

PRISONS (IRELAND).

COPY OF RULES

WITH RESPECT TO THE

DIETS OF PRISONERS

CONFINED IN

ORDINARY PRISONS.

(Presented pursuant to Act of Parliament.)

Ordered, by The House of Commons, to be Printed,
26 July 1878.

BY THE GENERAL PRISONS BOARD FOR IRELAND.

In pursuance of the GENERAL PRISONS (IRELAND) ACT, 1877, the GENERAL PRISONS BOARD for *Ireland* hereby make the following RULES with respect to the DIETS of PRISONERS Confined in ORDINARY PRISONS in *Ireland* :—

MEALS.	CLASS 1.		CLASS 2.			CLASS 3.				CLASS 4.		
		Men, Women, and Boys under 16 Years of Age, with and without Hard Labour.		Men with Hard Labour.	Men without Hard Labour, Women, and Boys under 16 Years of Age.		Men with Hard Labour.	Men without Hard Labour, Women, and Boys under 16 Years of Age.	Prisoners awaiting Trial; Misdemeanants of the First Division who do not Maintain themselves; and Destitute Debtors.		Men with Hard Labour.	Men without Hard Labour, Women, and Boys under 16 Years of Age.
Breakfast	Daily - Bread	8 oz.	Daily - { Bread - 6 oz. - 5 oz. Gruel - 1 pint - 1 pint.			Daily - { Bread - 8 oz. - 6 oz. Gruel - 1 pint - 1 pint. Cocoa - - - - -			6 oz. 1 pint, or ½ pint.	Daily - { Bread - 8 oz. - 6 oz. Porridge - 1 pint. - 1 pint. Gruel - - - - -		
			Sunday and Wednesday { Bread - 6 oz. - 5 oz. Suet Pudding 8 oz. - 6 oz.			Sunday and Thursday { Bread - 8 oz. - 6 oz. Potatoes - 8 oz. - 8 oz. Cooked Beef without bone. 3 oz. - 3 oz.			6 oz. 8 oz. 3 oz.	Sunday and Thursday { Bread - 8 oz. - 6 oz. Potatoes - 12 oz. - 10 oz. Cooked Beef without bone. 4 oz. - 3 oz.		
Dinner	Daily { Stimbout, 1½ pints (containing 3oz. Indian Meal and 3oz. Oatmeal) }	1½ pints	Monday and Friday { Bread - 6 oz. - 5 oz. Potatoes - 8 oz. - 8 oz.			Monday and Friday { Bread - 4 oz. - 4 oz. Potatoes - 8 oz. - 6 oz. Suet Pudding* 8 oz. - 6 oz.			4 oz. 6 oz. 6 oz.	Monday and Friday { Bread - 6 oz. - 4 oz. Potatoes - 8 oz. - 8 oz. Suet Pudding* 12 oz. - 10 oz.		
			Tuesday, Thursday, and Saturday { Bread - 6 oz. - 5 oz. Soup - ½ pint - ½ pint.			Tuesday, Wednesday, and Saturday { Bread - 8 oz. - 6 oz. Potatoes - 8 oz. - 6 oz. Soup - ½ pint - ½ pint.			6 oz. 6 oz. ½ pint.	Tuesday, Wednesday, and Saturday { Bread - 8 oz. - 6 oz. Potatoes - 8 oz. - 8 oz. Soup - 1 pint - 1 pint.		
Supper	Daily - Bread	8 oz.	Daily - { Bread - 6 oz. - 5 oz. Gruel - 1 pint - 1 pint.			Daily - { Bread - 6 oz. - 6 oz. Gruel - 1 pint - 1 pint. Cocoa - - - - -			6 oz. 1 pint, or ½ pint.	Daily - { Bread - 8 oz. - 6 oz. Porridge - 1 pint. - 1 pint. Gruel - - - - -		

On Mondays, beans and fat bacon may be substituted for beef. At the expiration of nine months one pint of cocoa, with two ounces extra bread, may be given at breakfast three days in the week, in lieu of one pint of porridge or gruel, if preferred.

* On Friday 6 oz. of salt fish may be substituted for suet pudding.

