~~	1

20. Chicken Nursee

Chicken	No 1	Oz	10
Rice		"	2
Onions		"	1/2
Salt		gr	60
Pepper		"	30
Ghee		Oz.	1/2

21. Chicken Pepperwater 1 Pint

Chicken	No 1	Oz:	10
Curry powder —		"	1/2
Ghee		"	1/2
Onions		"	1
Salt		gr	60
Tamarind		Oz	1/2
Lime		No	1

22. Chicken Roast

Chicken	No	Oz	10
Pepper		gr	30
Salt —		"	60
Bread		Oz	1/2
Milk for white sauce		"	2

23 Chicken Stew

Chicken	No	1
Ghee	Oz	1
Flour	"	1
Onions	"	1/2
Cinnamon	gr	30
Spice	"	30

24 Chutney. of 1 Oz

Tamarind	Oz	1/4
Green Chillies	"	1/4
Mint, coriander leaves & ginger green	"	1/2
Salt	ds	2

25 Cocoa - Cup 1.

Cocoa	Oz	1
Milk	Pt	1
Sugar	Oz	1/2

26 Coffee with milk, 1 pint.

Coffee powder	Oz	1/2
Sugar	"	1
Milk	"	3.

27 Cornflour blancmange

Corflour	Oz	1
Sugar	"	1
Lime	No	1
Ice	lb	1/2
Milk	Pt	1

28 Cornflour Conjee

Cornflour	Oz	1/2
Sugar	"	1/2
Milk	"	3

29 Cornflour pudding

Cornflour	Oz	2
Sugar	"	1
Eggs	No	2
Milk	Oz	15
Nutmeg	Oz	1/4

30 Curry powder -

	Natives 12 lb	European 20 lb
Chillies	lb - 3	lb - 1
Black pepper	Oz 10	1/2
Coriander	~~lb~~ - 6	" 8
Turmeric	Oz 10	" 2
Cummin seed	" - 10	" 1
Mustard	" - 10	" 1/2
Vendium	" 10	" 3/4
Garlic	" 3	
Dry Ginger	.	lb 1/2
Poppy seeds		" 1/2

31 Custard

Milk	Pt.	1
Sugar	Oz	1
Eggs	No	2
Spice	gr	10½

32 Eggs fried

Egg	No	1
Ghee	Oz	1/4
Salt	ds	1
Pepper	"	1

33 Eggs Omelette

Eggs	No	2
Onions	Oz	1/2
Ghee	"	1
Green Chillies	No	2
Salt - - - -	ds	1

34 Eggs Poached

Egg		1
Butter	gr	60
Bread for toast	Oz	1

35 Fish - boiled -

Fish	Oz	8
Pepper	gr	30
Salt	"	30
Mint & Parsley	"	60

36 Fish Fried -

Fish	Oz	8
Ghee	"	1
Flour	"	1
Salt	gr	30
Turmeric	Oz	1/4

37. ~~Moli~~ Fish Moli

Fish - - -	Oz	8
Ghee	"	1
Flour	"	1
Cocoanut	"	2
Limes	No	1
Green Chillies - - -	Oz	1/2
Ginger - -	"	1/4
Onions	"	1/4

38 Fruit Stewed

Fruit	Oz 8 ~~Oz~~
Sugar	Oz 2

39 Ginger tea - 1 Pint

Ginger	Oz 1/4
Sugar	" 1/2
Milk	" 2

40. Lime juice - 1 Pt.

Limes	No 2
Sugar	Oz 3/4

41 Lime pudding

Eggs	No 6
Sugar	Oz 4
Butter	1
Limes	No 3

42 Linseed Tea

Linseed	Oz 1
Sugar	" 1/2
Lime	No 1

43 Mutton broth - 1 Pint

Mutton with bone	Oz 12
Barley	" 1/4
Onions	" 1/2
Pepper	gr. 60
Salt	" 60

with sufficient water to produce 14 Oz.

44 Mutton Chops - [illegible]

Mutton	lb 1
Ghee	Oz 1
Pepper	gr. 60
Salt	" 60

45 Mutton Chops - boiled

Mutton	Oz 8
Ghee	" 1/2
Pepper	gr. 30
Salt	" 30
Onions	Oz 1
Mint & parsley	gr. 60
Barley	Oz 1/2
[illegible]	" 1/2

46 Mutton Curry - [illegible]

Mutton	Oz 8
Ghee	" 1/2
Curry powder	" 1/2
Tamarind	" 1/4
Onions	" 1/4
Salt	gr. 30

47. Mutton Cutlets - [illegible]

Mutton	Oz 8
Salt	gr. 60
Ghee	Oz 1/2
Onions	" 1/2
Pepper	gr. 30

48 Mutton - fried - [illegible]

Mutton	Oz 8
Ghee	" 1
Salt	gr. 30

49. Mutton Minced

Mutton	Oz 8
Ghee	" 1
Onions	" 1
Salt	gr. 30
Pepper	" 30
Mint & Parsley	" 30

50 Mutton - pepper water

Mutton	Oz 12
Curry powder	" 1/2
Ghee	" 1/2
Onions	" 1
Salt	gr. 60
Lime	No 1
Pepper	gr. 60

51. Mutton - Stew.

Mutton	Oz 8
Ghee	" 1
Flour	" 1/2
Onions	" 1
Salt	gr. 30
Pepper	" 30
Mint & Parsley	" 30

52 Oatmeal Conjee

Oatmeal	Oz 2
Milk	Pt. 1
Sugar	Oz 2

53 Partridge Roast.

Partridge	No 1
Ghee	Oz 1/2
Pepper	gr. 30
Salt	" 30
Milk	Oz 3
Bread	" 1 1/2

54. Partridge Stew

Partridge	No 1
Ghee	Oz 1
Flour	" 1/2
Onions	" 1
Pepper	gr. 30
Salt	30
Mint & Parsley	" [illegible]

55. Pepper - water - 1 Pint

Chillies	Oz 1/4
Pepper	" 1/4
Garlics	drs 2
Tamarind	Oz 1/2
Salt	drs 3

56 Pigeon Roast.

Pigeon	No 1
Ghee	Oz 1/2
Pepper	gr. 30
Salt	" 30
Milk	Oz 3
Bread	" 1

57 Pigeon Stew

Pigeon	No 1
Ghee	Oz 1
Flour	" 1/2
Onions	" 1
Pepper	gr. 30
Salt	gr. 30
Mint & Parsley	gr. 30

58 Plum pudding

Plums	Oz 1
Currants	" 1
Almond	" 2
Bread	" 4
Milk	" 15
Sugar	" 1
Eggs	No 2

59. Potato Cutlets - [illegible]

Potatoes	Oz
Ghee	" 1
Salt	grs 12
Onions	Oz 1/2
Pepper	grs 60
Wheat flour	Oz 1
Mutton	" 8
Mint & Parsley	gr. 120

59½ Rabbit.

Same formula as for Chicken broth, Chicken Stew and Chicken Curry. Backs & legs the best parts for Stewing or Curry; the Coarser parts to be used for roast.

60. Rice - Conjee water

Rice	Oz 2
Salt -	grs 60.

61 Rice Pudding.

Rice	Oz 2
Sugar	" 1
Milk	" 15
Eggs	No 2
Spice	gr. 10

62 Sago Conjee

Sago	Oz 1/2
Sugar	" 1/2

63 Sago Jelly

Sago	Oz 2
Sugar	" 1/2
Milk	" 2

64 Sago pudding

Sago	Oz 2
Sugar	" 1
Eggs	
Milk	Oz
Spice	gr

65	Scotch broth.	
	Beef or Mutton	Oz 12
	Salt	„ 1/4
	Pepper	„ 1/4
	Vegetable	„ 4
	Barley	„ 1/2
66	Sheep trotter Jelly	
	Sheep trotters	No 8
	Water pints	2
	Sugar	Oz 3
	Limes	No 3
	Eggs	„ 2
	Spice powder	gr 20
	Ice.	~~lb~~ 1.
67	Sheep trotter stew	
	Sheep trotters	No 8
	Onions	Oz 1
	Pepper	gr 60
	Salt	„ 60
	Ghee	Oz 1/2
	Spice	gr 30
	Chillies - green	Oz 1
68	~~St~~ Snipe Roast.	
	Snipe	No 1
	Ghee	Oz 1/2
	Pepper	gr 20
	Salt.	„ 30
69	Sponge pudding	
	Eggs	No 2
	Sugar	Oz 1
	Flour	„ 2
70	Soojee Conjee	
	Soojee	Oz 1/2
	Sugar	„ 1/2
71	Soojee Jelly.	
	Soojee	Oz 2
	Sugar	„ 1/2
	Milk	„ 6

72	Soojee pudding	
	Soojee	Oz 2
	Sugar	„ 1
	Eggs	No 2
	Milk	Oz 15
	Nutmeg	„ 1
73.	Spice powder	
	Ginger in powder	Oz 2 3/4 ~~Oz~~
	Cinnamon do.	„ 1/2
	~~Nuts~~ Nutmeg	Oz 1/2
	Cloves	„ 1/4
74	Tapioca Conjee	
	Tapioca	Oz 1/2
	Sugar	„ 1/2
75	Tapioca pudding	
	Tapioca	Oz 2
	Sugar	„ 1
	Milk	„ 15
	Eggs	No 2
	Nutmeg	Oz 1/4
76	Tea	
	Tea	Oz 1/4
	Sugar	„ 1/2
	Milk	„ 2
77	Teal Roast.	
	Teal	No 1
	Ghee	Oz 1/2
	Pepper	gr 30
	Salt	gr 30
	Limes	No 1
78.	Vegetable Curry	
	Vegetable	Oz 4
	Curry powder	„ 1/4
	Tamarind	„ 1/4
	Onions	„ 1/4
	Salt	„ 1/2
79	Vermicelli pudding	
	Vermicelli	Oz 2
	Milk	Pt 1
	Sugar	Oz 1
	Eggs	No 2
	Spice	gr 60
	Nutmeg	Oz 1/4

80.	Wheat Cakes - Each	
	Wheat flour	Oz 2
	Ghee	„ 1/2
	Sugar	„ 1/2

Appendix VII

Appendix VII

Proposed General Rules regarding diets and Extras

Administration

1. The articles composing the various diets and extras will be ready at the morning visit for the inspection of the Medical Officer.

2. Extra broth or beef tea will be served at 12 noon & 8 p. m.
Extra Milk at 9.30 am, 12 noon & 8 p. m
Extra Congee at 9 - 30 am. 12 noon & 8 p. m or when required

3. The Medical Officer without giving any previous warning, should visit the hospital occasionally for the purpose of ascertaining whether the sick get the full quantities of the articles ordered, as well as for inspecting the meal.

4. The dinners are invariably to be served in the presence of the Stewards.

5. The tea should be infused (not boiled) in the presence of one of the Stewards, a cauldron being exclusively reserved for the purpose.

6. The Cows from which the Milk is supplied will be bro

to

to the hospital morning and evening and milked under the supervision of the Stewards. The Milk will be put at once into clean cans and locked up till handed over to the Cook for boiling, after which it will be again placed in the same cans and served out.

7. Printed copies of the diet scales will be hung up in a conspicuous place in each ward or hut.

8. Each pint of Milk to consist of 20 Oz.
each, so called pint Tea to consist of 13 Oz
inclusive of Milk
- - - Ditto - Congee to consist of 10 Oz
- - - Ditto - Broth to consist of 16 Oz

9. Milk below a specific gravity of 1025 should be rejected and it should have no unpleasant ordour or taste and exhibit no deposit on boiling.

