

GAOLS AND PRISONERS,
HONGKONG.
1907.

STATISTICAL RETURN FOR THE PRISONS OF HONGKONG FOR 1907.

Name and Nature of the Prisons, (Whether "Common Gaol," "Penitentiary," &c.) Mere "Lock-ups" not to be inserted.	Total Number of Prisoners Committed in 1907.	Number Committed for Debt, Want of Bail, and Punishment.			Number of those Committed who have been previously Convicted.			Number of Persons Committed to Penal Imprisonment,* including "Penal Servitude," (if that term is used in the Colony to describe any Punishment).				The Daily Average Number in Prison.	The Daily Average Number on the Sick List.	The Number of Admissions to Hospital during the Year 1907.	The Number of Deaths during 1907.
		For Debt.	For Safe Custody till Trial or for Want of Security.	For Purposes of Penal Imprisonment.	Once.	Twice.	Thrice or more.	For Five Years or more.	For One Year or more, but less than Five Years.	For more than Three Months, and less than One Year.	For Three Months or less.				
"Victoria Gaol,"— Common Gaol, House of Correction, also re- ceives Prisoners sen- tenced to Penal Ser- vitude, &c.,	5,877	94	733	5,050	571	57	22	38	98	96	4,818	502
Total,.....	5,877	94	733	5,050	571	57	22	38	98	96	4,818	502
Men,	5,568	85	657	4,826	552	51	22	38	95	91	4,602	482	} 6.27	} 424	} 17
Women,	203	9	70	124	2	2	Nil.	Nil.	2	5	1:7	18			
Juveniles,	106	Nil.	6	100	17	4	Nil.	Nil.	1	Nil.	99	2			

* By "Penal Imprisonment" is meant imprisonment inflicted as a substantive punishment in pursuance of a sentence of a Court of Justice, as distinguished from imprisonment for safe custody, &c.

THESE QUESTIONS ARE TO BE FILLED UP IN RESPECT OF EACH PRISON IN THE COLONY.

Questions.

I. If the Prison is on the separate system, is this separation complete? And if not, what is the separation enforced by day and night respectively?

II. If not on the separate system, what provision is there for the supervision of the prisoners while in association?

III. How many cells are there; and how many associated wards?

IV. Taking the average number of prisoners in Gaol, how many cubic feet of space are there for each prisoner during the hours of sleep?

V. How are the prisoners classified?

Answers.

The Victoria Gaol is on the separate system.

In the Branch Prison, Causeway Bay, the prisoners are in association, they being men unfit for Hard Labour.

All cell doors are provided with inspection holes through which the prisoners can be seen by the officers patrolling the wards. While at labour or exercise the prisoners are at all times under the immediate supervision of Principal Warders, Warders, and Assistant Warders.

There are 514 cells on the separate system.

Branch Prison contains 3 large association wards and 3 cells.

In separate.....664 cubic feet.
In association(approximate) 200 " "

First offenders are treated as the star class men in the Home Prisons and are kept quite distinct from the habitual criminals.

In classification their sentence and nationality are taken into consideration; they are classified as follows, viz. :—

Europeans, Indians, and Chinese.

Debtors.	} First offenders.	
Misdemeanants.		} Habitual criminals.
On remand and awaiting trial.		} Juvenile offenders.

All the prisoners of the above classes are separated at night, and in the yards, as much as possible.

Questions.

VI. Is penal labour—that is, labour by tread-mill, crank, or shot-drill—in force?

VII. If so, during what periods of imprisonment, in respect of what classes of prisoners, and during how many hours is such penal labour enforced? In stating hours of tread-wheel labour give—first, the total time on and off the wheel, etc.; secondly, the length of spells and interval of rest.

VIII. What kind of labour, other than penal labour, is in use?

IX. If the prisoners are employed beyond the walls of the Gaol, state—

1. How many escapes of prisoners, while being employed beyond the Gaol, have taken place during each of the last three years?

2. How are the profits of their labour accounted for?

X. What was the total annual cost of the Prison during the year 1907?

XI. What was the annual amount of the prisoners' earnings during 1907?

XII. What is the number of the hours allotted for sleep? And, if sleep is in association, are the dormitories lighted; and how often are they patrolled during the night?

Answers.

There is no tread-mill labour, but shot-drill, crank-labour, and stone-carrying are in force.

