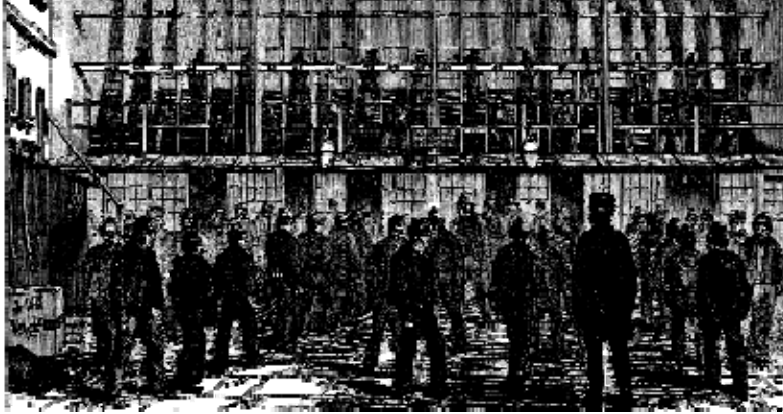


work activities

Prison work schemes were harsh and strict. The treadmill, weaving, knitting and stone breaking were common activities.



"Prisoners working at the Tread-wheel, and others exercising... in the Vagrants' Prison, Coldbath Fields."

(Criminal Prisons in London and Scenes of Prison Life by H. Mayhew and J. Binny, first published in 1862.)

"The men were allowed to keep their earnings. The women received one shilling per week for washing, and four pence in every shilling which they earn by sewing... standing on wooden gratings, washing away at the wooden troughs ranged around the spacious wash-house... with their bare red arms, working the sodden flannels against a wooden grooved board that is used to save the rubbing of clothes... Two women in the centre are turning the handles of the wringing machine... scattered about the place are tubs full of brown wet sheets, large baskets of blankets, and piles of tripey-looking flannels; whilst a dense white mist of steam pervades the entire atmosphere."

"Prisoners working at the Tread-wheel, and others exercising... in the Vagrants' Prison, Coldbath Fields."



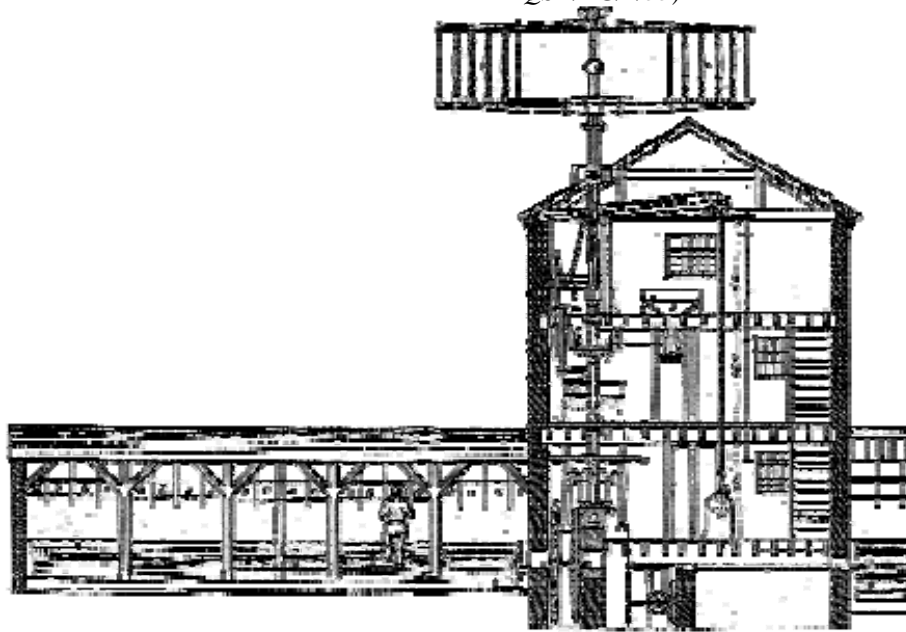
"The wash-house and ironing room at Brixton Prison."

(Criminal Prisons in London and Scenes of Prison Life by H. Mayhew and J. Binny, first published in 1862.)

treadmill and other airing ground activities

"...must be well acquainted with mode of working the tread mill."

Advertisement dated 1827 for a "turnkey" or warder at Ruthin Gaol. (Denbighshire Record Office: QSD/AG/1/55)



Elevation of the Treadmill at Gloucester County Prison, 1835.

"reports very favourably of the conduct of the prisoners and states that he cannot overlook the good effects produced by the salutary discipline of the tread mill... the prisoners are subject and accustomed to a fixed and certain degree of labour and restraint, by which they become more subdued and tractable."

(Denbighshire Record Office: QSD/AG/1/79.)



Often prisoners "climbed" the equivalent of 12,000 feet a day. The manpower they supplied was used to pump the prison's water supply.

Other "airing ground" activities included chopping wood or breaking limestone rocks. The small pieces were used to make road surfaces or drainage.