10. Milk should always be boiled before issue to patients. + Ounce (Inserted hereafter) of fuel will be allowed for each pint.

11. The Chemical Examiner's notes on the method of detecting adulteration of Milk, tyre, whey, buttermilk and butter, circulated by the Surgeon
General, under No 17 dated 1
August 1884, should be observed.

12. The quality of butter may
be generally determined by th
taste. When melted in a test
tube, the water and the Casei
below the oil ought not to ex-
-ceed 15 per cent.

13. A good and fresh egg should weigh 2 Ozs.

14. Ghee may be tested by
taste and smell. It is most
commonly adulterated with
gingelly oil or other fixed oil,
plantains or fats.

15. Good beef or mutton may
be distinguished by appearanc
and smell; the fat should be
firm and white, the flesh close
grained and of a bright red colour,
the inside of the leg of a sheep well
formed and plump. The feet of
the sheep should be attached
when the mutton is being passed
by the Medical Officer.

16. Beef tea and all broths m
be ordered "jugged" when the tot
quantity of the pint will not
exceed 8 Oz, and meat, bones &
will be strained from the
broth. Onions and barley sho
be omitted.

17. No broth or soup shou

to be sent from the Kitchen with grease on them.

18. In the General Hospital 51 Oz by weight or 64 by Measure is the outturn of a pound of raw rice when boiled.

19. The Salt used for all diets should be of the quality known as "good white".

20. The following Country Vegetables should be used to vary the diets for which Country vegetables are ordered:- Potatoes, sweet potatoes, bringals, bandikai, pumpkins, Country spinach, Goa potatoes, drumsticks, Yams, country beans, Country Asparagus, & Spinach.

21. Children under 5 years are to be placed on "Infant diet" with Extras as required. Those be-tween five and eight on "Half", between eight and fourteen on 2/3rds quantity of any diet allowed for adults.

22. Arrack is the only stimulant llowed for Natives, except under pecial circumstances.

23. Stimulants may be ordered on ny diet.

24. All wines and spirits ordered for patients are to be sent before oon to the Nurse in charge of the ard in corked bottles properly illed.

Instructions to Medical Officer
regarding the Dietetic manage-
ment of the Sick in the Govt
Civil Hospitals in the Presidenc
town.

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1. A patient on admission should be placed on a low diet, such as "Spoon" or "Milk," until one suited to his ailment is prescribed after sufficient ex-amination of his case

2. Medical Officers may order such extras from the sanctioned scale on all diets except "Full and "Mixed", as they may conside necessary.

3. A diet may be made up of Extras alone.

4. The attention of Medical Officers is called to Appendix N 3, page 273, Vol. VI. I. A. R, re-garding the principles which ougt to guide them in selecting the diets most suitable for partic classes of cases, and in avoidin unsuitable food.

5. Medical Officers are remin that from 25 to 30 grains of car and from 1 to 1.5 grains of nitrogen

Ga

for every pound of body weight is calculated as sufficient to maintain health and vigour in a European — vide ~~Dr~~ C. M. Tidy's Legal Medicine, Part I page 275. Moleschott states that the following quantities of each of the alimentary groups are necessary to maintain in health an adult European under moderate labour.

Albuminates	4.4 Ounces
Carbo-hydrates	14 Ounces
Fat	2.75 Ounces
Salts	437 grains

Total water free food requires twenty two ounces, or

Nitrogen - 300 grains
Carbon — 5000 grains

The following are the number of grains of Nitrogen and Carbon contained in a pound of different articles of diet.

	Nitrogen.	Carbon
Beef Cooked	304	1854
Bread - average	88	1975.
Butter	0.2	6,456.
Butter-milk	44	387
Egg	149	1,144
Fish	195	871
Milk - fresh	44	599
Mutton - cooked	304	1,883
Oatmeal	136	2831
Peas - Dhall	248	2,699
Potatoes	22	769
Rice	68	2,732
Sago	13	2,555
Sugar		2,955
Vegetables - green	14	420.
Wheat flour	116	2,700
Whey	13	154.

6. The attention of Medical Officers is called to the fact, that the practice of most of the hospitals in the Presidency Town show that Europeans can be properly dieted at an annual average daily rate no exceeding eight and Natives at an average cost not exceeding four annas, without unduly curtailing the discretionary powers of Medical Officers in prescribing such diets and extras as they consider necessary. When these figures are exceeded, a report justifying the excess will hav to be submitted to the Surgeon General with the Government of Madras.

7. The bed-head diet tickets should be written up daily, whe no extras are ordered, the blank columns should be scored throug and the sheet initialled on the date the patient is discharged, or on the last day of the month.

8. When extras are ordered they should be entered in words, any blank columns should be scored through and the daily entries initialed by the Medical Offi

9. All ~~[illegible]~~ non-contract articl

requir

require the special sanction of the Surgeon General. The necessity for such articles should be very rare.

10. All special orders regarding the cooking of diets must be endorsed on the diet sheets.

11. Each Medical Officer will be provided with a printed copy of these rules on joining any of the Hospitals in the Presidency town.

12. When the Contractor's rates are published by the Surgeon General, each Medical Officer will be provided with a Card shewing cost of diets, extra's and stimulants for the year.

Office of Surgeon General c Govt: of M
Ootacamund 22nd Sept. 1888

No. 0/527

CHIEF SECRETARY
24 SEP 88
OF MADRAS

From.

G. Bidie Esq. M.B., C.I.E.
Surgeon-General c Govt: of Madras
Ootacamund.

To.

The Chief Secretary to Government.
Public Department.
Ootacamund.

Sir,

I have the honor to report to the Right Honorable the Governor in Council, that the great and growing cost of dieting patients, both European and Native, in some of the Presidency Hospitals has for some time engaged my attention; and I have now the honour to submit certain proposals which will I hope tend to moderate expenditure in this direction without prejudicing the interests of the sick.

Brigade-Surgeon C. Sibthorpe
Surgeon-Major H. J. Hazlett
" E. F. Drake-Brockman.
* " D. R. Thompson M.D. C.I.E.
" A. M. Branfoot. M.B.

* This officer being about to retire only attended one meeting.

2. In March last the marginally noted Committee was appointed by me to consider the whole subject and advise on the following points:-

a. The possibility of altering the number of diet scales so as to do away to a large extent with the necessity for ordering extras, which are the chief causes of the growing expenditure:

b. The desirability of changing the composition of existing scales of diets - especially those for natives - so as to render them less costly without impairing their suitability for the sick:

c. The propriety of giving the Medical Officer power, in exceptional cases, to diet a patient entirely on extras; without having as is the case under existing rules to prescribe a regular diet - which may not be consumed - and to tack on to it the extras:

d. To consider whether some abstract return might not be introduced by which the Medical Officer could daily see at a glance the number and cost of diets, extras &c ordered, and thus have the opportunity of at once checking any undue expenditure.

The diet scales in use in various Calcutta Hospitals, which were furnished through the courtesy of the Surgeon-General Bengal, were submitted to the Committee for information. These embrace a great variety of diets, and priced at Madras rates the cost of European diets in Calcutta range from annas 3 pies 3 to annas 7 pies 0¼ against annas 1 pies ½ to annas 6 pies 3½ in the proposed new Madras scales. As regards Native diets the cost in the north, at Madras prices, ranges from annas 2 to annas 3 pies 6, against pies 2 to annas 3 pies 0½ in the new scale for our hospitals.

3. From a return showing the contract rates at which various articles of diet and extras have been supplied to some of our more important Presidency

hospitals during each of the past 3 years it is eviden that its increase in the cost of dieting has not been du to a rise in prices. Out of the 81 items given in the list only 7 show any enhancement in price, while in 56 there was a decrease and in 18 no change. The ma cause of the growing expenditure has been the constant resort to extras. Thus in 1887 in the General Hospital the average daily cost of dieting a European patient was annas 4 pies 2½ while the charge for extras amounte to annas 5 pies 11, making a total of annas 10 pies 1½ per patient. In the Lock Hospital during the same year the expenditure of extras was even more remarkable, the average daily cost of a European diet having been but annas 4, while the extras amounted to annas 8 pies 4. The following statement shows the proportionate daily average cost of extras and ordinary diet in several of the more important hospitals in 1887:—

	Europeans.						Natives.					
	Diets			Extras			Diets			Extras		
	R	a	p	R.	a.	P.	R	a.	P.	R.	a.	P.
General Hospital	0	4	2½	0	5	11	0	3	2¼	0	2	1¾
Hospital for Women & Children	0	3	3	0	3	9	0	1	10	0	1	9
Ophthalmic hospital	0	4	4½	0	3	2	0	3	6	0	0	4
Lock Hospital	0	4	0	0	8	4	0	2	3	0	4	7

One remarkable feature in these figures is the great difference in the rates which the cost of extras bears to that of the standard diet in the several hospitals; and the main objects of the present proposals are to provide diet scales which will render the use of extras less necessary, and to establish a check which will at once bring to notice any undue expenditure in the matter of dieting

4. The Committee nominated by me met 3 times and heir views and recommendations will be found in Appendices .B.C. together with the covering letter of the President marked D. They bring to notice that during the past 5 years there has been an increase in the daily cost of dieting patients as follows:—

	Europeans + Eurasians
General Hospital —	5¾ pies
Leper — „ —	2 annas
Lock — „ —	2 annas 2 pies
Natives	
General Hospital —	7½ pies
Women & Childrens' —	5 pies
Lying in Hospital —	4 pies
Leper — „ — —	3 pies
Lock — „ — —	1 anna 8 pies

These increases the Committee consider are chiefly due to the prescribing of Extras, but they do not think that any benefit would be derived by increasing the number of different diets.

5. The returns from the Ophthalmic, Lying-in and Women and Childrens' hospitals show, that it is possible to diet European and Eurasian sick at an average daily cost not exceeding 8 annas and native patients at an average charge of 4 annas; without unduly interfering with the discretion of the Medical Officer in his choice of diets, extras &c. In 1887 the daily average cost of diets, extras and stimulants for Europeans varied from 5 annas 10½ pies in the Lunatic Asylum to 12 annas 4 pies in the Lock Hospital, and for Natives from 2 annas 7½ pies in the Lunatic Asylum to

6 annas 10 pies in the Lock Hospital.

6. At present there are special diet scales for Europeans and Natives in the Lunatic Asylum and the Leper Hospital and for Natives in the Lying-in Hospital, but the Committee propose to introduce one standard scale which will meet the requirements of all the Presidency Hospitals. This uniformity will render the prescribing of diets much simpler for Medical Officers, while at the same time it will make check and comparison much easier in the Surgeon-General's Office. With these objects in view they recommend that the following should be the diets used in future:—

Europeans and Eurasians

Spoon, Milk, Half, Mixed, Full.

Natives

Spoon, Milk, Coffee, Half, Full.

They also consider that Medical Officers should be allowed to diet patients on extras alone.

7. Along with their Proceedings the Committee have submitted certain appendices.

Appendix I contains a time table of diets which the Committee think should be issued as a guide, but that the exact hour for meals should be left to the discretion of the Medical Officer in charge.

Appendix II contrasts the cost of the present and proposed diets calculated at the contrac rates now in force. Regarding the propose uropean dietary the Committee observe "the cost is very much on a par with that which has hitherto obtained and that at the same time the diets have been increased in number and variety and been improved in nutritive value". With respect to the native diets they remark "it is obvious that the scale now submitted is superior to that which has hitherto obtained in respect of cheapness variety and suitability." One great advantage would be that the greater variety would give less need for ordering extras.

Appendix III gives full information as to the constituents of present and proposed diets.

