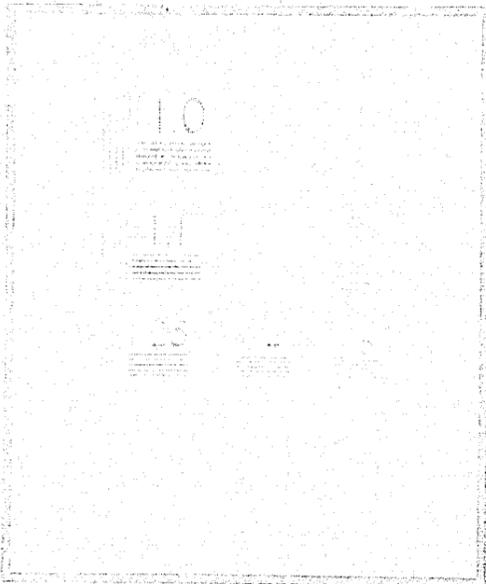


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SPECIAL SUBJECTS

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COURSE CONTENT INFORMATION

LESSON PLAN OUTLINES



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STATE OF MICHIGAN
DEPARTMENT OF STATE POLICE
LAW ENFORCEMENT OFFICERS
TRAINING COUNCIL

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SPECIAL SUBJECTS SECTION

LESSON PLANS

A Report to
The
Michigan Law Enforcement Officers Training Council
In Accordance with
Grant No. 177 from
U. S. Department of Justice
Office of Law Enforcement Assistance
Washington, D. C.

by

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Project Consultant

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TABLE OF CONTENTS

	PAGE
HUMAN RELATIONS	1
ABNORMAL PERSONS	24
POLICE ETHICS	68
PHYSICAL TRAINING	113

HUMAN RELATIONS

I. The Concept of Human Relations and Public Relations.

A. Introduction to police-community relations.

1. Police-community relations is the sum total of all the relationships between the police department and the community.
2. The relations between the public and the police is a two way activity with the community also interacting with the police.
3. Many police officers believe police-community relations to be the role of the police in their dealings with the community.
4. Within the concept of police-community relations the officer reacts to the public and the public reacts to the officer.
5. The sum total of the interaction is the relation of the police to the community.
6. The police officer must know the community and react to the needs of the community.

B. The concept of human relations.

1. Human relations is the inclusive term to indicate the interaction between the police department and the community.
2. Human relations is not a procedure or a set of rules but expressions of the heart and minds between individuals.
3. Human relations involves the understanding of human beings - the reasons behind human actions and how human behavior affects others.
4. Human relations has existed since the beginning of time when man first realized that living involved human interaction.

C. The concept of public relations.

1. Public relations is the sum total of all impressions by an organization's contacts with the public.
2. Public relations is most closely associated with the impression created by an organization in its entire relationship with the public.

3. Public relations may involve interaction, but interaction between human beings is not essential.
4. The concept of public relations usually implies the relation between the police officer or department and the public.
5. In modern society, business, industry, governmental agencies and police departments place a great deal of emphasis on their employees practicing good public relations.

D. The importance of effective police-community relations.

1. Every police officer is the public relations representative of his police department, creating impressions in the minds of the people which reflect upon his police organization and professional police service.
2. The individual police officer plays a major role in establishing and maintaining good and effective police-community relations.
3. The police officer must recognize and appreciate the value and effect of meaningful human interaction, and its relationship to his profession - police service.
4. Progressive police-community relations is absolutely essential to the efficiency of the police officer, the police organization he represents and professional police service.

E. The importance of public sentiment.

1. Abraham Lincoln once said, "Public sentiment is everything. With public sentiment, nothing can fail. Without it, nothing can succeed."
2. If the police could secure public sentiment, their job would be much easier.
3. If the police fail to secure public sentiment, the job of law enforcement will be impossible.

F. Police-community relations - a sense of urgency.

1. Police-community relations must be constantly improved to provide equal and impartial services for all of the people in the community at all times.

2. The problem of the relations between various racial and nationality groups is one of the major urgencies in the world today.
3. The police officer must be sufficiently trained to meet the needs of the community in time of crisis.

