language that ensures that neither women confined to psych wards nor the health care providers who work with them remain marginal to the feminist movement.

1 To assess comparisons in findings, a two-tailed t-test was used. A value of .05 level of significance was required for the acceptance of any hypothesis.


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Visit to the Psych Hospital

broken daughters of the fathers
i watch you shuffle aimlessly
through the endless halls
of psychiatric wards
mumbling occasionally
but much more often silent
Yes, silence rules!
you learned that long ago
when you first tried to speak
your Truths
truths that have been silenced
with threats and bribes
with unbelief
and if you yet persisted
the fathers brought you here
to strait jackets, ECT
watchful eyes, lobotomies
and now the ultimate in civilized
little magic pills
that numb the brain
calm the affect (read rage)
and dull the shards of memory
to rob you of your voices
your will, your intellect, your choices
O my sisters! lost souls, crushed spirits
your stories have been lost to us
as you wander through the endless
halls
mumbling occasionally
but much more often silent

Advice

Attention all men:
when walking down the boulevard,
do so only in broad daylight.
If perchance you’re foolish enough to risk the evening,
keep yourselves well-lit under the lampposts and for god’s sake walk in numbers
and take your dogs as an extra precautionary measure.
If you happen to be raped anyway,
scream “FIRE!” —
more people listen that way.

Ziplock

Just come out of the wrapper
air tight
soul
puckered up
like vegetables in a ziplock bag
air sucked out
life sucked out
been squashed in there
so my insides
turn to jelly
that molds into anything
hands all around me
their hands
his hands
while my hands
work on the inside of the bag
till I unzip me
come oozing out
I breathe
pull it all back together
I stand up
finally.

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Margot Henning