

HINTS FOR A MORE PROFITABLE STAY IN JAIL

Remember that jailing us in an attempt by our opponents at demoralizing us. Therefore, it will take everyone's cooperation in seeing that the group does not become down in spirits.

It is absolutely necessary that a daily routine or schedule be worked out by those in jail. It should include time for:

- a.) group worship
- b.) individual meditation
- c.) discussions on various aspects of segregation and nonviolence
- d.) cleaning up
- e.) recreation
- f.) free time

Try to do things in a dignified and systematic manner. It is well to have two people take food from the jailor and serve the others in the cell rather than everyone scrambling for his own. Take turns cleaning up and doing the various jobs.

Do not be easily fooled. Jail officials often say things that may not be true in order to demoralize us or start quarreling and fighting in the group. They may tell you that the people on the outside have given up and are not doing anything. They may say that some freedom fighters in another part of the jail said something unkind about you. They, in effort to make you want to post bond may tell you that everyone else in other jails and other cells has gotten out and left you. They may try to scare you by telling you you've been charged with a serious crime carrying years and years of jail. Don't believe or worry about any such things until you are told by one of your leaders whom you know knows what he's talking about. Do not repeat rumors that you hear without knowing that they are true.

Jailors may try to scare you by saying that they'll put you into solitary confinement or by yelling at you or talking loudly or by taking your mattresses or such things. Don't be frightened or fooled by such tactics. If you think about it, they are unimportant.

Don't leave one person "out on a limb" by himself. For instance if a jailor is about to take someone to solitary confinement, immediately everyone insist that he take them too. If a jailor should hit someone, everyone should insist that he too is guilty and try to protect the one who was hit. If everyone tries to see that what happens to one happens to all, individuals will be better protected and the jail officials will see that we are not afraid of them.

Don't pick fights with fellow prisoners or participate in teasing or conversations that may cause arguments or hurt anyone's feelings. Try to discourage others from such talk.

Write letters to your family and friends encouraging them to attend mass meetings, join you in jail, or cooperate in whatever freedom efforts are taking place on the outside.

Don't get excited at rumors or threats.