

What was it like? - Sources for Worksheet 1 - Routine

A Typical Day in the Asylum (from Report of the Committee of Visitors 1838)

(The patients).... Are fed, lodged, and clad alike, wearing a dress of grey woollen cloth, which is woven and made up by themselves; they rise at 6A.M in the summer, and seven in the winter, and all who are in fit state, attend with such servants as can be spared at morning prayers precisely at eight o'clock.

They breakfast on milk and pottage and bread at half past eight. At nine o'clock the gardener, farmer, laundry woman etc select those patients, who by previous arrangement with the Director have been fixed on, for their several occupations, and commence work.

At eleven, the workers have a luncheon of bread, and three quarters of a pint of table beer. They dine at one. Their dinners are one day, meat, yeast dumplings, and potatoes, and half a pint of beer: the next, soup, with potatoes and dumplings, alternately.

At two work is resumed, and at four a luncheon is distributed, similar to that in the forenoon. At seven they have supper, of milk pottage and bread. At eight, the bedroom doors and window shutters are carefully locked, the clothes folded, and placed on the outside of each door.