II. Human Relations in the United States.

A. Understanding related issues.

1. For a police officer to learn techniques of dealing with problems of human relations he must also have some understanding of the background of these problems.
2. In human relations problems, the officer who acts without understanding can jeopardize the reputation of the whole force.
3. Every police officer should know something of the background of the problems if he is to deal with them successfully.
4. It is customary to discuss the causes of conflicts in human relations, and the effectiveness or ineffectiveness of various ways of dealing with these conflicts. But such discussions must be based on principles or facts.
5. A fact is a piece of information which has been arrived at by careful observation and which can be, and has been, checked by others, so that there is not much room for intelligent difference of opinion about it.
6. One mass of facts of vital importance in its effect on police problems in the United States today consists of recent changes in the population of our country and particularly, changes in the population of our major cities.

B. The changing social scene.

1. The problems of crime control in general, and law enforcement in particular, are always important to the changing social scene.
2. It has been observed that any community or society has just about as much crime as it deserves.
3. This means that not only the amount of crime but its particular expression is a projection of basic processes and changes in the life of the community.

4. The dimensions and substance of community life are in radical transformation in our time.
5. The police should pause and reflect upon the influences that are sharply modifying the conditions of our contemporary community life, and posing new problems for the agencies of law enforcement.
6. Law enforcement is not an agent against any section of the community, but rather, in serving the community as a whole, is disposed to protect and make secure any and all of us in our rights and in our prerogatives.
7. There are basic changes going forward in the community and these changes are transforming into problems as they affect law enforcement officers.
8. The central cities of the United States are becoming increasingly the place of residence of new arrivals in the metropolitan areas, the place of residence of non-whites, of low income workers, of younger couples, and of the elderly. The suburbs will become even more the residence of middle income families and of those of better paid workers - particularly those families in the middle stages of the family cycle.
9. Cities are becoming the residence of lower class Negro and minority groups, and the whites are moving to the hinterland. This wholesale resettlement has been coincidental with other social problems.
10. The specific features of discontent and underprivilege are separately and together an expression of radical changes in population and population distribution. These central features are commonplace to all of us and form the context inside of which we must identify our problems. If we so identify them it may be possible that we will see them quite differently.
11. The view the police have of the minority groups is a necessary condition of the attitude they take toward the police. The police see minority groups as persons who are troublesome, difficult and with shortcomings, without any reference to those conditions by which their behavior has come about. The police then will not be disposed to act in such ways as to invite any kind of response other than hostility, anger, and indeed, outright violence.

C. Conglomeration of mass characteristics.

1. Our society is a mass society with mass characteristics.
2. Our generation has witnessed the eclipse of face-to-face relationships and the destruction of privacy. Society is an age of fleeting physical contact.
3. There is an emphasis upon uniformity and superficiality. The emphasis is upon looking alike rather than necessarily "being alike."
4. A chronic nonconformity has come about and is being encouraged. What appears to be uniformity turns out to be merely the facade in terms of which weighty, important differences are promoted and covered up between various groups in society under the condition of our new mass experience. Different and deviant behavior is encouraged, extended, and is a chronic condition of the time.

D. Age distribution and population composition.

1. The population explosion, with its new patterns of age distribution and population composition in the United States is at one and the same time, getting older and younger.
2. Higher percentages of people in their senior years are living to riper ages; higher percentages of people are in their junior years, as the result of the increasing birth rate and the diminishing death rate.
3. What has happened is that persons in the ages of dependence are increased in proportion to the whole, for those in their senior years need more the services and attention of their fellow man, as do those in the tender years.
4. Youngsters need programs in education, welfare, recreation. They are not producers, they are consumers.
5. And people in their senior years need health care, economic security, all the things which they are less competent to provide for themselves, because of their diminished earning capacities.
6. America is becoming a very different kind of a society as a result of these changes in the composition and character of our population. We are getting at one and the same time younger and older.

7. As the population explosion has gone forward, with different proportions of the age groups to the whole, there has come about a redistribution and reorganization of communities.

