

56

PRISON RULES.  
(CONVICT PRISONS.)

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DRAFT

OF

RULES PROPOSED TO BE MADE

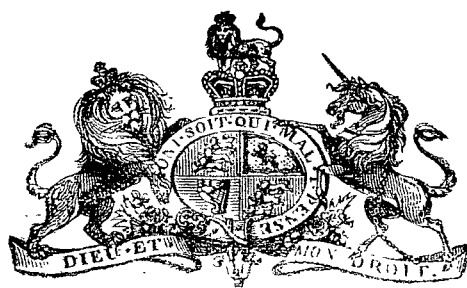
UNDER THE

PRISON ACT, 1898.

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Presented to Parliament by Command of Her Majesty.

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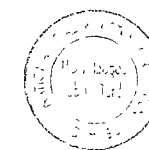
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# PRISON RULES. (CONVICT PRISONS.)



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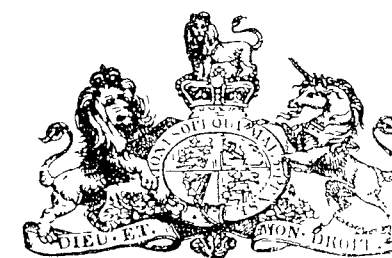
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# Prison Rules.

(CONVICT PRISONS.)

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**Prison Rules.**

(CONVICT PRISONS.)

**DRAFT OF RULES PROPOSED TO BE MADE UNDER  
THE PRISON ACT, 1898.****PART I.****BOARD OF VISITORS.**

1. The Board of Visitors appointed by the Secretary of State shall hold office for three years. Appointment and tenure.
2. Each Board of Visitors shall, at their first meeting, appoint a chairman. Chairman.
3. Their powers shall not be affected by vacancies. The Secretary of State shall, as soon as possible, fill any vacancy by making a new appointment. Filling of vacancies.
4. They shall keep a book of minutes of their proceedings. Minutes.
5. One or more of them, shall, if possible, visit the prison once a month, and they shall meet as a board as often as practicable. Visits.
6. They shall co-operate with the directors of convict prisons in promoting the efficient working of the prison, and shall make inquiry into any matter specially referred to them by the Secretary of State or the directors, and report their opinion thereon. Co-operation with directors.
7. They shall take care that any abuses in connexion with the prison which come to their knowledge are brought to the notice of the directors immediately, and in case of urgent necessity they may suspend any officer of the prison until the decision of the directors is made known. Duties as to abuses.
8. They shall hear and adjudicate on such prison offences as may be referred to them by the directors, and shall, for the purposes of punishment, have the same powers as a director, provided that no offender shall be punished by personal correction, or by forfeiture of remission, except upon an order of two members of the board of visitors, of whom at least one shall be a Justice of the Peace, after full inquiry upon oath. Duties as to adjudication on prison offences.
9. They shall hear and investigate any complaint which any prisoner may desire to make to them, and, if necessary, report the same, with their opinion, to the directors. Duties as to complaints by prisoners.

Duties as to  
inspection  
of diets.

10. They shall occasionally inspect the diets of the prisoners, and if they find that the quality of any article does not fulfil the terms of the contract under which it is supplied, they shall report the circumstances to the directors, and note the same in their minute book, and the governor shall thereupon take such steps as may be immediately necessary to provide the prisoners with suitable food.

Power as to  
inspection  
of prison  
books.

11. They may inspect any of the books of the prison.

Powers as  
to letters and  
visits.

12. They may, in any case of special importance or urgency, allow a prisoner an additional visit or letter or prolong the period of a visit.

Annual  
report.

13. They shall make an annual report at the beginning of each year to the Secretary of State with regard to all or any of the matters referred to in these rules or to any other matters appertaining to the prison, and they shall make such reports to the directors as they consider necessary concerning any matter to which, in their opinion, the attention of the directors should be called.

Duties as to  
prisoners'  
gratuities  
and arrange-  
ments for  
prisoners on  
discharge.

14.—(1.) They are requested to give such assistance as may be in their power towards securing the proper disposal of any gratuities which may be earned by prisoners, especially in places where there is no Discharged Prisoners' Aid Society, according to such instructions as may from time to time be issued.

(2.) They are requested to devote special attention to prisoners about to be discharged, and to co-operate with the governor and chaplain with the object of securing that all reasonable steps are taken, so far as possible, to provide against a relapse into crime on the part of any prisoner where it might be averted, either by a judicious expenditure of his gratuity, or by communication with the Aid Society of the district to which the prisoner is going, or by correspondence with any charitable person or agency who, or which appears likely, after personal communication with the prisoner to assist him in his attempt to gain an honest living.

Duties as to  
classification  
of prisoners.

15. It will also be their duty to interest themselves especially in such classification of prisoners as may from time to time be established by the rules, and to co-operate with the governor in this and all other matters when their assistance and advice is likely to be of use to him.

## PART II.

### GENERAL RULES FOR THE GOVERNMENT OF PRISONS.

#### *Buildings and Cells.*

16. A cell shall not be used for the separate confinement of a prisoner unless it is certified by a Director or one of Her Majesty's Inspectors of Prisons to be of such a size, and to be lighted, warmed, ventilated, and fitted up in such a manner as may be requisite for health, and furnished with the means of enabling the prisoner to communicate at any time with an officer of the prison.

17. In every prison an infirmary or proper place for the reception of sick prisoners shall be provided. Infirmary.

18. The wards, cells, and yards where females are confined shall be secured by locks different from those securing the wards, cells, and yards allotted to male prisoners. Locks.

#### *Admission, Discharge, and Removal.*

19.—(1.) Every prisoner shall be searched on admission and at such times subsequently as may be directed, and all prohibited articles shall be taken from him. Prisoner's  
property.

(2.) A prisoner shall not be allowed to have in his possession any article not supplied by the prison.

20. The name, age, height, weight, features, particular marks, general appearance, and such other measurements and particulars as may be required in regard to a prisoner shall, upon his admission, and from time to time, be recorded in such manner as may be directed. Record of  
measurement  
and other  
particulars.

21. Every prisoner shall, as soon as possible after his admission, be separately examined by the medical officer, who shall record the state of health of the prisoner, and such other particulars as may be directed. Medical  
examination  
on admission.

22. Every prisoner shall be examined by the medical officer before being removed to any other prison, or being discharged from prison. No prisoner shall be removed to any other prison unless the medical officer certifies that he is fit for removal; and no prisoner labouring under any acute or dangerous illness shall be discharged from prison until, in the opinion of the medical officer, the discharge is safe, unless the prisoner requires to be discharged. Medical  
examination  
on removal  
and dis-  
charge.

23. A female prisoner shall be searched by female officers. In other respects the same course shall be pursued in reference to the admission, removal, or discharge of a female prisoner as in the case of a male prisoner. Provision  
as to female  
prisoners.

- Sentence expiring on Sunday, Christmas Day, or Good Friday. 24. Any prisoner whose sentence will expire on any Sunday, Christmas Day, or Good Friday shall be discharged on the day next preceding that Sunday, Christmas Day, or Good Friday.
- Bath. 25. Every prisoner shall take a bath on reception, unless it is otherwise directed in any particular case by the governor or medical officer.
- Cutaneous disease or vermin. 26. If any prisoner is found to have any cutaneous disease, or to be infested with vermin, means shall be taken effectually to eradicate and destroy the same.
- Photographing of prisoners. 27. A photograph shall be taken of every prisoner on first reception into a prison, and afterwards as may be directed, but no copy of the photograph shall be given to any person unless he is officially authorised to receive it.
- Notification of rules to prisoners. 28. After a prisoner is received at the prison, an abstract of the rules relating to the conduct and treatment of prisoners shall be read over to him, and proper means shall afterwards be taken by the governor for making him acquainted with the purport and effect of those rules.
- Removal to or from prison. 29. A prisoner shall be exposed to public view as little as possible while being removed from or to prison. In order to avoid exposure while passing through the public streets, he shall, if necessary, be conveyed in a cab or other closed vehicle.
- Application of gratuity on discharge. 30. Any gratuity granted to a prisoner on his discharge may be paid through a Prisoners' Aid Society, or in such manner and under such conditions as the directors may order for the purpose of preventing its being misapplied.

*Food, Clothing, and Bedding.*

- Spirituuous liquors. 31. No spirituous liquors of any kind shall be admitted for the use of any prisoner under any pretence whatever, except in pursuance of special rules, and of a written order of the medical officer, specifying the quantity to be admitted, and the name of the prisoner for whose use it is intended. This rule shall not apply to any stock of spirituous liquors kept in the prison for the use of the infirmary and under the control of the medical officer.
- Smoking. 32. Smoking shall not be allowed in, nor tobacco be introduced into, a prison except with the consent of and subject to the rules made by the directors, or unless specially required for medical reasons, and then only under the written authority of the medical officer, a copy of which he shall enter in his journal.

33. Each prisoner shall be supplied with sufficient quantity of Food. wholesome food, according to a scale or scales of diet, in framing which regard shall be had to the sex and employment of the prisoner, and other circumstances which require consideration.
34. A prisoner who has any complaint to make regarding the diet furnished to him, or who wishes his diet to be weighed or measured for the purpose of ascertaining whether he is supplied with the proper quantity, must make his request as soon as possible after the diet is handed to him, and it will be weighed or measured in his presence, and in that of the officer deputed for that purpose. Repeated complaints of a groundless nature made by any prisoner under colour of this rule, with the evident purpose of giving annoyance or trouble, shall be treated as a breach of prison discipline, and the offender will be liable to punishment accordingly. Complaints as to diet.
35. Any special addition to the food in the diet scale may, in the case of a prisoner not being a patient in the infirmary, be made only on the written recommendation of the medical officer. Special additions to food.
36. The governor shall consult the medical officer respecting the quality of the provisions furnished to the prisoners. Quality of provisions.
37. A prisoner shall not be allowed any wine, beer, or other fermented liquor, unless he is under treatment in the infirmary, and then only under a written order from the medical officer, which shall specify the quantity, and the name of the prisoner for whose use it is intended. Spirituous liquors.
38. Every prisoner shall be provided with a complete prison dress, sufficient for warmth, and shall be required to wear it. Prison dress.
39. Any clothing belonging to a prisoner which may be received into a prison may be disposed of, and on his discharge he shall be supplied with suitable clothing. Private clothing.
40. Each prisoner shall usually occupy a cell by himself by day and by night (except as otherwise directed). If, for medical reasons, or other special circumstances, it is necessary that prisoners be associated, not fewer than three prisoners may be located in one room, in which each shall be supplied with a separate bed. Occupation of separate cell.
41. Every prisoner shall be supplied with sufficient bedding as may be directed, and such additional clothing and bedding may be issued during severe weather, or, in special cases, as the medical officer may deem requisite. Clothing and bedding.
42. A male prisoner may be required to sleep without a mattress during such time as may be determined by the rules of the prison. Mattress.



