

Prisons (rules for convict prisons) : draft of rules proposed to be made by the Secretary of State for the Home Department under the Prison Act, 1898, with regard to the dietary of convicts : presented in pursuance of Act 61 & 62 Vic., cap. 41, s. 2(2) / Chas. T. Ritchie.

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PRISONS (RULES FOR CONVICT PRISONS).

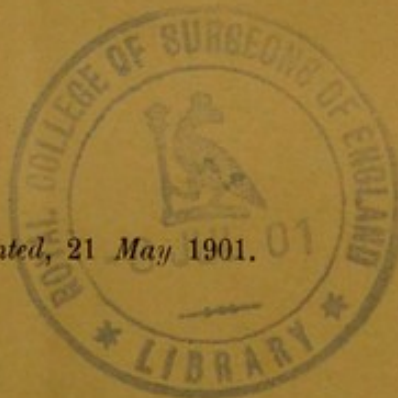
Draft of Rules proposed to be made by the Secretary of State
for the Home Department under the Prison Act, 1898,
with regard to the Dietary of Convicts.

Presented in pursuance of Act 61 & 62 Vic., cap. 41, s. 2 (2).

Home Office,
16th May, 1901.

CHAS. T. RITCHIE,
Secretary of State.

Ordered, by The House of Commons, to be Printed, 21 May 1901.



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DRAFT OF PRISON RULES.

(Convict Prisons.)

DRAFT OF RULES PROPOSED TO BE MADE UNDER THE PRISON ACT, 1898.

DIETARIES.

(1.) The diets of convicts shall be as follows :—

DIET C.				
For MALE Convicts undergoing separate confinement.				
Breakfast	Daily :		
		Bread	8 oz.
		Porridge	1 pint.
		Sunday :		
		Bread	6 oz.
		Potatoes	12 "
		Cooked meat preserved by heat		5 "
		Monday :		
		Bread	6 oz.
		Potatoes	12 "
		Beans	12 "
		Fat Bacon	2 "
		Tuesday :		
		Bread	6 oz.
		Potatoes	12 "
		Soup	1 pint.
		Wednesday :		
Dinner ...		Bread	6 oz.
		Potatoes	12 "
		Suet Pudding	12 "
		Thursday :		
		Bread	6 oz.
		Potatoes	12 "
		Cooked Beef, without bone ...		5 "
		Friday :		
		Bread	6 oz.
		Potatoes	12 "
		Soup	1 pint.
		Saturday :		
		Bread	6 oz.
		Potatoes	12 "
		Suet Pudding	12 "
Supper	Daily :		
		Bread	8 oz.
		Cocoa	1 pint.

DIET D.

For MALE Convicts after period of separate confinement when engaged in Industrial Employment.

Breakfast ...	Daily :	
	Bread	8 oz.
	Gruel, sweetened with $\frac{1}{2}$ oz. sugar	1 pint.
	Sunday :	
	Bread	8 oz.
	Potatoes	12 "
	Cooked meat preserved by heat	5 "
	Monday :	
	Bread	8 oz.
	Potatoes	12 "
	Beans	12 "
	Fat Bacon	2 "
	Tuesday :	
	Bread	8 oz.
	Potatoes	12 "
	Cooked Mutton, without bone	5 "
Dinner ...	Wednesday :	
	Bread	8 oz.
	Potatoes	12 "
	Pea Soup (Pork)	1 pint
	Thursday :	
	Bread	8 oz.
	Potatoes	12 "
	Cooked Beef, without bone ...	5 "
	Friday :	
	Bread	8 oz.
	Potatoes	12 "
	Vegetable Soup (Beef) ...	1 pint.
	Saturday :	
	Bread	8 oz.
	Potatoes	12 "
	Suet Pudding	12 "
Supper ...	Daily :	
	Bread	8 oz.
	Cocoa	1 pint.

A convict on attaining the third stage may have 1 pint of tea and 2 oz. additional bread in lieu of gruel for breakfast.

DIET E.

For MALE Convicts after period of separate confinement when employed at certain prescribed forms of Labour.

