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### NOTES ON SOME CONTINENTAL PRISONS.

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IN bringing before this society the subject of prisons, I feel that no apology is required. It is one well suited for full and serious consideration before a society founded for the purpose of discussing social questions. At present, however, I shall confine this paper to dealing with the information gained during a somewhat limited visit to the three countries where I spent my vacation last summer. I propose briefly to describe the treatment of prisoners in Belgium, Germany, and Italy, the regulations in force, and some of the main differences between our system and that pursued in those three countries.

Our Foreign Office procured for me the printed regulations, etc., for Belgian prisons. The director at Strasburg most courteously gave me the regulations in force for Germany. From Rome the minister charged with the control of Italian prisons (Signor Beltrani-Scalia) has kindly sent me his own comprehensive works and other reports and information. I may here remark on the great excellence of these Italian reports. Besides giving facts and figures most fully and clearly furnished and tabulated, they do not shrink from pointing out defects, discussing principles, and freely making suggestions with a boldness that might astonish the officials of other countries.

From these various sources I have been enabled to tabulate diets and time tables which I have appended to this paper, compiled from precise official information.

The Belgian government has recently opened in Brussels a very large gaol built on the cellular system. It is the most perfect of its kind in existence. The heating, water, and lighting arrangements are thoroughly well planned and carried out; sanitary measures of the most approved kind exist in every department. All the floors in the cells are of polished parquet; the corridors are fitted with glazed tiling, which permits of scrupulous cleanliness without any tendency to damp. Painted work is brought to a fine surface and varnished, so as to allow frequent washing without any soakage. The chapel, which in Belgian prisons is also used as a lecture room,



is a fine building, high, roomy, and well lit. The hospital arrangements are perfect, the beds most comfortable, and everything are ranged so as to avoid any appearance of restraint or imprisonment.

The staff is much the same in all continental prisons. The director is under the immediate control of the Minister of Justice. A special commission visits frequently, and no change can be made without their sanction or that of the Minister of Justice. The prominent heads of departments in the Ministry of Justice are also obliged to make frequent visitations. The director's journal, which must contain a detailed account of all matters relating to the prison, must be laid before both the commission and the officials, besides special notifications and extracts being sent to the Minister of Justice. By this means the executive are in touch with each prison staff and those under their charge.

The chief warders exercise a supervision over the under warders, inspect the prisoners' quarters, and take personal charge of batches when either going to or returning from the exercising yards, chapel, lectures, etc.

There are two classes (first and second) of under warders. The second are under the control of the first, who are responsible for their acts. In this way it is made the interest of the first class warders to train those under them to treat prisoners kindly and yet firmly.

Those who are acquainted with prison matters are aware that the majority of offences against discipline are the direct result of some injudicious treatment by those in immediate authority. The importance of this inter-responsibility of warders is therefore easily recognized. In both the Belgian and German service the kindly treatment of prisoners by warders is a fundamental principle. To first-class warders are committed the duties of locking and unlocking, the personal supervision of prisoners at work or fatigues, visiting frequently the cells, corridors, and kitchens; regulating the lighting, clothing, and distribution of water; in fact, every detail connected with the health or comfort of the prisoners. There are special functionaries told off to superintend cooking, dispensing, heating, and other duties.

The female prisoners are under the charge of a sister superioress, who is responsible for the due discharge of her duties to the director. She has under her a staff of sisters in religion, who perform functions analogous to those of the first and second class warders. It would be impossible to adopt a more humane system. Untiring care and benevolence is exercised by these sisters; a harsh word is never spoken, a punishment seldom inflicted. Washing, mending of linen, and other work of a household description is carried out under their direction. Duties are apportioned to the various sisters by the director, but only after consultation and with the sanction of the sister superior.

On reception, a prisoner takes a bath, unless prevented by ill-health, and on being "celled" is visited by the chief warder, who gives him all the information requisite for the arrangement of his cell and the various apparatus therein. If he cannot read, he informs him of the orders, regulations, and discipline of the prison,



and I have little doubt but a kindly word or a friendly warning is thrown in. If the prisoner is sick he is immediately removed to the infirmary, and if a military committal, or one sentenced without degradation, he is removed to the military hospital.