The hours of labour throughout the year are from the 1st March to the 31st October from 6.15 a.m. to 4.15 p.m., and from the 1st November to the 28th February from 6.45 a.m. to 4.15 p.m., one hour being allowed for dinner. Prisoners at crank labour, full task, have to complete 12,500 revolutions at a 12 lbs. pressure. European and Chinese prisoners at shot-drill do 4½ hours in spells of half an hour at a time, with stone-carrying or oakum-picking in the intervals.

Tailoring, shoe-making, carpentering, grass and coir mat making, rattan work, printing, book-binding, net making, tinsmithing, washing, cleaning, and incidental repairs to the Prison buildings.

Prisoners have not been employed outside the Gaol during the year.

The total expenditure of the Gaol in 1907 was £97,209.56, of which the sum of \$3,532.75 was refunded for the subsistence of Naval, Military Court Martial prisoners, Debtors, &c., as follows:—

Military,	\$ 282.60
Naval,	102.30
Debtors,	998.25
Vagrants,	60.00
Wei-hai-wei Prisoners,	684.60
Shanghai Prisoners,	443.10
Waste food sold,	75.00
Personal Emoluments refunded, ...	192.02
Other Charges refunded,	219.66
Boots money refunded,	18.10
Forfeitures,	457.12
	\$3,532.75

The total amount paid into the Treasury during the year on account of Prison Industrial Labour was \$5,790.78, of which \$129.54 was for 1906, and \$3,661.24 for 1907.

The average time during which the prisoners sleep is about 11 hours in 24.

The cells of the Victoria Gaol are not lighted, but gas is kept burning in all passages and corridors, and the Assistant Warders on duty are provided with lamps to throw light into the cells when required. In the Branch Prison gas is kept burning in the wards all night.

Assistant Warders are on duty in the Gaol throughout the night, and patrol the corridors and passages constantly. The patrols are visited every hour by a Principal Warden. The Assistant Superintendent makes one surprise visit each week after 9 p.m.

Questions.

XIII. What were the number and nature of the punishments inflicted for offences committed by prisoners undergoing imprisonment?

Answers.

The number of prisoners reported during the year was they were punished in the manner detailed below, viz.:—

49	with Rice and Water 1 day.		
310	" " " 2 days.		
152	" " " 3 "		
2	" " " 7 "		
6	" Solitary Confinement on Rice and Water 1 day.		
8	" " " " 2 days.		
28	" " " " 3 "		
48	" " " " 7 "		
2	" Bread and Water 1 day.		
23	" " " 2 days.		
3	" " " 3 "		
...	" " " 7 "		
1	" Solitary Confinement on Bread and Water 1 day.		
...	" " " " 2 days.		
4	" " " " 3 "		
4	" " " " 7 "		
7	" Crank.		
5	" No. 1 Labour.		
99	" Forfeited Marks.		
3	" Whipping awarded by the Assistant Superintendent (Birch).		
1	" Whipping awarded by the Assistant Superintendent and a Justice of the Peace (Cat-o'-nine-tails).		

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XIV. Is there, or are there, any Chaplain or Chaplains of any and what religious persuasions?

Protestant and Roman Catholic Chaplains are appointed.

XV. Are religious services regularly, or otherwise, performed for the benefit of the prisoners of any, and if any, what religious persuasion?

Religious services were held for the Church of England prisoners every Sunday.

The Prison is also visited by Roman Catholic Priests, who hold a service for both European and Chinese prisoners of that persuasion.

A religious service is also held regularly every Sunday morning for the benefit of Chinese prisoners by native clergymen belonging to St. Stephen's Church. Attendance voluntary.

XVI. Are Roman Catholic Priests and Dissenting Ministers allowed free access to prisoners of their own persuasion, and are they apprised when prisoners of their respective persuasions enter the Prison?

They are allowed free access to the Prison at such hours as do not interfere with the discipline of the Prison. Intimation is immediately sent to any Minister or Priest, if at any time a prisoner expresses a desire to see him.

XVII. What provision is made for the education of prisoners?

None; but all are supplied with religious and other useful books.

XVIII. On what conditions is remission of imprisonment granted?

Every prisoner under a first sentence of imprisonment with hard labour for two years or upwards may earn remission of sentence by industry accompanied by good conduct.

The maximum remission obtainable by male and female prisoners is $\frac{1}{4}$ and $\frac{1}{3}$ of the sentence respectively.