The Terms to which the above Diets are intended to be severally applied are those set forth in the following Table :—

TERM.	CLASS 1.	CLASS 2.	CLASS 3.	CLASS 4.
Seven days and under - - - - -	Whole term.	—	—	—
More than seven days and not more than one month	Seven days - - - - -	Remainder of term.	—	—
More than one month and not more than four months	— - - - -	One month - - - - -	Remainder of term.	—
More than four months	— - - - -	— - - - -	Four months - - - - -	Remainder of term.

INGREDIENTS AND INSTRUCTIONS.

Bread - - - - -	To be made with whole meal, which is to consist of all the products of grinding the wheaten grain, 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 mutton suet, 8 ounces flour, and about 6 $\frac{1}{2}$ ounces water to make 1 pound.
Gruel - - - - -	2 ounces coarse oatmeal to the pint, with salt.
Porridge - - - - -	3 ounces coarse oatmeal to the pint, with salt.
Stirabout - - - - -	Equal parts of Indian meal and oatmeal, with salt. The Indian meal requires more cooking than the oatmeal. To make 1 $\frac{1}{2}$ pint stirabout, boil 2 $\frac{1}{2}$ pints water, to which a $\frac{1}{4}$ of an ounce of salt should be added; stir in 3 ounces of Indian meal, and afterwards 3 ounces oatmeal; keep constantly stirring, and when the meals are cooked, the required quantity of 1 $\frac{1}{2}$ pint stirabout will be produced.
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 Sundays and Thursdays is to be thickened with $\frac{1}{2}$ ounce flour, and flavoured with $\frac{1}{4}$ ounce onions to each ration, with pepper and salt to taste.

TABLE of Substitutes for Cooked Irish Beef.
(All the Meats to be Weighed without Bone.)

	Colonial Beef or Mutton (*) Preserved by Heat.	Beans (†) and Fat Bacon (both Weighed after Cooking).	American or other Foreign Beef Preserved by Cold (‡).	Cooked Fresh Fish.	Cooked Salt Meat.	Cooked Salt Fish.
	Ounces.		Ounces.	Ounces.	Ounces.	Ounces.
In lieu of 4 oz. cooked Irish beef -	5	{ Beans, 9 oz. - Fat bacon, 1 oz. }	4	8	6	12
In lieu of 3 oz. cooked Irish beef -	3 $\frac{3}{4}$	{ Beans, 7 oz. - Fat bacon, $\frac{3}{4}$ oz. }	3	6	4 $\frac{1}{2}$	9

(*) The nutritive properties of this meat are injured by further heating, and it should be served cold.

(†) Broad or Windsor beans, dried in the green state and decorticated; or Haricot beans.

(‡) Weighed after cooking.

TABLE of Substitutes 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	8	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

DIETS FOR ILL-CONDUCTED OR IDLE PRISONERS.

No. 1.—BREAD AND WATER DIET.

MEN AND WOMEN.

1 lb. Bread per Diem, with Water.

This diet to be limited, in the first place, to three days; after that, one of the undermentioned stirabout diets, according to labour performed, for three days before its repetition, when it is again to be limited to three days, and a second interval on the stirabout diet is to elapse before it is again repeated. The entire period, including intervals, for which any single term of this diet may be ordered, is not to exceed 15 days. No task of labour is to be enforced on any one of the nine days on which the bread and water constitute the sole food supplied to the prisoner.

No. 2.—STIRABOUT DIET.

For Men and Women performing a Daily Task of any Labour not expressly defined as Hard Labour.

Breakfast - - - - -	Bread, 8 ounces.
Dinner - - - - -	1 pint stirabout, containing 2 ounces oatmeal, and 2 ounces Indian meal, with salt. Potatoes, 8 ounces.
Supper - - - - -	Bread, 8 ounces.

This diet to be limited, in the first place, to 21 days; after that, the diet of the class to which the prisoner belongs, for one week before its repetition, when it is to be limited to 14 days. The entire period, including the interval, for which any single term of this diet may be ordered, is not to exceed 42 days.

No. 3.—FULL STIRABOUT DIET.

For Men performing a Daily Task of Hard Labour.

Breakfast - - - - -	Bread, 8 ounces.
Dinner - - - - -	1½ pint stirabout, containing 3 ounces oatmeal, and 3 ounces Indian meal, with salt. Potatoes, 8 ounces. Bread, 8 ounces.
Supper - - - - -	Bread, 8 ounces.