Appendix IV. is a form for a daily register of diets, extras and stimulants ordered with their cost, so that the Medical Officer can at once see the nature and value of the diets prescribed.

Appendix V is a similar form for the registration of perishable articles ordered. The former of these, as will hereafter be noticed, may conveniently take the place of various returns now submitted for financial check.

Appendix VI. is a list of proposed extras with the formulae for such as require special preparation. The majority of these are now in use in the General Hospital and it is necessary to lay down precise instructions as to the ingredients of each, so that

their cost may be accurately estimated. "The Commi "observe that the list is a large one, and is mad "to embrace the requirements of the officers and "private quarters in the hospitals where such classes "of patients are admitted. They do not consider that "a large [illegible]ber of extras will be ordinarily required, "if the proposed scale of diets is adopted"

Appendix VII contains general rules regarding diets and extras, which are to be printed and hung up in each hospital for the information and guidance of Medical Officers.

7. The Committee finally recommend, that as a very variable amount of fuel is consumed in cooking the diets in the various Presidency Hospitals, a series of experiments should be made in the General Hospital to determine whether coal could not with considerable economy be substituted for wood. According to the Committee the relative prices of wood and coal in Madras are,

Wood per ton contract rates Rs 11-10-8 or 1 pie ⅌ lb
Australian coal per ton Rs 20/. or 1 3/8 pie ⅌ lb

It is also stated that according to the experience of the Madras Municipality one pound of coal is in heating power equal to 2 1/2 lbs of wood. Where stoves are in use it has been found tha coal is less destructive to the iron than woo

If coal were introduced stoves for its consumption would be necessary, but these in the end would prove economical. The following abstract shows the quantities of wood and coal used in various institutions:—

	Per Diet			
	Wood		Coal	
	Europeans lbs	Natives lbs	Europeans	Natives
Calcutta Medical College	"	"	1/8 to 1/2 lb	1/2 to 1 lb
Madras Hospitals	4	2	"	"
" Lunatic Asylum	2	2	"	"
	Per week for each diet			
Jails – Bengal	3 1/2 lbs			
" – Madras	10 1/2 lbs			
" – Bombay	7 lbs			
" – North-west Provinces	2 5/8 lbs			

8. The President of the Committee in a covering letter, after noticing and urging the adoption of their chief suggestions, forwards a list of the various returns and records now in use and points out those which the Committee deem it desirable to retain and those which may be dispensed with. These recommendations if carried out will be productive of a saving in scriptory work and greatly facilitate financial check.

9. Briefly the proposals of the Committee are as follows:—

a. The introduction of new uniform scales of diets for Europeans and Natives in all the Government Presidency Hospitals:

b. That a table of formulæ for the preparation of certain extras be brought into use:

c. That a time table for the regulation of the meals of the sick be issued for the guidance of Medical Officers:

d. The revision of the forms now in use in connection with the economical working of the hospitals:

e. The introduction of a code of rules regarding diets and extras for the guidance of Medical Officers:

f. That a series of experiments be carried out in the general hospital to determine the relative cost of coal and wood as fuel for cooking diets.

In submitting these proposals, which have been worked out with much care by practical and experienced Officers, I have the honor to recommend their adoption. The scales of diets and extras proposed are in my opinion better suited for the sick than those now in use, while they are not more expensive and are calculated to prevent extravagance in the use of extras. The proposed changes in some of the forms of returns now in use have also my approval. The most important of these is the form suggested in Appendix No. IV of the Committee's report. It contains all the information embraced in several returns now forwarded monthly to the Surgeon-General's office, and if brought into use will not only maintain a constant check on diet and extras used in t

Hospitals, but also afford a ready means in my own Office of checking expenditure generally and of watching it under particular heads. It is also very desirable to have the proposed experiments carried out with a view to test the relative cost of wood and coal as fuel. The greatest care and trouble taken by the Committee in investigating the subject and in framing their proposals claim my best thanks and will I feel sure meet with the approval of Government.

I have the honor to be
Sir,
Your Most Obt. Servant.
Sidie M.B., C.I.E.
Surgeon-General ē Govt: of Madras.

— 314/14 A Pro
4/3/89 No 313/13 A
24/1/89 No 65 Pub Pro.
28/1/89 No 198 Pro

Public 1888 Department

From

G. Bidie Esq. M.B., C.I.E.
Surgeon-General
c Govt. of Madras

No. 0/527

Dated 22° }
Received 24 } September 1888

No.

Subject

Submits proposals to moderate expenditure in the dieting of patients in the Presidency Hospitals and recommends their adoption

Pub 18/1/89

C. No. 4217

Office of Surgeon-General
with the Government of Madras,
Fort St. George, 5th December 1888.

No. 376

From G. Bidie Esqr. M.B., C.I.E.
~~The~~ Surgeon-General with the
Government of Madras,
Fort St. George,

To

The Chief Secretary to Government
Public Department.

Sir,

I have the honor to solicit that the Right Honorable the Governor in Council will be pleased to pass early orders on this office letter No. 0/527 dated 22nd September 1888 regarding the introduction of revised scale of diet in all the Government Presidency Hospitals, to enable me to bring the same into effect from 1st January 1889 if sanctioned.

I have the honor to be
Sir
Your most obedient servant
Bidie M.B. C.I.E.
Surgeon General
with the Govt. of Madras

TG.

~~Current No. 4~~

Public (188 *8*) DEPARTMENT.

From *G. Bidie Esqr. M.B., C.I.E.*
~~THE~~ SURGEON-GENERAL WITH THE
GOVERNMENT OF MADRAS
Fort St. George.

No. *376*

Dated *5th* } *December* 188 *8*.
Recd.

No.

CHIEF SECRETARY
6 DEC 88
GOVERNMENT OF MADRAS

SUBJECT.

Solicits early orders on letter No. 0/527 of 22nd Septr. 1888 regarding the introduction of revised scale of diet in the Presidency Hospl.

30

Public C. Nos. 3234 & 42

Order: – 1st January/89 No. 1.

The proposed alterations in the scales of diet are sanctioned as an experimental measure; a report should be submitted at the end of a year showing the effects of the changes introduced as well as the financial results.

NCS
1 Jan.

The Govt. gather from the Committee's report that the present system of supply is of contract for furnishing articles in bulk and not ~~for~~ at fixed rates per diet or extras ordered; and that the contract rates are carefully checked with market prices in the controller's office. Rates per diet should never be allowed.

2. The number of registers prescribed forms &c. seems ~~voluminous and~~ capable of reduction; A good many of them might probably be dispensed with and the Accountant General should be asked to advise on the point.

3. The Surgeon General will convey the thanks of Government to Brigade Surgeon Sibthorpe and the members of ~~the~~ the Committee for their careful ~~and painstaking~~ report.

30 Dec

To

The Surgeon General with the book ~~&~~ spare ~~[illegible]~~ Despd. 10/1/89
" ~~Accountant General~~
Sanitary Commr. Despd. 10/1/89.

Hm.

Revised scale of
diet for Presidency
Hospitals

1st January 1889, No. 1, Public.

GOVERNMENT OF MADRAS.

PUBLIC DEPARTMENT.

READ—the following papers :—

From G. BIDIE, Esq., M.B., C.I.E., Surgeon-General with the Government of Madras, to the Chief Secretary to Government, dated Ootacamund, 22nd September 1888, No. O-527.

I have the honor to report to the Right Honorable the Governor in Council that the great and growing cost of dieting patients, both European and Native, in some of the Presidency hospitals has for some time engaged my attention; and I have now the honor to submit certain proposals which will, I hope, tend to moderate expenditure in this direction without prejudicing the interests of the sick.

Brigade-Surgeon C. Sibthorpe.
Surgeon-Major H. J. Hazlett.
" E. F. Drake-Brockman.
" D. R. Thompson,* M.D., C.I.E.
" A. M. Branfoot, M.B.

2. In March last, the marginally-noted committee was appointed by me to consider the whole subject and advise on the following points :—

(a) The possibility of altering the number of diet scales so as to do away to a large extent with the necessity for ordinary extras which are the chief causes of the growing expenditure.

(b) The desirability of changing the composition of existing scales of diets especially those for natives, so as to render them less costly without impairing their suitability for the sick.

(c) The propriety of giving the medical officer power, in exceptional cases, to diet a patient entirely on extras; without having as is the case under existing rules, to prescribe a regular diet which may not be consumed and to tack on to it the extras.

(d) To consider whether some abstract return might not be introduced by which the medical officer could daily see at a glance the number and cost of diets, extras, &c., ordered and thus have the opportunity of at once checking any undue expenditure.

The diet scales in use in various Calcutta hospitals, which were furnished through the courtesy of the Surgeon-General, Bengal, were submitted to the committee for information. These embrace a great variety of diets, and priced at Madras rates the cost of European diets in Calcutta range from Annas 3 pies 3 to Annas 7 pies 0¼, against Annas 1 pies 0½ to Annas 6 pies 3½ in the proposed new Madras scales. As regards Native diets the cost in the North, at Madras prices, ranges from Annas 2 to Annas 3 pies 6, against pies 2 to annas 3 pies 0½ in the new scale for our hospitals.

3. From a return showing the contract rates at which various articles of diet and extras have been supplied to some of our more important Presidency hospitals during each of the past 3 years it is evident that the increase in the cost of dieting has not been due to a rise in prices. Out of the 81 items given in this list only 7 show any enhancement in price, while in 56 there was a decrease and in 18 no change. The main cause of the growing expenditure has been the constant resort to extras. Thus in 1887 in the General hospital, the average daily cost of dieting a European patient was Annas 4 pies 2½, while the charge for extras amounted to Annas 5 pies 11,

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* This officer being about to retire only attended one meeting.

making a total of Annas 10 pies 1½ per patient. In the Lock hospital during the same year, the expenditure of extras was even more remarkable, the average daily cost of a European diet having been but Annas 4, while the extras amounted to Annas 8 pies 4. The following statement shows the proportionate daily average cost of extras and ordinary diet in several of the more important hospitals in 1887 :—

—	Europeans.		Natives.	
	Diets.	Extras.	Diets.	Extras.
	RS. A. P.	RS. A. P.	RS. A. P.	RS. A. P.
General hospital	0 4 2½	0 5 11	0 3 2¼	0 2 1¾
Hospital for women and children	0 3 3	0 3 9	0 1 10	0 1 9
Ophthalmic hospital	0 4 4½	0 3 2	0 3 6	0 0 4
Lock hospital	0 4 0	0 8 4	0 2 3	0 4 7

One remarkable feature in these figures is the great difference in the rates which the cost of extras bears to that of the standard diet in the several hospitals, and the main object of the present proposals are to provide diet scales which will render the use of extras less necessary, and to establish a check which will at once bring to notice any undue expenditure in the matter of dieting.

4. The committee nominated by me met three times and their views and recommendations will be found in appendices A.B.C., together with the covering letter of the President marked D. They bring to notice that during the past 5 years there has been an increase in the daily cost of dieting patients as follows :—

	AS.	P.
Europeans and Eurasians.		
General hospital	0	5¾
Leper ,, ...	2	0
Lock ,, ...	2	2
Natives.		
General hospital	0	7½
Women and children's hospital	0	5
Lying-in hospital	0	4
Leper ,, ...	0	3
Lock ,, ...	1	8

These increases the committee consider are chiefly due to the prescribing of extras, but they do not think that any benefit would be derived by increasing the number of different diets.

