

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.

<sup>1</sup> 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

Marcia Lane

## 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.

Tanya Adele Koehnke

## 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  
going to live  
finally.

Margot Henning