

PRISON REFORM

not allowed to have access to the prison lavatories, except during the one hour when he is at exercise. And after five o'clock in the evening he is not allowed to leave his cell under any pretence, or for any reason. A man suffering from diarrhœa is consequently placed in a position so loathsome that it is unnecessary to dwell on it, that it would be unseemly to dwell on it. The misery and tortures that prisoners go through in consequence of the revolting sanitary arrangements are quite indescribable. And the foul air of the prison cells, increased by a system of ventilation that is utterly ineffective, is so sickening and unwholesome that it is no uncommon thing for warders, when they come in the morning out of the fresh air and open and inspect each cell, to be violently sick. I have seen this myself