*Cleanliness.*

Cleanliness.

43.—(1.) A prisoner shall be required to keep himself clean and decent in his person, and to conform to such rules as may be laid down for that purpose.

(2.) Every prisoner shall obey such regulations as regards washing, bathing, and hair-cutting, as may be from time to time prescribed with a view to the maintenance of health and cleanliness.

(3.) A prisoner shall not be stripped or bathed in the presence of any other prisoner.

(4.) Each prisoner shall keep his cell, utensils, books and other articles issued for his use, and his clothing and bedding clean and neatly arranged, and shall clean and sweep the yards, passages, and other parts of the prison as may be directed.

*Classification and Remission.*

Classification of prisoners.

44. There shall be a classification of prisoners as follows :—

(a.) Star Class. To consist of prisoners who have never been previously convicted, or who are not habitually criminal or of corrupt habits. Prisoners in this class shall at all times throughout their sentence be kept apart from all other classes of prisoners, but shall be removed to the Ordinary Class if found to exercise a pernicious influence over other prisoners.

(b.) Ordinary Class. To consist of prisoners who have been previously convicted of serious crime or are proved to be habitually criminal or are known to be of corrupt habits. Prisoners in this class shall, as far as may be practicable, be located and be associated for labour with due regard to age and degree of criminality, *e.g.* :—Prisoners under 24 years of age and not habitually criminal shall not if practicable be associated at labour, exercise, or where they may communicate with the older and more habitual criminals.

(c.) Intermediate Class. To consist of prisoners within 12 months of release, viz. :—

(1.) Prisoners who by good conduct and industry have attained to the highest stage under the progressive stage system.

(2.) Other prisoners who may not be eligible for that stage, but whose age and antecedents and whose conduct in prison justify the hope that they may be helped on release to lead an honest life.

Intermediate Class.

45. A prisoner in the Intermediate Class will, wherever possible, be employed at the trade of which he has some knowledge and which he declares it to be his wish and intention to follow on

release. He will be given special technical instruction in such trade and be encouraged to make himself proficient and thus to give himself the chance of employment at it on release.

46. Every prisoner shall pass in separate confinement such portion of his sentence as may be ordered, and shall subsequently be employed at labour in association. Separate confinement.

47.—(1.) A system of progressive stages shall be established with specific privileges attached to each stage, and every prisoner shall have the opportunity of profiting by this system. Progressive stages.

(2.) A prisoner while in any stage shall be entitled to every privilege attached to that stage, unless he forfeits any privilege as provided by this rule.

(3.) The promotion of a prisoner from one stage to another shall be gained by industry, but it may be postponed for idleness or misconduct, or he may be removed to a lower stage, or he may forfeit any of the privileges of his stage.

48. By hard labour and industry with good conduct a male prisoner may render himself eligible for a licence when one-fourth of his sentence has yet to run. In like manner a female prisoner may render herself eligible for a licence when one-third of her sentence has yet to run. The case of a prisoner under sentence of penal servitude for life will be specially considered at the end of twenty years. Remission.

49. A female prisoner may be allowed, on such conditions as may be laid down, to pass the last nine months of her imprisonment in an approved refuge. Refuge.

50.—(1.) A daily record of the industry of every prisoner shall be kept in marks, and shall be carefully supervised by the governor and deputy governor, and every prisoner shall be required to earn, as a condition of becoming eligible for a licence as above mentioned, the number of marks assigned to his sentence, and, in addition, any marks he may have forfeited as provided under the rules for prison offences. Record of industry.

(2.) Every prisoner shall also be required to earn, as a condition of obtaining promotion to a higher stage, the number of marks assigned to his existing stage, and, in addition, any marks forfeited for stage.

*Employment.*

51. A prisoner may be employed in the service of the prison, but shall not be employed in the discipline thereof, or in the service of any officer or servant thereof, or in the service or education of any other prisoner. Restrictions on employment of prisoners.

52. Every prisoner, whether in separate confinement or on public works, shall, unless prevented by sickness, be employed every Hours of work.

day in such work as the governor may appoint. The hours of work in each day shall not exceed ten, exclusive of the time allowed for meals.

Employment on Sunday, &c. 53.—(1.) On Sunday, Christmas Day, Good Friday, and Fast or Thanksgiving Days, the employment of a prisoner shall be confined to what is strictly necessary for the service of the prison.

(2.) A prisoner who is a Jew shall not be compelled to labour on his Sabbath or on such days of Festival as may be prescribed.

#### *Health.*

Exercise. 54. A prisoner who is in separate confinement or employed at indoor work shall be permitted to take such exercise in the open air as the medical officer deems necessary for his health.

#### *Religious Instruction.*

Notice and licence from Bishop in case of appointment as chaplain. 55. Notice of the nomination of a chaplain to a prison shall, within one month after it has taken place, be transmitted to the Bishop of the diocese in which the prison is situate; and no chaplain shall officiate in any prison until he has obtained a licence for that purpose from the Bishop, nor for any longer time than while the licence continues in force.

Prayers and religious services. 56.—(1.) Prayers, selected from the liturgy of the Established Church, shall be read daily by the chaplain or, in his absence, by the governor or such other person as may be approved by the directors, and at such times as may be fixed by the directors, and portions of the scriptures shall be read to the prisoners, when assembled for religious instruction, by the chaplain or by the governor or such other person.

(2.) The chaplain shall read prayers and preach a sermon in the chapel or other appointed place both morning and evening, on every Sunday in the year, and also on every Christmas Day and Good Friday, and on every day appointed for a general fast or thanksgiving, at such hours as may be prescribed.

(3.) The chaplain shall administer the Holy Sacrament of the Lord's Supper on suitable occasions to such prisoners as shall be desirous and as he may deem to be in a proper frame of mind to receive the same.

(4.) Prisoners shall attend prayers or religious services whenever performed, unless allowed by the governor to be absent for sufficient reason, or unless their attendance is dispensed with by the directors. This rule shall not apply to any prisoner who is attended or visited by a minister of a church or persuasion differing from the Established Church. And no prisoner shall be compelled to attend any religious service held or performed

or any religious instruction given, by the chaplain, minister, or religious instructor of a church or persuasion to which the prisoner does not belong.

57. The chaplain shall at once communicate to the governor and if necessary to the directors any abuse or impropriety in the prison which may come to his knowledge. Duty to communicate abuses.

58. The chaplain shall keep a journal of occurrences of importance connected with his duties, and shall enter therein such matters, and keep such other records and make such reports, as may be ordered. Duty to keep journal.

59. The chaplain shall, as soon as possible after the 31st March in each year, send to the directors a report with reference to the year ended on that day on the religious and moral condition of the prisoners, the result of the instruction given in the schools, and such other matters belonging to his department as he may be desired to report on. He shall report periodically, and from time to time, for the information of the directors, on such points connected with his department as he may think it desirable to bring before them, or as they direct. He may at any time offer any suggestion for improvements or for the advantage of the service, and need not reserve it for his annual report. Annual and periodical reports.

60. The chaplain shall attend the prison daily, recording in his journal the times of his arrival and departure, as well as of his presence in the chapel, and the duties he performed. Daily attendance at prison.

61.—(1.) The chaplain shall see and admonish the prisoners on admission and discharge; he shall also occasionally see each prisoner separately. Duties of chaplain as to prisoners.

(2.) The chaplain shall use his best endeavours to promote the reformation of the prisoners in his spiritual charge.

(3.) The chaplain shall read prayers to the sick in the infirmary daily, and shall daily visit any prisoner under punishment.

(4.) The chaplain is expected to allot a considerable portion of his time to visiting, admonishing, and instructing the prisoners, and shall attend at all reasonable times any prisoners who may require spiritual advice and assistance.

(5.) This rule does not apply to prisoners who are visited by a prison minister.

62.—(1.) The chaplain or the assistant chaplain shall read the burial service at the funeral of any prisoner of the Established Church Burial service.

who may die in the prison in case provision for the reading of such service is not otherwise made.

As to employment on discharge.

63. The chaplain shall, in conjunction with the governor, use his best endeavours to provide for the employment of prisoners on discharge.

Substitute.

64. In case of absence from the prison on leave, the chaplain shall name a substitute, to be approved by a director. He may, subject to the approval of a director, accept the occasional assistance of a clergyman in the discharge of any part of his duties in the chapel, inserting the name of that clergyman in his journal.

Duty to conform to rules.

65. The chaplain shall conform to the rules and regulations of the prison, and shall not interfere with the working of them as regards the safe custody, discipline, and labour of the prisoners, but shall support the governor in the maintenance thereof.

Assistant chaplain.

66. The assistant chaplain shall act under the orders of the chaplain, and shall be competent to perform any duty required to be performed by the chaplain, and when either the chaplain or assistant chaplain is absent from the prison, the other shall perform his duties. Subject as aforesaid, the rules as to the chaplain shall apply also to the assistant chaplain.

Visits by ministers of particular denominations.

67. If any prisoner who is of a religious persuasion different from that of the Established Church specially so requests, the governor shall permit a minister of that persuasion to visit him at proper and reasonable times, under regulations approved by the Secretary of State. The governor shall cause such prisoners to be made acquainted with this privilege on their admission.

Change of religion.

68. A prisoner will not be allowed to change his religion except in any special case in which a director is satisfied after due inquiry that the change is proposed from conscientious motives, and is not sought from any idle whim or caprice, or from a desire to escape from any prison regulations.

Power for prison minister to appoint substitute.

69. A prison minister, that is to say, a minister of any denomination other than the Established Church, appointed to attend any prison, may, when absent on leave or from any unavoidable cause, appoint a substitute with the consent of a director.

Information to be given to prison minister.

70. A prison minister shall be made acquainted with the names of all prisoners of his persuasion, and with such other particulars respecting them as are necessary for the performance of his duties.

Access by prison minister to prisoners.

71. Convenient hours shall be appropriated by the governor during which the prison minister shall have access to prisoners of his persuasion for the purpose of affording to them religious instruc-

tion, but he shall not hold communication with any prisoners other than those of his own persuasion.

72. A prison minister shall perform divine service at such times as may be appointed, if it appears to the directors that there is a substantial number of prisoners to attend and the circumstances of the prison admit of the necessary arrangements for the purpose being made.