Prisoners undergoing a second sentence of imprisonment with hard labour for two years or upwards are not allowed the privilege of earning any remission of their sentence during the first year of such second sentence; but if their conduct and industry during the first year be approved of by the Assistant Superintendent of the Prison they are allowed the privilege of earning a remission of $\frac{1}{4}$ part in the case of a male prisoner, and in the case of a female prisoner $\frac{1}{3}$ part of the remainder of their sentence on the same terms as prisoners under a first sentence.

Prisoners sentenced a third time or oftener to imprisonment with hard labour for two years or upwards are not allowed to earn any remission of sentence.

Others have had portions of their sentences remitted on medical grounds, &c.

Yes, during the year there were 17 deaths—executed, 3; natural causes, 14.

XIX. Have Coroner's inquests been held on every occasion of a death in Prison during the past year, and what were the verdicts?

Good.

XX.—1. What was the sanitary state of the Prison during the year 1907?
2. What were the prevailing diseases?

Dysentery and Malaria.

Questions.

XXI. What are, shortly, the rules as to diet ?

Answers.

The diets of prisoners in Victoria Gaol shall be in accordance with the following Rules and Regulations :—

DIETS FOR EUROPEAN PRISONERS.

Meals.	CLASS 1.		CLASS 2.			CLASS 3.					
		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.	Debtors, Misdoers, and Prisoners on Remand and for Trial.		
Breakfast,	Daily, Bread.	8 oz.	Daily,	Bread,	8 oz.	6 oz.	Sunday,	Bread,	6 oz.	6 oz.	6 oz.
				Gruel,	1 pint.	1 pint.			Tuesday,	Gruel,	1 pint.
Dinner,...	Daily, { Rice, } { Salt, } 4 oz.	8 oz.	Sunday,	Bread,	4 oz.	4 oz.	Sunday,	Bread,	4 oz.	4 oz.	4 oz.
			Wednesday,	Potatoes,	8 oz.	6 oz.		Rice,	8 oz.	6 oz.	6 oz.
				Suet Pudding,	8 oz.	6 oz.		Fish,	12 oz.	8 oz.	8 oz.
			Monday,	Bread,	8 oz.	6 oz.		Curry Stuff,	7 drs.	5 drs.	5 drs.
			Friday,	Potatoes,	8 oz.	6 oz.		Bread,	4 oz.	4 oz.	4 oz.
				Cooked meat without bone,	6 oz.	5 oz.		Potatoes,	10 oz.	8 oz.	8 oz.
			Tuesday,	Bread,	8 oz.	6 oz.		without bone,	6 oz.	4 oz.	4 oz.
Thursday,	Potatoes,	8 oz.	6 oz.	Soup,	1 pint.	1 pint.	1 pint.				
Saturday,	Soup,	1 pint.	1 pint.	Tuesday,	Bread,	4 oz.	4 oz.	4 oz.			
Supper,	Daily, Bread,	8 oz.	Daily,	Bread,	6 oz.	6 oz.	Daily,	Bread,	6 oz.	6 oz.	6 oz.
				Gruel,	1 pint.	1 pint.		Gruel,	1 pint.	1 pint.	1 pint.

The terms to which the above *Diets for European Prisoners* shall be severally applied shall be those set forth in the following Table :—

Term.	Class 1.	Class 2.	Class 3.
Seven days and under,	Whole term.
More than seven days and under three months,	Seven days.	Remainder of term.
More than three months,	Three months.	Remainder of term.

Note.—A European prisoner sentenced to imprisonment for two years and upwards, and in the First Class under the progressive stage system, shall be allowed 8 oz. of chicken for dinner on Sundays, in addition to the prescribed diet.

XXI.—(Continued.)

Answers.

DIETS FOR CHINESE PRISONERS.