During exercise prisoners are permitted to smoke, but under certain circumstances the director can prohibit such indulgence.

Ample facilities are given prisoners for appeal, either to the director, the commission, or the superior authorities. A locked box is placed at the entrance of each exercising yard for the purpose of receiving such communications. The key is remitted to the Commissaire de Mois, who verifies its contents, and transmits the communications to the various functionaries addressed.

In each cell is hung up the prison regulations, etc. ; a list of the members of the commission, and the price of all objects sold in the prison canteen.

Prisoners are allowed to work after hours of retreat till nine in winter and ten in summer, on receiving authority from the commission. They are, however, charged the cost of the light they use. Such as know a trade can continue to exercise it, provided that it is compatible with due order. The commission can also farm or let to private persons, to assist in their trades or manufactures, the labour of prisoners, which is technically termed to "exploit labour," *exploiter* in French, and called in Italian *appaltare*. In all cases only a small percentage is deducted from such earnings to cover use of tools, materials, etc., one moiety being given to the prisoners immediately, the remainder at the termination of their sentence, unless such moiety shall have been placed at the disposal of the prisoner's family.

Each prisoner is visited every eight days by the "Commissaire de Mois," frequently by the other authorities and by members of the various charitable associations. They can at all times insist on seeing a magistrate, a member of the commission, or the medical officer.

Punishments differ little from those inflicted by us. A commentary is, however, afforded by the first on the list, which places the two systems in comparison. viz. :—Deprivation of work. Our prisoners would hardly consider this as punitive. In Belgium it is one of the most effective. Another, which is necessarily non-existent with us, is withdrawal of canteen privileges. Prisoners are permitted to supplement their dietary by purchasing certain articles at the prison canteen. For this purpose a warder goes round the cells at night, and takes down a list from each prisoner of what he may desire for the next day, receiving payment at the time. Any infraction of discipline involves a forfeiture of this privilege, and though not felt to the same extent as in the Italian system, is yet such as to be felt severely. The director has a power of inflicting cumulative punishment ; it is, however, rarely exercised, and only in cases of repeated and violent revolt. Prisoners when in a punishment cell sleep on a plank bed. Power is given the commission to recommend the reduction of sentences. In such cases a special report is forwarded to the Minister of Justice by the chaplain. This



is a particular of supreme importance, as it vests the authority of the chaplain with a value unknown in our system.

Prisoners under forty years of age receive one hour's school instruction daily, and twice a week lectures are delivered in assembly. The chaplain visits each prisoner once a week in his or her cell, and in the words of the rule, "gives them his counsel and consolation." It is also part of the chaplain's duty to attend daily. No restrictions whatever are imposed on him, either as to frequency or duration of visits. As a consequence, their aid as reformers is tangible and dominant. The prisoners feel in them a friend, and the circumstances under which they minister enable them to have an influence which is too often denied to our chaplains.

As regards females, their daily routine is gone through under the eye of religious sisters, devoted to their moral and intellectual welfare, a marked contrast to the *regime* pursued in our system. In a paper I had the honour to read before this society, I drew attention to the favourable results obtained by Mrs. Kirwan amongst our female prison population. She expressed her conviction of the facility with which the greater number of those entrusted to her care could be reclaimed. If any proof were wanting to substantiate her opinion, an instance is afforded in the system adopted in Belgium with the happiest results.

The treatment of sick prisoners is conducted on the most humane principles. Hospital orderlies and infirmary nuns faithfully carry out the medical officer's directions. Convalescents are permitted to associate in a common room (one being provided for each sex), and prescriptions are not compounded in the prison, thus enabling a medical officer to exercise a greater latitude in the drugs and appliances he may order. Ventilation is particularly attended to by skilled attendants. The beds are most comfortable, and practically no limit is placed on the hospital dietary. A special kitchen and cook is maintained for the infirmary. In fact, nothing is left undone to provide for the prisoners' comfort and speedy convalescence.

In cases of transfer from one prison to another a double ration of bread is served out for breakfast, and I have little doubt that adequate clothing is provided when journeys have to be made in winter. I have not obtained positive information on this point, but I feel convinced the Belgian authorities would not send a batch of prisoners in the middle of winter, with snow on the ground, without overcoats, a distance similar to that which separates Belfast from Dundalk.