Performance of divine service.

73.—(1.) A prison minister shall, so far as practicable, see and admonish every prisoner of his persuasion, both on admission and on discharge.

Duties of prison minister as to prisoners.

(2.) A prison minister shall visit the sick prisoners of his persuasion, and those who are under punishment or under special discipline, as the exigencies of each case may require.

74. A prison minister shall have access to the catalogue of books to be issued to prisoners, and no book to which he makes objection shall be issued to any prisoner of his persuasion.

Powers as to books.

75. A prison minister shall himself conform to the rules of the prison, and shall not interfere with the working of them, as regards the security, discipline, and labour of the prisoners, but shall support the governor in the maintenance of discipline and order.

Conformity to rules.

76. No books or printed papers shall be admitted into any prison for circulation among the prisoners unless approved by the directors; and no books or printed papers intended for the religious instruction of prisoners belonging to the Established Church shall be admitted without the concurrence of the chaplain; provided that if there is a difference of opinion between the chaplain and the directors with respect to books or printed papers proposed to be admitted for the religious instruction of a prisoner belonging to the Established Church, a reference may be made by the directors to the bishop of the diocese, whose decision on this class of books or printed papers shall be final. Subject to the permission of the directors as aforesaid, all books or printed papers admitted into any prison for the religious instruction of prisoners belonging to any other persuasion, and who are visited by a minister of that persuasion, shall be approved by that minister. The governor shall keep a catalogue of all books and printed papers admitted into the prison.

Rules as to books and printed papers.

77. Each prisoner shall be furnished with a Bible and Prayer Book, such as is approved for the denomination to which he belongs.

Supply of Bibles and Prayer Books.

*Instruction.*Provision  
for instruc-  
tion.

78. Provision shall be made in every prison for the instruction of prisoners in reading, writing, and arithmetic, during such hours and to such extent as may be appointed. It will be the duty of the chaplain to give daily his personal superintendence to that instruction.

Library.

79. A library shall be provided in each prison, consisting of books sanctioned by the directors, and these books may be furnished to the prisoners under the conditions laid down from time to time; and, except as provided in the rules, no newspapers, or books other than those supplied to the prison library, shall be permitted for the use of prisoners.

Penalties for  
failure to  
profit by  
instruction.

80. Prisoners who do not do their best to profit by the instruction afforded them may be deprived of any advantages which might be accorded to them, in the same way as if they had been idle or negligent at labour.

*Visits and Communications.*General pro-  
visions as to  
visits and  
letters.

81.—(1.) Communications between prisoners and their friends by visits and letters will be allowed in accordance with these rules, subject to restrictions imposed for the maintenance of discipline and order in the prison.

(2.) A prisoner will not be allowed to communicate with his friends when not entitled to do so by the rules, except by special permission; but, under urgent or pressing circumstances not admitting of delay, the governor may grant permission, which he shall record in his journal.

(3.) A prisoner, after six months of the term of his sentence have expired, shall, provided his conduct and industry have been satisfactory, be allowed to communicate with his relatives and respectable friends by letter, and to be visited by them in the prison, and subsequently he shall be allowed the same privileges, at intervals, to be determined according to the stage he has attained by his conduct and industry. Not more than three persons shall be admitted to visit a prisoner at one time. No other person shall be allowed to communicate with a prisoner except by special authority. These privileges may be forfeited at any time for idleness or misconduct or breach of the regulations of the prison.

(4.) Male prisoners shall be visited in the presence of a male officer; female prisoners in the presence of a female officer.

(5.) No person shall be allowed to visit a prisoner on a Sunday, except in cases of emergency.

82.—(1.) The governor may demand the name and address of any visitor to a prisoner; and when he has any ground for suspicion may search or caused to be searched male visitors, and may direct a female officer to search female visitors, the search not to be in the presence of any prisoner or of another visitor; and, in case of any visitor refusing to be searched, the governor may deny him or her admission. The governor shall enter in his journal the grounds of any such proceeding, with the particulars thereof.

Powers of  
governor as  
to visitors.

(2.) If there are reasonable grounds for suspecting that any person who comes to the prison for the purpose of seeing a prisoner brings in or takes out any articles for an improper purpose, or contrary to the prison rules, or that his conduct may tend to subvert the discipline or good order necessary to be maintained in the prison, the governor may suspend his visit, and remove him from the prison, duly recording the fact in his journal and reporting it to the directors.

83. Every letter to or from a prisoner shall be read by the governor or deputy governor and the chaplain; and if the contents are objectionable it shall not be forwarded, or the objectionable part shall be erased according to discretion.

Prisoners'  
letters.*Offences and Punishments.*

84. No punishment or privation of any kind shall be awarded to a prisoner by any officer of the prison except the governor, or in his absence the officer appointed to act for him.

Persons  
authorised  
to award  
punish-  
ments.

85. A prisoner shall be guilty of an offence against prison discipline if he—

Offences  
against  
prison  
discipline.

- (1.) Disobeys any order of the governor or of any other officer, or any prison rule.
- (2.) Treats with disrespect any officer or servant of the prison, or any visitor, or any person employed in connection with the prison or works.
- (3.) Is idle, careless, or negligent at work, or refuses to work.
- (4.) Is absent without leave from Divine service, or prayers, or school instruction.
- (5.) Behaves irreverently at Divine service or prayers.
- (6.) Swears, curses, or uses any abusive, insolent, threatening, or other improper language.
- (7.) Is indecent in language, act, or gesture.
- (8.) Commits a common assault upon another prisoner.
- (9.) Converses or holds intercourse with another prisoner without authority.

- (10.) Sings, whistles, or makes any unnecessary noise, or gives any unnecessary trouble.
- (11.) Leaves his cell or other appointed location, or his place of work, without permission.
- (12.) In any way disfigures or injures any part of the prison, or any article to which he may have access.
- (13.) Commits any nuisance.
- (14.) Has in his cell or possession any article he is not allowed to have.
- (15.) Gives to or receives from any prisoner any article whatever without leave.
- (16.) In any other way offends against good order and discipline.
- (17.) Attempts to do any of the foregoing things.

Powers of  
governor as  
to offences  
against  
prison  
discipline.

86. The governor may examine any person touching any alleged offence against prison discipline, and determine thereupon, and punish the offence.

Punishments  
which may  
be imposed  
by governor.

87. For any offence with which the governor is competent to deal, he may order a prisoner to be punished by—

- (a.) Close confinement for any period not exceeding three days.
- (b.) No. 1 diet for ill-conducted and idle prisoners for a period not exceeding three days.
- (c.) No. 2 diet for ill-conducted and idle prisoners for a period not exceeding 21 days.
- (d.) No. 3 diet for ill-conducted and idle prisoners for a period not exceeding 42 days.
- (e.) Reduction from a higher stage to a lower stage, or postponement of promotion to a higher stage for a period not exceeding three months.
- (f.) Deprivation of mattress for any period not exceeding three days for idleness or refusing to work.
- (g.) Forfeiture of remission of sentence for a period not exceeding 14 days.

Powers of  
director as  
to offences  
against  
prison  
discipline.

88. If any prisoner is charged with any serious or repeated offence for which the punishment the governor is authorised to inflict is deemed insufficient, or is charged with any offences with the aggravations mentioned in this rule, the governor shall, without loss of time, report the same to a director, who is empowered after inquiry into the same on oath, to determine concerning any matter so reported to him, and to order the offender to be punished. The offences referred to above are :—

- (1.) Mutiny or incitement to mutiny.
- (2.) Personal violence to any officer or servant of the prison, or to a fellow prisoner.

- (3.) Grossly offensive or abusive language to any officer or servant of the prison.
- (4.) Wilfully or wantonly breaking the prison windows, or otherwise destroying the prison property.
- (5.) When under punishment, wilfully making a disturbance tending to interrupt the order and discipline of the prison.
- (6.) Any other act of gross misconduct or insubordination requiring to be suppressed by extraordinary means.
- (7.) Escaping or attempting to escape from prison.

89. A director may order a prisoner to be punished by—

Punishments  
which may  
be imposed  
by director.

- (a.) Close confinement for a period not exceeding 28 days.
- (b.) No. 1 diet for ill-conducted and idle prisoners for a period not exceeding 15 days, with intervals as laid down in the rules for dietaries.
- (c.) No. 2 diet for ill-conducted and idle prisoners for a period not exceeding 42 days, with intervals as laid down in the rules for dietaries.
- (d.) No. 3 diet for ill-conducted and idle prisoners for a period not exceeding 84 days, with intervals as laid down in the rules for dietaries.
- (e.) Separate confinement for any term not exceeding nine months.
- (f.) Forfeiture of the privilege of remission of sentence or of the privileges of any stage.
- (g.) Corporal correction in the case of a male prisoner for any of the following offences, viz. :—
  - (a.) Mutiny or incitement to mutiny.
  - (b.) Personal violence to any officer or servant of the prison.
  - (c.) Any act of gross insubordination requiring to be suppressed by extraordinary means.

90. A prisoner shall not be punished until he has had an opportunity of hearing the charges and evidence against him and of making his defence.

Opportuni-  
ties for  
defence.

91. The governor shall enter in the Report and Punishment Sheet a statement of the nature of any offence punished by him or the Board of Visitors, with the addition of the name of the offender, the date of the offence, and the punishment inflicted, and the record shall be submitted to the directors for review at the end of every week.

Record of  
punish-  
ments.

92. Dietary punishment shall not be inflicted on any prisoner, nor shall he be placed in separate or close confinement, nor shall corporal punishment be inflicted, unless the medical officer has certified that prisoner is in a fit condition of health to undergo the punishment.

Medical  
certificates.



Duties of governor and medical officer as to punishments.

93. All corporal punishments within the prison shall be attended by the governor and the medical officer. The medical officer shall give such orders for preventing injury to health as he may deem necessary, and it shall be the duty of the governor to carry them into effect, and the governor shall enter in the Punishment Book the hour at which the punishment is inflicted, the number of lashes, and any orders which the medical officer may have given on the occasion.

Rules as to corporal punishment.

94. Corporal punishment, in the case of a prisoner over 18 years of age, shall be inflicted either with a cat o'nine tails or with a birch rod, and in the case of a prisoner under 18 years of age, with a birch rod. The instrument in either case shall be of a pattern approved by the Secretary of State.

Number of lashes.

95. The number of lashes inflicted on a prisoner over 18 years of age shall not exceed 36, or on a prisoner under 18 years of age, 18.

Entry of order.