CLASS 1.			CLASS 2.			CLASS 3.			
Mens.		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.	Debtors, Misdemeanants of the First Class, Prisoners on Remand and for Trial.
Breakfast, Daily,	Rice, 1 Salt, 1	8 oz. 4 oz.	Sunday, ...	Rice, 7 oz. Vegetables, 4 oz. Chutney, 4 oz. Thursday, ... Oil, 4 oz. Saturday, ... Salt, 4 oz. Tea, 4 oz.	6 oz. 4 oz. 4 oz. 4 oz. 4 oz.	Sunday, ...	Rice, 11 oz. Vegetables, 11 oz. Chutney, 11 oz. Thursday, ... Oil, 11 oz. Saturday, ... Salt, 11 oz. Tea, 11 oz.	9 oz. 8 oz. 8 oz. 8 oz. 9 oz.	9 oz. 8 oz. 8 oz. 8 oz. 9 oz.
Lunch, ...	Daily, Congee	1 pint.	Daily, ...	Congee, ...	1 pint.	Daily, ...	Congee, ...	1 pint.	1 pint.
Supper, Daily,	Rice, 1 Salt, 1	8 oz. 4 oz.	Sunday, ...	Rice, 8 oz. Fresh Fish, 2 oz. Chutney, 4 oz. Wednesday, ... Oil, 4 oz. Thursday, ... Salt, 4 oz. Saturday, ... Tea, 4 oz.	7 oz. 12 oz. 4 oz. 4 oz. 4 oz. 4 oz.	Monday, ...	Rice, 11 oz. Fresh Fish, 11 oz. Chutney, 11 oz. Wednesday, ... Oil, 11 oz. Friday, ... Salt, 11 oz. Sunday, ... Tea, 11 oz.	9 oz. 12 oz. 4 oz. 4 oz. 4 oz. 4 oz.	9 oz. 12 oz. 4 oz. 4 oz. 4 oz. 4 oz.

DIETS FOR INDIAN PRISONERS.

CLASS 1.			CLASS 2.			CLASS 3.			
Mens.		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.	Debtors, Misdemeanants of the First Class, Prisoners on Remand and for Trial.
Breakfast, Daily,	Flour, 1 Salt, 1	8 oz. 4 oz.	Sunday, ...	Rice, 10 oz. Vegetables, 8 oz. Tuesday, ... Gram, 2 oz. Thursday, ... Chutney, 4 oz. Saturday, ... Oil, 4 oz. Salt, 4 oz.	8 oz. 8 oz. 13 oz. 4 oz. 4 oz. 4 oz.	Sunday, ...	Rice, 12 oz. Vegetables, 14 oz. Tuesday, ... Gram, 2 oz. Thursday, ... Chutney, 4 oz. Saturday, ... Oil, 4 oz. Salt, 4 oz.	9 oz. 9 oz. 13 oz. 4 oz. 4 oz. 4 oz.	9 oz. 9 oz. 13 oz. 4 oz. 4 oz. 4 oz.
Lunch, ...	Daily, Congee	1 pint.	Daily, ...	Congee, ...	1 pint.	Daily, ...	Congee, ...	1 pint.	1 pint.
Supper, Daily,	Rice, 1 Salt, 1	8 oz. 4 oz.	Sunday, ...	Flour, 9 oz. Fresh Fish, 2 oz. Tuesday, ... Gram, 2 oz. Thursday, ... Chutney, 4 oz. Saturday, ... Oil, 4 oz. Salt, 4 oz.	8 oz. 13 oz. 4 oz. 4 oz. 4 oz. 4 oz.	Monday, ...	Flour, 11 oz. Fresh Fish, 2 oz. Tuesday, ... Gram, 2 oz. Wednesday, ... Chutney, 4 oz. Friday, ... Oil, 4 oz. Salt, 4 oz.	9 oz. 13 oz. 4 oz. 4 oz. 4 oz. 4 oz.	9 oz. 13 oz. 4 oz. 4 oz. 4 oz. 4 oz.

XXI.—(Continued.)

Answers.

The terms to which the above *Diets for Chinese and Indian Prisoners* shall be severally applied shall be those set forth in the following Table:—

Term.	Class 1.	Class 2.	Class 3.
Seven days and under,	Whole term.
More than seven days and under six months, ..	Seven days.	Remainder of term.
More than six months,	Six months.	Remainder of term.

Note.—A Chinese or Indian prisoner sentenced to imprisonment for two years and upwards, and in the First class under the progressive stage system, shall be allowed at the morning meal on Sundays, in addition to the prescribed diet:—for a Chinese, 6 oz. of pork: for an Indian, 8 oz. of chicken.

DIETS FOR ILL-CONDUCTED OR IDLE PRISONERS.

No. 1.

For Men and Women.

EUROPEAN,	Bread, 1 lb., with water; daily.
CHINESE,	Rice, 12 oz.; Salt, $\frac{1}{2}$ oz.; with water; daily.
INDIAN,	Rice, 12 oz.; Salt, $\frac{1}{2}$ oz.; with water; daily.

This diet to be limited to seven days, and the under-mentioned "No. 2" diet to be substituted for it on the fourth day.

No task of labour to be enforced on any of the days on which this diet constitutes the sole food supplied to the prisoner.

No. 2.