When a prisoner under twenty years of age is about to be discharged, his relatives, friends, or guardians are notified as to the day and hour.

The foregoing are a few examples of the care and interest taken in Belgian prisoners. Their lives are less dreary than ours; but discipline is fully and thoroughly maintained, a higher moral tone is developed, and every inducement is put forward for work, good conduct, and ultimate reclamation.

In Germany, prisons are farmed out to contractors. They supply everything—food, clothing, heat, light, medicines, books, materials for work, etc.



The terms of their contract are drawn out in the most exhaustive and binding manner; pains and penalties are inflicted for the slightest deviation; if the contractor disregards one written remonstrance from the director, the best quality of whatever may be in dispute is purchased at the cost of the contractor. There are certain advantages connected with this method. The executive take care that there is no collusion between the director and the contractor by only appointing officials of the strictest integrity. They have no object in passing any inferior quality, whether of clothes, provisions, or materials for work. No circumstance can arise which is not fully provided for in the contract. The specifications are drawn with great minuteness. As an instance, I may quote that for flour, viz.:—"Fine flour must be first quality wheaten flour. From 100 kilos. of grain 21 kilos. of bran must be removed. It must be perfectly free from smell, and all adulteration with other kind of flour, ground bran, or sand."

The same particularity applies to every item, whether of dietary or clothing. If the milk breaks when boiling, the contractor is fined; if a jacket does not reach exactly ten centimetres below the hip, or a pair of trousers five centimetres above it, he is fined. The dietary is the main feature which attracts attention in the German system. For breakfast, prisoners receive half a litre, or nearly a pint, of coffee and milk, with bread; for supper a soup, having either bread, potatoes, flour, or semolina in it. I have appended to the end of this paper a table containing the exact quantities of the compound diets; they are for the use of healthy prisoners. There is a different and much more attractive scale for the use of invalids. For dinner, meat is served three times each week; on the other days, beef suet, bacon, pork fat, or butter, with a certain ration of bread, is issued. In addition, one of twenty-three compound diets is given. With the exception of No. 30, they each contain vegetables, either green or dried, which must be of the best quality. There are stringent clauses in the contract to guard against any inferior quality being cooked. The element of variety, as well as excellence, is a powerful factor in maintaining a healthy standard. In this respect our scale fails signally. The German is immensely superior to that of any country I am acquainted with. Diets No. 7, 11, 12, 14, 15, 20, 22, and 27 are worthy of special consideration. On the four great festivals, viz., Easter, Christmas, Whit Sunday, and the Emperor's birthday, half a litre of wine is allowed to each prisoner with their special dinner. I need not trouble you with the sick or convalescent dietary. They are exceptionally well chosen, and meet every requirement.

The bed is on an iron frame, and consists of a straw mattress and pillow, sixty-six pounds of fresh rye straw being allowed; from one to three blankets, according to the time of the year, with linen sheets and a coverlet. In the hospital a wool and hair mattress is added, and it is specified that these must be re-picked every six months. Prisoners are shaved twice each week, and their hair cut each month. Scrupulous attention is paid to their personal cleanliness. All places where prisoners remain, such as dining halls, sick



rooms, waiting and orderly rooms, must be maintained at a minimum temperature of 14 degrees Reaumur, or 62 degrees Fahrenheit. The contractor is also obliged to arrange that for purposes of ventilation every window in the establishment during recreation hour shall be opened for fifteen minutes, and that after lock-up a portion of each window shall remain open. It is also necessary that every window shall be cleaned twice each week. I merely mention these details for the purpose of illustrating what trouble is taken to insure perfect cleanliness. In every department the same trouble is taken; no detail appears too insignificant for notice and arrangement. The director or his subordinates have only to see that the regulations are thoroughly carried out. The prison I visited at Strasburg was not on the cellular system—work and meals took place in association, but strict silence was observed. Work is carried on in batches of twenty.

Reading is only permitted on Sundays and holidays. All kinds of carpentry and cabinet work is taught. The amount realized is divided into two equal portions; one part is given to them, which they may expend in beer twice a week, or in other ways. The remainder is either remitted to their families or given to them on the expiration of their sentence.