Breakfast ...	Daily :	
	Bread ...	8 oz.
	Butter or Margarine [*] ...	$\frac{1}{2}$ "
	Porridge ...	1 pint.
	Sunday :	
	Bread ...	8 oz.
	Potatoes ...	16 "
	Cooked meat preserved by heat	6 "
	Monday :	
	Bread ...	8 oz.
	Potatoes ...	16 "
	Beans ...	12 "
	Fat Bacon ...	2 "
	Tuesday :	
	Bread ...	8 oz.
	Potatoes ...	16 "
	Cooked Mutton, without bone	6 "
Dinner ...	Wednesday :	
	Bread ...	8 oz.
	Potatoes ...	16 "
	Pea Soup (Pork) ...	1 pint.
	Thursday :	
	Bread ...	8 oz.
	Potatoes ...	16 "
	Cooked Beef, without bone ...	6 "
	Friday :	
	Bread ...	8 oz.
	Potatoes ...	16 "
	Vegetable Soup (Beef) ...	1 pint.
	Saturday :	
	Bread ...	8 oz.
	Potatoes ...	16 "
	Suet Pudding ...	16 "
Supper ...	Daily :	
	Bread ...	12 oz.
	Cocoa ...	1 pint.
	Wednesday and Friday :	
	Cheese ...	2 oz.

* Butter or margarine to be given for six months in the year, October to March (inclusive). During the remaining months, April to September (inclusive), milk, $\frac{1}{4}$ pint for each convict, to be substituted for butter or margarine, and to be given in the form of milk porridge.

A convict on attaining the third stage may have 1 pint of tea and 2 oz. additional bread in lieu of porridge for breakfast.

DIET F.					
For FEMALE Convicts undergoing separate confinement.					
Breakfast	Daily :			
		Bread	6 oz.
		Tea	1 pint.
		Sunday :			
		Bread	6 oz.
		Potatoes	8 "
		Cooked meat preserved by heat			4 "
		Monday :			
		Bread	6 oz.
		Potatoes	8 "
		Beans	10 "
		Fat Bacon	2 "
		Tuesday :			
		Bread	6 oz.
		Potatoes	8 "
		Soup	1 pint.
		Wednesday :			
		Bread	6 oz.
		Potatoes	8 "
		Suet Pudding*	10 "
		Thursday :			
		Bread	6 oz.
		Potatoes	8 "
		Cooked Beef, without bone ...			4 "
		Friday :			
		Bread	6 oz.
		Potatoes	8 "
		Soup	1 pint.
		Saturday :			
		Bread	6 oz.
		Potatoes	8 "
		Suet Pudding ^o	10 "
Dinner	Daily :			
		Bread	6 oz.
		Cocoa	1 pint.
Supper	Daily :			
		Bread	6 oz.
		Cocoa	1 pint.

* 2 oz. golden syrup may be given with the suet pudding to those female convicts who desire it.

DIET G.					
For FEMALE Convicts after period of separate confinement.					
Breakfast	Daily :			
		Bread	6 oz.
		Tea	1 pint.
		Sunday :			
		Bread	6 oz.
		Potatoes	12 "
		Cooked meat preserved by heat			4 "
		Monday :			
		Bread	6 oz.
		Potatoes	12 "
		Cooked Mutton, without bone			3 "
		Tuesday :			
		Bread	6 oz.
		Potatoes	12 "
		Cooked Beef, without bone ...			3 "
		Wednesday :			
		Bread	6 oz.
		Potatoes	12 "
		Cooked Mutton, without bone			3 "
Dinner ...		Thursday :			
		Bread	6 oz.
		Potatoes	12 "
		Suet Pudding [*]	10 "
		Friday :			
		Bread	6 oz.
		Potatoes	12 "
		Cooked Beef, without bone ...			3 "
		Saturday :			
		Bread	6 oz.
		Potatoes	12 "
		Vegetable Soup (Beef) ...			1 pint.
Supper	Daily :			
		Bread	6 oz.
		Cocoa	1 pint.

* 2 oz. golden syrup may be given with the suet pudding to those female convicts who desire it.

