

might have been thrown over the wall by an accomplice.

All doors should be kept locked except when necessary to permit admission or exit of prisoners, visitors or officials, and all occupied cells should be locked at night.

Do not place too much reliance on bolts and bars. A jail is no stronger than the human element in charge.

One or more officers should be on duty, day and night, especially when prisoners charged with serious crimes are held in the jail.

FOOD

Prisoners shall be provided with a sufficient quantity of plain but wholesome food at the expense of the county. Prisoners detained for trial may, at their own expense, and under the direction of the keeper, be supplied with any proper article of food.

Three meals a day should be served. Meals should be prepared under the direction of a civilian cook and the menu