

## PRISON REFORM

on more than three occasions, and several of the warders have mentioned it to me as one of the disgusting things that their office entails on them.

The food supplied to prisoners should be adequate and wholesome. It should not be of such a character as to produce the incessant diarrhoea that, at first a malady, becomes a permanent disease.

The sanitary arrangements in English prisons should be entirely altered. Every prisoner should be allowed to have access to the lavatories when necessary, and to empty his slops when necessary. The present system of ventilation in each cell is utterly useless. The air comes through choked-up gratings, and through a small ventilator in the tiny barred window, which is far too small, and too badly constructed, to admit any adequate amount