

contracts with state, county, and city jails who must provide holding centers as follows: There can be no opening or windows to the outside so the prisoner cannot tell if it is day or night. The prisoner can only tell if it is day or night, by when meals are served. On the other hand, Supreme Court cases state no inmate can be held or kept in confinement away from day or night elements longer than 30 days, but you don't know this yet.

It is this confinement without knowing for sure, if it is day or night that has a lifetime effect on you psychologically; unless you have spiritually deep walk with the CREATOR, GREAT SPIRIT; or take the Drugs available. This method is used to make inmates depended on Drugs in case of a riot.

Having lived it through twice untouched at the same time watched others who appeared to be strong mentally as well as physically, still ended up going crazy, had to be placed in straight-jackets, and given shots in the arm to calm them down.

I watched this mental concept on two occasions, first when I was convicted and when I won a retrial, the conclusion to this mental stress was the same, with one added feature. The second time the guards of this holding center turned loose young women from the next cell into our cells or compound, so the guards could be with the women they wanted, alone.

With new convicts enjoying the raw parts of life which was not seen in their natural life, time had its toll. Near the end of 30 days, they still needed Doctors, straight-jackets, and shots in the arm to calm them down, and there was still 15 days to go! One more fact from this mental stress procedure that one can easily see is the conclusions and evaluations of Doctors of Psychology. Those individuals that will be violent will become violent and those that will be gay will become gay before your eyes. It is a strange procedure, because professional inmates who see

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