

RULES AND REGULATIONS OF THE HOUSE OF INDUSTRY.

I.

ON CLEANLINESS.

1. That no inmate shall be permitted to sit down to breakfast, without having been properly washed, or to any other meal, without appearing as clean and tidy as possible—that it will be the duty of every inmate, and of the females in particular, to keep their apartments clean—that the sleeping apartments be scrubbed out every morning, by a requisite number of females, in rotation, before 10 o'clock—and that the whole establishment be thoroughly cleaned, at least, once a week.

2. That the time for a change of apparel be at the discretion of the Superintendent, as also the ventilation of the house.

II.

ON THE MAINTENANCE OF INDOOR PENSIONERS.

1. That the food shall, in all cases, be wholesome and plain, and supplied with a proper regard to economy.

2. During the high price of grain, the breakfast or supper shall be either of tea or coffee, as the Superintendent may deem best; the same to be discontinued as soon as corn meal can be obtained at a moderate price, which shall be used in preference to either of the others.

3. The dinner shall be of soup, made of fresh beef, or pork, with peas, barley or rice, (and vegetables), and the Superintendent shall be empowered to change the diet, under peculiar circumstances, when it can be done without materially increasing the expenses of the establishment.

4. The proportion to adults shall be, for breakfast, half a pound of bread, and a pint of tea or coffee—for supper, the same—for dinner, half a pound of bread, and a pint of soup—a discretionary power being given to the Superintendent to vary the proportions, according as the circumstances of the individuals may appear to warrant, and to regulate the proportions for children and the sick.

5. Any instances of abuse or waste of food shall be particularly noted and reported to the Committee.