

NEW-M-PAC INC. ANTI-SOLITARY TORTURE MOVEMENT

SOLITARY CONFINEMENT TORTURE CHAMBERS

- In the last quarter of the 20th century the number of state prisons increased by 73%.
- In 1974 there were 218,000 people held in state and federal prisons.
- Between 1980 and 2000, the number of people imprisoned in state and federal prisons more than *tripled* from 315,974 to 1.3 million prisoners.
- The number of state prisons increased from about 600 prisons in the 1970's to over 1000 by the year 2000.

This means that more than 40% of state prisons in operation today opened in the last 38 years (more than 10% per year).

This should not be taken lightly.

"Government" decisions were made to invest in "control prisons and/or units."

These control prisons and units are where human experimentation with torture techniques inflicted on "live" prisoners is 100% legal and still being practiced today throughout the entire U.S. Prison Industrial Plantation (PIP).

The images often seen on television around the world of prisoners being tortured is the end result of what takes place in America's PIP every day!

These Government funded control units are nothing less than "experimentation torture units" used on P.O.W.'s at Gitmo Bay and secret prisons around the world (including the infamous Iraq prison Abu Ghraib), prisoners that were subjected to the exact same type of cruel and unusual torture that American prisoners' are *still* being subjected to.

Since the very inception of the "controlled solitary torture units/chambers", the tactics used to torture prisoners around the world were and are is still being developed on prisoners within America's PIP.

There are 2.4 million people incarcerated in America's PIP and it is estimated that 94% of all prisoners will eventually be released *-unleashed-* back into society!

The general public has a vested interest in what takes place within all of the many government funded experimental solitary torture units.

Once unleashed back into society on parole or otherwise, many previously tortured ex-prisoners openly and aggressively release their pent up anger on unsuspecting victims in free society

instead of being the least bit interested in behavior that is indicative of someone who has been rehabilitated.

Fact: We (collectively speaking) are being placed in control units and experimented on and then unleashed back into free society far more vicious than when we first came to prison, therefore, we are being bred into becoming urban terrorists that recruit gang members, high-risk youth, and other young adults.

The next step is to then groom the recruits into becoming just as vicious and hard hearted as we (previously tortured ex-prisoners) have become while in prison.

Methods- One of the most prevalent methods of carrying this out is the implementation of the prison "caring game", which is just one of many vicious prison plagues that ex-tortured prisoners have unleashed onto free society!

How The "Caring" game works- The prison caring game is one of the most common games that all prisoners learn and begin to play naturally to some degree whenever deemed sufficiently "advantageous" or otherwise "appropriate".

Rule #1-The caring game doesn't have anything to do with demonstrating how much someone cares, rather, it is actually an open demonstration as to how much you *don't* care.

The object of this prison game is to openly demonstrate that person A cares less than person B and, once this is established, it gives power to the person who prevails in their demonstration that they care the least because the person who cares the most is "exposed" by the fact that they stand to lose more and fully realizes this fact.

This game is sometimes used to initiate or extort prisoners that seemingly care the most, or just don't want any trouble.

The caring game is so common in prison until prisoners pick up on it and begin playing the game without even being aware of it.

Although the caring game can become lethal, it is best played without any serious confrontation.

Two or more prisoners often get together and run this game on other prisoners.

Each player of the caring game is their own best salesperson and it is their job to persuade or convince the other prisoners that they care the least and that it would be advantageous to give in and compromise before things get out of hand.

The caring game is no less than a wicked method of reverse-psychology and, as always, it is dangerous playing with the human psyche!

Often times two or more equally matched people clash and neither one of them is able to clearly demonstrate they "couldn't-care-less" than their opponent.

In such cases one of the adversary's associates can decide the outcome of the deadlock if just one associate is proven to be more outstanding in their past demonstrations of caring less than anyone else.

This could lead to either a stand-down or a standing tie depending on the opposing parties' willingness to move on and compromise rather than being forced to "bow down" or bow out in the eyesight of other prisoners.

If all players and associates are just about evenly matched, then it is more or less a surety that the "psyche caring game of reverse psychology" will become a physical game of "show and tell".

Once the caring game advances to the stage of show and tell, only a good regulator, who is well respected by both parties, can step in and demand control of the situation without either of the two parties being offended or feeling as though they have to follow through and demonstrate they care less by showing the other party that they were willing to play the caring game all the way to the killing floor.