Prisoners under eighteen years of age are strictly isolated from those older. They are instructed in the making of chairs, shoes, bosses, and other trades. Religious sisterhoods overlook the female prisoners. All prisoners between the ages of twelve and eighteen receive daily school instruction. Other rules apply to those of different ages and attainments. Instruction is carried on in batches of thirty-five, and the results are most excellent. In summer prisoners rise at 4.45 a.m., and retire at 7.45 p.m. In winter they rise at 5 a.m., and retire at 7.15 p.m. Every day they must work for  $11\frac{1}{4}$  hours. The winter season commences on the 1st of October and terminates on the 31st of March.

From these remarks it can be seen that hard work and good food are the main characteristics of the German system. Punishments are rare, restraint seldom applied. I was informed by the director at Strasburg that during the twelve months preceding last July there were only six cases which required isolation in the punishment cell. The incentive to work is so great, and the work prisoners are engaged on not being degrading or unremunerative, they take an interest in it and conduct themselves accordingly. By misconduct they lose money, their privilege of purchasing beer, which is dear to every German, and, what is of special importance, they actually lose caste amongst their fellow-prisoners. Nothing can better demonstrate the excellence of discipline than the absence of punishment. Whether this is due to the system or the class of warders employed, I am unable to state, but from personal observation I can say that the warders are most carefully selected and trained, and are remarkable for their kindly and gentle treatment of those under their charge.

In Italy the reform of prisons is comparatively recent. In fact, until the country was united under a single government, no uniform



or comprehensive system was adopted. In the prisons (*carceri* or *guidiziare*) the population were crowded together, almost without classification; neither silence nor industry were enforced, so that the place became a school for contaminating all who were not already debased. This has been gradually reformed; but the changes have involved very heavy expense.

The prison I visited at Milan is on the cellular principle. It is capable of holding about 750 prisoners. I append the scale of dietary. The cells are large, well ventilated, lighted, and warmed in winter. The beds are comfortable, having a mattress on a swing iron frame, with a canvas bottom, which, when turned up, locks itself, and can only be released by the warder on duty. Each cell contains a fixed basin, with a fresh water tap, a swing shelf, which forms a table, and a hollow stool in the shape of a cone. Prisoners are allowed a book. Work is not either tasked or of a penal description, results being paid for. As much as 8d. per day can be earned, half of which is retained for certain purposes by the authorities. The dietary being somewhat restricted, prisoners augment their allowance by purchases at the canteen, which has a fixed tariff for articles of food, wine, and tobacco. Misconduct involves forfeiture of this privilege. Prisoners are permitted to smoke during their hours of exercise, which is carried out on the separate system. Bookkeepers, nurses, etc., are selected from amongst the most deserving prisoners, and are paid at the highest rates which can be earned by those engaged in industries. They enjoy special privileges—amongst others, the use of one of the larger cells, free of cost. There are a number of cells, about twice the ordinary size, which certain prisoners, having the means, may occupy. For this privilege they pay 10 francs per month. They are allowed light up to ten o'clock, can purchase their own food, but are subject in all other respects to the prison discipline. The regulations concerning penal settlements and convicts are different, but the same principle is adhered to, viz., by good conduct and industry a fair dietary may be obtained, special privileges secured, and a sum laid by to be received at the termination of sentence.

Probably the main distinguishing feature in Italian management is their successful effort to induce, rather than coerce, the prisoners to perform useful and regular work. They do so, not for the profits realised, but for the training and improvement of the prisoners. To this I shall again advert.

It would be out of place in a short paper such as this, which only professes to bring before your notice personal observations and a few of the most important details of prison management abroad, to enter into any exhaustive description of the *rationale* of imprisonment. I may, however, be permitted to glance at some points wherein our system differs from that of the states we have been referring to. Imprisonment should deal satisfactorily with—

- I. The safe custody of criminals and those awaiting trial.
- II. Must act as a deterrent.
- III. Ought to be a reforming agency.



I. In our system warders are the guards. Abroad military act to a great extent in this capacity. There are military patrols outside, and a strong guard inside the precincts. In Germany there is a patrol in the exercising ground.

