

Prisons (rules for local 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 prisoners : presented in pursuance of Act 60 & 61 Vic., cap. 41, s. 2(2) / Chas. T. Ritchie.

Contributors

Great Britain. Home Office.
Royal College of Surgeons of England

Publication/Creation

London : H.M.S.O., 1901.

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PRISONS (RULES FOR LOCAL 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 Prisoners.

Presented in pursuance of Act 60 & 61 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.

LONDON :
PRINTED FOR HIS MAJESTY'S STATIONERY OFFICE,
By DARLING & SON, LTD., 34-40, BACON STREET, E.

And to be purchased, either directly or through any Bookseller, from
EYRE & SPOTTISWOODE, EAST HARDING STREET, FLEET STREET, E.C.,
and 32, ABINGDON STREET, WESTMINSTER, S.W.;
or OLIVER & BOYD, EDINBURGH;
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STATE OF NEW YORK
IN SENATE

REPORT OF THE
COMMISSIONERS OF THE LAND OFFICE

IN RESPONSE TO A RESOLUTION PASSED BY THE SENATE
MAY 15, 1890

ALBANY: J. B. WHITTAKER, STATE PRINTER, 1891.

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DRAFT OF PRISON RULES.

(Local Prisons.)

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

DIETARIES.

(1.) The diets of Convicted prisoners except those named in Rules (3), (6) and (7) shall be as follows:—

DIET A.								
Meals.	—			Men.	Women and Juveniles.			
Breakfast ...	Daily :				
						Bread ...	8 oz.	6 oz.
						Gruel ...	1 pt.	1 pt.
						Sunday :		
						Bread ...	8 oz.	6 oz.
						Porridge ...	1 pt.	1 pt.
						Monday :		
						Bread ...	8 oz.	6 oz.
						Potatoes ...	8 "	8 "
						Tuesday :		
						Bread ...	8 oz.	6 oz.
						Porridge ...	1 pt.	1 pt.
						Wednesday :		
						Bread ...	8 oz.	6 oz.
Suet Pudding ...	8 "	6 "						
Thursday :								
Bread ...	8 oz.	6 oz.						
Potatoes ...	8 "	8 "						
Friday :								
Bread ...	8 oz.	6 oz.						
Porridge ...	1 pt.	1 pt.						
Saturday :								
Bread ...	8 oz.	6 oz.						
Suet Pudding ...	8 "	6 "						
Dinner ...	Daily :				
						Bread ...	8 oz.	6 oz.
						Gruel ...	1 pt.	1 pt.
Supper ...	Daily :				
						Bread ...	8 oz.	6 oz.
						Gruel ...	1 pt.	1 pt.

NOTES—(a) Men include all male prisoners over 16 years of age. Women include all female prisoners over 16 years of age. Juveniles include all prisoners under 16 years of age.

(b) Juvenile prisoners may, in addition to the above diet, be allowed milk, not exceeding one pint per diem, at the discretion of the Medical Officer.

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

NOTES—(a) Men include all male prisoners over 16 years of age. Women include all female prisoners over 16 years of age. Juveniles include all prisoners under 16 years of age.

(b) Juvenile prisoners may, in addition to the above diet, be allowed milk, not exceeding one pint per diem, at the discretion of the Medical Officer.

DIET C.						
Meals.	—			Men.	Women and Juveniles.	
Breakfast	Daily :				
		Bread	8 oz.	6 oz.
		Porridge	1 pt.	—
		Tea	—	1 pt.
		Sunday :				
		Bread	6 oz.	6 oz.
		Potatoes	12 "	8 "
		Cooked Meat, preserved by heat.			5 "	4 "
		Monday :				
		Bread	6 oz.	6 oz.
		Potatoes	12 "	8 "
		Beans	12 "	10 "
		Fat Bacon	2 "	2 "
		Tuesday :				
		Bread	6 oz.	6 oz.
		Potatoes	12 "	8 "
		Soup	1 pt.	1 pt.
Dinner	Wednesday :				
		Bread	6 oz.	6 oz.
		Potatoes	12 "	8 "
		Suet Pudding	12 "	10 "
		Thursday :				
		Bread	6 oz.	6 oz.
		Potatoes	12 "	8 "
		Cooked Beef, without bone.			5 "	4 "
		Friday :				
		Bread	6 oz.	6 oz.
		Potatoes	12 "	8 "
		Soup	1 pt.	1 pt.
		Saturday :				
		Bread	6 oz.	6 oz.
		Potatoes	12 "	8 "
		Suet Pudding	12 "	10 "
Supper	Daily :				
		Bread	8 oz.	6 oz.
		Cocoa	1 pt.	1 pt.

NOTES—(a) Men include all male prisoners over 16 years of age. Women include all female prisoners over 16 years of age. Juveniles include all prisoners under 16 years of age.

(b) Juvenile prisoners may, in addition to the above diet, be allowed milk, not exceeding one pint per diem, at the discretion of the Medical Officer, and one pint of porridge in lieu of tea for breakfast.