96. The order for corporal punishment shall be duly entered in the prescribed manner, and the number of lashes, and the instrument with which they are to be inflicted, shall in all cases be stated in the order.

Use of irons and other means of restraint.

97.—(1.) Any prisoner who assaults or attempts to assault any person, or who escapes or attempts to escape, may, by order in writing of a director, be made to wear a distinctive dress, and be restrained in leg chains or cross irons for any period not exceeding six months.

(2.) For violence or insubordination, a prisoner may, if necessary, be restrained by the governor, in hand-cuffs, for not more than twenty-four hours, or, in the case of an invalid prisoner, with the concurrence of the medical officer, by the body belt; and the use of these restraints shall be recorded by the governor in his journal.

(3.) Irons or other means of restraint shall not be used except of such patterns and in such manner as may be approved by the Secretary of State.

#### *Prison Officers.*

Tenure of office.

98. Every officer of a prison shall hold his office during the pleasure of the Secretary of State.

Dealings with prisoners.

99. An officer shall not have any pecuniary or other dealing whatsoever with or on behalf of any prisoner, or employ any prisoner on his private account.

100. An officer shall not allow any prisoner under his charge to be employed, directly or indirectly, for the private benefit or advantage of any person, or in any way not in conformity to the prison rules. Duties as to employment of prisoners.

101. An officer of a prison shall not sell or let, nor allow to be sold or let, nor be interested in the selling or letting of, any article to any prisoner. Prohibition of sale to prisoners.

102. An officer shall not directly or indirectly have any interest in any contract for the supply of the prison; nor shall he receive, directly or indirectly, under any pretence whatsoever, any fee or gratuity or present from any contractor, or person tendering any contract with the establishment, or from any person whatever in relation to anything connected with the service of any prison. Contracts.

103. No officer of a prison shall at any time receive any money, fee, or gratuity of any kind for the admission of any visitors to the prison or to prisoners, or from or on behalf of any prisoner, on any pretext whatever. Gratuities.

104. Female prisoners shall in all cases be attended by female officers. A male officer shall not enter a prison or division of a prison appropriated to female prisoners except on duty, nor unless accompanied by a female officer. Provisions as to female prisoners.

105. All officers of the prison shall obey the directions of the governor, subject to the prison rules, and all subordinate officers shall perform such duties as may be directed by the governor, with the sanction of the directors, and the duties of each subordinate officer shall be inserted in a book to be kept by him. Obligation to obey directions.

106. An officer shall not be absent from the prison without leave from the governor. He shall use the utmost vigilance to insure the safe custody of the prisoners, and shall not take any key of the prison outside the gate. Duties as to custody of prisoners.

107.—(1.) A subordinate officer shall not receive any visitors within the prison without permission of the governor. Subordinate officers.

(2.) A subordinate officer shall frequently examine the state of the cells, bedding, locks, bolts, &c., and shall seize all prohibited articles, and deliver them to the governor forthwith.

Officers' quarters.

108.—(1.) Every officer shall occupy such quarters as may be assigned to him.

(2.) If an officer is discharged or dismissed, or resigns, he shall immediately give up the quarters he has occupied. Any officer who occupies quarters shall at any time vacate them if required to do so. On the death of an officer, his family shall give up his quarters when required to do so.

(3.) An officer occupying Government quarters shall not keep a shop or a school or let lodgings therein, nor shall any subordinate officer permit any person not being a regular member of his family to remain for the night in his quarters without the permission of the governor, which permission the governor shall record in his journal.

Gatekeeper.

109. The officer acting as gatekeeper shall examine all articles carried in or out of the prison, and may stop any person suspected of bringing in spirits or other prohibited articles into the prison, or of carrying out any property belonging to the prison, giving immediate notice thereof to the governor.

General duties of officers.

110. It is the duty of all officers to treat prisoners with kindness and humanity, to listen patiently to and report their complaints or grievances, at the same time being firm in maintaining order and discipline, and enforcing complete observance of the rules and regulations of the prison. The great object of reclaiming the criminal should always be kept in view by all officers, and they should strive to acquire a moral influence over the prisoners, by performing their duties conscientiously, but without harshness. They should especially try to raise the prisoners' minds to a proper feeling of moral obligation, by the example of their own uniform regard to truth and integrity, even in the smallest matters.

Duty to give information to governor.

111. An officer shall, without delay, inform the governor of any prisoner who desires to see him, or to make any complaint or to prefer any request to him or to any superior authority.

Duties as to prisoners out of health.

112. It is the duty of every officer to direct the attention of the governor to any prisoner who appears to be out of health, although he does not complain, or whose state of mind appears to be deserving of special notice and care, in order that the opinion and instructions of the medical officer may be taken on the case.

113.—(1.) Officers shall at all times carefully watch the prisoners in their various movements and employments, shall give the necessary directions thereon, and shall use the utmost alacrity and vigilance to promote industry, and to maintain order and silence among them and to prevent the escape of any prisoner. Duties as to supervision.

(2.) Officers shall carefully observe the character, habits, and industry of the prisoners under their charge, and shall carefully and impartially keep such records as may be ordered, and shall afford at all times to their superiors unreserved information on such subjects.

114.—(1.) An officer shall not strike a prisoner, unless compelled to do so in self-defence. Rules as to striking prisoners or using force or inflicting punishment.

(2.) In any case in which the application of force to a prisoner is needful, no more force than is necessary shall be used.

(3.) An officer shall not inflict any punishment or privation of any kind upon any prisoner unless ordered by the governor.

115. An officer shall not fail on any pretence whatever, through favour, or mistaken notions of kindness, to make an immediate report to the governor or other his superior officer, of any misconduct or wilful disobedience of orders. Duties as to reporting misconduct.

116.—(1.) An officer shall not allow any familiarity on the part of a prisoner towards himself or any other officer or servant of the prison, nor shall he on any account speak of his duties, or of any matters of discipline or prison arrangement, within the hearing of a prisoner. Familiarity with prisoners or intercourse with their friends forbidden.

(2.) An officer shall not speak to a prisoner unnecessarily, nor shall he, by word, gesture, or demeanour, do anything which may tend to irritate any prisoner.

(3.) An officer shall not correspond with or hold any intercourse with the friends or relatives of any prisoner, unless expressly authorised by the governor.

117.—(1.) An officer shall not make any unauthorised communication concerning the prison or prisoners to any person whatever, and shall not, without authority, communicate to the public press information derived from official sources or connected with his duties or the prison, and any such communication by an officer without authority will be regarded as a breach of confidence and will render him liable to dismissal. Communications as to prisoners or prison matters forbidden.

Duties as to rules and orders.	(2.) An officer shall not publish a book on matters relating to the prison department without the sanction of the Secretary of State.
Duty to superiors.	118. An officer will be held responsible for being fully acquainted with the rules and orders relating to his duties. He shall strictly conform to and obey the orders of the governor in every respect, and shall assist him in maintaining order and discipline among the prisoners.
Appeal against decision.	119. Every officer shall treat members of the Board of Visitors with the greatest courtesy and respect, and shall at all times treat his superiors with respect. He shall be respectful to the authorities of other departments of government, and shall afford all proper assistance to those with whom his duty calls on him to co-operate; taking care, in so doing, not to lose sight of the rules and regulations of the prison, or of the special orders he may receive from the prison authorities.
Duty when under suspension.	120. An officer desiring to appeal against any decision which affects him, or wishing to bring any matter before superior authority shall, without unnecessary delay, state his complaint to the governor for the consideration of the directors.
Tobacco and spirituous liquors.	121. An officer who is suspended from duty for misconduct shall immediately give up his keys and quit the prison, but shall afterwards attend daily at the prison at such hour as the governor may appoint until otherwise directed.
Prohibited articles.	122. An officer shall not use tobacco or spirituous or fermented liquors within the prison walls, except under such restrictions as to time and place as may be laid down by the governor, and approved by a director.
Purchases from contractor.	123. If an officer, contrary to orders, brings in or carries out, or endeavours to bring in or carry out, or knowingly allows to be brought in or carried out, to or for any prisoner, any money, clothing, provisions, tobacco, letters, papers, or other articles whatsoever, he shall be forthwith suspended from his office by the governor of the prison, who shall report the offence to the directors.
Residence.	124. An officer may, if the terms of the contract permit it, purchase from any contractor provisions for the use of himself and his family at the contract rates.

*Governor.*

Duty to conform to law,	125. The governor shall reside in the house assigned to him.
	126. The governor shall strictly conform to the law relating to prisons and to the prison rules, and shall be responsible for the due

observance of them by others. He shall observe the conduct of the prison officers, and enforce on each of them the due execution of his duties, and shall not permit any subordinate officer to be employed in any private capacity, either for any other officer of the prison or for any prisoner.

127. The governor, in case of misconduct, may suspend any subordinate officer, and shall report the particulars without delay to the directors.

128.—(1.) The governor shall visit and inspect daily the wards, cells, yards, and divisions of the prison; also the bakehouse, kitchen, and workshops, and every cell or other place in which any prisoner is undergoing punishment or special discipline, or charged with any offence, and as far as practicable shall see every prisoner once at least in every twenty-four hours. It shall be his duty to visit daily all prisoners while employed on public works, and see that they are industrious, and that all orders respecting the application of labour are duly enforced; and in default of such daily visits and inspections, he shall state in his journal how far he has omitted them, and the cause thereof.

(2.) When visiting the prison in which female prisoners are kept he shall be attended by a female officer.

129. The governor shall take every precaution to prevent the escape of prisoners, and shall take care that all officers are well instructed as to their duties and responsibilities in this respect and vigilant in fulfilling them.

130. The governor shall require reports to be made to him accounting for all prisoners in his custody night and morning at the closing and opening of the prison respectively, at such hours as they go to and return from labour, and at such other times as may be necessary.

131. The governor shall assure himself that all gates are locked at the proper times, and that all keys of the prison are kept in the authorised place or in the possession of the authorised officers, and he shall not allow any key of the prison to be taken outside the gate.

132. The governor and the deputy governor shall, each, at least once during the week, go through every part of the prison at an uncertain hour of the night; which visits, with the hour and state of the prison at the time, the governor shall record in his journal.

133. If the governor omits to perform any duty or routine prescribed he shall record such omission in his journal with the cause thereof.



Duties as to making prisoners acquainted with rules.

134.—(1.) The governor shall cause an abstract, approved by the Secretary of State, of the regulations relating to the treatment and conduct of prisoners, with a copy of the prison dietaries (printed in legible characters) to be posted in each cell, and shall read them or cause them to be read to every prisoner who cannot read within twenty-four hours after his admission.

