

365. During summer the bell for opening the Prison shall be rung, and the Prison shall be opened every morning at forty-five minutes past five o'clock. The bell for closing the Prison shall be rung, and the Prison shall be closed at half-past six o'clock in the evening in summer, and not later than six o'clock in winter.

366. The cell doors shall not be opened in the morning, nor the doors of the Dormitory wings, until after the Roll of Officers has been called.

367. During summer the convicts shall be seated in the dining hall for breakfast at fifteen minutes past six o'clock in the morning; and in winter at seven; for dinner at fifteen minutes past twelve o'clock noon; and they shall receive supper on going to their cells in the evening.

368. On Sundays they shall be seated for dinner at one o'clock after noon.

369. The bell for convicts going to bed shall be rung at half-past nine o'clock, p.m., in summer, and at nine o'clock, p.m., in winter, when the convicts shall undress and hang their day clothes upon the pegs in the cells.

370. The lamps allowed for enabling good conduct convicts to read, shall be extinguished on the ringing of the last bell.

371. The following is the Penitentiary diet, which may be altered from time to time by the Directors.

PENITENTIARY DIETARY.

Males.

Breakfast :—

- 1 pint of Pea Coffee sweetened with $\frac{1}{2}$ oz. of Brown Sugar,
- $\frac{1}{2}$ lb. Brown Bread, and
- $\frac{1}{2}$ lb. White Bread or $\frac{1}{2}$ lb. Potatoes instead thereof,
- $\frac{1}{4}$ lb. Beef, Mutton or Pork (with Beets and Vinegar twice a week.)

Females.

- 1 pint of Tea sweetened with $\frac{1}{2}$ oz. of Brown Sugar,
- $\frac{1}{2}$ lb. White Bread,
- $\frac{1}{2}$ lb. Brown Bread.

Males.

Dinner :—

- $1\frac{1}{2}$ Pint of Soup,
- $\frac{1}{2}$ lb. White Bread (or $\frac{3}{4}$ lb. Potatoes instead thereof),
- $\frac{1}{2}$ lb. Brown Bread,
- $\frac{1}{2}$ lb. Beef, Pork or Mutton.

Females.

- 1 pint of Soup,
- $\frac{1}{2}$ lb. Brown Bread,
- $\frac{1}{2}$ lb. White Bread, or $\frac{1}{2}$ lb. Potatoes instead thereof,
- $\frac{3}{8}$ lb. Beef, Mutton or Pork.