

contribute to increase the number of deaths, yet, in all prisons, the increased mortality was chiefly due to the prevalence of *one and the same disease*, viz.: *tubercular scrofula*. Further, that the most influential causes of mortality from *tubercular diseases*, appear to be, as already stated—1st, deficient ventilation; 2d, cold; 3d, poorness of diet; 4th, want of active, bodily exercise; 5th, a *listless*, if not dejected, state of mind.

With respect to ventilation, temperature, and diet, these essentials are, or may be, secured to any extent that is conducive to health, which limits the inquiry to the means of obtaining more *active, bodily exercise*, and more *varied occupations*, or excitement, in order to relieve the minds of prisoners from *listlessness and dejection*.

The same subject is referred to in another paper by Dr. Baly, in which the following observations are made respecting the effects produced in arresting the progress of disease by the removal of depressing influences: "Although there may not be much absolute despondency or remorse among the prisoners, yet there was a state of mind not less injurious, I mean a *listless and torpid condition*, an absence of all *cheerful* or *varied thought*, attended, in most cases, by an uneasy and anxious sense of restraint, and desire of liberty. The influence, which this state of mind had excited, became most apparent when it was suddenly removed.

"Prisoners, who were in an advanced stage of consumptive disease, and who, in the infirmary, had been gradually and rapidly getting worse, immediately improved on being released from confinement. And, in many instances, I have observed this improvement in their symptoms to commence as soon as the fact of their being recommended for pardon was communicated to them, which sometimes happened two or three weeks before their discharge."

He goes on to say, that the check given to the disease was generally not temporary, that he has seen prisoners, who, on discharge, laboured under fully developed Phthisis, who were perfectly restored to health, not exhibiting any physical sign of structural change.

Improvements in diet, together with the ameliorations in the Sanatory conditions of prisons, have, of late years, been strongly recommended to the local authorities in England, the United States, and France, and from official reports, which have been kindly placed at my disposal, I learn, that, where they have given effect to these recommendations in the principal prisons, the mortality has been reduced one half, and without in the least diminishing the punishment due to crime.

In corroboration of what I have advanced, that imprisonment for long periods produced a high rate of mortality, I shall here subjoin Returns,