(2.) The governor shall take an early opportunity of seeing all prisoners after their admission, and satisfying himself that they understand the rules and regulations to which they are required to conform, the privileges they may gain by industry and good conduct, and the consequences of idleness and misconduct.

Duty to call attention of medical officer to prisoners requiring his attention.

135.—(1.) The governor shall without delay call the attention of the medical officer to any prisoner whose state of mind or body appears to require attention, and shall carry into effect the written directions of the medical officer respecting alterations of the discipline or treatment of any such prisoner.

(2.) The governor shall notify to the medical officer without delay the illness of any officer or prisoner, and shall furnish to him daily a list of the prisoners reported sick in the prison.

Duty to provide chaplain and medical officer with list of prisoners under punishment.

136. The governor shall daily provide for the chaplain and the medical officer a list of prisoners under punishment.

Duty to visit infirmary daily.

137. The governor shall visit the infirmary daily, and see all prisoners therein, and shall take care that proper arrangements are made for the safe custody of the sick prisoners, and that discipline is maintained, so far as is consistent with the medical treatment prescribed for them. He shall on all occasions support the medical officer in the performance of his duties.

Duty as to notices of death of prisoner.

138. Upon the death of a prisoner the governor shall give immediate notice thereof to the coroner having jurisdiction, also to the Board of Visitors, the directors, and the nearest relative of the deceased, where practicable.

Duties as to inquests.

139.—(1.) The governor shall see that no officer of the prison, nor any prisoner, nor any person who is under contract to supply anything for the service of the prison, is a juror on any inquest held on the body of a prisoner who has died in his custody.

(2.) The governor shall supply to the coroner the name of any prisoner who tenders his evidence in the case of an inquest about to be held on the body of any prisoner.

(3.) The governor shall report to the directors in respect of any inquest on a prisoner the finding of the jury or other circumstances which may occur at the inquest.

140. The governor shall, without delay, report to the directors any case of insanity or apparent insanity occurring among the prisoners, or any case in which the medical officer is of opinion that the life of any prisoner will be endangered by further imprisonment, or that any sick prisoner will not survive his sentence, or is totally and permanently unfit for prison discipline, or has reason to believe that the mental state of any prisoner is becoming impaired or enfeebled by continued imprisonment.

Duties as to reporting cases of mental or physical disorder.

141.—(1.) The governor shall keep and be responsible for such books and records as may from time to time be prescribed.

Duties as to books and records.

(2.) The governor shall enter in a book, called the "Governor's Order Book," all his orders relative to the management and discipline of the prison, and shall cause such orders to be communicated to the proper officers.

142. The governor shall keep the prescribed records of the conduct of officers, and may fine subordinate officers and servants in any amount, not exceeding five shillings, for neglect of duty or other offence against the prison rules; and the fines shall be applied as may be directed by the directors.

Power to fine officers.

143.—(1.) The governor shall not, without permission in writing from a director, be absent from the prison for a night, except from unavoidable necessity. If from unavoidable necessity he is absent for a night, and has not been able to obtain leave for such absence, he shall at once inform the directors of the fact, and the cause of it, and shall record it in his journal. He shall also enter his leave of absence, with the authority for it, in his journal. Before leaving the prison at any time, he shall give over the charge of it to the deputy governor, or to the officer acting in his place.

Absence from prison.

(2.) When the governor is absent from the prison the deputy governor shall perform all his duties, and on such occasions the deputy governor shall be competent to perform any duty required to be performed by the governor.

(3.) If under any circumstances the governor and deputy governor are both absent, the charge of the prison shall devolve on the chief warder or senior principal warder, to whom it shall be regularly delivered over; but the omission of such delivery shall not justify such chief or principal warder in neglecting the charge, if he is aware that the governor and deputy governor are actually absent from the prison.

Purchases  
from con-  
tractor.

144. The governor may, if the terms of the contract permit it, purchase articles from any contractor, for the use of his family, at the contract rate; but, with this exception, he shall not have for his own use, or that of any other person, any dealings with any tradesman supplying the prison.

Duties as to  
prisoners'  
labour.

145.—(1.) The governor shall take care that the labour of all the prisoners is made use of in such a way as to be to the best advantage to the public service, and shall not employ or allow to be employed any prisoner in any private work whatever, for himself or for any other officer of the prison.

(2.) The governor shall promote the useful employment and industrial training of the prisoners.

Duties as to  
identification  
of prisoners.

146. The governor shall use his best endeavours to assist in the identification of prisoners, and with that object shall furnish to the governors of other prisons and to the police any information in his power.

Admission of  
persons to  
the prison.

147.—(1.) The governor shall not allow any person besides the authorised officers to pass into or out of the prison after the gates are locked for the night, nor until the hour appointed for opening the prison on the following morning, except in some special case, which latter shall be entered in his journal.

(2.) Except under special circumstances, and as permitted by his instructions, the governor shall not allow any person, except a Judge of the Supreme Court of Judicature and the Bishop of the diocese, to enter the prison, or hold any communication with a prisoner, without a written order from the Secretary of State or a director.

(3.) The governor may examine all persons and vehicles going in or out of the prison, and may exclude any person who refuses to be examined.

(4.) The governor may remove from the prison any visitor to the prison or to a prisoner whose conduct is improper, recording the same in his journal.

Duties as to  
notifying  
cases to  
chaplain and  
medical  
officer.

148. The governor shall notify to the chaplain or prison minister and medical officer the case of any prisoner whose life is in danger, or whose state of health in mind or body appears to require their attention.

Duties as to  
carrying out  
recommendations  
of  
medical  
officer.

149.—(1.) The governor shall carry into effect the written recommendation of the medical officer for the alteration of the discipline or treatment of any prisoner, or for the supply of any additional articles to any prisoner on medical grounds.

(2.) The governor shall carry into effect the written recommendation of the medical officer for separating from the other prisoners any prisoner labouring, or suspected of labouring, under any infectious, contagious, or mental disease; and shall immediately take such steps as may be necessary to prevent the spread of any contagious or infectious disease.

150. In any case in which the sickness of any prisoner has, in the opinion of the medical officer, assumed an aspect of danger, the governor shall whenever practicable inform the relatives of the prisoner thereof.

Duties as to  
notifying  
dangerous  
illness of  
prisoner.

151. The governor shall pay attention to the ventilation, drainage, and sanitary condition of the prison, and take such measures as may be necessary for their being maintained in perfect order.

Duties as to  
sanitary con-  
dition of  
prison.

152. The governor shall take care that proper precautions against fire are adopted, and that the fire engine and other appliances for the extinction of fire are at all times kept in good order and ready for use. He shall take care that instructions are given as to the steps to be taken in case of fire, and that the officers concerned are acquainted with their duties on such occasions.

Duties as to  
prevention of  
fire.

153.—(1.) The governor shall hear the reports every day at such hour as may be most convenient.

Duties as to  
reports, com-  
plaints, or  
applications.

(2.) The governor shall take care that every prisoner having a complaint to make or request to prefer to him shall have ample facilities for doing so, and he shall redress any grievance, or take such steps as may seem necessary, recording the same in the prescribed manner.

(3.) The governor shall forward to the directors without delay any report or complaint which any officer of the prison desires to make to them, and shall on no account suppress it, but he may offer any explanation with it which it may seem to require.

(4.) The governor shall inform the Board of Visitors of the desire of any prisoner to see them.

(5.) The governor shall inform a director of the desire of any prisoner to see him.

154. The governor shall enforce the observance of silence throughout the prison, and prevent all intercourse or communication between the prisoners, so far as the conduct of the business of the prison, or the labour of the prisoners, will permit, and shall take

Duties as to  
enforcing  
silence.

care that all necessary and unavoidable intercourse or communication between them shall be conducted in such manner only as he may direct.

Duties as to  
prisoners  
under  
punishment.

155.—(1.) The governor shall see that every prisoner under punishment is visited during the day at intervals of not more than three hours by the appointed officer.

(2.) The governor shall take care that no prisoner is subjected to any punishment which the medical officer is not satisfied he is capable of undergoing.

(3.) The governor shall attend every corporal punishment inflicted within the prison; and he shall enter in his journal the hour at which the punishment was inflicted, the number of lashes or strokes given, and any order which he or the medical officer has given on the occasion.

(4.) The governor may, after the infliction of two-thirds of any sentence of corporal punishment, remit the remainder or any portion thereof.

Duties as to  
mechanical  
restraints.

156. In a case of absolute necessity he may put a prisoner in irons, as a restraint, but not as a punishment. If he considers it necessary to keep a prisoner in irons or under mechanical constraint for a longer period than 24 hours, he shall apply to a director, who may by order in writing direct the prisoner to be kept in irons for such period as he may think necessary, and this order shall be preserved by the governor as his warrant.

Conditions  
on which  
special per-  
missions may  
be granted.

157. Before granting any permission for any purpose to any prisoner by authority of the rules applicable to the class to which the prisoner belongs, the governor shall satisfy himself that it can be granted without interfering with the security, good order, and government of the prison and the prisoners therein, and if after it has been granted its continuance seems likely to cause any such interference, or the prisoner has abused such permission or has been guilty of any misconduct, he may suspend or withdraw such permission. Further, where such permission has been granted by the Board of Visitors, he may, in the like circumstances, suspend it if the case is urgent, provided that he reports the suspension within 24 hours to them. He shall enter in his journal all cases, where such permission has been granted, suspended, or withdrawn, stating the reasons.

158. The governor or the deputy governor shall read every letter addressed to or written by a prisoner, and every such letter shall be marked with the initials of the governor or deputy governor, as the case may be. The governor shall use his discretion in communicating to or withholding from a prisoner at any time the contents of any letter addressed to the prisoner; but shall note in his journal every case in which he thinks it proper to withhold a letter which, according to the rules, might be communicated to or written by a prisoner.

Duties as to  
letters to and  
from  
prisoners.

159.—(1.) The governor shall freely and confidentially communicate with the directors on all matters relating to the prison, apprising them of any occurrence of importance; and, in case of any emergency not sufficiently provided for in the rules, he shall apply to them, and conform to their orders; acting, if necessary, in the meantime, to the best of his own judgment, according to the circumstances of the case.

Duties as to  
communica-  
ting with  
directors.

(2.) The governor may at any time offer any suggestion for improvements or for the advantage of the service, and need not reserve it for his annual report.

160.—(1.) The governor shall attend divine service in the prison whenever it is performed, inserting in his journal any omission, and the cause thereof. He shall see that the subordinate officers and prisoners attend such service as directed by the rules.

