

at least four times daily. At the sound of the great gong, the men in these workshops at noon or evening lay down their tools, and are soon lined up in single file facing the door. One by one the gangs pass out beneath the low arching of stone, with steady, swinging step, and under the constant surveillance of the guards, who, in strategic positions, are stationed along the line of march. Guards, stone walls, bars, prison clothes, no grass, nor tree, nor child, nor anything else of free life; surely they will not for-



GALLERIES IN THE DOME,
KINGSTON PENITENTIARY.

get that they are in prison, these men. Out they go, one by one, not in the lock-step, which some so strongly favour, though for what reason the god of tradition and of "deterrent" punishment alone can tell, and file over the hard, well-worn paths of stone, as directed by the officers in charge. Young men of sixteen and old men of seventy; rogues, well trained in deliberate crime, weak-willed fellows who have allowed circumstance to rule them, and men whose faces are full of horror and shame as they think of the one great mistake of their lives, and full of determination as they resolve never more to let crime have dominion over

them; on they march toward the dome, to take their ration of food and retire to their cells.

All meals are taken in the cells. This is unsociable, but has advantages. Breakfast consists mainly of bread, tea, and cold beef, and supper is strictly of tea and bread. Dinner is more elaborate. Vegetable soups, with a healthy allowance of beef therein, or pork, make up the general bill of fare, with a few variations, such as fish on Fridays, etc. One thing we have learned, that it does not pay in any sense, financially or morally, to starve our convicts or feed them bad food. We have learned also that it pays in every way to give convicts mental, as well as physical food. The result is an excellent circulating library in the penitentiary, containing works of science, history, fiction, and all the other branches of literature. The grade of education possessed by convicts in general is not of a very high order, but the books are read well, and are one of the few really uplifting influences which we allow to penetrate our general prison system. For those whose literary knowledge is almost nil, a school is provided, which, though handicapped in many ways, yet gives many a man ground for future success in the outside world.

Capping the provision for mental food is the means for imparting spiritual instruction. This work is in the hands of two chaplains, Protestant and Roman Catholic, and is centred in two chapels, well ordered places of worship, which, by the aid of the stained glass which hides the bars, are constructed so as to remind the convicts as little as possible of prison surroundings. In the Protestant chapel, beautiful and wise texts are in various places on the walls: "Jesus Christ, the same yesterday, to-day, and for ever;" "The truth shall make you