II. Punishment must be deterrent. Loss of personal liberty and deprivation of all usual enjoyments act under this head. Under no circumstances should this partake of the character of vengeance. I cannot help feeling that our system violates this principle, in so far as it places prisoners *at once* on a plank bed. It may be necessary to retain this as a form of punishment under certain circumstances and conditions, but I see no justification for retaining it in its present form. At present a lad of sixteen receives a sentence of a month's imprisonment, it may be for trespassing after game, which is a heinous offence in the eyes of country magistrates, and at once he is placed on a plank bed. This necessitates a considerable amount of physical suffering, loss of rest, loss of appetite for the very meagre fare provided, and I have little doubt, if not carefully watched by the medical officer, permanent injury may be inflicted. In long term sentences the necessity for beginning with a period of plank bed is eminently injurious from a moral point of view. It engenders a mental state of resistance to authority, and renders the prisoner less amenable to discipline or the better influences which ought primarily to be cultivated. If the prison authorities consider it desirable to retain the plank bed, the minimum of age ought to be raised to eighteen, the length of time ought to be diminished, and under no circumstances should it begin till a few days have elapsed.

III. Imprisonment ought to be a reforming agency. When a prisoner is released he ought to be as little as possible injured in

- (a) Health.
- (b) Faculties for earning
- (c) Morale or conscience.

(a) The remarks I have made on the subject of the plank bed have an important bearing on that of health. When we remember that our criminals suffer from periods of semi-starvation, prolonged fits of intoxication, bad housing, clothing, and many other hygienic defects, it can be readily understood why prison *regime* does not cause any appreciable deterioration. Cleanliness, regularity, and a sufficiency of food account for this.

(b) A criminal may have been industrious, and if so, habits of industry should not be crushed out. The majority are those habitually averse to work. In either case it is of the highest importance to maintain or create the desire for work, more especially if it can be made to produce either present or future tangible results. Our system fails altogether in this particular. In Belgium a prisoner can always pursue his trade; in Germany and Italy nearly always so. If from some reason he cannot be permitted to do so, he can learn and work at equally remunerative employment. In Italy as much as 8d. per day can be earned, and in the three countries we have been considering a certain proportion can be at once



expended in procuring extras for personal consumption. Useful remunerative labour, yielding an immediate return, is a powerful incentive to steady labour and good conduct—the two requisites for acquiring and maintaining industrial habits. In Italy, owing to the sparse dietary, it has proved, even amongst gangs of the most hardened convicts, a principle of the utmost utility. A gentleman has informed me that when going over one of the large Italian penal settlements the director told him that he had never met a case in which the convict had not ultimately become amenable. It might have required a few weeks, or even months; but in the end example and longing for the same comfort as his fellows, broke down the most dogged stubbornness.

Unremunerative work of an objectless description, such as treadmill, disgusts those so employed. It is penal, and ought to be used only as a punitive agent. Oakum picking, stone breaking, crank pump, and this description of labour is much the same; it fails to interest at the time, and has no elevating effect. Work, when it is done voluntarily, with an intelligible motive, such as present or future gain, acts powerfully on the *morale*. If this be continued during long sentences it has been found gradually to form confirmed habits. If a man habitually idle at the time of his entrance to gaol is released with a capacity and willingness for work, it is a clear and great gain to society. They effect this to a great extent abroad; we most certainly do not do so at all.

There is an objection commonly made to prisoners doing productive work—that such prisoners, being maintained at the public expense, their products might be sold below market price, and so derange prices and interfere with the labour market by the added competition of so many labourers. But, per contra, that competition is diminished by the compulsory withdrawal from the labour market of so many labourers, and there is no injustice in partially restoring them to it; it can only be partially, for they work at a disadvantage, their produce not being probably one-half the same number should make under less difficult circumstances. In Belgium, where they “exploit” labour on a large scale to manufacturers and traders, there has been no objection made, and the director at Strasburg informed me that they sell a very large amount of cabinet work without in any way interfering with the local market. Where the aggregate of prison labour is so small the disturbing influence must be trifling. Every means ought to be taken to prevent any underselling of the market or interference with local industries. Short of this, every encouragement should be offered to prisoners able and willing to work.