5. The returns from the Ophthalmic, Lying-in and Women and Children's hospitals show that it is possible to diet European and Eurasian sick at an average daily cost not exceeding 8 annas and Native patients at an average charge of 4 annas; without unduly interfering with the discretion of the medical officer, in his choice of diets, extras, &c. In 1887 the daily average cost of diets, extras and stimulants for Europeans varied from 5 annas 10½ pies in the Lunatic asylum to 12 annas 4 pies in the Lock hospital, and for Natives from 2 annas 7½ pies in the Lunatic asylum to 6 annas 10 pies in the Lock hospital.

6. At present there are special diet scales for Europeans and Natives in the Lunatic asylum and the Leper hospital and for Natives in the Lying-in hospital; but the committee propose to introduce one standard scale which will meet the requirements of all the Presidency hospitals. This uniformity will render the prescribing of diets much simpler for medical officers while at the same time it will make check and comparison much easier in the Surgeon-General's office. With these objects in view they recommend that the following should be the diets used in future :—

Europeans and Eurasians.—Spoon, milk, half, mixed, full.

Natives.—Spoon, milk, coffee, half, full.

They also consider that medical officers should be allowed to diet patients on extras alone.

7. Along with their proceedings the committee have submitted certain appendices.

Appendix I—contains a time table of diets which the committee think should be issued as a guide, but that the exact hour for meals should be left to the discretion of the medical officer in charge.

Appendix II—contrasts the cost of the present and proposed diets calculated at the contract rates now in force. Regarding the proposed European dietary the committee observe : "the cost is very much on a par with that which has hitherto obtained and that at the same time the diets have been increased in number and variety and been improved in nutritive value." With respect to the Native diets they remark "it is obvious that the scale now submitted is superior to that which has hitherto obtained in respect of cheapness, variety and suitability." One great advantage would be that the greater variety would give less need for ordering extras.

Appendix III—gives full information as to the constituents of present and proposed diets.

Appendix IV—is a form for a daily register of diets, extras and stimulants ordered with their cost, so that the medical officer can at once see the nature and value of the diets prescribed.

Appendix V—is a similar form for the registration of perishable articles ordered. The former of these, as will hereafter be noticed, may conveniently take the place of various returns now submitted for financial check.

Appendix VI—is a list of proposed extras with the formulæ for such as require special preparation. The majority of these are now in use in the General hospital and it is necessary to lay down precise instructions as to the ingredients of each so that their cost may be accurately estimated. "The committee observe that the list is a large one, and is made to embrace the requirements of the officers and private quarters in the hospitals where such classes of patients are admitted. They do not consider that a large number of extras will be ordinarily required, if the proposed scale of diets is adopted."

Appendix VII—contains general rules regarding diets and extras, which are to be printed and hung up in each hospital for the information and guidance of medical officers.

8. The committee finally recommend, that as a very variable amount of fuel is consumed in cooking the diets in the various Presidency hospitals, a series of experiments should be made in the General hospital to determine whether coal could not with considerable economy be substituted for wood. According to the committee the relative prices of wood and coal in Madras are—

Wood per ton contract rates—Rs. 11-10-8 or 1 pie per lb.
Australian coal per ton—Rs. 20 or 1⅝ pie per lb.

It is also stated that according to the experience of the Madras Municipality one pound of coal is in heating power equal to 2½ lb. of wood. Where stoves are in use it has been found that coal is less destructive to the iron than wood. If coal were introduced stoves for its consumption would be necessary, but these in the end would prove economical. The following abstract shows the quantities of wood and coal used in various institutions :—

—	Per diet.			
	Wood.		Coal.	
	Europeans.	Natives.	Europeans.	Natives.
	lb.	lb.		
Calcutta Medical College	..	..	⅓ to ½ lb.	½ to 1 lb.
Madras Hospitals	4	2	..	..
Do. Lunatic Asylum	2	2	..	..
	Per week for each diet.			
Jails, Bengal	3½ lb.			
,, Madras	10½ lb.			
,, Bombay	7 lb.			
,, North-West Provinces	2⅝ lb.			

9. The President of the Committee in a covering letter, after noticing and urging the adoption of their chief suggestions, forwards a list of the various returns and records now in use and points out those which the committee deem it desirable to retain and those which may be dispensed with. These recommendations, if carried out, will be productive of a saving in scriptory work and greatly facilitate financial check.

10. Briefly the proposals of the committee are as follows:—

(*a*) The introduction of new uniform scales of diets for Europeans and Natives in all the Government Presidency hospitals.
(*b*) That a table of formulæ for the preparation of certain extras be brought into use.
(*c*) That a time table for the regulation of the meals of the sick be issued for the guidance of medical officers.
(*d*) The revision of the forms now in use in connection with the economical working of the hospitals.
(*e*) The introduction of a code of rules regarding diets and extras for the guidance of medical officers.
(*f*) That a series of experiments be carried out in the General hospital to determine the relative cost of coal and wood as fuel for cooking diets.

In submitting these proposals which have been worked out with much care by practical and experienced officers, I have the honor to recommend their adoption. The scales of diets and extras proposed are in my opinion better suited for the sick than those now in use, while they are not more expensive and are calculated to prevent extravagance in the use of extras. The proposed changes in some of the forms of returns now in use have also my approval. The most important of these is the form suggested in Appendix No. IV of the committee's report. It contains all the information embraced in several returns now forwarded monthly to the Surgeon-General's office, and if brought into use, will not only maintain a constant check on diet and extras used in the hospitals, but also afford a ready means in my own office of checking expenditure generally and of watching it under particular heads. It is also very desirable to have the proposed experiments carried out with a view to test the relative cost of wood and coal as fuel. The great care and trouble taken by the committee in investigating the subject and in framing their proposals claim my best thanks and will, I feel sure, meet with the approval of Government.

ENCLOSURES.

From Brigade-Surgeon C. SIBTHORPE, F.K.Q.C.P., President, Diet Committee, to the Secretary to the Surgeon-General with the Government of Madras, dated Madras, 7th June 1888, No. 4.

I have the honor to inform the Surgeon-General that the committee appointed by him have, in accordance with the instructions conveyed in your Memorandum No. 1590, dated 16th March 1888, fully considered the question of revision of the diet scales of the Government hospitals in the Presidency Town. I now submit their views and recommendations in the Proceedings noted in the margin.

No. 1, dated 23rd March 1888.
,, 2, ,, 24th May ,,
,, 3, ,, 28th ,, ,,
with 7 appendices.

2. Surgeon-Major D. R. Thompson, M.D., C.I.E., having retired from the service on the 1st of April last, ceased to be a member of the committee.

3. The attention of the committee was called to G.O., No. 627, of 5th June 1874, on the Proceedings of the Hospital Committee which sat that year, and to G.O., No. 65, dated 24th January 1881, in which the present scales in force were fixed.

4. The revised scale of diets, which is attached to the Proceedings, has been so framed as to suit the requirements of all the Government hospitals in the Presidency Town, thus doing away with the separate scales which existed for different hospitals. This scale, if sanctioned, will be much simpler for both medical officers and subordinates to learn, and will render the checking of the different hospital charges for diet a much easier matter in your office. I consider it most desirable that the time table of diet, Appendix No. I, should be brought into use in all the hospitals, as it is framed with the view of giving the patients food at more frequent intervals than is the custom at present.

5. In the General hospital and other hospitals where there are special wards, such as the "Officers' quarters," for the treatment of a superior class of patients, there should be separate returns of the cost of dieting such patients.

6. The forms proposed by the committee in paragraph 5 of Proceedings No. 3, would embody all the particulars at present afforded in the marginally-noted monthly forms submitted to the Surgeon-General's office and would also contain additional information for the purposes of check of the monthly accounts. In view, therefore, to decreasing the amount of clerical labor, I have the honor to recommend that the proposed forms be substituted for the present forms as marked above, which will no longer be required. The enclosed list* shows the returns which are proposed to be retained and dispensed with, respectively. These changes will in no way impair the system of check which at present obtains.

Nos. 11 and 12 explanatory memorandum of diets and extras Nos. 22 and 23. Nominal return of expenditure of wines and spirits.

* Marked A.

7. As regards the proposal in respect to fuel, I have the honor to state that in the event of coal being substituted for wood, it would be necessary to supply some of the hospitals with American stoves for burning coal. This could be done at a small cost and would eventually prove economical.

8. The relative price of wood and coal is as follows:—

Wood per ton contract rate, Rs. 11-10-8 or 1 pie per lb.
Coal, Australian .. ,, 20-0-0 or $1\frac{3}{8}$ pie per lb.

The consumption of coal would, according to the experience of the Municipality, be proportionately less than that of wood, at the rate of one pound coal to two and half pounds of wood. Coal if used instead of wood, would probably be less destructive to the expensive European (Benham's) cooking range in the General hospital, which cost Rs. 2,940 in 1883 and had to be repaired at a cost of Rs. 648-13-10 in 1887. The experiments with wood, proposed by the committee, might also be tried at the other hospitals, and statements furnished showing the relative cost and quantity consumed.

9. I have the honor to recommend that the rules proposed by the committee in paragraph 8 of Proceedings No. 3, should supersede all former orders, and that they may be printed in a pamphlet form for the guidance of medical officers newly appointed to the Presidency hospitals, as a means of preventing wastage through inexperience.

10. I enclose the following papers, some of which I have been directed to return by you.

No. 1 Packet.—Bengal diet scales, also statement showing cost of Bengal diets calculated at the Madras contract rates.
No. 2 Packet.—Diet scales in use in the Madras hospitals and averages showing cost of diets, &c., in each for the past five years.
No. 3 Packet.—Contractors rates for the last three years, with statement of expenditure of extras in the General hospital for three years and comparative statements of schedule rates for 1887-88 and 1888-89.
No. 4 Packet.—Diet scales of Jails, Mysore State, Native Infirmary and Presidency Hospitals.
No. 5 Packet.—Present and proposed forms and returns.

PROCEEDINGS of the Committee appointed by the Surgeon-General in Memorandum No. 1590, dated 16th March 1888, for revision of scale of diets.

23rd March 1888.

PRESENT.

Brigade-Surgeon C. Sibthorpe, F.K.Q.C.P.
Surgeon-Major E. F. Drake-Brockman, F.R.C.S.
,, ,, H. J. Hazlett.
,, ,, D. R. Thompson, M.D., C.I.E.
,, ,, A. M. Branfoot, M.B.

In order to enable the committee to judge the direction in which the increase of extras has taken place, the committee resolve to request, with reference to paragraph 1 of the above-quoted memorandum from the Secretary to the Surgeon-General, that they may be furnished with an abstract statement showing extras, stimulants and bread for the past five years from each of the Presidency hospitals, showing Europeans and Natives separately.

Resolved that Surgeon-Major Thompson be requested to furnish the committee with copies scale of diets in use in the Monegar Choultry and their prices.

(Signed) C. SIBTHORPE, F.K.Q.C.P., Brigade-Surgeon—*President.*
(„) E. F. DRAKE-BROCKMAN, F.R.C.S.,
(„) H. J. HAZLETT, *Members.*
(„) A. M. BRANFOOT, M.B.,

PROCEEDINGS of the Committee appointed by Circular Memorandum No. 1590 of 16th March 1888.

24*th May* 1888.

PRESENT.

Brigade-Surgeon C. Sibthorpe, F.K.Q.C.P.
Surgeon-Major H. J. Hazlett.
„ A. M. Branfoot, M.B.

The committee having had before them the tables of average cost of diets, extras and stimulants in all the Government Presidency hospitals during the past five years, find that in the cost of dieting Europeans there has been an increase of—

5¾ pies in the General hospital,
2 annas in the Leper hospital,
2 annas and 2 pies in the Lock hospital,

and in the cost of dieting Natives of—

7½ pies in the General hospital,
5 pies in the Women and Children's hospital,
4 pies in the Lying-in hospital,
3 pies in the Leper hospital,
1 anna and 8 pies in the Lock hospital.