This diet to be limited, in the first place, to 42 days; after that, the diet of the class to which the prisoner belongs, for 14 days before its repetition, when it is to be limited to 28 days. The entire period, including the interval, for which any single term of this diet may be ordered, is not to exceed 84 days.

HOSPITAL DIETS.

MEN AND WOMEN.

D I E T S.	P E R D A Y.							
	Bread.	Cooked Mutton (without Bone).	Cooked Fresh Fish.	Potatoes.	Rice Pudding.	Arrowroot (made with Milk).	Tea.	Milk, additional to that in Arrowroot.
	Ounces.	Ounces.	Ounces.	Ounces.	Ounces.	Ounces.	Ounces.	Ounces.
Ordinary - - -	16	5	- -	8	8	- -	30	—
Extra - - -	20	6	- -	8	8	- -	30	—
Fish - - -	16	- -	10	8	- -	- -	30	—
Low - - -	8	- -	- -	- -	- -	20	15	20

The following Articles may be ordered as Extras or Substitutes in the Quantities deemed necessary by the Medical Officer:—

Ale.	Corn Flour.	Jelly.	Sago.
Bacon.	Eggs.	Lemonade (<i>see below</i>).	Spirits.
Beef Tea.	Fruit.	Milk.	Stout.
Biscuits.	Greens (or other Vegetables),	Porter.	Sugar.
Butter.	in lieu of Potatoes.	Poultry.	Waters (Mineral).
Cake.	Ice.	Rice (ground).	Wine.
Cocoa.	Jam.		

INSTRUCTIONS.

Rice Pudding - - - -	2 ounces rice; 1 pint milk; 1 ounce sugar; one egg and nutmeg, to produce 20 ounces.
Arrowroot - - - -	1 ounce arrowroot; 1 pint milk; 1 ounce sugar, to produce 1 pint.
Beef Tea - - - -	16 ounces of the lean parts of the neck of the ox to 1 pint water.
Tea - - - -	$\frac{1}{8}$ ounce tea; $\frac{3}{4}$ ounce sugar; 2 ounces milk, and water to make up $\frac{3}{4}$ pint.
Cocoa - - - -	$\frac{3}{4}$ ounce flaked or Admiralty cocoa to 1 pint water, sweetened with $\frac{3}{4}$ ounce molasses or sugar for flaked cocoa, and $\frac{1}{2}$ ounce molasses or sugar for Admiralty cocoa.
Lemonade - - - -	$\frac{1}{4}$ ounce cream of tartar; $\frac{1}{2}$ lemon (sliced); 2 ounces loaf sugar; water, $1\frac{1}{2}$ pint. The water to be added hot to the other ingredients, and the whole to be allowed to stand till cold; then strain.
Mutton - - - -	To be roast or baked on four days in the week, and boiled on three days. On the days on which the mutton is boiled the meat liquor to be thickened with $\frac{1}{2}$ ounce flour, and flavoured with $\frac{1}{4}$ ounce onions per diet.

The foregoing Rules shall apply to the prisoners confined in every ordinary prison, and shall come into operation upon the expiration of forty days after the same having been settled and approved by the Lord Lieutenant or Lords Justices and Privy Council, shall have been laid before Parliament.

Made and executed this 16th day of July 1878, by "The General Prisons Board for Ireland."

[Seal.]

Charles F. Bourke, Vice Chairman.

By the LORD LIEUTENANT and PRIVY COUNCIL of Ireland.

MARLBOROUGH.

IN pursuance of the General Prisons (Ireland) Act, 1877, we, the Lord Lieutenant General and General Governor of Ireland, with the approval, advice, and consent of the Privy Council of Ireland, have settled, and hereby approve, of the foregoing Rules made by the General Prisons Board for Ireland with respect to the Diets of the Prisoners confined in ordinary Prisons in Ireland.

Dated this 20th day of July 1878.

Given at the Council Chamber in Dublin Castle.

J. T. Ball, c.
Ed. Gibson.

PRISONS (IRELAND).

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PRISONERS confined in ORDINARY PRISONS.

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Under 1 oz.