In the case of large public works, no objection can obtain, as many of these works would not be undertaken at all, if the government had to pay the ordinary rate of wages. The proposed harbour works at Galway is an instance of this. In Italy, the amount of useful work effected by convict labour, within the last decade, is most remarkable. Waste lands have been reclaimed; all round the coast small harbours have been constructed, medium-sized ones enlarged, and breakwaters have been thrown out at various places, which



would have been too costly to effect without the assistance of utilizing convict labour. In connection with this, I may notice that in Corsica, at Ajaccio, the French government attached to the prison of Castelluccio a tract of land of little value, such as no private speculator would have found it worth while to reclaim; after several years of convict cultivation, it was rendered productive, and the director stated that it mainly supplied the food of the prisoners.

(c) The last subdivision of heading III., or reforming agency, is that of *morale*. The main factors for strengthening this are—work of an interesting character, the humane treatment by those in authority, and secular and religious instruction. I have already sufficiently alluded to the question of work. Belgium is *facile princeps* as regards religious, Germany as regards secular instruction. They are both immeasurably superior to our system, which is ridiculous in conception and execution. A clerk warder, with an hour daily at his disposal for the schooling of 90 prisoners, is not only a sham, but a disgrace. The Royal Commissioners, in their report, described it as useless and defective, they dealt however, in mild words and measures with the inevitable result.

In the three countries, though isolation is perfect, yet there are times when general association is permitted, and a certain latitude accorded which does not exist in our system. Though discipline is thoroughly maintained, and strict regulations are in existence, they are sometimes judiciously “more honoured in the breach than the observance,” so as to prevent their being vexatious or irksome. The greatest care is taken that none but fully trained and experienced warders are in immediate contact with prisoners; delegation of authority, when on duty, is strictly prohibited. They teach and encourage those under their charge. Here their duty is to weigh out the amount of oakum picked, and report any deficiency—a ceaseless round of evasion and punishment—no possibility of intelligent supervision and willing obedience. The contrast is indeed a great one between the male prisoners under our system, and those under the Belgian, German, and Italian, but far greater is the difference touching female prisoners. Abroad, under sisterhoods almost completely, the religious element all-pervading, self-sacrifice on the part of those wielding authority, exhibiting nothing but the most tender and untiring care for the physical and moral well-being of those entrusted to them.

From what I have brought under your notice, it will be seen that the main difference between our system and those I have alluded to consists in the question of work and its concomitant privileges. We offer no inducement to work. The avoidances of bread and water diet, incarceration in a dark cell, or a return to the plank bed, compel prisoners to conduct themselves, and pick their oakum and perform wearily whatever may be their tasked labour. Threats and compulsion alone insure orderly conduct, for speedy and condign punishment follows any infraction of the rules. If a prisoner, undergoing a twelve months' sentence, infringes no rule, and does not lose a single mark during his time, even through illness (for under such circumstances he can gain no marks), he can earn the sum of 16s. 4d.



In Belgium only a very small percentage is deducted from his gross earnings. In Germany, also, a fair sum can be secured. In Italy work and good conduct obtains a monetary return and valuable privileges. With us, deprivation of privileges signifies sterner restrictions than those already in existence; abroad it means enforced absence from what are relative comforts and luxuries. Good conduct in our prisons can obtain nothing tangible, if we except that of cooking for other prisoners, or sweeping out cells and corridors; abroad it obtains tobacco, beer, extra food, books, and many other advantages; these do not make existence pleasant or agreeable—they only render it less irksome and more improving and humane. The system calls into action emotions and feelings which are either crushed out or never appealed to by us. It renders their natures less hard and unyielding, and by encouraging habits of industry and thrift, fits them with a capacity for work when released from imprisonment.

