

TORTURE

Torture, a word that brings to mind acts upon another of a intense physical nature that are intended to inflict a extreme pain, i.e. electric shock, whipping, nail pulling, burning, to induce the desired psychological effect.

Less intense are types of torture that are less about pain and more about fear and discomfort, i.e. waterboarding, sleep deprivation, starvation, noise, cold, and heat, also meant to cause a desired psychological effect.

Torture, more often in the prisons of the United States consists of long term discomfort and sensory deprivation. This is the norm in every prison, some more than others, disturbingly most do not consider such torture, but adequate treatment that is humane. Non-prisoners and/or every day people who for one reason or another have experienced some of the following conditions, but for only a few days and thus cannot gain a full understanding of the true physical and psychological effect such conditions have on the body and mind over a course of years.

Thin mattresses of foam that when layed upon compress to a thickness of $\frac{1}{2}$ inch or less of rubber foam or a fiber mattress that compresses to a permanent thickness of $1\frac{1}{2}$ to 2 inches into a solid mass, both of which are only a small degree above sleeping on bare concrete or steel, in the short term of a couple days it is unnoticable, but after weeks the constant stress upon the body results in several periods of waking and turning during sleep because the pain wakes you up, after rising from bed the pain remains with you for a few hours but at night when you lay down again to sleep if you don't fall asleep immediately the pain

returns within a half hour. Prisoners are subjected to this week after week, year after year, sometimes for life. This is torture and deliberate.

Another form of torture is the steel stools that one has to sit upon if one wants to use the desk most prison cells have, they are strategically placed in a corner, with a steel stool coming out from the wall, just enough to set your butt on, with arm and shoulder pressed against the concrete wall exposed to the outside elements, that is always cold and causes an ache in the muscle and bones, and should you sit with your back against the wall it is your back that absorbs the chill, the hard steel stool that after a $\frac{1}{2}$ hour starts to cause an ache in your cheeks, you can pad it with a towel, rugs, blanket, but this just delays the inevitable ache in the butt cheeks, and besides this discomfort it discourages one from sitting at the desk communicating with the outside world and encourages one to lay in bed the whole time one is in the cell. This is torture and deliberate.

More torture is central air, in the summer the air conditioning is a constant cold blast to the point that one has to wear long johns or sweats in the cell in summer and in winter the heat is enough to strip you down to boxer shorts in the winter, in the summer you have to change to go outside for recreation and in the winter you have to bundle up and sweat while you wait for the meal move or recreation move that upon exiting the building begins to chill your skin. To compound this birds throughout the year nest in the outside vents that suck bird shit dust into the central air system that one has to breathe in. This is torture and deliberate.

More torture are the steel sliding doors that are banged and rattled shut by the guards numerous times during the day or the check to insure they are securely shut, that when distracted cause a startled reaction by the nerves, elevated heart rate and an increase in stress in a already stressful environment. This is torture and deliberate.

As if this isn't enough there is more. Meals that more often than not are cold, bland and small portions that do nothing but leave your stomach feeling empty and mind disappointed with feelings of depression. This is torture and deliberate.

There are bunk beds that the upper bunk is placed so low that invariably causes one to crack their head against the top bunk several times a year or when sitting on you are forced to sit hunched over causing unnatural stress on the spine and no doubt encourages one to lay down, that simply could have been avoided by building to specifications with adequate space between the lower and upper bunk, but wasn't. This is torture and deliberate.

Yet more is the denial of medical treatment for physical ailments that require pain medication for pain management that the conditions of confinement themselves have caused, specifically back pain and arthritis wherein the excuse is used that adequate pain medication is addictive or if non-narcotic is available for purchase at inflated prices from the commissary and at a low dosage rate, that is essentially unaffordable so you are subjected to living with constant pain. Even worse is serious illness that is left untreated to the point of terminality so that some inexperienced cheap doctor can learn operating

procedure or try something new on a human guine criminal* that dominate society doesn't give a shit about. This is torture and deliberate.

Just a few of the dozens of different forms of torture that are indured by millions for years upon years, that the majority of americans find acceptable because prison is for the infliction of punishment and part of punishment is pain and deprivation, this dispite the factual and statistical evidence that punish-ment and deprivation do nothing towards changing a person for the betterment of society, pain and deprivation just makes them less compassionate for the people of society that demanded such forms of torture because prison isn't suppose to be comfortable but punishment through discomfort and society wonders as they watch the news how men and woman con commit horrendous crimes against others, the shock the human conscience, people that are defined as innocent victims, but are they really when they have demanded the torture of millions daily and made them invisibly insane just waiting for their sentence to expire, with sincere intentions of never coming back to prison, unfortunately the majority will and of this majority a small number will go over the edge of sanity and do something horrendous. As for society, well, you reap what you sow.

April 11, 2010

Eric Wildcat Hall
BL-5355, Unit I-B
10745 Route 18
Albion, Pa.
16475-0002