Yes! Prisoners have *often* gotten hurt or killed playing the caring game!

In some instances, depending on the players, the caring game can become lethal in a matter of seconds and in other cases the caring game is lethal just because of who the players are.

The One Constant- If you play the game, you stand to lose!

Many of us in prison can call to mind when other prisoner's got caught up in the advanced stages of someone's caring game and ended up not only getting seriously hurt, but, also receiving more jail time for having to hurt someone else and there are even cases of murders taking place as a result of the caring game being played to the limit.

The caring game is dangerous in many ways and it is best to avoid playing the game altogether.

Even the third party players of the caring game, (such as the regulator) stand to lose by getting in the middle of someone else's conflict and having their involvement get misconstrued.

I've witnessed regulators get their head busted right along with everyone else once the funk hit the fan. If either of the contending parties rejects the regulators' assistance then he is rendered useless and at that point *as a regulator* in the exchange, they become just another person and can choose one side or the other to support, thereby becoming a part of the problem rather than part of the solution.

Rigging- On many occasions the initiator of a caring game will choose and consult with a regulator of their choice in the planning stages of their scheme and pre-arrange a planned point for them to step in and take control of the situation.

In those cases the initiator will first intimidate their victim(s) and at their pre-planned point the regulator will step in and the initiator will make a great showing of "bowing down" to the regulator, thus, the victim(s) will usually buy into the overall scheme and look upon this fake regulator as their savior and from that point on whatever the fake regulator says and/or suggests will become law to the victim(s).

The Pay-Off- Of course there remains the constant implied threat of the regulator becoming disappointed with the victim(s) and removing themselves from the situation, thereby allowing the seemingly wounded initial perpetrator to come back at them with a vengeance.

That thought is more than enough to keep the victim(s) in check and willing to continue to play the game.

As you can see, some regulators are just pre-arranged third party players of the caring game who also have their own agenda or ulterior motive for taking the risk of being in the middle of others conflict that could lead to them getting hurt or worse... "supposedly", that is.

Years and years of playing the caring game has produced some master high tech players of the caring game and your best bet concerning the caring game would be to **avoid playing the game!** Each individual caring game is played according to its' own unique set of situational circumstances and, therefore, there is no one set method of avoiding playing anyone's caring game.

Emphasis-This prison caring game may be being played in free society by someone near you!

Husbands and wives are playing the caring game, street gangs are playing the caring game, to some degree even our children are now playing the caring game.

Various social plagues that prisoners unleash on their unsuspecting victims in society are **multidimensional** and very little has been written on this wicked lifestyle.

Terrorists are being bred in prisons via their being tortured and then being unleashed back into free societies on unsuspecting victims **without any type of debriefing whatsoever!**

The general public needs to be armed with the proper knowledge as to **who in the hell left the gate open!**

Free society has a vested interest in what the hell is going on in the Joint.

People need to know that our (Free Society's and Prisoners') present condition **was -and still is-** part of a well-planned political decision and we did not just slip and fall into the condition that our communities are in

"To be aware is to be alive!" - It is no coincidence that during the Reagan/Bush Sr. era (during which the incarceration rate more than **quadrupled!**) these administrations initiated an outright attack on domestic social programs while simultaneously and effectively criminalizing the very image and character of young Black youths in particular , **knowing full well** that urban Blacks would suffer the most under budget cuts to social programs and that this set of circumstance would predictably lead to greater levels of frustration, desperation and insecurity within Black communities.

Fact: Well before there was an increase in crime, there was an investment in the prison system by the U.S. Government!

These Government funded control units were experimenting on prisoners in order to develop torture tactics that are now being used around the world on prisoners of war.

Fact: *The exact same torture tactics that are now being condemned around the world were FIRST developed and implemented on prisoners within America's prison industry plantation.*

Unfortunately, rehabilitation in America's PIP is lacking at best.

Rehabilitation is not effected by locking a person in a dark, small space for hours, weeks, months, and years with nothing but their obviously troubled and even **shattered** minds to influence alternative behavior.

Psychologically the end result is **TOTALLY negative** thoughts of suicide, hallucinations, and retaliation!