## DIET TABLE (GERMAN).

*Dinner.*

			Quantity per 100 prisoners.	How often cooked per year.
7	Green Beans and Potatoes,	...	...	5
	Green Beans (French),	...	40.00 kilos.	
	Potatoes,	...	50.00 "	
	Flour,	...	1.50 "	
8	White Beans and Potatoes,	...	...	5
	Beans,	...	30.00 "	
	Flour,	...	2.50 "	
	Vinegar,	...	0.50 litres.	
9	White Beans and Potatoes,	...	...	30
	White Beans,	...	15.00 kilos.	
	Potatoes,	...	50.00 "	
	Flour,	...	1.00 "	
	Vinegar,	...	0.50 litres.	
10	Peas, etc.	...	...	10
	Peas,	...	30.00 kilos.	
	Flour,	...	2.50 "	
	Vinegar,	...	0.50 litres.	
11	Peas and Potatoes,	...	...	10
	Peas,	...	15.00 kilos.	
	Potatoes,	...	50.00 "	
	Flour,	...	1.00 "	
12	Peas, Potatoes, and Yellow Turnips,	...	...	10
	Yellow Turnips,	...	40.00 "	
	Peas,	...	15.00 "	
	Potatoes,	...	30.00 "	
	Flour,	...	1.00 "	
13	White Beans or Peas, with Rice,	...	...	15
	Beans or Peas,	...	15.00 kilos.	
	Rice,	...	6.25 "	
	Flour,	...	2.50 "	
14	Peas and Yellow Turnips,	...	...	6
	Peas,	...	25.00 "	
	Yellow Turnips,	...	40.00 "	
	Flour,	...	1.00 "	



				Quantity per 100 prisoners.	How often cooked per year.
15	Peas and Sour Kraut,	...	...	...	6
	Peas,	...	...	25.00 "	
	Sour Kraut,	...	...	40.00 "	
	Flour,	...	...	2. 5 "	
16	Groats and Potatoes,	...	...	...	16
	Groats,	...	...	7. 5 "	
	Potatoes,	...	...	50.00 "	
	Vinegar,	...	...	0.50 litres.	
17	Groats and Cabbage Turnips,	...	...	...	10
	Groats,	...	...	10.00 kilos.	
	Cabbage Turnips,	...	...	50.00 "	
18	Potatoes and Vinegar,	...	...	...	22
	Potatoes,	...	...	80.00 "	
	Flour,	...	...	4. 5 "	
	Vinegar,	...	...	0.50 litres.	
19	Plain Potatoes,	...	...	90.00 kilos.	40
20	Potatoes and Cabbage	...	...	...	20
	Potatoes,	...	...	50.00 "	
	Cabbage,	...	...	40.00 "	
	Flour,	...	...	1. 5 "	
21	Potatoes, Turnips, and Cabbage,	...	...	...	20
	Potatoes,	...	...	50.00 "	
	Cabbage Turnips,	...	...	40.00 "	
	Flour,	...	...	1. 5 "	
22	Potatoes and Lentils,	...	...	...	18
	Potatoes,	...	...	50.00 "	
	Lentils,	...	...	15.00 "	
	Flour,	...	...	1. 0 "	
	Vinegar,	...	...	0.50 litres.	
23	Potatoes and Yellow Turnips,	...	...	...	40
	Potatoes,	...	...	50.00 kilos.	
	Turnips,	...	...	40.00 "	
	Flour,	...	...	1. 5 "	
24	Potatoes and Rice,	...	...	...	30
	Potatoes,	...	...	50.00 "	
	Rice,	...	...	8. 0 "	
25	Potatoes and White Turnips,	...	...	...	10
	Potatoes,	...	...	50.00 "	
	Turnips,	...	...	40.00 "	
	Flour,	...	...	1. 5 "	
26	Potatoes and Parsnips,	...	...	...	6
	Potatoes,	...	...	50.00 "	
	Parsnips,	...	...	40.00 "	
27	Potatoes, Parsnips, and Sour Kraut,	...	...	...	9
	Potatoes,	...	...	50.00 "	
	Parsnips,	...	...	20.00 "	
	Sour Kraut,	...	...	20.00 "	
28	Potatoes and Sour Kraut,	...	...	...	15
	Potatoes,	...	...	50.00 "	
	Sour Kraut,	...	...	40.00 "	
	Flour,	...	...	1. 5 "	
29	Rice,	...	...	12. 5 "	8
30	Herrings, portion given during part of the year as an extra diet once each week,	...	...	50. "	



