

**Diet**

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1855

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In the Field, there shall be two kinds of Diet for the Hospitals,  
viz: — 1. an Ordinary ~~Food~~ Diet.

Consisting of

One pound of fresh Meat: — { The Meat issued being to poor,  
& thin to admit of a less quantity  
being considered sufficient

One pound of fresh Bread: — { or 12 oz of Biscuit when Bread  
or 12 <sup>3</sup>/<sub>4</sub> Biscuit when Bread <sup>is not to be obtained</sup> cannot be obtained

Eight ounces of fresh Potatoes, — { or in place of them 4 oz of Onions;  
4 oz of preserved Vegetables; or 2 oz  
of dries and compressed vegetables

$1\frac{1}{2}$  oz of Rice, or Barley:

$\frac{1}{2}$  oz of Salt:

$\frac{1}{32}$  oz of Pepper:

$\frac{1}{4}$  oz of Tea:

2 oz of Sugar:

2 oz of Preserved Milk { or an equivalent of Concentrates <sup>(1 part to 7)</sup>  
or dries Milk (One part to 16). <sup>gallon water</sup>

2. a ~~The~~ Spoon, or Fever Diet. Consisting of

8 oz of Bread; or six of Biscuits

$\frac{1}{4}$  oz of Tea:

2 oz of Sugar:

2 oz of Preserved Milk — { or an equivalent of Concentrates  
or dries Milk.

Arrow Root; <sup>Beef Tea, or Essence of Meat,</sup> Sage, or other nourishment at the discretion  
of the Medical attendant.

John Hall  
Inspector Genl. of Hosp<sup>s</sup>

Dish used in the Model Prison at Pentonville

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Breakfast, which is served at half past seven consists of  $\frac{3}{4}$  of a Pint of Cocoa made with  $\frac{3}{4}$  of an ounce of the solid flakes:  $2^{\frac{2}{3}}$  of Milk: 6 drachms of Lard; and  $10^{\frac{2}{3}}$  of Bread.

Dinner consists of (served at one P.M.)  
 A Pint of good Soup:  $5^{\frac{2}{3}}$  of Bread: one pound of Potatoes; &  $4^{\frac{2}{3}}$  of yellow peas weighed after being cooked and drained of bone.

Supper which is served at half past five P.M.  
 consists of  
 One Pint of Gruel: 6 drachms of Lard; and  $5^{\frac{2}{3}}$  of bread.

Water is the only fluid allowed for drink, and is drawn by an Artesian well from a depth of 370 feet and forced by pumps, worked by gangs of the prisoners, into every cell in the prison.



The allowance for week to each prisoner is

28 <sup>lb</sup> of Meat

140 <sup>lb</sup> of Bread

7 Pints of Soup

7 <sup>lb</sup> of Potatoes

5 <sup>lb</sup> of Fuel

14 <sup>lb</sup> of Milk

5 <sup>lb</sup> of Lard

Rice

Salt

Pepper

Pot herbs

On this diet, according to a report published in the Mammalian Magazine for October 1844, by Dr Luke Radde, the prisoners are found to enjoy good health.

## Prison hours -

At  $\frac{1}{2}$  past 5 a.m. The bell rings for the prisoners to rise.

at 6. - Pumping parties - and cleaning parties are let to work - and the remainder of the prisoners have their tools and implements of labour, which had been taken out of their cells at locking up hour the previous night, restored to them.

at 7. The Pumping parties, and cleaning parties are withdrawn

at  $7\frac{1}{2}$  Breakfast is served to the prisoners -

at 5 minutes past 8. The chapel bell rings when one half of the prisoners attend divine service

at 8. The pump parties, and various other parties for an hour's exercise are turned out -

at  $\frac{1}{4}$  to 9. The chapel service being over the men who have been there, and those who have been at exercise in the yards are locked up in their cells -

at 10. About  $\frac{1}{6}$  of the prisoners attend school class in the Chapel



- at 11. Pump and exercise parties are changed.
- at 12. The Prisoners at School class are withdrawn and a portion are exercised.
- at 1 P.M. The prisoners dine, and from 1 to 2 they are permitted to read and write or otherwise amuse themselves in their cells.
- at 2. The pump and exercise parties turn out again, and one half the School class is conducted to school and the other prisoners work at their trades in their cells.
- at 3. The Pump and exercise parties are changed.
- at 4. The Pump and exercise parties are withdrawn as well as the School class.
- at 1/2 past 4. The bell rings for devotional service, and the prisoners who were absent in the morning attend chapel.
- at 1/2 past 5. Supper is served.
- at 8. The bell rings to cease work & sling hammocks and from 8 to 9 the prisoners can read & write.
- at 1/4 to 9. The signal bell rings for prisoners to retire to bed and.
- at 10. The lights in the cells are extinguished the hall for the night set.