How can such a form of punishment as this possibly be deemed to be effective for a person to change their behavior in a positive growth-oriented way after locking them up like a wild animal?

Solitary confinement is very cruel punishment and only serves to create more anger, resentment, hatred, hardheartedness, and hopelessness.

Often times prisoners are released directly from solitary confinement back into society suffering from psychological disorders, lack of social skills and, most importantly, **a total lack of self worth!!!**

STATUS AND PAROLE IN A MOCK PRISON (PHILLIP ZIMBARDO)

PHILLIP ZIMBARDO, A SOCIAL PSYCHOLOGIST, SET UP A
MOCK "PRISON" IN WHICH STUDENTS PLAYED THE ROLES
OF PRISONERS AND GUARDS. THE RESULTS WERE FRIGHTENING
ZIMBARDO'S REPORT SHOWS HOW THE ROLES THAT
WE PLAY DEEPLY INFLUENCE OUR SOCIAL BEHAVIOR.

IN AN ATTEMPT TO UNDERSTAND JUST WHAT IT MEANS PSYCHOLOGICALLY TO BE A PRISONER OR
A PRISON GUARD, CRAIG HANEY, CURT BANKS, DAVE JAFFE AND I CREATED OUR OWN PRISON.
WE CAREFULLY SCREENED OVER 70 VOLUNTEERS WHO ANSWERED AN AD IN A PALO ALTO CITY
NEWSPAPER AND ENDED UP WITH ABOUT TWO DOZEN YOUNG MEN WHO WERE SELECTED TO BE PART
OF THIS STUDY. THEY WERE MATURE, EMOTIONALLY STABLE, NORMAL, INTELLIGENT COLLEGE
STUDENTS FROM MIDDLE-CLASS HOMES THROUGHOUT THE UNITED STATES AND CANADA. THEY APPEARED
TO REPRESENT THE CREAM OF THIS GENERATION. NONE HAD ANY CRIMINAL RECORD AND ALL WERE
RELATIVELY HOMOGENEOUS ON MANY DIMENSIONS INITIALLY.

HALF WERE ARBITRARILY DESIGNATED AS PRISONERS BY A FLIP OF A COIN, THE OTHERS AS
GUARDS. THESE WERE THE ROLES THEY WERE TO PLAY IN OUR SIMULATED PRISON. THE GUARDS
WERE MADE AWARE OF THE POTENTIAL SERIOUSNESS AND DANGER OF THE SITUATION AND THEIR
OWN VULNERABILITY. THEY MADE UP THEIR OWN FORMAL RULES FOR MAINTAINING LAW, ORDER
AND RESPECT, AND WERE GENERALLY FREE TO IMPROVISE NEW ONES DURING THEIR EIGHT-HOUR,
THREE-MAN SHIFTS. THE PRISONERS WERE UNEXPECTEDLY PICKED UP AT THEIR HOMES BY A CITY
POLICEMAN IN A SQUAD CAR, SEARCHED, HANDCUFFED, FINGERPRINTED, BOOKED AT THE PALO
ALTO STATION HOUSE AND TAKEN BLINDFOLDED TO OUR JAIL. THERE THEY WERE STRIPED,
DELOUSED, PUT INTO A UNIFORM, GIVEN A NUMBER AND PUT INTO A CELL WITH TWO OTHER
PRISONERS WHERE THEY EXPECTED TO LIVE FOR THE NEXT TWO WEEKS. THE PAY WAS GOOD (\$15
A DAY) AND THEIR MOTIVATION WAS TO MAKE MONEY. WE OBSERVED AND RECORDED ON VIDEOTAPE
THE EVENTS THAT OCCURRED IN THE PRISON, AND WE INTERVIEWED AND TESTED THE PRISONERS
AND GUARDS AT VARIOUS POINTS THROUGHOUT STUDY....