The increases have in the main been due to the use of extras.

They are of opinion that as the diets and extras are now issued in bulk and the various articles in each diet paid for in the same way according to contract rates, that no benefit would accrue by increasing the number of diets. The experience of the Women and Children, the Ophthalmic hospital, the Lying-in hospital and the Lunatic asylum proves that, supposing the price of food to remain at about existing rates, it is quite possible to diet European patients at an average cost not exceeding 8 annas and Natives at an average cost not exceeding 4 annas without unduly interfering with the discretion of the medical officer in his choice of diets, extras and stimulants.

2. The average cost of diets, extras and stimulants in 1887, in the different Government hospitals was :—

	Europeans.		Natives.	
	AS.	P.	AS.	P.
General hospital	10	1½	5	4
Women and Children's hospital	7	0	3	7
Ophthalmic hospital	7	6½	3	10
Lying-in hospital	6	4	3	3
Lunatic asylum	5	10½	2	7½
Leper hospital	8	8	2	11
Lock do.	12	4	6	10

With reference to paragraph 2, the committee are of opinion that it would be desirable to do away with the existing variations in diet scales in use in the different Government Presidency hospitals and establish one standard scale applicable to all. With this in view, they recommend that the following should be the diets—

European.

Spoon, Milk, Half, Mixed, Full.

Natives.

Spoon, Milk, Coffee, Half, Full.

(Signed) C. SIBTHORPE, F.K.Q.C.P., Brigade-Surgeon—*President.*
(„) E. F. DRAKE-BROCKMAN, F.R.C.S.,
(„) H. J. HAZLETT, *Members.*
(„) A. M. BRANFOOT, M.B.,

PROCEEDINGS of the Committee appointed by Circular Memorandum No. 1590 of 16th March 1888.

28*th May* 1888.

PRESENT.

Brigade-Surgeon C. Sibthorpe, F.K.Q.C.P.
Surgeon-Major E. F. Drake-Brockman, F.R.C.S.
„ „ H. J. Hazlett.
„ „ A. M. Branfoot, M.B.

In regard to Appendix I, the committee having considered the time table of diets submitted, consider that the table may be used as a guide by the medical officers, but that the exact hours for the issue of the various meals should be left to the discretion of the medical officer in charge.

2. In reference to Appendix II, the committee point out that as regards European diets, the cost is very much on a par with that which has hitherto obtained, and that at the same time the diets have been increased in number and variety and have been improved in nutritive value. As regards Native diets it is obvious that the scale now submitted is superior to that which has hitherto obtained in respect of cheapness, variety and suitability.

3. Appendix III is a comparative statement of the previous and proposed diets.

4. In reference to paragraph 3, the committee consider that medical officers should be permitted to diet patients on extras alone.

5. With regard to paragraph 5, the committee submit two forms marked Appendices IV and V, and suggest that individual medical officers using diets or perishable articles in hospital should be required to initial such forms daily.

6. Appendix VI is a list of proposed extras and the formulæ for such as require special preparation, the majority of which are at present used at the General hospital. It is necessary to lay down formulæ for these as the cost is calculated from them. The committee observe that the list is a large one, and is made to embrace the requirements of the officers' and private quarters in the hospitals where such classes of patients are admitted. They do not consider that a large number of extras will be ordinarily required, if the proposed scale of diets is adopted.

7. The committee recommend that, as a very variable amount of wood-fuel is consumed for the cooking of diets in the various Presidency hospitals, a series of experiments be made at the General hospital, to determine whether the cost of fuel could not be materially diminished by the substitution of coal for wood. The following table indicates the quantity of wood and coal in use in the hospitals and jails therein noted :—

—	Per Diet.			
	Wood.		Coal.	
	Europeans.	Natives.	Europeans.	Natives.
	LB.	LB.		
Calcutta Medical College	..	..	⅛ to ½ lb.	½ to 1 lb.
Madras Hospitals	4	2	..	..
„ Lunatic Asylum	2	2	..	..
	Per week for each diet.			
	lb.			
Jails, Bengal	3½			
„ Madras	10½			
„ Bombay	7			
„ North-West Provinces	2⅝			

8. The committee submit certain rules (Appendix VII) for the consideration of the Surgeon-General, with a view to their being brought into force in the various hospitals so far as circumstances permit.

(Signed) C. SIBTHORPE, F.K.Q.C.P., Brigade Surgeon—*President.*
(„) E. F. DRAKE-BROCKMAN, F.R.C.S.,
(„) H. J. HAZLETT, *Members.*
(„) A. M. BRANFOOT, M.B.,

Proposed Scale of Diets for the Government Hospitals in the Presidency Town.

European.

Spoon.		Milk.		Half.		Mixed.		Full.	
Sago or Arrowroot for Conjee Tea or Coffee	2 pints. 2 ,,	Milk Bread Butter Tea or Coffee	2 pints. 12 oz. 1 ,, 2 pints.	Mutton or Chicken Bread Butter Potatoes Salt Tea or Coffee Note.—The mutton or chicken may be roasted or grilled, then 1 oz. ghee may be used. If stewed— Onions Barley Flour may be given.	10 oz. 1 lb. 1 oz. 8 ,, ¾ ,, 2 pints. 1 oz. ½ ,, ½ ,,	Mutton Rice Curry-powder Tamarind Bread Butter Country Vegetable Hoppers each 20 oz. Salt Tea or Coffee Ghee	8 oz. 8 ,, ½ ,, ½ ,, 12 ,, 1 ,, 6 ,, 4 ,, ¾ ,, 2 pints. 1 oz.	Beef or Mutton Bread Butter Potatoes Country Vegetable Salt Tea or Coffee The meat may be roasted, when 1 oz. ghee may be used. If boiled— Onions Barley Flour may be given.	12 oz. 1 lb. 1 oz. 8 ,, 8 ,, ¾ ,, 2 pints. 1 oz. ⅓ ,, ½ ,,

Note.—Extras may be ordered on all diets except full and mixed.

Natives.

Spoon.		Milk.		Half.		Mixed.		Full.	
Soojee or Arrowroot Conjee.	2 pints.	Milk Bread or Rice Rice, Soojee or Arrowroot Conjee Sugar Salt This diet may be ordered with bread or milk with rice.	1½ pint. 12 oz. 1 pint. 2 oz. ¼ ,,	Bread Coffee Soojee Conjee	12 oz. 2 pints. 1 pint.	Mutton without bone Rice Curry-powder Tamarind Salt Ghee Vegetable Coffee	4 oz. 12 ,, ¼ ,, ⅜ ,, ½ ,, ½ ,, 2 ,, 1 pint.	Rice Mutton without bone Fish Dhall Curry-powder Gingelly oil Salt Tamarind Pepper-water Butter-milk Coffee Hoppers each 2 oz. Vegetables	20 oz. 6 ,, 4 ,, 1 ,, ½ ,, 1 ,, ¾ ,, ½ ,, ⅓ pint. ½ ,, 1 ,, 2 4 oz.

Notes.—Extras may be ordered on all diets except full. The meat in the various diets should weigh in its raw state, exclusive of bone the amount specified in the diets. If meat is issued with bone an additional 4 oz. per lb. should be allowed.

Notes on Full Diets.

1. Mutton to be given one day, Vegetables, Dhall and Fish the next day.
2. Eight oz. bread may be given in lieu of 10 oz. rice, in which case add "and bread."
3. In "full with Conjee" omit Coffee and Hoppers and give Rice Conjee 1 pint in lieu.
4. This diet may be ordered "full with Conjee" or "full with Coffee."

C. SIBTHORPE, F K.Q.C.P., *Brigade-Surgeon,—President.*
E. F. DRAKE-BROCKMAN, F.R.C.S., *Surgeon-Major,*
H. A. HAZLETT, *Surgeon-Major,* } *Members.*
A. M. BRANFOOT, M.B., *Surgeon-Major,*

A.

List showing the Forms to be retained and dispensed with, respectively, in the Steward's Department, General Hospital.

Number.	Present.	Proposed.
	Daily.	
1 and 2	(D) Check slip of ingredients issued to kitchen—E and N.	The same.
3 and 4	(D) Daily statement of diet and extras—E and N.	Appendix No. 4 replaces this. But the nurses might furnish the steward each with a statement of diet daily in the ordinary form. Name of wards with diets and extras.
5	(D) Indent on contractor for daily supplies.	The same.
6	(D) Check slip of extras—Natives	The same.
7	(D) Milk distribution—Sheet	
	Monthly.	
8 and 9	(D) and (A) Abstract of diets, extras and ingredients—E and N.	The same, with the names corrected according to the revised nomenclature of diets, extras and stimulants.
10	(A) Contingent bill	The same as prescribed in the Account Code.
11 & 12	(D) and (A) Explanatory memo. of extras—E and N.	The form (Appendix No. 4) proposed by the committee in paragraph 5 of Proceedings, No. 3, of 28th May 1888, in which forms Nos. 11 and 12, 20 and 21, and 22 and 23 are incorporated, would supersede them. Unlike those forms, the proposed form will record daily each day's diets, extras and stimulants of each ward and section separately, with the value thereof and the average cost per diem and mensem, as incurred by each medical officer. On being closed each month, the form would furnish a complete and authenticated record of the monthly expenditure under all heads of diets, extras and stimulants. It will not however show "diseases," but this is immaterial for the purposes of check. This form (Appendix 4) can be checked in the office of the Surgeon-General by the diet sheets which accompany the monthly accounts and which are also authenticated. Forms No. 11 and 12, 20 and 21 and 22 and 23 may therefore with advantage be safely dispensed with.
13	(A) Indent for extra servants	The same.
14	(A) Do. for funeral expenses	
15	(A) Do. for perishable articles	
16	(D) and (A) Indent for bread	
17	(D) and (A) Do. uncontracted articles	
18	(D) and (A) Liquor account	
19	List of condemned articles	
20 & 21	(D) Compilation statement of diets and extras—E and N. Note.—These Nos. 20 and 21 are not submitted with the monthly accounts to the Surgeon-General's office, but are prepared for the purposes of the abstracts (Nos. 8 and 9) above.	Not required. The new form (Appendix 4) which entirely displaces these (Nos. 20 and 21) will afford the particulars required for the preparation of the abstracts referred to.
22 & 23	(D) and (A) Nominal return of expenditure of wines and spirits—E and N.	Superseded by the new form (Appendix 4). *Vide* note against Nos. 11 and 12.
24	(A) Copy of pay bill of establishment.	This seems unnecessary, so long as the Accountant-General is furnished with the original bill, under the countersignature of the Surgeon-General.

"E" denotes European.
"N" denotes Native.
(D) pertaining to diets.
(A) Pertaining to monthly accounts submitted to Surgeon-General with bill of charges.

Number	Present.	Proposed.
	Monthly.	
25	Medical officers' pay bills	No change.
26	Pay abstract of establishment ..	
27	Bill for house-rent to medical warrant officers.	
28	Military stoppage rolls	
29	Military stoppage abstract ..	
30	List of seamen's bills	
	Quarterly.	
	Quarterly report on female nurses, 2nd grade.	
	Half-yearly.	
	Report on female nurses, 1st grade.	
	List of officers occupying public quarters.	
	List of officials drawing Rs. 100 and above.	
	Annual.	
	Acknowledgment of permanent advance.	
	Financial statement for calendar year.	
	Budget estimates	
	Schedule of establishment	
	Registers.	
	Articles condemned	
	Budget book	
	Correspondence	
	Daily expenditure of wines and spirits	
	Fine books	
	Government Proceedings file-book.	
	Indent book	
	Letter book	
	Letter file	
	Liquor account book	
	Military stoppage book	
	Miscellaneous return book	
	Perishable articles book	Appendix No. 5 proposed by the committee in paragraph 5 of Proceedings No. 3.
	Receipt file	No change.
	Seamen's stoppage book	
	Stock register of furniture	
	Steward's letter book	
	Account Books.	
	Abstract account current	
	Cash book	
	Contingent folio	
	Diet collection folio	
	Patient's deposit folio	
	Pay bill register	
	Pay acquittance roll	
	Poor fund and miscellaneous folio.	