## DIET TABLE (ITALIAN).

	Weight in Grammes.		Weight in Grammes
Tuesday—		Friday— <i>continued</i> —	
Rice,	... 127	Onions,	... 5
Potatoes,	... 100	Pepper,	... q. s.
Lard	... 70	Saturday—	
Salt,	... 9	Rice,	... 127
Onions,	... 5	Cabbage,	... 75
Pepper,	... q. s.	Carrots,	... 25
Wednesday—		Lard,	... 10
Maccaroni,	... 120	Salt,	... 9
Cabbage,	... 100	Onions,	... 5
Lard,	... 10	Pepper,	... q. s.
Salt,	... 9	Sunday—	
Onions,	... 5	Maccaroni,	... 120
Pepper,	... q. s.	Beans,	... 100
Thursday—		Lard,	... 10
Rice,	... 127	Salt,	... 9
Beans,	... 100	Onions,	... 5
Lard,	... 10	Pepper,	... q. s.
Salt,	... 9	Monday—	
Onions,	... 5	Rice,	... 105
Pepper,	... q. s.	Meat,	... 120
Friday—		Fresh Green Vegetables,	80
Maccaroni,	... 120	Salt,	... 9
Potatoes,	... 100	Onions,	... 5
Lard,	... 10	Pepper,	... q. s.
Salt,	... 9		



TIME TABLE (BELGIUM).

Dates.	Unlock—Rise.	Breakfast.	Work given out.	Exercise.					Return to work.	Dinner.	Return to work.	School. — Monday, Tuesday, Wednesday, Thursday.		Supper.	Return to work.	Cease work.	Look-up : sleep.
				1st section.	2nd do.	3rd do.	4th do.	5th do.				1st class.	2nd do.				
1st January to 15th February,...	7	7 $\frac{1}{4}$	8	8	9	10	11	11	—	12	1	2	3	5	5 $\frac{1}{2}$	7 $\frac{3}{4}$	8
16th February to 31st March, ...	6	6 $\frac{1}{2}$	7	8	9	10	11	11	—	12	1	2	3	5 $\frac{1}{2}$	6	7 $\frac{3}{4}$	8
1st April to 30th September, ...	5	5 $\frac{1}{2}$	6	6 $\frac{1}{2}$	7 $\frac{1}{2}$	8 $\frac{1}{2}$	9 $\frac{1}{2}$	10 $\frac{1}{2}$	—	12	1	2	3	5 $\frac{1}{2}$	6	8 $\frac{1}{4}$	9
1st to 31st October, ...	6	6 $\frac{1}{2}$	7	8	9	10	11	11	—	12	1	2	3	5 $\frac{1}{2}$	6	7 $\frac{3}{4}$	8
1st November to 31st December,	7	7 $\frac{1}{4}$	8	8	9	10	11	11	—	12	1	2	3	5	5 $\frac{1}{2}$	7 $\frac{3}{4}$	8



## TIME TABLE (GERMANY).

*Winter half-year, 1st October to 1st April.*

Hour.	Regulations.	Rest.	Work.
5 - 5 $\frac{1}{4}$	Unlock, making up beds, washing, assembling in workshops, ... ..	$\frac{1}{4}$	
5 $\frac{1}{4}$ - 6 $\frac{1}{2}$	Work, ... ..	...	1 $\frac{1}{4}$
6 $\frac{1}{2}$ - 7	Assemble in the dining-hall, breakfast, return to workshops, ... ..	$\frac{1}{2}$	
7 - 9	Work, ... ..	...	2
9 - 9 $\frac{1}{4}$	An interval, ... ..	$\frac{1}{4}$	
9 $\frac{1}{4}$ - 12	Work and school, ... ..	...	2 $\frac{3}{4}$
12 - 1	Assemble in dining-hall, dinner; exercise, return to workshops, ... ..	1	
1 - 3 $\frac{3}{4}$	Work and school, ... ..	...	2 $\frac{3}{4}$
3 $\frac{3}{4}$ - 4	An interval, ... ..	$\frac{1}{4}$	
4 - 6 $\frac{1}{2}$	Work, ... ..	...	2 $\frac{1}{2}$
6 $\frac{1}{2}$ - 7 $\frac{1}{4}$	Cleaning up, assemble in dining-hall, supper, assemble in dormitories, lock up, ...	$\frac{3}{4}$	
7 $\frac{1}{4}$ - 5	Sleep, ... ..	9 $\frac{3}{4}$	
		12 $\frac{3}{4}$	11 $\frac{1}{4}$
		24	



Houses of the Oireachtas