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Superintendent's Office, S. C. Penitentiary
Columbia S. C. Jan'y 20. 1891.
General Orders to Managers of Convict Camps.

- Rule I From and after this date managers of convict camps shall report all deaths and escapes to this office, on the day they occur, with all the facts attending the same.
- Rule II On the sabbath day convicts within the Stockade shall be released from the chain and allowed the liberty of the building or yard. The sabbath day shall be strictly observed as a day of rest.
- Rule III In assigning convicts to work due regard must be had to their physical condition, and they be assigned to such work only as he or she may be able to perform without injury; and in no case shall a convict be required to resume work after a spell of sickness until restored to health and discharged by the attending physician; and shackles must be taken off during severe sickness in hospital.
- Rule IV The hours of labor shall be from sunrise to sunset, with one hour for rest and meal at noon during the months of November, December, January and February - One hour and a half during the months of March, April, May, September and October, and two hours rest for the months of June, July and August.
- Rule V Each convict shall be furnished with two suits of striped woollen clothing in the winter, and three suits of striped cotton clothing in the summer, so that each convict shall have a clean shifting suit, and be required to cleanse their person and change their clothing once a week. Shoes and Caps must be furnished when needed.
- Rule VI The manager of each convict camp shall designate one discreet and responsible person to inflict corporal punishment when absolutely necessary, to enforce discipline - and no other person shall, directly or indirectly, inflict corporal punishment upon convicts. Such punishment shall in no case be excessive. The person of females shall not be exposed while undergoing punishment.
- Rule VII Religious services must be held when practicable, and managers of camps will see that good order be kept during such services among the convicts.
- Rule VIII The prison building shall be of sufficient dimensions to give each convict confined therein five hundred cubic feet of air or breathing space.

A. W. H. Hines, Jr.

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Rule IX Each prison shall be furnished with two beds for each convict confined therein, which shall be filled with hay or soft straw in sufficient quantity to make a soft bed. They shall be emptied, thoroughly washed in boiling water, and refilled with fresh hay or straw once every four weeks. The blankets shall be washed once every four weeks. Blankets and bedding shall be thoroughly aired and sunned twice each week when the weather will permit. The prison building shall be cleaned by sweeping, or if soiled by any offensive droppings scrubbed, every day. Once every two weeks the prison shall be emptied of all the benches and a thorough cleansing shall be made by washing and scrubbing; and every fourth scrubbing, or once every two months, the walls shall be thoroughly whitewashed with lime. The floors of prisons shall not be covered with lime to hide the filth that may accumulate, which must be removed by washing and scrubbing.

Those in charge of camps will see to it that no vermin, as lice, bed bugs &c is permitted to infest the bedding or clothing of convicts to interfere with their rest at night.

Preparation shall be made within the stockade by construction of bath tubs, for all the convicts to bathe once a week. It shall be the duty of the person in charge to see that each convict is thoroughly cleansed on that day with soap and water from head to feet.

At each prison preparation shall be made to give the convicts an opportunity to wash their face and hands as they return from their days labor.

Each convict must be required to keep his bed and cell in good order.

Rule X At each camp there must be a suitable building for the sick, properly warmed and furnished, and the sick must be placed in this building at once and kept there until ready for work. Sick convicts shall be furnished with such diet as the physician may deem necessary.

Rule XI Owing to the fact that scurvy with its ravages has appeared from time to time in some of the camps, it is regarded as essential that those in charge should be familiar with the causes producing this disease.

There are but two causes proper. 1st The absence of fresh meat as a ration or its introduction in insufficient quantities or not sufficiently often. -

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2nd, The absence of fresh or succulent vegetables as a part of the diet, or their introduction in quantities insufficient or not sufficiently often.

With a sufficiency of the two above mentioned articles of food, scurvy never makes its appearance.

Dried beans, peas, rice, wheat and such like cereals are not vegetables, in an anti-scorbutic sense, having no more effect in preventing scurvy than the bread made from the different grains, as wheat, corn, rye, oats &c. Physicians differ as to which is the best anti-scorbutic, fresh meat or fresh vegetables; but all, however, agree that the two combined, fresh meat and succulent vegetables, make the very best anti-scorbutic diet, and when served to the human being in sufficient quantities and sufficiently often, make scurvy impossible.

When practicable fresh meats, as beef, mutton, and pork, will be supplied, and shall be served to the convicts at least two days each week. When vegetables can be obtained they shall be served at least three days each week, and when they cannot be had in sufficient quantity Sauerkraut and fruit, as dried peaches or apples, well cooked, may be served two meals each week. Vinegar of good quality, with salt and pepper shall be served without stint.

The ration for each convict, when fresh beef, mutton or pork is issued, shall be One pound per day - and when side bacon is issued shall be One half pound per day. Wheat bread shall be given the convicts two days each week when possible, and corn bread five days in the week. Bread of both varieties shall be issued without stint.

It shall be the duty of those in charge of camps to see that the ration is properly prepared, properly cooked and properly served. No bread made from the meal of musty or overheated corn will be allowed served to convicts. The health and well being of the convicts in camp will, to a great extent, depend upon the preparation of their food, and it is ordered that special attention be given to the culinary department of the camps.

Rule XIII. These rules shall be hung in some conspicuous open place in the Stockade, and the managers of camps will be held strictly responsible for the faithful execution thereof.

W. J. Talbot,
Supt. Sec.

Rules governing

Convent

Camps

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