(2.) The foregoing diets shall be prepared as follows :—

Bread	To be made with whole-meal flour, consisting of all the products of the wheaten grain, with the exception of 12 per cent. of coarse bran and coarse pollards. This may be varied for female convicts at the discretion of the Governor and Medical Officer.
Porridge	To every pint 3 oz. coarse Scotch oatmeal, with salt.
Milk Porridge ...	To every pint 3 oz. coarse Scotch oatmeal, $\frac{1}{4}$ pint milk, with salt.
Gruel	To every pint 2 oz. coarse Scotch oatmeal, $\frac{1}{2}$ oz. sugar.
Tea	To every pint $\frac{1}{8}$ oz. tea, 2 oz. milk, $\frac{3}{4}$ oz. sugar.
Cocoa	To every pint $\frac{3}{4}$ oz. Admiralty cocoa, 2 oz. milk, $\frac{3}{4}$ oz. sugar.
Milk	To be fresh unskimmed milk.
Butter or Margarine.	To be of approved brands of best quality.
Suet Pudding ...	To every lb. 2 oz. beef suet, 8 oz. white or whole-meal flour.
Pea Soup for Male Convicts.	To every pint 4 oz. salt pork, 4 oz. split peas, 1 oz. onions, $\frac{1}{4}$ oz. vinegar, pepper and salt.
Vegetable Soup	To every pint, clod or shoulder, leg or shin of beef in the proportion of 8 oz. for male convicts on E diet, and 6 oz. for male and female convicts on D diet; and, in addition, the soup to contain 1 oz. pearl barley, 2 oz. fresh vegetables, 1 oz. onions, $\frac{1}{2}$ oz. flour, with pepper and salt.
Meat Liquor ...	The allowance of cooked mutton to be served with its own liquor, flavoured with $\frac{1}{2}$ oz. onions, and thickened with $\frac{1}{2}$ oz. flour, with pepper and salt.
Ditto	The allowance of cooked beef to be served with its own liquor, flavoured and thickened as above.
Cooked Meat, preserved by heat.	Colonial or American beef or mutton of approved brands and of best quality. This meat should not be cooked or heated in any way. It ought to be served cold as it leaves the tin.
Beans	Haricot beans, or broad or Windsor beans, dried in the green state and decorticated.
SUBSTITUTES.	
Cooked Beef, without bone.	Colonial or American beef or mutton, preserved by heat, may, if necessity arises, be substituted for cooked English beef or mutton, weight for weight. Cooked fresh fish 8 oz., or cooked salt fish 12 oz., may occasionally be substituted for 4 oz. cooked English beef or mutton, and in like proportion for other quantities.
Potatoes	Fresh vegetables or rice may be substituted for potatoes, weight for weight after cooking. Rice, however, should be sparingly used as a substitute for potatoes, and, when so used, should, if possible, be combined with fresh vegetables in equal proportions.
Fresh Vegetables	In the event of fresh vegetables not being procurable, $\frac{1}{4}$ oz. preserved mixed vegetables may be used in lieu of 1 oz. fresh vegetables for ordinary prison diets.

(3.) The HOSPITAL DIETS for sick prisoners shall be :—

—	Ordinary Diet.	Pudding Diet.	Low Diet.
Breakfast	Bread, 8 oz. Tea, 1 pint, containing $\frac{1}{8}$ oz. tea, $\frac{3}{4}$ oz. sugar, and 2 oz. milk.	White bread, 6 oz. Milk, 1 pint.	Bread, 6 oz. Tea, 1 pint ; ingredients as in ordinary diet.
Dinner ...	Meat, 5 oz. (cooked). Potatoes, 8 oz. Vegetables, 4 oz. Bread, 6 oz. Salt, $\frac{1}{2}$ oz.	Rice pudding, containing 2 oz. rice, 1 egg, and 10 oz. milk ; or, Batter pudding, containing 3 oz. flour, 1 egg, and 10 oz. milk ; or, Custard pudding, containing 1 egg and 10 oz. milk.	Cornflour, containing 1 oz. cornflour, 1 pint milk, 1 oz. sugar ; to produce 1 pint.
Supper ...	Bread, 8 oz. Tea, 1 pint.	White bread, 6 oz. Milk, 1 pint.	Bread, 6 oz. Tea, 1 pint.

NOTES ON THE HOSPITAL DIETARY.

Cooked meat to consist of fresh beef or mutton, which may be roasted, baked, stewed, or boiled ; when boiled, the allowance of cooked meat to be served with its own liquor, thickened with $\frac{1}{8}$ oz. of flour, and flavoured with $\frac{1}{2}$ oz. of onions, with pepper and salt.

Fowls, rabbits, or fish may be substituted for 5 oz. cooked meat, at the rate of 8 oz. (uncooked), or bacon, 4 oz. (uncooked), per diet. Sago or tapioca may be substituted for rice.

$\frac{1}{2}$ oz. to 1 oz. sugar may be used to sweeten the puddings.

Beef tea, 16 oz. lean beef, without bone, $1\frac{1}{2}$ pints of cold water, to make 1 pint.

Mustard and pepper will be issued to each convict when required.

Extras and medical comforts may be given to patients when considered necessary by the Medical Officer.