Duties as to  
attendance at  
divine ser-  
vice and  
reading  
prayers.

(2.) The governor shall deliver or cause to be delivered to the chaplain a list of prisoners absent from divine service, with a statement of the causes of their absence.

(3.) If no clergyman is present as a substitute in the absence of the chaplain, the governor, or such other person as may be approved by the directors, shall read the daily prayers, and the governor shall record the fact in his journal.

161.—(1.) The governor shall use his best endeavours to promote the efforts made to advance the education of the prisoners.

Duties as to  
education  
and reforma-  
tion of  
prisoners.

(2.) The governor shall assist with his influence and authority the exertions of the chaplain for the reformation of the prisoners.

162. The governor shall submit to the directors, as soon as possible after the 31st March in each year, a report in writing, specifying, with reference to the year ended on that date, the conduct of the subordinate officers; the number of prisoners admitted to his custody, and their disposal; the conduct of the prisoners, and the number of punishments and restraints imposed on them; the number of escapes or attempts at escape; the labour in

Annual  
report.

which the prisoners have been employed; the particulars of their labour and the value thereof; the state and condition of the buildings, fences, &c.; the repairs or alterations which have been made in the prison buildings; and such other particulars as may be directed; together with a certificate, signed by himself, stating whether the rules laid down for the government of the prison have been complied with in every instance, except in such cases as have been distinctly reported to, or brought under the notice of, a director.

Duties as to  
discharged  
prisoners.

163. The governor shall use his endeavours by communicating with discharged prisoners' aid societies and otherwise, to assist in providing prisoners with employment on their discharge in order to prevent them from falling again into crime.

*Lady Superintendent.*

Residence.

164. The lady superintendent or senior female officer shall reside in the prison. She shall have the care and superintendence of the whole of the female prisoners. The keys of all the locks of the female prison shall be kept in her custody.

Duties as to  
inspecting  
prisons and  
prisoners.

165. The lady superintendent shall, so far as practicable, visit and inspect every part of the prison occupied by females, and see every female prisoner once at least in every twenty-four hours, and in default of such daily visits and inspections she shall state in her journal how far she has omitted them, and the cause thereof. She shall, at least once during the week, go through every such part of the prison at an uncertain hour of the night, and this visit, with the hour and state of the part visited at the time, shall be recorded in her journal.

Absence  
from prison.

166.—(1.) The lady superintendent shall not be absent from the prison for a night without permission in writing from a director on the recommendation of the governor.

(2.) Whenever the lady superintendent is absent, her duties shall, with the approval of the governor, be performed by the senior qualified female officer, to whom she shall give over all charge; and that officer shall have all the powers and perform all the duties of the lady superintendent.

Duties as to  
keeping  
journal.

167. The lady superintendent shall keep a journal in which she shall record all occurrences of importance within her department, and lay it before the governor daily.

Duties as to  
male visitors.

168. The lady superintendent shall take care that no male officer or visitor enters the division of the prison allotted to females unless accompanied by herself or some other female officer.

*Medical Officer.*

169. The medical officer shall reside in the house assigned to him, and attend all sick prisoners, and all officers and servants of the prison, resident at the prison or within such distance as may be prescribed by the directors. He shall also attend the families of officers and servants of the prison, subject to such conditions and limitations as may be prescribed by the directors.

Duties as to  
residence  
and attend-  
ance.

170. The medical officer shall himself conform to the rules and regulations of the prison, and shall support the governor in the maintenance of discipline and order and the safe custody of the prisoners.

Duties as to  
rules and  
regulations.

171.—(1.) The medical officer shall visit the prison at least once every day and shall see every prisoner at least once a week, so as to ascertain his general state of health, and whether he is clean in his person, and free from disease.

Duties as to  
visiting  
prison and  
prisoners.

(2.) The medical officer shall every day see such prisoners as complain of illness, reporting to the governor in writing their fitness or otherwise for labour. He shall daily visit the sick in the infirmary at such times as may be necessary. He shall attend at once on receiving information of the serious illness of any prisoner or officer.

(3.) The medical officer shall once every day, or oftener, visit every prisoner under punishment, or under special discipline, or any other prisoners to whom his attention is specially directed.

(4.) The medical officer shall examine every prisoner on reception, and shall record his state of health, and such facts connected therewith as may be directed.

(5.) The medical officer shall frequently examine the washing-places, baths, and other provision for purposes of cleanliness or sanitation, and see whether they are in efficient working order, and report at once to the governor any defect or insufficiency therein.

172. As early as practicable in every month, he shall inspect every part of the prison, for the purpose of ascertaining that nothing exists therein likely to be injurious to the health of the prisoners, and especially that the ventilation is sufficiently provided for and properly attended to. The result of this inspection shall be recorded in his journal.

Duties as to  
monthly  
inspections.

173. The medical officer shall frequently inspect the food of the prisoners, cooked and uncooked, and shall report to the governor as to the quality of the provisions; and also as to sufficiency of

Duties as to  
inspection  
of food, &c.

clothing, bedding, any deficiency in the quantity or defect in the quality of the water, or any other cause which may affect the health of the prisoners.

Duties as to  
journal.

174.—(1.) The medical officer shall enter, in the English language, day by day, in his journal, to be kept in the prison, an account of the state of every sick prisoner, the name of his disease, a description of the medicines and diet, and any other treatment which he orders for such prisoner.

(2.) The medical officer shall also record such matters connected with his duties as may be directed.

Duties as to  
special ob-  
servation of  
prisoners  
and reports  
as to mental  
and physical  
disorder.

175.—(1.) When the medical officer has any reason to suspect that the mental state of any prisoner is becoming impaired or enfeebled by continued imprisonment, he shall take the prisoner under his special observation; and should there be good reason to believe that, either from the conduct of the prisoner, or from his manner and habits, there are signs of incipient insanity, he shall report the circumstances to the governor for the information of the directors, stating, in cases of doubt, whether he desires any special or additional advice.

(2.) Whenever the medical officer has reason to believe that a prisoner's health is likely to be injuriously affected by the discipline or treatment, he shall report the case in writing to the governor, together with such recommendations as he thinks proper, and he shall call the attention of the chaplain to any prisoner who appears to require his special notice.

(3.) The medical officer shall give notice to the governor and the chaplain when the sickness of any prisoner appears to him to assume an aspect of danger.

(4.) The medical officer shall report in writing to the governor the case of any prisoner to which he thinks it necessary on medical grounds to draw attention, and shall make such recommendation as he deems needful for the alteration of the discipline or treatment of the prisoner, or for the supply to him of additional articles.

(5.) Whenever the medical officer is of opinion that the life of any prisoner will be endangered by his continuance in prison, or that any sick prisoner will not survive his sentence, or is totally and permanently unfit for prison discipline, he shall state the opinion, and the grounds thereof, in writing, to the governor, who shall duly forward the same to the directors.

Power to  
call in  
additional  
aid.

176. If any case of peculiar difficulty or danger occurs, the medical officer may call in additional aid, referring previously to a director for approval, if the case will reasonably admit of such

reference. No serious operation shall be performed without a previous consultation with another medical practitioner, except under very urgent circumstances not admitting of delay, which circumstances the medical officer shall record in his journal.

177. The medical officer shall, forthwith on the death of any prisoner, enter in his journal the following particulars, viz., at what time the deceased was taken ill, when the illness was first communicated to the medical officer, the nature of the disease, when the prisoner died, and an account of the appearances after death (in cases where a post-mortem examination is made), together with any special remarks that appear to him to be required.

Particulars  
of death to  
be entered in  
journal.

178. The medical officer, if prevented from attending to his duties by illness, shall communicate the circumstance without delay to the governor, and shall, if necessary, submit, through him, to a director, the name and address of a substitute for approval; and shall in like manner, when applying for leave of absence, submit the name of a substitute who will perform his duties during such leave.

Duties as to  
substitute.

179. Where the medical officer considers it necessary to apply any painful test to a prisoner to detect malingering or otherwise, the test shall only be applied by authority of an order from a director.

Conditions  
as to ap-  
plication  
of painful  
test.

180. When any prisoner is about to be removed from the prison, the medical officer shall duly examine him, and certify as to his fitness to leave the prison, and as to such other particulars regarding him as may be required.

Duties as to  
examination  
of prisoners  
on removal.

181. The medical officer shall give directions in writing for separating from the other prisoners any prisoner labouring under any infectious, contagious, or mental disease, or suspected thereof, and shall immediately take such steps as may be necessary to prevent the spread of any contagious or infectious disease.

Duties as to  
infectious  
cases, &c.

182. The medical officer shall inform the governor of any particular point of which he may become aware in regard to the person of any prisoner which might assist in identifying him.

Duties as to  
identification  
of prisoners.

183. The medical officer shall examine every prisoner, and shall report if he is unfit to be kept at hard labour or at any particular kind of labour, and shall assist when called on in assigning the task of labour according to the physical capacity of a prisoner. He shall from time to time examine the prisoners during the time of their

Duties as to  
prisoners  
sentenced to  
hard labour.

being employed at hard labour, and shall report and enter in his journal the name of any prisoner whose health he thinks to be endangered by a continuance at hard labour of any particular kind, and report the same to the governor; and thereupon that prisoner shall not again be employed at such labour until the medical officer certifies that he is fit for such employment.

Duties as to  
health of  
prisoners.

184. The medical officer shall have the general care of the health of the prisoners; and shall report to the directors, and make known to the governor, any circumstance connected with the prison, or the treatment of the prisoners, which at any time appears to him to require consideration on medical grounds.

Duties as to  
punishment  
of prisoners.

185.—(1.) Before a prisoner is placed in close confinement, or is subjected to corporal or dietary punishment, the medical officer shall examine him, and certify whether or not he is fit for the punishment.

(2.) The medical officer shall attend every corporal punishment inflicted in the prison, and his instructions thereon for preventing injury to health shall be obeyed.

Duties as to  
statistical  
records,  
returns, and  
reports.

186.—(1.) The medical officer shall keep such statistical records and furnish such returns as may be directed relative to the health and medical treatment of officers and prisoners, and to the sanitary condition of the quarters of the officers and of the prison buildings.

(2.) The medical officer shall report periodically, and from time to time as may be directed, on the general health and sanitary condition of the establishment, the health of the officers, their capability for performing their duties, the health of the prisoners, and in reference to any other point upon which he may be directed to report.

(3.) The medical officer shall submit to the directors, as soon as possible after the 31st March in each year, a report in writing, with reference to the year ended on that day, with statistics of sickness, mortality, removals on medical grounds, insanity, suicide, and hospital treatment among the prisoners, and such other particulars as may be directed.

