

1. Diet of bread and water not exceeding nine consecutive meals.
2. Hard bed with or without a cover or covers according to the season not exceeding six consecutive nights.
3. Diet of bread and water not exceeding nine consecutive meals, combined with hard bed not exceeding six consecutive nights.
4. Ball and chain.
5. Ball and chain, combined with No. 1, or No. 2, or No. 3.
6. Confinement in the penal or separate cells with such diet as the Surgeon shall pronounce sufficient, respect being had to the constitution of the convict, and the length of the period during which he is to be confined.
7. Penal or separate cell, combined with No. 1, No. 2 or No. 3.
8. Flogging by the cats under the restrictions set forth in the "Penitentiary Act of 1868," and in these rules.
9. Flogging with rods of birch or other wood.
10. Forfeiture of days of remission of sentence earned by the convict
11. Shot or weight Drill.
12. Such other punishment as may be recommended by the Warden, approved of by the Directors and sanctioned by the Governor in Council, combined with any of the foregoing.

362. The punishment to be inflicted on Female Convicts shall not be other than the following for any single offence :

1. Diet of bread and water not exceeding six consecutive meals.
2. Hard bed with or without one or more covers, not exceeding six consecutive nights.
3. Diet of bread and water not exceeding six consecutive meals, combined with hard bed not exceeding six consecutive nights.
4. Cutting the hair short.
5. Cutting the hair short, combined with No. 1, No. 2 or No. 3.
6. Penal or separate cell, with such diet as the Surgeon shall declare sufficient ; respect being had to the constitution of the convict, and to the period during which she is to be confined.
7. Penal or separate cell combined with any of the preceding.
8. Forfeiture of days of remission of sentence earned by the convict.

KEYS.

363. All keys when not in actual use shall be deposited in a box or cupboard at all times perfectly secure in the Keepers' room, which shall, during the day, be under the special charge of the officer on duty in the hall ; and at night under that of the officer of the night.

PRISON ROUTINE.

364. When summer is mentioned in any rule, order, or writing, the period from the first day of March to the thirty-first day of October inclusive, shall be understood ; and when winter is mentioned, the period from the first day of November to the last day of February inclusive, shall be understood.