AT THE END OF ONLY SIX DAYS WE HAD TO CLOSE DOWN OUR MOCK PRISON BECAUSE WHAT WE SAW
WAS FRIGHTENING, IT WAS NO LONGER APPARENT TO MOST OF THE SUBJECTS (OR TO US) WHERE
REALITY ENDED AND THEIR ROLES BEGAN. THE MAJORITY HAD INDEED BECOME PRISONERS OR
GUARDS, NO LONGER ABLE TO CLEARLY DIFFERENTIATE BETWEEN ROLE PLAYING AND SELF. THERE

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WERE DRAMATIC CHANGES IN VIRTUALLY EVERY ASPECT OF THEIR BEHAVIOR, THINKING AND
FEELING. IN LESS THAN A WEEK THE EXPERIENCE OF IMPRISONMENT UNDO (TEMPORARILY) A
LIFETIME OF LEARNING; HUMAN VALUES WERE SUSPENDED, SELF-CONCEPTS WERE CHALLENGED AND
THE UGLIEST, MOST BASE, PATHOLOGICAL SIDE OF HUMAN NATURE SURFACED. WE WERE HORRIFIED
BECAUSE WE SAW SOME BOYS (GUARDS) TREAT OTHERS AS IF THEY WERE DESPICABLE ANIMALS,
TAKING PLEASURE IN CRUELTY, WHILE OTHER BOYS (PRISONERS) BECAME SERVILE DEHUMANIZED
ROBOTS WHO THOUGHT ONLY OF ESCAPE, OF THEIR OWN INDIVIDUAL SURVIVAL AND OF THEIR
MOUNTING HATRED FOR THE GUARDS.

WE HAD TO RELEASE THREE PRISONERS IN THE FOUR DAYS BECAUSE THEY HAD SUCH ACUTE
SITUATIONAL TRAUMATIC REACTIONS AS HYSTERICAL CRYING, CONFUSION IN THINKING AND SEVERE
DEPRESSION. OTHERS BEGGED TO BE PAROLED, AND ALL BUT THREE WERE WILLING TO FORFEIT
ALL THE MONEY THEY HAD EARNED IF THEY COULD BE PAROLED. BY THEN (THE FIFTH DAY) THEY
HAD BEEN SO PROGRAMMED TO THINK OF THEMSELVES AS PRISONERS THAT WHEN THEIR REQUEST
FOR PAROLE WAS DENIED, THEY RETURNED DOCILELY TO THEIR CELLS. NOW, HAD THEY BEEN
THINKING AS COLLEGE STUDENTS ACTING IN AN OPPRESSIVE EXPERIMENT, THEY WOULD HAVE QUIT
ONCE THEY NO LONGER WANTED THE \$15 A DAY WE USED AS OUR ONLY INCENTIVE, THE REALITY
WAS NOT QUITTING AN EXPERIMENT BUT "BEING PAROLED BY THE PAROLE BOARD FROM THE STANFORD
COUNTY JAIL". BY THE LAST DAYS, THE EARLIER SOLIDARITY AMONG THE PRISONERS
(SYSTEMATICALLY BROKEN BY THE GUARDS) DISSOLVED INTO "EACH MAN FOR HIMSELF." FINALLY,
WHEN ONE OF THEIR FELLOWS WAS PUT IN SOLITARY CONFINEMENT (A SMALL CLOSET) FOR REFUSING
TO EAT, THE PRISONERS WERE GIVEN A CHOICE BY ONE OF THE GUARDS. GIVE UP THEIR BLANKET
AND THE INCORRIGIBLE PRISONERS WOULD BE LET OUT, OR KEEP THEIR BLANKETS AND HE WOULD
BE KEPT IN ALL NIGHT. THEY VOTED TO KEEP THEIR BLANKETS AND TO ABANDON THEIR BROTHER.

ABOUT A THIRD OF THE GUARDS BECAME TYRANNICAL IN THEIR ARBITRARY USE OF POWER, IN
ENJOYING THEIR CONTROL OVER OTHER PEOPLE. THEY WERE CORRUPTED BY THE POWER OF THEIR

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ROLES AND BECAME QUITE INVENTIVE IN THEIR TECHNIQUES OF BREAKING THE SPIRIT OF THE PRISONERS AND MAKING THEM FEEL THEY WERE WORTHLESS. SOME OF THE GUARDS MERELY DID THEIR JOBS AS TOUGH BUT FAIR CORRECTIONAL OFFICERS, AND SEVERAL WERE GOOD GUARDS FROM THE PRISONERS' POINT OF VIEW SINCE THEY DID THEM SMALL FAVORS AND WERE FRIENDLY. HOWEVER, NO GOOD GUARD EVER INTERFERED WITH A COMMAND BY ANY OF THE BAD GUARDS; THEY NEVER INTERFERED ON THE SIDE OF THE PRISONERS. THEY NEVER TOLD THE OTHERS TO EASE OFF BECAUSE IT WAS ONLY AN EXPERIMENT, AND THEY NEVER EVEN CAME TO ME AS PRISON SUPERINTENDENT OR EXPERIMENTER IN CHARGE TO COMPLAIN....