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

European,	Breakfast,	Bread, 8 oz.
	Dinner,	Potatoes, 8 oz.
	Supper,	Strabout, 1 pint.
		Bread, 8 oz.
Chinese,	Breakfast,	Rice, 6 oz.
		Vegetables, $\frac{1}{2}$ oz.
		Chutney, $\frac{1}{2}$ oz.; Oil, $\frac{1}{4}$ oz.; Salt, $\frac{1}{4}$ oz.
	Dinner,	Congee, 1 pint.
	Supper,	Rice, 6 oz.
		Chutney, $\frac{1}{2}$ oz.; Oil, $\frac{1}{4}$ oz.; Salt, $\frac{1}{4}$ oz.
Indian,	Breakfast,	Flour, 7 oz.
		Chutney, $\frac{1}{2}$ oz.; Salt, $\frac{1}{4}$ oz.
	Dinner,	Strabout, 1 pint.
	Supper,	Rice, 7 oz.
		Chutney, $\frac{1}{2}$ oz.; Salt, $\frac{1}{4}$ oz.

This diet to be limited to twenty-one days.

No. 3.

For Men Performing a Daily Task of Hard Labour.

European,	Breakfast, Dinner, Supper,	Bread, 8 oz. Bread, 8 oz. Potatoes, 8 oz. Stirabout, 1½ pints. Bread, 8 oz.
Chinese,	Breakfast, Dinner, Supper,	Rice, 10 oz. Vegetables, 4 oz. Chutney, ½ oz.; Oil, ¼ oz.; Salt, ¼ oz. Congee, 1½ pints. Rice, 1 oz. Chutney, ½ oz.; Oil, ¼ oz.; Salt, ¼ oz.
Indian,	Breakfast, Dinner, Supper,	Flour, 8 oz. Vegetables, 4 oz. Chutney, ½ oz.; Oil, ¼ oz.; Salt, ¼ oz. Stirabout, 1½ pints. Rice, 8 oz. Chutney, ½ oz.; Oil, ¼ oz.; Salt, ¼ oz.

This diet to be limited to forty-two days.

HOSPITAL DIETS.

Europeans.

Meals.	Full.	Half.	Low.
Breakfast, ...	Sunday, Tuesday, Thursday, ... Saturday, ... Monday, Wednesday, ... Friday, { Bread,6 oz. Gruel,1 pint. Bread,6 oz. Cocoa,1 pint.	Daily, { Bread,6 oz. Gruel,1 pint.	Daily, { Bread,4 oz. Butter, ...½ oz. Milk,½ pint. Sugar, ...1 oz. Tea,¼ oz.
Dinner,	Sunday, Monday, Wednesday, ... Friday, Tuesday, Thursday, ... Saturday, ... { Bread,4 oz. Rice,6 oz. Fish,8 oz. Curry Stuff, ...5 drs. Bread,4 oz. Potatoes,8 oz. Cooked Meat } 4 oz. without bone } Soup,¾ pint. Bread,4 oz. Soup,¾ pint. Suet Pudding, 12 oz.	Sunday, Wednesday, ... Monday, Friday, Tuesday, Thursday, ... Saturday, ... { Bread,4 oz. Potatoes,6 oz. Suet Pudding, 6 oz. Bread,6 oz. Potatoes,6 oz. Cooked Meat } 5 oz. without bone } Bread,6 oz. Potatoes,6 oz. Soup,¾ pint.	Daily, { Bread,4 oz. Beef tea, .½ pint.
Supper,	Daily, { Bread,6 oz. Gruel,1 pint.	Daily, { Bread,6 oz. Gruel,1 pint.	Daily, { Bread,4 oz. Milk,½ pint. Butter, ...½ oz.

HOSPITAL DIETS.

Chinese.