(4.) The medical officer may at any time offer any suggestion for improvements or for the advantage of the service, and need not reserve it for his annual report.

Duties of  
deputy  
medical  
officer.

187. Where a deputy medical officer is appointed to a prison he shall assist the medical officer in the performance of his duties as may be directed, and in his absence shall perform his duties.

### PART III.

#### DIETARY.

188. The diets of prisoners in convict prisons shall be in accordance with the following rules and regulations:—

#### *Diets for Convicts in Separate Confinement.*

[Class 4 Diet, Local Prisons.]

#### *For Male Prisoners.*

Breakfast	- Daily	{	Bread	-	-	-	8 ozs.
			Porridge	-	-	-	1 pint.
Dinner	{	Sunday and Wednesday	Bread	-	-	-	6 ozs.
			Potatoes	-	-	-	8 ozs.
			Suet pudding	-	-	-	12 ozs.
	{	Monday and Friday	Bread	-	-	-	8 ozs.
			Potatoes	-	-	-	12 ozs.
			Cooked beef	without			
			bone	-	-	-	4 ozs.
	{	Tuesday, Thursday, and Saturday	Bread	-	-	-	8 ozs.
			Potatoes	-	-	-	8 ozs.
			Soup	-	-	-	1 pint.
Supper	- Daily	{	Bread	-	-	-	8 ozs.
			Porridge	-	-	-	1 pint.

On Mondays beans and fat bacon may be substituted for beef.

#### *For Female Prisoners.*

Breakfast	- Daily	{	Bread	-	-	-	6 ozs.
			Gruel	-	-	-	1 pint.
Dinner	{	Sunday and Wednesday	Bread	-	-	-	4 ozs.
			Potatoes	-	-	-	8 ozs.
			Suet pudding	-	-	-	10 ozs.
	{	Monday and Friday	Bread	-	-	-	6 ozs.
			Potatoes	-	-	-	10 ozs.
			Cooked beef	without			
			bone	-	-	-	3 ozs.
	{	Tuesday, Thursday, and Saturday	Bread	-	-	-	6 ozs.
			Potatoes	-	-	-	8 ozs.
			Soup	-	-	-	1 pint.
Supper	- Daily	{	Bread	-	-	-	6 ozs.
			Gruel	-	-	-	1 pint.

On Mondays beans and fat bacon may be substituted for beef.



*Diet for Male Convicts at Hard Labour.**Breakfast.*

1 pint gruel, containing 2 ozs. oatmeal,  $\frac{1}{2}$  oz. molasses.  
Bread.

*Dinner.*

Sunday - 1 pint soup, containing 4 ozs. salt pork, 4 ozs. peas,  
 $\frac{1}{2}$  oz. onions,  $\frac{1}{4}$  oz. vinegar, and for every 100  
convicts,  $\frac{3}{4}$  oz. pepper.  
Bread.

Monday - { 5 ozs. beef (cooked) with its own liquor, flavoured  
with  $\frac{1}{2}$  oz. onions, and thickened with  $\frac{1}{8}$  oz. flour,  
Saturday - { and any bread and potatoes left on previous days,  
and for every 100 convicts,  $\frac{3}{4}$  oz. pepper.  
1 lb. potatoes.  
Bread.

Tuesday - { 1 pint soup, containing 8 ozs. shins of beef un-  
Friday - { cooked, 1 oz. pearl barley, 2 ozs. fresh vegetables,  
1 oz. onions,  $\frac{1}{8}$  oz. flour, and for every 100  
convicts,  $\frac{3}{4}$  oz. pepper.  
2 ozs. cheese.  
1 lb. potatoes.  
Bread.

Wednesday - 5 ozs. mutton (cooked), flavoured and thickened as  
beef above.  
1 lb. potatoes.  
Bread.

Thursday - 1 lb. pudding, containing  $1\frac{1}{2}$  ozs. suet, 8 ozs. whole  
meal flour, and  $6\frac{1}{2}$  ozs. water.  
1 lb. potatoes.  
Bread.

*Supper.*

1 pint cocoa, containing  $\frac{3}{4}$  oz. cocoa, 2 ozs. milk, and  $\frac{3}{4}$  oz.  
molasses.  
Bread.

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Bread per convict per week, 168 ozs.  
" " each day, 24 ozs.  
Salt per convict per day,  $\frac{1}{2}$  oz.

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*Diet for Male Convicts at Light Labour.**Breakfast.*

1 pint gruel, containing 2 ozs. oatmeal,  $\frac{1}{2}$  oz. molasses.  
Bread.

*Dinner.*

Sunday - 4 ozs. cheese.  
Bread.

Monday - Beef { 4 ozs. (cooked) with its own liquor,  
Wednesday - Mutton { flavoured with  $\frac{1}{2}$  oz. onions, and  
Saturday - Beef { thickened with  $\frac{1}{8}$  oz. flour, and any  
bread and potatoes left on previous  
days, and for every 100 convicts,  $\frac{3}{4}$  oz.  
of pepper.  
1 lb. potatoes.  
Bread.

Tuesday - { 1 pint soup, containing 6 ozs. shins of beef  
Friday - { uncooked, 1 oz. pearl barley, 2 ozs. fresh  
vegetables, 1 oz. onions,  $\frac{1}{8}$  oz. flour, and for  
every 100 convicts,  $\frac{3}{4}$  oz. pepper.  
 $\frac{3}{4}$  lb. potatoes.  
Bread.

Thursday -  $\frac{1}{2}$  lb. pudding, containing  $\frac{3}{4}$  oz. suet, 4 ozs. whole  
meal,  $3\frac{1}{4}$  ozs. water.  
1 lb. potatoes.  
Bread.

*Supper.*

$\frac{3}{4}$  pint cocoa, containing  $\frac{1}{2}$  oz. cocoa, 2 oz. milk,  $\frac{1}{2}$  oz. molasses.  
Bread.

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Bread per convict per week, 145 ozs.  
" " each week day, 20 ozs.  
" " each Sunday, 25 ozs.  
Salt " per day,  $\frac{1}{2}$  oz.

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*Note.*—A convict on entering the 2nd class will have the choice of  
a pint tea (made of  $\frac{1}{8}$  oz. tea,  $\frac{3}{4}$  oz. sugar, and 2 ozs. milk), and  
2 ozs. additional bread in lieu of gruel for breakfast, and a con-  
vict on entering the 1st or the special class will have in addition  
to the above the choice of baked instead of boiled meat if he  
takes tea instead of gruel.

*Diet for Female Convicts.**Breakfast.*

$\frac{3}{4}$  pint cocoa, containing  $\frac{1}{2}$  oz. cocoa, 2 ozs. milk,  $\frac{1}{2}$  oz. molasses.  
Bread.

*Dinner.*

Sunday - 4 ozs. tinned pressed beef.  
Bread.

Monday - Mutton { 3 ozs. (cooked) with its own liquor,  
Tuesday - Beef { flavoured with  $\frac{1}{2}$  oz. onions, and thick-  
Wednesday - Mutton { ened with any bread and potatoes left  
Friday - Beef { on previous days, and  $\frac{1}{8}$  oz. flour, and  
for every 100 convicts,  $\frac{3}{4}$  oz. pepper.

$\frac{3}{4}$  lb. potatoes.  
Bread.

Saturday - 1 pint soup, containing 8 ozs. shins of beef uncooked,  
1 oz. pearl barley, 3 ozs. fresh vegetables, in-  
cluding onions, and for every 100 convicts,  $\frac{3}{4}$  oz.  
pepper.  
 $\frac{3}{4}$  lb. potatoes.  
Bread.

Thursday -  $\frac{3}{4}$  lb. pudding, containing 1 oz. 2 drs. suet, 6 ozs.  
whole meal, 4 ozs. 14 drs. water.  
 $\frac{3}{4}$  lb. potatoes.  
Bread.

*Supper.*

1 pint gruel, containing 2 ozs. oatmeal,  $\frac{1}{2}$  oz. molasses, 2 ozs. milk.  
Bread.

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Bread per convict per week, 118 ozs.  
" " each week day, 16 ozs.  
" " each Sunday, 22 ozs.  
Salt " per day,  $\frac{1}{2}$  oz.

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*Note.*—A convict employed in washing or other exceptional hard work may have daily an extra allowance of 3 ozs. bread and 1 oz. cheese, as an intermediate meal between breakfast and dinner, and an extra allowance of 1 oz. meat (cooked) four times a week.

A convict on entering the 2nd class will have the choice of 1 pint tea (made of  $\frac{1}{6}$  oz. tea,  $\frac{1}{2}$  oz. sugar, 2 ozs. milk), and 2 ozs.

additional bread instead of gruel for supper, and a convict on entering the 1st or the special class will have, in addition to the above, the choice of 4 ozs. baked mutton (cooked and without bone) with its own liquor, not flavoured or thickened, instead of boiled meat or soup if she takes tea instead of gruel.

*Hospital Diets for Male Convicts.**Full Diet.**Breakfast; Supper.*

1 pint tea, containing  $\frac{1}{8}$  oz. tea,  $\frac{3}{4}$  oz. sugar, and 2 ozs. milk.  
8 ozs. bread.

*Dinner.*

1 pint soup, containing 10 ozs. meat (uncooked),  $1\frac{1}{2}$  ozs. barley,  
4 ozs. vegetables,  $\frac{1}{4}$  oz. flour.  
8 ozs. potatoes.  
4 ozs. bread.  
 $\frac{1}{2}$  oz. salt;  
or, when the meat is roasted, baked, or stewed,  
10 ozs. meat (uncooked).  
8 ozs. potatoes.  
4 ozs. vegetables.  
6 ozs. bread.  
 $\frac{1}{2}$  oz. salt.

*Half Diet.**Breakfast; Supper.*

1 pint tea as in full diet.  
6 ozs. bread.

*Dinner.*

1 pint soup, containing 8 ozs. meat (uncooked),  $1\frac{1}{2}$  ozs. barley, 4 ozs.  
vegetables,  $\frac{1}{4}$  oz. flour.  
8 ozs. potatoes.  
4 ozs. bread.  
 $\frac{1}{2}$  oz. salt.

*Pudding Diet.**Breakfast; Supper.*

6 ozs. bread.  
1 pint milk.

*Dinner.*

Batter pudding, containing 3 ozs. flour, 1 egg, 10 ozs. milk;  
or  
Rice pudding, containing 2 ozs. rice, 1 egg, 1 pint milk, 1 oz. sugar,  
and a little nutmeg.