Madras,
th *June* 1888.

C. SIBTHORPE, F.K.Q.C.P., Brigade-Surgeon,
President, Diet Committee.

APPENDIX I.

Time Table of Diets.

Europeans.

Spoon.		Milk.		Half.		Mixed.		Full.	
Early morning breakfast 6 or 6-30 A.M.									
Tea or Coffee	1 pint.	Tea or Coffee	1 pint.	Tea or Coffee	1 pint.	Tea or Coffee	1 pint.	Tea or Coffee	1 pint.
Breakfast 9-30 or 10 A.M.									
Soojee or Arrowroot Conjee.	1 pint.	Milk .. .. Bread .. .. .. Butter	1 pint. 12 oz. 1 ,,	Bread .. .. .. Butter .. .. .. Mutton or Chicken ..	1 lb. 1 oz. 5 ,,	Hoppers .. .. .. Bread .. .. .. Butter .. .. .. Mutton Chops	No. 4. 12 oz. 1 ,, 4 ,,	Bread .. .. .. Butter .. .. .. Mutton or Beef roasted ..	1 lb. 1 oz. 6 ,,
Dinner 2 P.M.									
Sago or Arrowroot Conjee ..	1 pint.	Milk	1 pint.	Mutton or Chicken .. Potatoes	5 oz. 8 ,,	Rice .. .. Mutton .. .. .. Vegetables	8 oz. 4 ,, 6 ,,	Broth, Soup or roasted Mutton .. .. .. Potatoes .. .. .. Vegetables	6 oz. 8 ,, 8 ,,
Supper 5-30 or 6 P.M.									
Tea or Coffee	1 pint.	Tea or Coffee	1 pint.	Tea or Coffee	1 pint.	Tea or Coffee	1 pint.	Tea or Coffee	1 pint.

APPENDIX I—*cont.*

Natives.

Spoon.		Milk.		Coffee		Half.		Full.	
				Early breakfast 6 or 6-30 A.M.					
Nil	..	Rice, Soojee or Arrowroot Conjee	1 pint.	Coffee	1 pint.	Coffee	1 pint.	Coffee or Conjee Hoppers	1 pint. 2 „
				Breakfast 9-30 or 10 A.M.					
Nil	..	Milk Bread (if "milk with bread")	1 pint. 6 oz.	Bread	6 oz.	Nil	..	Bread (if "Full with Bread")	8 oz.
				First meal 11 or 11-30 A.M.					
Sago or Arrowroot Conjee	1 pint.	Rice (if "Milk Rice") Sugar	6 oz. 2 oz.	Soojee Conjee	½ pint.	Rice Mutton Vegetables	6 oz. 2 „ 1 „	Rice Mutton Vegetable Dhall Butter-milk	10 oz. 3 „ 4 „ 1 „ ½ pint
				Second meal 3 P.M.					
Nil	..	Nil	..	Soojee Conjee	½ pint.	Nil	..	Nil	..
				Night meal 5-30 or 6 P.M.					
Soojee or Arrowroot Conjee.	1 pint.	Milk Rice or Bread	½ pint. 6 oz.	Coffee Bread	½ pint. 6 oz.	Rice Mutton Vegetables	6 oz. 2 „ 1 „	Rice Mutton or Fish Pepper-water	10 oz. 3 „ 4 „ ½ pint.

Or the water saved from boiling the rice should have a little salt added to it from the diet and served out in half pints to those patients who are getting rice.

APPENDIX II.

Comparative statement of value of diets.

Europeans.

Diets.	Present.		Proposed.	
	AS.	P.	AS.	P.
Spoon—				
Sago, with tea	1	5	1	2
Do. with coffee	..		1	3
Arrowroot, with tea	..		1	0½
Do. with coffee	..		1	1½
Milk—				
With tea	4	11	4	6
Do. coffee	..		4	7
Half Mutton—				
Roasted, with tea	4	8	4	7½
Do. with coffee	..		4	8½
Stewed, with tea	4	10	4	9½
Do. with coffee	..		4	10½
Half Chicken—				
Roasted, with tea	6	1	6	0½
Do. with coffee	..		6	1½
Stewed, with tea	6	3	6	2½
Do. with coffee	..		6	3½
Mixed—				
With tea	..		4	10
Do. coffee	4	10	4	11
Full—				
Beef, roasted, with tea	4	5	4	5
Do. with coffee	..		4	6
Beef, boiled, with tea	4	7	4	7
Do. with coffee	..		4	8
Mutton, roasted, with tea	5	2	5	2
Do. with coffee	..		5	3
Mutton, boiled, with tea	5	4	5	4
Do. with coffee	..		5	5

The above prices are calculated from the contract rates in force during this year, 1888-89.

Natives.

Diets.	AS.	P.	AS.	P.
Spoon—				
With soojee	1	3	0	2
Do. arrowroot	..		0	2½
Milk—				
With bread	3	8	2	0½
Do. rice	3	7	2	10½
Low	2	4	..	
Coffee	..		1	9
Half	..		1	11
Full—				
Mutton, with coffee	3	10	3	0
Fish, with coffee	..		2	11¾
Mutton, with conjee	..		2	4
Fish, with conjee	..		2	3¾

APPENDIX III.

Table of present and proposed diets.

Europeans.

Spoon.	Present.	Proposed.	Milk.	Present.	Proposed.	Half.	Present.	Proposed.	Mixed.	Present.	Proposed.	Full.	Present.	Proposed.
Sago	2 oz.	1 oz.	Bread	12 oz.	12 oz.	Chicken or mutton.	10 oz.	10 oz.	Tea	*Nil.*	½ oz.	Beef	12 oz.	12 oz.
Tea	½ „	¼ „	Rice	3 „	*Nil.*	Bread	1 lb.	1 lb.	Coffee	1¼ oz.	1 „	Mutton	1 lb.	1 lb.
Sugar	2¼ „	2 „	Milk for tea ..	6 „	4 oz.	Potatoes	8 oz.	8 oz.	Hoppers	6 no.	4 no.	Bread	12 oz.	8 oz.
Milk	6 „	4 „	Milk for diet ..	2 pts.	2 pts.	Tea	½ „	½ „	Mutton	8 oz.	8 oz.	Potatoes	12 „	8 „
For Conjee-water. { Rice ..	2 „	*Nil.*	Butter	½ oz.	1 oz.	Coffee	1 „	1 „	Rice	8 „	8 „	Tea	½ „	½ „
For Conjee-water. { Salt ..	2 drs.	„	Sugar	2 „	1 „	Sugar	1½ „	1 „	Curry-powder ..	½ „	½ „	Coffee	1 „	1 „
			Tea	½ „	¼ „	Milk	6 „	4 „	Sugar	1½ „	1 „	Sugar	1½ „	1 „
			Coffee	1 „	1 „	Butter	1 „	1 „	Milk	6 „	4 „	Milk	6 „	4 „
			Salt	2 drs.	*Nil.*	Onions	1 „	1 „	Butter	1 „	1 „	Butter	1 „	1 „
			Soojee	4 oz.	„	Barley	½ „	½ „	Bread	8 „	12 „	Onions	1 „	1 „
						Flour	½ „	½ „	Country vegetable.	4 „	6 „	Barley	½ „	½ „
						Salt	6 drs.	¾ „	Salt	1 „	¾ „	Salt	6 drs.	12 drs.
						Ghee	1 oz.	1 „	Tamarind	½ „	½ „	Ghee	1 oz.	1 oz.
									Ghee	*Nil.*	1 „	Country vegetable ..	*Nil*	8 „
												Flour	½ oz.	¼ „

APPENDIX III—cont.

Table of present and proposed diets—*cont.*

Natives.

Spoon.			Milk.			Coffee.			Half.			Full.		
—	Present.	Proposed.	—	Present.	Proposed.	—	Present.	Proposed.	—	Present.	Proposed.	—	Present.	Proposed.
Sago	4 oz.	*Nil.*	Bread or rice ..	12 oz.	12 oz.	Bread	*Nil.*	12 oz.	Mutton, without bone	*Nil.*	4 oz.	Mutton	8 oz.	6 oz.
Sugar	2 „	1 oz.	Milk	2 pts.	1½ pts.	Coffee	„	1 „	Rice	„	12 „	Rice	8 „	20 „
Milk	6 „	*Nil.*	Sugar	2 oz.	2½ „	Sugar	„	1½ „	Curry-powder ..	„	¼ „	Curry-powder ..	½ „	½ „
Rice	2 „	„	Rice	2 „	2 „	Milk	„	4 „	Tamarind	„	⅜ „	Vegetable	4 „	4 „
Salt	2 drs.	„	Soojee or arrowroot (or rice 2 oz.) ..	*Nil.*	½ pt.	Soojee	„	½ „	Salt	„	½ „	Hoppers	6 no.	2 no.
Soojee or arrowroot.	*Nil.*	1 oz.	Salt	2 drs.	4 drs.				Ghee	„	½ „	Bread	8 oz.	*Nil.*
									Vegetable	„	2 „	Butter or ghee ..	1 „	„
									Coffee	„	½ „	Salt	1 „	¾ oz.
									Sugar	„	½ „	Tamarind	½ „	¼ „
									Milk	„	2 „	Dhall (thrice a week).	2 „	1 „
												Fish	*Nil.*	4 „
												Gingelly oil	„	1 „
												Pepperwater	„	½ pt.
												Coffee	„	½ oz.
												Sugar	„	½ „
												Milk	„	2 „
												Rice conjee in lieu of hoppers or coffee.	„	1 pt.

APPENDIX IV.

Officers' Quarters.

Daily Register of dieting in-patients $\frac{\text{Europeans}}{\text{Natives}}$ in the Wards of the Hospital, Madras.

Date.	Section and Ward.	Men.	Women.	Children.	Total.	Diets.							Extras.																		
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32

Date.	Section and Ward.	Men.	Women.	Children.	Total.	Stimulants.										Cost of diets.	Cost of extras.	Cost of stimulants.	Total cost.	Average cost per patient.	Signature of Medical officer.
						33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48
																RS. A. P.	RS. A. P.	RS. A. P.	RS. A. P.	RS. A. P.	

APPENDIX V.

Register of Perishable Articles.

Date.	Wards.																															Signature of the officers to each of their respective entries, and the signature of R. M. O. to daily total.
		No.	No.	No.	lb.	lb.	lb.	oz.	oz.	oz.																						

APPENDIX VI.

NOMENCLATURE of extras authorised for use in the Government Civil Hospitals in the Presidency Town.