(4.) The diets for ill-conducted or idle convicts shall be :

No. 1 DIET.

(a.) When given for a period of three days, or less, shall consist of—

1 lb. bread per diem, with water.

(b.) When given for more than three days it shall consist of—

(1) 1 lb. bread per diem, with water ;

(2) Local Prison Diet B, according to sex, for alternate and equal periods of three days.

(c.) The duration of time for which this diet may be ordered shall not exceed 15 days for any single term.

(d.) No task of labour shall be enforced on any one of the days on which bread and water constitute the sole food supplied to the convict, who may, nevertheless, be allowed the option of performing suitable labour in the cell.

(e.) No convict who has been upon this diet shall be again placed upon it for a fresh offence until an interval has elapsed equal to the period passed by the prisoner on No. 1 diet.

No. 2 DIET.

For a prisoner performing a daily task of labour.

(f.) This diet when given for a period of 21 days, or less, shall be as follows:—

Breakfast	Bread, 8 oz.
Dinner	<div style="display: inline-block; vertical-align: middle;"> <div style="font-size: 3em; vertical-align: middle; line-height: 1;">{</div> <div style="display: inline-block; vertical-align: middle;"> 1 pint of porridge containing 3 oz. Oatmeal. Potatoes, 8 oz. Bread, 8 oz. </div> </div>
Supper	Bread, 8 oz.

(g.) No. 2 diet when ordered for a period exceeding 21 days shall be as above for the first three weeks and after the fourth week. During the fourth week convicts shall receive Local Prison Diet B, according to sex.

(h.) The entire period for which any single term of No. 2 diet may be ordered shall not exceed 42 days.

(i.) No convict who has been upon this scale for a period of 21 days continuously shall be again placed upon it until after the expiration of an interval of one week.

(k.) If a convict while on No. 2 diet should be guilty of misconduct, No. 2 diet may be temporarily interrupted, and the convict may be placed on the No. 1 diet for a period not exceeding three days ; on the expiration of the period awarded on the No. 1 diet the convict shall resume the diet originally ordered, and the period passed upon No. 1 diet shall count as part of the period originally awarded on No. 2 diet.

LOCAL PRISON DIET B.					Men.	Women.
Meals.	—					
Breakfast	Daily :				
		Bread	8 oz.	6 oz.
		Gruel	1 pt.	1 pt.
		Sunday :				
		Bread	6 oz.	6 oz.
		Potatoes	8 "	8 "
		Cooked Meat,	pre-		4 "	3 "
		served by heat.				
		Monday :				
		Bread	6 oz.	6 oz.
Dinner	Potatoes	8 "	8 "
		Beans	10 "	8 "
		Fat Bacon	2 "	1 "
		Tuesday :				
		Bread	6 oz.	6 oz.
		Potatoes	8 "	8 "
		Soup	1 pt.	1 pt.
		Wednesday :				
		Bread	6 oz.	6 oz.
		Potatoes	8 "	8 "
Supper	Suet Pudding	10 "	8 "
		Thursday :				
		Bread	6 oz.	6 oz.
		Potatoes	8 "	8 "
		Cooked Beef, without			4 "	3 "
		bone.				
		Friday :				
		Bread	6 oz.	6 oz.
		Potatoes	8 "	8 "
		Soup	1 pt.	1 pt.
Supper	Saturday :				
		Bread	6 oz.	6 oz.
		Potatoes	8 "	8 "
		Suet Pudding	10 "	8 "
		Daily :				
		Bread	8 oz.	6 oz.
		Porridge	1 pt.	—
		Gruel	—	1 pt.

(5.) For any offence with which the Governor is competent to deal he may order a convict to be punished by No. 2 diet for ill-conducted and idle convicts for a period not exceeding 14 days.

(6.) The diet of any individual convict, not being a patient in the infirmary, may be increased or altered, or in the case of any convict who persistently wastes his food may be reduced, on the written recommendation of the Medical Officer.

(7.) The rules numbered 20, 74 (c), 74 (d), and 76 (d), made by the Secretary of State on the 21st April, 1899, are hereby revoked.





THE UNIVERSITY OF CHICAGO

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Draft of Rules proposed to be made by
Secretary of State for the Home Department
under the Prison Act, 1898, with regard to
the Dietary of Convicts.

(Mr. Secretary Ritchie.)

Presented in pursuance of Act 61 & 62 Vic.
cap. 41, s. 2 (2).

*Ordered, by The House of Commons, to
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