Meals.	Full.	Half.	Low.
Breakfast, .	Sunday, { Rice, 9 oz. Vegetables, . . . 4 oz.	Sunday, { Rice, 6 oz. Vegetables, . . . 4 oz.	Daily, . { Rice, . . . 6 oz. Salt, . . . ½ oz. Tea, . . . ¼ oz. Congee, . ½ pint.
	Tuesday, { Chutney, ½ oz. Oil, ¼ oz.	Tuesday, { Chutney, ½ oz. Oil, ¼ oz.	
	Thursday, { Oil, ¼ oz. Salt, ¼ oz.	Thursday, { Oil, ¼ oz. Salt, ¼ oz.	
	Saturday, { Tea, ¼ oz. Rice, 9 oz.	Saturday, { Tea, ¼ oz. Rice, 6 oz.	
	Monday, { Salt Fish, 1 oz. Chutney, ½ oz.	Monday, { Salt Fish, 1 oz. Chutney, ½ oz.	
	Wednesday, { Oil, ¼ oz. Salt, ¼ oz.	Wednesday, { Oil, ¼ oz. Salt, ¼ oz.	
	Friday, { Tea, ¼ oz.	Friday, { Tea, ¼ oz.	
Lunch,	Daily, Congee, 1 pint.	Daily, Congee 1 pint.	Daily, . . . Congee, 1 pint.
Supper,	Monday, { Rice, 9 oz. Fresh Fish, 2 oz.	Sunday, { Rice, 7 oz. Fresh Fish, 2 oz.	Daily, . { Rice, . . . 6 oz. Tea, . . . ¼ oz. Congee, . ½ pint.
	Tuesday, { Chutney, ½ oz. Oil, ¼ oz.	Tuesday, { Chutney, ½ oz. Oil, ¼ oz.	
	Wednesday, { Oil, ¼ oz. Salt, ¼ oz.	Wednesday, { Oil, ¼ oz. Salt, ¼ oz.	
	Thursday, { Tea, ¼ oz. Rice, 9 oz.	Thursday, { Tea, ¼ oz. Rice, 6 oz.	
	Saturday, { Salt Fish, 1 oz. Chutney, ½ oz.	Saturday, { Salt Fish, 1 oz. Chutney, ½ oz.	
	Sunday, { Oil, ¼ oz. Salt, ¼ oz.	Monday, { Oil, ¼ oz. Salt, ¼ oz.	
	Monday, { Tea, ¼ oz.	Friday, { Oil, ¼ oz. Salt, ¼ oz.	
		Tea, ¼ oz.	

HOSPITAL DIETS.

Indians.

Meals.	Full.	Half.	Low.
Breakfast, .	Sunday, { Rice, 9 oz. Vegetables, . . . 9 oz.	Sunday, { Rice, 8 oz. Vegetables, . . . 8 oz.	Daily, . { Rice, . . . 6 oz. Fish, . . . 4 oz. Tea, . . . ¼ oz. Congee, . ½ pint.
	Tuesday, { Gram, 1 ½ oz. Chutney, ½ oz.	Tuesday, { Gram, 1 ½ oz. Chutney, ½ oz.	
	Thursday, { Oil, ¼ oz. Salt, ¼ oz.	Thursday, { Oil, ¼ oz. Salt, ¼ oz.	
	Saturday, { Flour, 9 oz. Fresh Fish, . . . 1 ½ oz.	Saturday, { Flour, 8 oz. Fresh Fish, . . . 1 ½ oz.	
	Monday, { Gram, 1 ½ oz. Chutney, ½ oz.	Monday, { Gram, 1 ½ oz. Chutney, ½ oz.	
	Wednesday, { Oil, ¼ oz. Salt, ¼ oz.	Wednesday, { Oil, ¼ oz. Salt, ¼ oz.	
	Friday, { Salt, ¼ oz.	Friday, { Salt, ¼ oz.	
Lunch,	Daily, Congee, 1 pint.	Daily, Congee, 1 pint.	Daily, . . . Congee, 1 pint.
Supper,	Sunday, { Flour, 9 oz. Fresh Fish, . . . 1 ½ oz.	Sunday, { Flour, 8 oz. Fresh Fish, . . . 1 ½ oz.	Daily, . { Rice, . . . 6 oz. Chicken for soup, ½ lb. Congee, . ½ pint.
	Tuesday, { Gram, 1 ½ oz. Chutney, ½ oz.	Tuesday, { Gram, 1 ½ oz. Chutney, ½ oz.	
	Thursday, { Oil, ¼ oz. Salt, ¼ oz.	Thursday, { Oil, ¼ oz. Salt, ¼ oz.	
	Saturday, { Rice, 9 oz. Vegetables, . . . 9 oz.	Saturday, { Rice, 8 oz. Vegetables, . . . 8 oz.	
	Monday, { Gram, 1 ½ oz. Chutney, ½ oz.	Monday, { Gram, 1 ½ oz. Chutney, ½ oz.	
	Wednesday, { Oil, ¼ oz. Salt, ¼ oz.	Wednesday, { Oil, ¼ oz. Salt, ¼ oz.	
	Friday, { Salt, ¼ oz.	Friday, { Salt, ¼ oz.	