

Or who shall by word or deed insult or revile the Master or Matron, or any officer of the Asylum;

Or who shall be guilty of any act of drunkenness or indecency, shall be deemed *refractory*, and shall be punished either by alteration in diet, dismissal from the Asylum, or such other mode as may be prescribed by order of the Committee or the Visiting Members.

#### 6. SCALE OF DIETS IN USE IN THE ASYLUM.

|             | <i>Sunday.</i>  | <i>Monday.</i>             | <i>Tuesday.</i>            | <i>Wedn.</i>               | <i>Thursd.</i>             | <i>Friday.</i>             | <i>Saturd.</i>             |
|-------------|-----------------|----------------------------|----------------------------|----------------------------|----------------------------|----------------------------|----------------------------|
| Breakfast . | Bread and Tea.  | Oatmeal Porridge and Milk. | Oatmeal Porridge and Milk. | Oatmeal Porridge and Milk. | Oatmeal Porridge and Milk. | Oatmeal Porridge and Milk. | Oatmeal Porridge and Milk. |
| Dinner ...  | Bread and Meat. | Bread and Soup.            | Bread and Meat.            | Bread and Soup.            | Bread and Meat.            | Bread and Milk.            | Bread and Soup.            |
| Supper ..   | Bread and Tea.  | Bread and Tea.             | Bread and Tea.             | Bread and Tea.             | Bread and Tea.             | Bread and Tea.             | Bread and Tea.             |

Allowance for widows, and children above ten years:—

Bread, half a pound for each meal.

Meat, half a pound do.

Milk, half a pint do.

Meal, seven ounces for breakfast.

Soup, one quart for each meal.

Tea, one-eighth of an ounce for each meal.

Sugar, one ounce for each meal.

Allowance for children under ten years and above two years:—

Bread, meat, soup, oatmeal and milk—half the above quantities.

Sugar and water with milk, instead of tea, for supper.

Children under two years:—

Bread, half a pound, }  
Sweet Milk, one pint, } Day's allowance.

R. McCausland, *Superintendent.*