(2.) The terms to which the above diets shall be severally applied shall be those set forth in the following table :—

Term.	Diet A.	Diet B.	Diet C.
Seven days and under	Whole term.	—	—
More than seven days and not more than four months.	Seven days.	Remainder of term.	—
More than four months	—	Four months	Remainder of term.

(3.) The diet for special classes of prisoners, viz. :—

- (a) Prisoners on remand or awaiting trial who do not maintain themselves ;
- (b) Offenders of the 1st Division who do not maintain themselves ;
- (c) Offenders of the 2nd Division ;
- (d) Debtors ;

shall be Diet B : provided that they shall receive for breakfast one pint of tea in lieu of gruel, and for supper one pint of cocoa in lieu of porridge or gruel ; and that when detained in prison more than four months they shall receive C diet at the expiration of the fourth month.

(4.) The diet for prisoners of both sexes, irrespective of age on the day of first reception, whether on remand, to await trial, or on conviction or otherwise, shall be :—

Breakfast	...	{ Bread	8 oz.
		{ Cocoa	1 pint.
Dinner	...	{ Bread	12 oz.
		{ Cooked meat preserved	4 "
		{ by heat.	
Supper	...	{ Bread	8 oz.
		{ Porridge	1 pint.

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

Bread	To be made with whole meal flour, consisting of all the products of grinding the wheaten grain, with the exception of 12 per cent. of coarse bran and coarse pollards.
Porridge	To every pint, 3 oz. coarse Scotch oatmeal, with salt.
Gruel	To every pint, 2 oz. coarse Scotch oatmeal, with salt.
Tea	To every pint, $\frac{1}{2}$ oz. tea, 2 oz. milk, and $\frac{3}{4}$ oz. sugar.
Cocoa	To every pint, $\frac{3}{4}$ oz. Admiralty cocoa, 2 oz. milk, and $\frac{3}{4}$ oz. sugar.
Milk	To be fresh unskimmed milk ; to be served hot with the breakfast and supper of juveniles.
Suet pudding ...	To every pound, 2 oz. suet and 8 oz. white or whole meal flour.
Soup	In every pint, 4 oz. clod (or shoulder), leg, or shin of beef ; 4 oz. split peas ; 2 oz. fresh vegetables ; $\frac{1}{2}$ oz. onions ; pepper and salt. From May to September inclusive the soup to consist of the following ingredients :— 4 oz. clod (or shoulder), leg, or shin of beef ; 1 oz. pearl barley ; 2 oz. fresh vegetables ; 1 oz. onions ; $\frac{1}{2}$ oz. flour ; pepper and salt.
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 should always be served cold as it leaves the tin.
Meat liquor or broth.	The liquor in which the beef is cooked on Thursdays should be thickened with $\frac{1}{2}$ oz. flour, and flavoured with $\frac{1}{2}$ oz. onions to each ration, with pepper and salt.
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 be substituted for cooked English beef, weight for weight. Cooked fresh fish, 8 oz., or cooked salt fish, 12 oz., may occasionally be substituted for 4 oz. cooked English beef without bone, and in like proportion for other quantities.
Potatoes	Fresh vegetables may be substituted for potatoes, weight for weight after cooking ; rice, also, may be substituted in the same proportion 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	If fresh vegetables are not procurable, $\frac{1}{4}$ oz. preserved mixed vegetables may be used, in lieu of 1 oz. fresh vegetables, for ordinary prison diets.

(6.) THE HOSPITAL DIETS for sick prisoners shall be:—

	Ordinary Diet.	Pudding Diet.	Low Diet.
Breakfast	Bread, 8 oz. Tea, 1 pint, containing $\frac{1}{6}$ 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 $\frac{1}{6}$ 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 prisoner when required.

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

(7.) The diets for ill-conducted or idle prisoners shall be :—

NO. 1 DIET.

(a.) This diet 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) B diet, according to age and 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 prisoner, who may, nevertheless, be allowed the option of performing suitable labour in the cell.

(e.) No prisoner 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	{ 1 pint of porridge containing 3 oz. oatmeal. Potatoes, 8 oz. Bread, 8 oz.

Supper Bread, 8 oz.

(g.) The No. 2 diet ordered for a period exceeding 21 days shall consist of the above diet for the first three weeks and after the fourth week. During the fourth week prisoners shall receive B diet, according to age and sex.

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

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

(8.) For any offence with which the Governor is competent to deal, he may order a prisoner to be punished by No. 1 diet for ill-conducted and idle prisoners for a period not exceeding three days; No. 2 diet for ill-conducted and idle prisoners for a period not exceeding 14 days.

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

(10.) The rules relating to dietaries, made by the Secretary of State on the 18th March, 1878, 17th March, 1892, 27th February, 1895, and 28th February, 1896; also the rules numbered 24, 313, 81 (*b*), and 83 (*d*), made on the 21st April, 1899, are hereby revoked.

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(*Mr. Secretary Ritchie.*)

Presented in pursuance of Act 60 & 61 Vic.,
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*Ordered, by The House of Commons, to be
Printed, 21 May 1901.*

[*Price 1d.*]