BY THE END OF THE WEEK THE EXPERIMENT HAD BECOME A REALITY....A CATHOLIC PRIEST WHO WAS A FORMER PRISON CHAPLAIN IN WASHINGTON, D.C. TALKED TO OUR PRISONERS AFTER FOUR DAYS AND SAID THEY WERE JUST LIKE OTHER FIRST-TIMERS HE HAD SEEN.

SOURCE.

PHILLIP G. ZIMBARDO. "PATHOLOGY OF
IMPRISONMENT." SOCIETY, 9 (APRIL 1972), PP. 4-8.

DARK JUSTICE
A HISTORY OF PUNISHMENT AND TORTURE
KAREN FARRINGTON

FLOGGING/LASHES/WHIPPING-by Cat'o nine tails, to inflict pain/shame.

DETENTION CELLS/BLACK HOLE

RIDING THE HORSE-used by the British Army, perched on a wooden pinnacle with weights tied around the heels.

PIQUET/PICKET-used by the British Army, barefooted, hanging from a post by the wrists with feet in contact with sharpened wooden stakes, to relieve the strain on the wrist, one would have to stand on the stakes.

BANISHMENT-from a 9 year old boy (stealing) to a 82 year old woman (prejury). First place used was Australia, 252 days at sea, 48 fatalities. Sentences were 7 years, 14 years or life. Australia, Norfolk Island, Devil's Island, America-sold as labor for period of sentence. Russia sent people to Siberia.

BRANDING-marked with your crime which was usually done in the court room. This made it hard to get work, leading to a life a crime.

MUTILATION-a thumb for a petty theft, not attending church was the loss of one or both ears. A poacher would lose his legs for trespassing.

NOTE: Poor standards of hygiene and medical science meant that the punishment of mutilation was tantamount to a death penalty for many.

DUCKING STOOL-used on women, they were strapped to a seat and plunged into a river or pond. For an elderly woman, the shock of the cold water was enough to kill. Ducking was used for prostitutes, scolds and minor offenders, in America it was adopted for witches.

CAPITAL PUNISHMENT-to get revenge, for deterrence. By hanging (1571-1969), axe, sword, guillotine. Hanged, drawn and quartered-drawn was being paraded through town before being hung, then the body was quartered, the sections and/or the head were displayed. The electric chair, more than 100 years old and still used. Gas chamber, firing squad, lethal injection, stoning, burning at the stake, crucifixion, cocks & vipers-tied in the bag with you, then thrown in a river or pond. Smearred with molasses then let the ants strip your skin from the bone. Boiling alive, strangulation. Mazzotello-hit the prisoner on the head with a mallet, then when they are unconscious the executioner would cut their throat. Pressed to death-Spread eagle on the floor of a cell, then weights are piled on him or her. The cell is usually in a low dungeon, no light. The prisoner would get three morsels of coarset barley (bread) one day, then the next day three daughts of water, this continued until they died.

Torture was used to get a confession, usually died during, it was believed the innocent would be unscathed.

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"Simply put, long term solitary confinement amounts to cruel and unusual punishment against prisoners and, over a period of time, actually creates urban terrorists who are likely unleashed upon unsuspecting communities within free society to wreak havoc virtually unchecked.

It is highly possible that solitary confinement is a particularly insidious and cruel form of *genocide!*

It only serves to enslave the minds of those who are subjected to its' heretofore irreversibly detrimental effects to a dismal and *sub-human* outlook of perpetual injustice, helplessness, selfishness, hopelessness, hatred and death!

How can anyone feel safe in our neighborhoods when prisoners are being released back into society –minds that that have been trained by the very system that is supposed reform them in some positive way , a way that is beneficial to society - to be stronger, angrier, more bitter terrorists due to being placed in solitary confinement for years? "

"Failure Is No Longer An Option " , ... "With Every Difficulty There Is Relief"

[I'm James H. Shelby Jr. and I Approve This Message]

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