*Low or Spoon Diet.**Breakfast ; Supper.*

1 pint tea as in full diet.  
4 ozs. bread.

*Dinner.*

Arrowroot, containing 1 oz. arrowroot, 1 oz. sugar, 20 ozs. milk.

*Hospital Diets for Female Convicts.**Full Diet.**Breakfast ; Supper.*

1 pint tea, containing  $\frac{1}{8}$  oz. tea,  $\frac{3}{4}$  oz. sugar, and 3 ozs. milk.  
6 ozs. bread.

*Dinner.*

1 pint soup, containing 10 ozs. meat (uncooked),  $1\frac{1}{2}$  ozs. barley,  
4 ozs. vegetables,  $\frac{1}{4}$  oz. flour.  
12 ozs. potatoes.  
4 ozs. bread.  
 $\frac{1}{2}$  oz. salt ;  
or, when the meat is roasted, baked, or stewed,  
10 ozs. meat (uncooked).  
16 ozs. potatoes.  
4 ozs. vegetables.  
6 ozs. bread.  
 $\frac{1}{2}$  oz. salt.

*Pudding Diet.**Breakfast ; Supper.*

1 pint tea as in full diet.  
8 ozs. bread.

*Dinner.*

Batter pudding, containing 3 ozs. flour, 1 egg, and 10 ozs. milk ;  
or  
Rice pudding, containing 3 ozs. rice, 1 egg, and 1 pint of milk.

*Low or Spoon Diet.**Breakfast ; Supper.*

1 pint tea as in full diet.  
4 ozs. bread.

*Dinner.*

Arrowroot, containing 2 ozs. arrowroot, and 1 oz. sugar.

*Notes on Hospital Diets for Male and Female Convicts.*

The weights of uncooked meat include bone.

Beef tea, 8 ozs. of meat with bone making three-fourths of a pint, may be given as may be considered necessary by the medical officer to any patient.

Fowls, rabbits, or fish may be substituted for meat for patients on half diet at the rate of 8 ozs. (uncooked), or bacon 4 ozs. (uncooked), for each diet.

Extras and medical comforts may be given to patients when considered necessary by the medical officer, viz. :—arrowroot, bacon, barley, biscuits, butter, eggs, fruit, jam, jelly, lemons, oatmeal, oranges, rice, sago, suet, sugar, ale, porter, bottled stout, brandy, gin, wine, and soda water.

Vegetables comprise cabbages, carrots, onions, and turnips.

Mustard at the rate of 1 oz. for 20 diets may be issued for beef diets.

Pepper may be issued at the rate of  $1\frac{1}{2}$  ozs. for 100 diets of soup or beef tea.

$\frac{1}{2}$  oz. coffee may be substituted for  $\frac{1}{8}$  oz. tea at breakfast or supper, and white bread for whole meal bread.

Milk, wines, and spirits are to be reckoned at 20 ozs. per Imperial pint.

*Diets for Ill-conducted and Idle Convicts.**No. 1 Scale.*

(1.) This scale, when given for a period of three days, or less, will consist of 1 lb. bread per diem, with water.

(2.) When given for more than three days, it will consist of—

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

(b) Class 4 Diet (Local Prisons) for prisoners at hard labour for a male convict, and Class 4 Diet (Local Prisons) for women for a female convict,

for alternate and equal periods not exceeding three days (respectively) in duration. Thus, a convict sentenced to have the No. 1 Scale for 12 days, would be on bread and water for a total of six days, the bread and water days alternating with Class 4 Diet in periods of one, two, or three days, at the discretion of the governor, subject to any recommendation from the medical officer.

(3.) The No. 1 Scale may be ordered for any single term, not exceeding 18 days.

(4.) No task of labour is to 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.

(5.) No convict who has been upon this scale for a period of three days continuously can again be placed upon it for a fresh offence until the expiration of an interval of three days, receiving in the interval, if a male, Class 4 Diet (Local Prisons) for prisoners at hard labour, and, if a female, Class 4 Diet (Local Prisons) for women.

#### No. 2 Scale.

(6.) For a convict performing a daily task of light labour in cells.

(7.) This scale, when given for a period of 21 days, or less, will be as follows :—

Stirabout Diet.	Breakfast	-	-	Bread, 8 ounces.
	Dinner	-	-	<div> <div>1 pint stirabout, containing 2 ounces oatmeal.</div> <div>2 ounces Indian meal.</div> <div>Salt.</div> <div>Potatoes, 8 ounces.</div> </div>
	Supper	-	-	Bread, 8 ounces.

(8.) When the No. 2 Scale is ordered for a period exceeding 21 days, it will consist of the above stirabout diet for the first three weeks, and after the fourth week. During the fourth week the convict, if a male, will receive Class 4 Diet (Local Prisons) for prisoners at hard labour, and, if a female, Class 4 Diet (Local Prisons) for women.

(9.) The entire period for which any single term of the No. 2 Scale may be ordered is not to exceed 42 days.

(10.) No convict who has been upon this scale for a period of 21 days continuously can again be placed upon it until the expiration of an interval of one week, receiving in the interval, if a male, Class 4 Diet (Local Prisons) for prisoners at hard labour, and, if a female, Class 4 Diet (Local Prisons) for women.

#### No. 3 Scale.

(11.) For a male convict performing a daily task of hard labour in cells.

(12.) This scale, when given for a period of 42 days, or less, will be as follows :—

Full Stirabout Diet.	Breakfast	-	-	Bread, 8 ounces.
	Dinner	-	-	<div> <div>1½ pint stirabout containing 3 ounces oatmeal.</div> <div>3 ounces Indian meal.</div> <div>Salt.</div> <div>Potatoes, 8 ounces.</div> <div>Bread, 8 ounces.</div> </div>
	Supper	-	-	Bread, 8 ounces.

(13.) When the No. 3 Scale is ordered for more than 42 days, it will consist of the above-mentioned full stirabout diet for the first six weeks, and after the eighth week. During the interval of 14 days the convict will receive Class 4 Diet (Local Prisons) for prisoners at hard labour.

(14.) The entire period for which any single term of the No. 3 Scale may be ordered is not to exceed 84 days.

(15.) No convict who has been upon this scale for a period of 42 days continuously can again be placed upon it until the expiration of an interval of 14 days, during which interval he will receive Class 4 Diet (Local Prisons) for prisoners at hard labour.

*Note.*—If a convict while on the No. 2 Scale or No. 3 Scale should be guilty of misconduct, No. 2 Scale or No. 3 Scale, as the case may be, may be temporarily interrupted, and the convict may be placed on the No. 1 Scale under the rules applying to that scale. On the expiration of the period awarded on the No. 1 Scale, the convict will resume the scale originally ordered, and the period passed upon the No. 1 Scale will not count as part of the period originally awarded on either of the other scales.

*Ingredients and Instructions as to Diets for Convicts (Male and Female) in separate confinement and on Class 4 Diet (Local Prisons) and in respect of bread as to all diets.*

- Bread - To be made with whole meal, which is to consist of all the products of grinding wheat of the best quality, with the exception of the coarser bran.
- Soup - In every pint, 4 ounces clod (or shoulder), cheek, neck, leg, or shin of beef; 4 ounces split peas; 2 ounces fresh vegetables;  $\frac{1}{2}$  ounce onions; pepper and salt.
- Suet pudding -  $1\frac{1}{2}$  ounces beef suet, 8 ounces whole meal, as above, and about  $6\frac{1}{2}$  ounces water to make 1 pound.
- Gruel - 2 ounces coarse Scotch oatmeal to the pint, with salt.
- Porridge - 3 ounces coarse Scotch oatmeal to the pint, with salt.
- Cocoa - To every pint,  $\frac{3}{4}$  ounce flaked or Admiralty cocoa.  
Sweetening:  
For flaked cocoa,  $\frac{3}{4}$  ounce molasses or sugar to the pint.  
For Admiralty cocoa  $\frac{1}{2}$  ounce molasses or sugar to the pint.
- Meat liquor or broth The liquor in which the meat is cooked on Mondays and Fridays is to be thickened with  $\frac{1}{4}$  ounce flour, and flavoured with  $\frac{1}{4}$  ounce onions to each ration, with pepper and salt to taste.

Of beef and mutton there are allowed,

$$\left. \begin{array}{l} 9 \text{ ozs.} \\ 7 \text{ ozs.} \\ 5\frac{1}{8} \text{ ozs.} \end{array} \right\} \text{uncooked to produce } \left\{ \begin{array}{l} 5 \text{ ozs.} \\ 4 \text{ ozs.} \\ 3 \text{ ozs.} \end{array} \right\} \text{cooked.}$$

*Substitutes.*

*2. For cooked English beef.*

*(All the meats to be weighed without bone.)*

	Colonial Beef or Mutton <sup>(1)</sup> Preserved by Heat.	Beans <sup>(2)</sup> and Fat Bacon (both weighed after cooking).	American or other Foreign Beef preserved by Cold <sup>(3)</sup> .	Cooked Fresh Fish.	Cooked Salt Meat.	Cooked Salt Fish.
	Ounces.		Ounces.	Ounces.	Ounces.	Ounces.
In lieu of 4 oz. cooked English beef.	5	Beans, 9 oz. Fat bacon, 1 oz.	4	8	6	12
In lieu of 3 oz. cooked English beef.	$3\frac{3}{4}$	Beans, 7 oz. Fat bacon, $\frac{3}{4}$ oz.	3	6	$4\frac{1}{2}$	9

<sup>(1)</sup> The nutritive properties of this meat are injured by further heating, and it should be served cold.

<sup>(2)</sup> Broad or Windsor beans, dried in the green state and decorticated, or haricot beans.

<sup>(3)</sup> Weighed after cooking.

*3. For Potatoes.*

*(All weighed after cooking.)*

	Cabbage or Turnip Tops.	Parsnips, Turnips, or Carrots.	Preserved (dried) Potatoes.	Leeks.	Rice steamed till Tender.
	Ounces.	Ounces.	Ounces.	Ounces.	Ounces.
In lieu of 12 oz. potatoes	8	12	12	9	12
In lieu of 10 oz. potatoes	7	10	10	7	10
In lieu of 8 oz. potatoes	6	8	8	6	8
In lieu of 6 oz. potatoes	4	6	6	4	6

*4. For Fresh Vegetables in Soup.*

$\frac{1}{4}$  oz. preserved mixed vegetables in lieu of 1 oz. fresh vegetables for general prison diets.

$\frac{1}{10}$  oz. preserved mixed vegetables in lieu of 1 oz. fresh vegetables for hospital diets.