Diet & Discipline of the  
 Prisoners - 1875

Extracts from Notes taken at the time of visiting  
Companies' tents of 46<sup>th</sup> Regt.

24<sup>th</sup> Jan'y 1855.

"Corl. Dal Hayward says that all the Salt Meat  
in F. Company is never cooked.

"Greenwich Company has about 200 lbs of Meat  
beef & Mutton, both Salt and Fresh.

"Corporal Hyne says that he does not take cooked  
Meat with him into the Trenches <sup>any more</sup> once a fortnight  
because he has no appetite for it, but likes Coffee  
and Tea.

"Light Company:— Three days' rations in one tent  
uncooked from want of fuel — no men to get it,  
as stated by one man.

"The same in several tents, both fresh and Salt.

"Men do not eat beef from want of sufficiency of  
water to take out the brine.

"M<sup>r</sup>. Lusham no 8 says he could keep all his rations  
could they be cooked — fatigues interfere with it.  
Major Vasey and I think the Quartermaster accompanies him.  
M<sup>r</sup>. Lusham no 8.



for Hall  
with Mr. Mudd  
Compliments



Am? 2 Feb 1855

It.

Notes taken at the time of visiting the  
Companies' Tents of 21<sup>st</sup> Regiment.

27<sup>th</sup> May 1855.

- " Sgt. Fullaker No 1 has not eaten Salt Meat for a month -  
has done his duty except for the last 8 days.
- " No 1. about 50 lbs of uncooked Salt Meat in No 2 tent.
- " Sgt. Bond No 2 has been ill for 30 days, and an  
eruption came out on his body 3 weeks ago.
- " Sgt. John Croghan No 3 states that in his Company  
all the meat is always cooked and eaten, and the  
Company is allowed to be the healthiest in the regiment.
- " No 4: - 3 days' rations uncooked from want of water  
one week days.
- " Franklin went to the Stitches yesterday without cooked  
Meat, as there was none cooked.
- " No 5. 3 days' rations uncooked.
- " Meat not staped, and the cook Masterford states  
that the men do not care for Salt meat.
- " Lt. Col. Haynes went round the tents and looked  
with me, and he promised to speak to Lord West about  
the above shortcomings. Maria Webb  
S. S.

Sunday 4 Sept 1853

Went down up at the Castle at Polaklava today with  
Captain Keane of the 2<sup>d</sup> Engineers. Some of the men employed in  
digging the foundations for the wooden huts had their meat  
served out to them at about 2 P.M. - Others had none, and those  
belonging to the 33<sup>rd</sup> Reg<sup>t</sup>, declared they had tasted nothing since  
dinner time the previous day. Those that got their salt pork  
commenced eating it now. - This I think might be easily remedied  
by allowing the meat to be taken to them, and cook them  
in the cauldron where there is an abundance of running water.

I shall  
Bent of Monts

Provision Report of the  
quantity of provisions remaining  
in existence at the 16<sup>th</sup> of  
the 1<sup>st</sup> of the 4<sup>th</sup> Division  
24 Sept 1853



17 May 1855

Commissary General

Teller requesting to know  
if Lime Juice would  
be required for the  
Troops in Camp on the  
Grisa, as the Commissary  
General at Presma had  
failed in obtaining  
the quantity he had  
demanded

Rec<sup>d</sup> 20<sup>th</sup> May 1855

answered on the 22<sup>nd</sup>  
that it would be very  
desirable to have an  
ample supply in stock  
as the Troops would  
require it - and fresh  
and compressed vegetables  
recommended to be  
obtained for their use  
also

St

Rec<sup>d</sup> 20 May 1855

St

ans<sup>d</sup> 22

St Teller on 20<sup>th</sup> May 17.

FRR3/4

My Dear Sir

Will any more Lime Juice be  
required for the Troops - The Commissary  
General at Presma has not been able  
to obtain from Presma the whole  
Quantity demanded of him and some  
further steps will have to be taken to  
procure a supply if the issue of Lime  
Juice is to be continued. I have  
from the Returns that come before  
me

D Hall  
Surp Genl }

one that that which is in camp seems  
to hang on hand - The Hosp. cannot  
be drawing it regularly

Yours very truly  
William Alder

My dear Sir

I think it desirable there should  
be an ample supply of some fruit on  
hand to meet the wants of the Army, and  
perhaps it would be advisable to secure  
it - for if it were thought the quantity of  
some fruit or three was too large one would  
be demanding it - besides what it will  
be necessary as the men can obtain  
no fresh vegetables here but those that  
are supplied from without - And on that  
point I take leave to suggest, if it have  
not already been thought of, that full  
orders should be given for compressed  
vegetables, as this is the season for  
procuring them -

Yours truly

W. Alder Esq

Stables

22 May 53