Number of Formulæ.	Names.
	Almonds.*
	Apples.*
1	Arrowroot blancmánge.
2	Do. conjee.
3	Do. jelly.
4	Barley water.
5	Batter pudding.
6	Beef-juice.
7	Beef-steak.*
8	Beef-tea.
9	Beef-tea jugged.
	Biscuits.*
10	Blancmánge.
11	Bran-biscuits.
	Bread.
12	Bread-pudding.
	Butter.
	Butter-milk.
13	Chicken boiled.*
14	Do. broth.
15	Do. curry.
16	Do. cutlets.*
17	Do. fricasee *
18	Do. grilled.*
19	Do. jelly.*
20	Do. kusee.*
21	Do. pepperwater.
22	Do. roast.*
23	Do. stew.*
24	Chutney.
25	Cocoa.*
26	Coffee, with milk.
27	Cornflour blancmánge.*
28	Do. conjee.
29	Do. pudding.*
30	Curry-powder.
31	Custard.*
	Dhall.
	Eggs.
32	Do. fried.*
33	Do. omelette.*
34	Do. pouched.
	Essence of beef, Baud's.
	Extract of beef, Liebeg's.
	Fish.
35	Do. boiled.
36	Do. fried.
37	Do. moli.
33	Fruit, stewed.*
	Ghee.
39	Ginger tea.
	Grapes.*
	Hoppers.
	Ice.
	Jam.*
	Lemonade.
40	Lime juice.
41	Lime pudding.*
	Limes.
42	Linseed tea.
	Mangoes.
	Milk.
43	Mutton broth.
44	Do. chops.
45	Do. chops, boiled.
46	Do. curry.
47	Do. cutlets.
	Do. fat.
48	Do. fried.
49	Do. minced.
50	Do. pepperwater.
51	Do. stew.
52	Oatmeal porridge.*
	Oranges.
53	Partridge roast.*
54	Do. stew.*
	Peas.*
	Pepper.
55	Pepperwater.
56	Pigeon roast.*
57	Do. stew.*
	Plantains.
	Plums.*
58	Plum-pudding.
	Pomegranate.
	Potatoes.
59	Potatoe cutlets.*
59½	Rabbit.
	Rice.
60	Do. conjeewater.
61	Do. pudding.
62	Sago conjee.
63	Do. jelly.
64	Do. pudding.
65	Scotch-broth.
66	Sheep-trotter jelly.
67	Do. stew.
68	Snipe-roast.*
69	Sponge-pudding.
	Sodawater.
70	Soojee conjee.
71	Do. jelly.
72	Do. pudding.
73	Spice powder.
	Sugar.
74	Tapioca conjee.
75	Tapioca pudding.*
76	Tea with milk.
77	Teal roast.*
	Tyre.
	Vegetable.
78	Do. curry.

NOTE.—The extras with asterisks are only for Europeans and Eurasians.

Nomenclature of extras authorized for use in the Government Civil Hospitals in the Presidency Town—*cont.*

Number of Formulæ.	Names.	Number of Formulæ.	Names.
	Vegetable, Europe.*		Burgundy.*
79	Vermicelli pudding.*		Claret.*
80	Wheat-cakes.		Constantia.*
			Frontignac.*
	Wines and Stimulants.		Gin (Old Tom).
			Porter.*
	Arrack.		Portwine.
	Beer *		Sherry.*
	Brandy.		Whiskey.*

NOTE.—The extras with asterisks are only for Europeans and Eurasians.

Formulæ for preparation of extra diets.

1. Arrowroot blancmánge—

Arrowroot	oz.	1
Sugar	,,	1
Lime	No.	1
Milk	pt.	1
Ice	lb.	½

2. Arrowroot conjee, per pint—

Arrowroot	oz.	½
Sugar	,,	½
Milk	,,	3

3. Arrowroot jelly—

Arrowroot	oz.	1½
Sugar	,,	1
Egg	No.	1
Milk	oz.	2

4. Barley water, 1 pint—

Barley	oz.	2
Sugar	,,	1

5. Batter pudding—

Flour	oz.	3
Milk	,,	10
Egg	No.	1

6. Beef-juice, lb. 1—

Hydrochloric acid	drops	40
Salt	oz.	¾

or prepare as follows:—Mince the beef and put in a jar adding 60 grains of salt to one pound of beef, cover the jar with paste and leave it in hot water near fire for three hours and then strain the juice with a clean piece of muslin.

7. Beef-steak—

Beef	oz.	8
Ghee	,,	1
Onions	,,	1
Salt	grs.	30
Pepper	,,	30

8. Beef-tea, 1 pint—

Beef, without bone	oz.	12
Salt	grs.	60
Pepper	,,	20

9. Beef-tea, jugged—

Beef	oz.	16
Salt	grs.	30
Pepper	,,	60

Water sufficient to just cover meat when placed in jar. To be jugged for three hours.

10. Blancmánge—

Gelatine	oz.	1
Sugar	,,	1
Lime	No.	1
Ice	lb.	½
Egg	No.	1
Milk	pt.	1

11. Bran-biscuits, 1 lb—

Bran	oz.	16
Salt	,,	½
Ghee	,,	2

12. Bread-pudding—

Bread	oz.	4
Sugar	,,	1
Egg	Nos.	2
Milk	oz.	15

13. Chicken, boiled—

Chicken, No. 1	oz.	10
Onions	,,	½
Pepper	grs.	30
Salt	,,	30
Mint and parsley	,,	60

14. Chicken broth, 1 pint—

Chicken, No. 1	oz.	10
Onions	,,	½
Barley	,,	¼
Salt	grs.	60
Pepper	,,	60
Mint and parsley	,,	60

15. Chicken curry—

Chicken, No. 1	oz.	10
Ghee	,,	½
Curry-powder	,,	½
Tamarind	,,	¼
Onions	,,	½
Salt	grs.	60

Formulæ for preparation of extra diets—*cont.*

16. Chicken cutlets—

Chicken, No. 1	oz.	10
Ghee	,,	1
Salt	grs.	30
Onions	,,	½

17. Chicken fricasee—

Chicken, No. 1	oz.	10
Milk	pt.	½
Onions	oz.	1
Salt	grs.	30
Pepper	,,	30
Butter	oz.	1

18. Chicken grilled—

Chicken, No. 1	oz.	10
Ghee	,,	1
Salt	grs.	60
Pepper	,,	30

19. Chicken jelly—

Chicken, Nos. 2	oz.	20
Sugar	,,	1½
Lime	No.	1
Eggs	Nos.	2
Spice	grs.	20
Ice	lb.	1

20. Chicken kusee—

Chicken, No. 1	oz.	10
Rice	,,	2
Onions	,,	½
Salt	grs.	60
Pepper	,,	30
Ghee	oz.	½

21. Chicken pepperwater, 1 pint—

Chicken, No. 1	oz.	10
Curry-powder	,,	½
Ghee	,,	½
Onions	,,	1
Salt	grs.	60
Tamarind	oz.	½
Limes	No.	1

22. Chicken roast—

Chicken	oz.	10
Pepper	grs.	30
Salt	,,	60
Bread	oz.	½
Milk for white sauce	,,	2

23. Chicken stew—

Chicken	No.	1
Ghee	oz.	1
Flour	,,	1
Onions	,,	½
Cinnamon	grs.	30
Spice	,,	30

24. Chutney, of 1 oz—

Tamarind	oz.	¼
Green chillies	,,	¼
Mint, coriander leaves and ginger, green	,,	½
Salt	drs.	2

25. Cocoa, 1 cup—

Cocoa	oz.	1
Milk	pt.	1
Sugar	oz.	½

26. Coffee, with milk, 1 pint—

Coffee powder	oz.	½
Sugar	,,	1
Milk	,,	3

27. Cornflour blancmánge—

Cornflour	oz.	1
Sugar	,,	1
Lime	No.	1
Ice	lb.	½
Milk	pt.	1

28. Cornflour conjee—

Cornflour	oz.	½
Sugar	,,	½
Milk	,,	3

29. Cornflour pudding—

Cornflour	oz.	2
Sugar	,,	1
Eggs	Nos.	2
Milk	oz.	15
Nutmeg	,,	¼

30. Curry-powder—

	Native 12 lb.		European 20 lb.	
Chillies	lb.	3	lb.	1
Black pepper	oz.	10	,,	½
Coriander	lb.	6	,,	8
Turmeric	oz.	10	,,	2
Cummin-seed	,,	10	,,	1
Mustard	,,	10	,,	½
Vendium	,,	10	,,	¾
Garlic	,,	3	..	
Dry ginger	..		lb.	½
Poppy seeds	..		,,	½

31. Custard—

Milk	pt.	1
Sugar	oz.	1
Eggs	Nos.	2
Spice	grs.	10

32. Eggs, fried—

Egg	No.	1
Ghee	oz.	¼
Salt	dr.	1
Pepper	,,	1

33. Eggs, omelette—

Eggs	Nos.	2
Onions	oz.	½
Ghee	,,	1
Green chillies	Nos.	2
Salt	dr.	1

34. Eggs, poached—

Egg		1
Butter	grs.	60
Bread for toast	oz.	1

35. Fish, boiled—

Fish	oz.	8
Pepper	grs.	30
Salt	,,	30
Mint and parsley	,,	60

36. Fish, fried—

Fish	oz.	8
Ghee	,,	1
Flour	,,	1
Salt	grs.	30
Turmeric	oz.	¼

Formulæ for preparation of extra diets—*cont.*

37. Fish moli—

Fish	oz.	8
Ghee	,,	1
Flour	,,	1
Cocoanut	,,	2
Limes	No.	1
Green chillies	oz.	½
Ginger	,,	¼
Onions	,,	¼

38. Fruit, stewed—

Fruit	oz.	8
Sugar	,,	2

39. Ginger tea, 1 pint—

Ginger	oz.	¼
Sugar	,,	½
Milk	,,	2

40. Lime-juice, 1 pint—

Limes	Nos.	2
Sugar	oz.	¾

41. Lime pudding—

Eggs	Nos.	6
Sugar	oz.	4
Butter	,,	1
Limes	Nos.	3

42. Linseed tea—

Linseed	oz.	1
Sugar	,,	½
Lime	No.	1

43. Mutton broth, 1 pint—

Mutton with bone	oz.	12
Barley	,,	¼
Onions	,,	½
Pepper	grs.	60
Salt	,,	60

With sufficient water to produce 14 oz.

44. Mutton chops—

Mutton	lb.	1
Ghee	oz.	1
Pepper	grs.	60
Salt	,,	60

45. Mutton chops, boiled—

Mutton	oz.	8
Ghee	,,	½
Pepper	grs.	30
Salt	,,	30
Onions	oz.	1
Mint and parsley	grs.	60
Barley	oz.	½
Flour	,,	½

46. Mutton curry—

Mutton	oz.	8
Ghee	,,	½
Curry-powder	,,	½
Tamarind	,,	¼
Onions	,,	¼
Salt	grs.	30

47. Mutton cutlets—

Mutton	oz.	8
Salt	grs.	60
Ghee	oz.	½
Onions	,,	½
Pepper	grs.	30

48. Mutton, fried—

Mutton	oz.	8
Ghee	,,	1
Salt	grs.	30

49. Mutton, minced—

Mutton	oz.	8
Ghee	,,	1
Onions	,,	1
Salt	grs.	30
Pepper	,,	30
Mint and parsley	,,	30

50. Mutton pepperwater—

Mutton	oz.	12
Curry-powder	,,	½
Ghee	,,	½
Onions	,,	1
Salt	grs.	60
Lime	No.	1
Pepper	grs.	60

51. Mutton stew—

Mutton	oz.	8
Ghee	,,	1
Flour	,,	½
Onions	,,	1
Salt	grs.	30
Pepper	,,	30
Mint and parsley	,,	30

52. Oatmeal conjee—

Oatmeal	oz.	2
Milk	pt.	1
Sugar	oz.	2

53. Partridge roast—

Partridge	No.	1
Ghee	oz.	½
Pepper	grs.	30
Salt	,,	30
Milk	oz.	3
Bread	,,	1½

54. Partridge stew—

Partridge	No.	1
Ghee	oz.	1
Flour	,,	½
Onions	,,	1
Pepper	grs.	30
Salt	,,	30
Mint and parsley	,,	30

55. Pepperwater, 1 pint—

Chillies	oz.	¼
Pepper	,,	¼
Garlic	drs.	2
Tamarind	oz.	½
Salt	drs.	3

56. Pigeon roast—

Pigeon	No.	1
Ghee	oz.	½
Pepper	grs.	30
Salt	,,	30
Milk	oz.	3
Bread	,,	1

57. Pigeon stew—

Pigeon	No.	1
Ghee	oz.	1
Flour	,,	½
Onions	,,	1
Pepper	grs.	30
Salt	,,	30
Mint and parsley	,,	30

58. Plum pudding—

Plum	oz.	1
Currants	"	1
Almond	"	2
Bread	"	4
Milk	"	15
Sugar	"	1
Eggs	Nos.	2

59. Potatoe cutlets—

Potatoes	oz.	8
Ghee	"	1
Salt	grs.	120
Onions	oz.	½
Pepper	grs.	60
Wheatflour	oz.	1
Mutton	"	8
Mint and parsley	grs.	120

59½. Rabbit—Same formulæ as for chicken broth, chicken stew and chicken curry. Backs and legs the best parts for stewing or curry; the coarser parts to be used for roast.

60. Rice, conjeewater—

Rice	oz.	2
Salt	grs.	60

61. Rice pudding—

Rice	oz.	2
Sugar	"	1
Milk	"	15
Eggs	Nos.	2
Spice	grs.	10

62. Sago conjee—

Sago	oz.	½
Sugar	"	½

63. Sago jelly—

Sago	oz.	2
Sugar	"	½
Milk	"	2

64. Sago pudding—

Sago	oz.	2
Sugar	"	1
Eggs	Nos.	2
Milk	oz.	15
Spice	grs.	10

65. Scotch broth—

Beef or mutton	oz.	12
Salt	"	¼
Pepper	"	¼
Vegetable	"	4
Barley	"	½

66. Sheep-trotter jelly—

Sheep-trotters	Nos.	8
Water	pts.	2
Sugar	oz.	3
Limes	Nos.	3
Eggs	"	2
Spice-powder	grs.	20
Ice	lb.	1

67. Sheep-trotter stew—

Sheep-trotters	Nos.	8
Onions	oz.	1
Pepper	grs.	60
Salt	"	60
Ghee	oz.	½
Spice	grs.	30
Chillies, green	oz.	1

68. Snipe roast—

Snipe	No.	1
Ghee	oz.	½
Pepper	grs.	30
Salt	"	30

69. Sponge pudding—

Eggs	Nos.	2
Sugar	oz.	1
Flour	"	2

70. Soojee conjee—

Soojee	oz.	½
Sugar	"	½

71. Soojee jelly—

Soojee	oz.	2
Sugar	"	½
Milk	"	6

72. Soojee pudding—

Soojee	oz.	2
Sugar	"	1
Eggs	Nos.	2
Milk	oz.	15
Nutmeg	"	1

73. Spice powder—

Ginger in powder	oz.	2¾
Cinnamon "	"	½
Nutmeg	"	½
Cloves	"	¼

74. Tapioca conjee—

Tapioca	oz.	½
Sugar	"	½

75. Tapioca pudding—

Tapioca	oz.	2
Sugar	"	1
Milk	"	15
Eggs	No.	2
Nutmeg	oz.	¼

76. Tea—

Tea	oz.	¼
Sugar	"	½
Milk	"	2

77. Teal roast—

Teal	No.	1
Ghee	oz.	½
Pepper	grs.	30
Salt	"	30
Lime	No.	1

78. Vegetable curry—

Vegetable	oz.	4
Curry-powder	"	¼
Tamarind	"	¼
Onions	"	¼
Salt	"	½

79. Vermicelli pudding—

Vermicelli	oz.	2
Milk	pt.	1
Sugar	oz.	1
Eggs	Nos.	2
Spice	grs.	60
Nutmeg	oz.	¼

80. Wheatcake, each—

Wheatflour	oz.	2
Ghee	"	½
Sugar	"	½

APPENDIX VII.

Proposed General rules regarding diets and extras.

Administrative.

1. The articles composing the various diets and extras will be ready at the morning visit for the inspection of the Medical officer.

2. Extra broth or beef tea will be served at 12 noon and 8 P.M.
Extra milk at 9-30 A.M., 12 noon and 8 P.M.
Extra conjee at 9-30 A.M., 12 noon and 8 P.M., or when required.

3. The Medical officer, without giving any previous warning, should visit the hospital occasionally for the purpose of ascertaining whether the sick get the full quantities of the articles ordered, as well as for inspecting the meal.

4. The dinners are invariably to be served in the presence of the Stewards.

5. The tea should be infused (not boiled) in the presence of one of the Stewards, a cauldron being exclusively reserved for the purpose.

6. The cows from which the milk is supplied will be brought to the hospital, morning and evening, and milked under the supervision of the Stewards. The milk will be put at once into clean cans and locked up till handed over to the cook for boiling, after which it will be again placed in the same cans and served out.

7. Printed copies of the diet scales will be hung up in a conspicuous place in each ward or hut.

8. Each pint of milk to consist of 20 oz.
Each so-called pint tea to consist of 13 oz., inclusive of milk.
Each so-called pint conjee to consist of 10 oz.
Each so-called pint broth to consist of 16 oz.

9. Milk below a specific gravity of 1025 should be rejected and it should have no unpleasant odour or taste and exhibit no deposit on boiling.

10. Milk should always be boiled before issue to patients. * Ounces of fuel will be allowed for each pint.

(* To be settled hereafter.)

11. The Chemical Examiner's notes on the method of detecting adulteration of milk, tyre, whey, buttermilk and butter, circulated by the Surgeon-General under No. 17, dated 14th August 1884, should be observed.

12. The quality of butter may be generally determined by the taste. When melted in a test tube, the water and the casein below the oil ought not to exceed 15 per cent.

13. A good and fresh egg should weigh 2 oz.

14. Ghee may be tested by taste and smell. It is most commonly adulterated with gingelly oil or other fixed oil, plantains or fats.

15. Good beef or mutton may be distinguished by appearance and smell; the fat should be fine and white, the flesh close ground and of a bright red colour, the inside of the leg of a sheep well formed and plump. The feet of the sheep should be attached when the mutton is being passed by the Medical officer.

16. Beef tea and all broths may be ordered "jugged" when the total quantity of the pint will not exceed 8 oz., and meat, bones, &c., will be strained from the broth. Onions and barley should be omitted.

17. No broth or soup should be sent from the kitchen with grease on them.

18. In the General hospital 51 oz. by weight or 64 by measure is the outturn of a pound of raw rice when boiled.

19. The salt used for all diets should be of the quality known as "good white."

20. The following country vegetables should be used to vary the diets for which country vegetables are ordered:—Potatoes, sweet potatoes, bringals, bundaikai, pumkins, country spinach, Goa potatoes, drumsticks, yams, country beans, country asparagus, and spinach.

21. Children under 5 years are to be placed on "Infant diet" with extras as required. Those between 5 and 8 on "half"; between 8 and 14 on ⅔rds quantity of any diet allowed for adults.

22. Arrack is the only stimulant allowed for Natives, except under special circumstances.

23. Stimulants may be ordered on any diet.

24. All wines and spirits ordered for patients are to be sent before noon to the nurse in charge of the ward in corked bottles properly labelled.

Instructions to Medical officers regarding the Dietetic management of the sick in the Government Civil hospitals in the Presidency town.

1. A patient on admission should be placed on a low diet, such as "spoon" or "milk," until one suited to his ailment is prescribed after sufficient examination of his case.

2. Medical officers may order such extras from the sanctioned scale on all diets except "full" and "mixed," as they may consider necessary.

3. A diet may be made up of extras alone.

4. The attention of Medical officers is called to Appendix No. 3, page 273, Volume VI, I. A. R., regarding the principles which ought to guide them in selecting the diets most suitable for particular classes of cases, and in avoiding unsuitable food.

5. Medical officers are reminded that from 25 to 30 grains of carbon and from 1 to 1·5 grains of nitrogen for every pound of body weight is calculated as sufficient to maintain health and vigour in a European—*vide Dr. Tidy's Legal Medicine, Part I, page* 275. Moleschott states that the following quantities of each of the alimentary groups are necessary to maintain in health an adult European under moderate labor—

Albuminates	4·4 ounces.
Carbo-hydrates	14 „
Fat	2·75 „
Salts	437 grains.

Total water free food requires twenty-two ounces, or

Nitrogen	300 grains.
Carbon	5,000 „

The following are the number of grains of nitrogen and carbon contained in a pound of different articles of diet:—

	Nitrogen.	Carbon.
Beef, cooked	304	1,854
Bread, average	88	1,975
Butter	0·2	6,456
Buttermilk	44	387
Egg	149	1,144
Fish	195	871
Milk, fresh	44	599
Mutton, cooked	304	1,883
Oatmeal	136	2,831
Peas, dhall	248	2,699
Potatoes	22	769
Rice	68	2,732
Sago	13	2,555
Sugar	..	2,955
Vegetables, green	14	420
Wheatflour	116	2,700
Whey	13	154

6. The attention of Medical officers is called to the fact, that the practice of most of the hospitals in the Presidency town show that Europeans can be properly dieted at an annual average daily rate not exceeding 8 and Natives at an average cost not exceeding 4 annas, without unduly curtailing the discretionary powers of Medical officers in prescribing such diets and extras as they consider necessary. When these figures are exceeded, a report, justifying the excess, will have to be submitted to the Surgeon-General with the Government of Madras.

7. The bed-head diet tickets should be written up daily; where no extras are ordered, the blank columns should be scored through and the sheet initialled on the date the patient is discharged, or on the last day of the month.

8. When extras are ordered they should be entered in words, any blank columns should be scored through and the daily entries initialled by the Medical officer.

9. All non-contract articles require the special sanction of the Surgeon-General. The necessity for such articles should be very rare.

10. All special orders regarding the cooking of diets must be endorsed on the diet sheets.

11. Each Medical officer will be provided with a printed copy of these rules on joining any of the hospitals in the Presidency town.

12. When the contractor's rates are published by the Surgeon-General, each Medical officer will be provided with a card showing cost of diets, extras and stimulants for the year.

From the Surgeon-General with the Government of Madras, dated Fort St. George, 5th December 1888, No. 376.

Order—dated 1st January 1889, No. 1, Public.

The proposed alterations in the scales of diet are sanctioned as an experimental measure. A report should be submitted at the end of a year showing the effects of the changes introduced, as well as the financial results.

2. The Government gather from the Committee's report that the present system of supply is of contracts for furnishing articles in bulk and not at fixed rates per diet or extras ordered; and that the contract rates are carefully checked with market prices in the controlling office. Rates per diet should never be allowed. The number of registers, forms, &c., prescribed seems capable of reduction.

3. The Surgeon-General will convey the thanks of Government to Brigade Surgeon Sibthorpe and the members of his Committee for their careful report.

(True Extract.)

Chief Secretary.

To the Surgeon-General with the Government of Madras.
„ Sanitary Commissioner for Madras.

Exd. A. Raitt.

Govt. of {1889} Madras.

PUBLIC.

Issued

Recd. *Encl.*

G.O., 1st January 1889, No. 1.

JANUARY.

Presidency Hospitals.

Sanctioning, with remarks, the proposed alterations in the scales of diet in the —, and thanking Brigade Surgeon Sibthorpe and members of his Committee for their careful report.

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LETTER OF GOVERNMENT

STATEMENT WITH DITTO

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