E. The emerging communities and their problems.

1. The emergence of the metropolitan community is creating new problems in law and order, new conditions of contact between the races, new problems in the accommodation of the population with shelter and new problems in the mass transportation of residents to work and to play.
2. These changes bring on something more than a mere increase in numbers in terms of the population. They are something more than a new residential location of the population.
3. Implicit is the creation of a totally new set of human relations.
4. The contrast between what is happening in the South and what is currently happening in the North is essentially a function of this transition of the problem through the fact of numbers.
5. America is in the midst of a population crisis that threatens our traditional way of life and it will become increasingly aggravated.
6. The changes in the composition and distribution of the population have brought on the changes in the social problems.
7. They have given to law enforcement new features which are familiar.
 - a. Delinquency and teen-age crime have now become the almost overwhelming substance of crime in America.
 - b. Over 60 percent of the major crime in America, by official statistics, is produced by persons 18 years of age and under.
 - c. If the development of the influences in society at large and its impact upon that section are to continue, we can expect a 44 percent increase in delinquency and crime in the age group 15 to 19, simply by reason of the proportional expansion of

that section of the community, without even posing added problems of that age group.

F. The demand for services.

1. The needs of young people for services will also increase and if not met, will make for even more serious problems than we are currently experiencing.
2. Americans are not confronted by the mere increase of geographical area, not merely vexed by the overlapping and conflicting of our authority and jurisdiction, but are parties to a whole new set of social - human - relations.
3. There is even greater impersonality and detachment within the social life.
4. There is a progressive condition of alienation and estrangement in vast sections of the population that is becoming numerically important in the new places of our society.
5. There is an accent on the formal as against the informal controls. Less and less can we rely upon the natural processes of community life as a means of effecting control over the members of groups.
6. There comes to the police, the courts, the correctional agencies, more and more of the responsibility for establishing whatever kind of order the community is to achieve.
7. Race has become a power phenomenon, not only on a world front but within the society itself. Race is a different fact when it is a fact of numbers.

G. Population flux.

1. Between 1950 and 1960, the twelve largest cities of the United States lost over two million white residents. In the same period when two million of the white residents moved beyond the formal municipal limits into the broader metropolitan regions, these cities gained almost exactly the same number of non-white residents.
2. Two million Negroes moved into the places evacuated by the two million white residents.

3. There was until very recently in our society the generally understood fact that as cities grew, people had economic and social success - they came as foreigners from another land; they moved into the heartlands.
4. The older portions of these great cities had social and economic success and their young people moved on in the widening circle of residential resettlement toward the middle class suburbs.
5. Everyone who has lived in America has noted, particularly the police, the sense in which many of the problems of law and order were concentrated on the trials and tribulations of these transitional groups in particular neighborhoods.
6. These neighborhoods of transition have now burgeoned into veritable cities in transition.
7. Thus, the transition is a transition of cities rather than a transition of neighborhoods.
8. The population of the United States has always increased.
9. Even more important than the increase, as far as police problems are concerned, were the changes which occurred in the makeup of the population and in its location within the country.
10. The major trends were:
 - a. The growth of metropolitan cities.
 - b. Changes in the racial and national identity of the people who make up our population.
 - c. Shifts of people from one region to another.
 - d. The greatly increased ease and frequency with which people move about the country.

H. The consequences of these trends.

1. The consequences of these trends produced a new way of life for many people.
2. Diverse groups with conflicting customs and interests suddenly found themselves side by side.

3. There were changes in the relative wealth and power of various groups.
4. From these many changes have come special problems, such as housing, which throw groups into competition with one another, and thereby become police problems.

I. The growth of cities.

1. In 1790, when our population was counted as 3,929,000, less than five percent of the American people were living in towns and cities with over 2500 population.
2. By 1960, this percentage had increased to over 60 percent.
3. Some experts estimate it will be over 90 percent by the end of the century.
4. The growth of cities results mainly from the increased efficiency of agriculture.
5. The consequence of these farm developments in the United States is the increase of the city and town population.
6. Living in a city means a new way of life for people.
7. In the country we see only the same people - our immediate family and neighbors - almost all of the time, every day.
8. We know who they are and how we should act towards them. Human relations in the country generally is less complex than it is in a big city.
9. In the city:
 - a. We work with one set of people.
 - b. We live with others.
 - c. We travel and shop with others.
 - d. We are in contact with still other people in our leisure time activities.
10. In most of these contacts we are dealing with total strangers, or with persons whom we know only casually. This is especially true when we are newcomers to a city or to a neighborhood within a city.

11. City people are constantly having to adjust to new developments, new fads and fashions, new rules and regulations.
12. When gathered in groups, as strangers, they are not bound by what people expect of them as individuals, as they might be by their reputation in a country neighborhood, or as they would be if they were with close friends or relatives.
13. City people repeatedly - almost every day - have to "size up" the rules of a situation. They adjust their behavior accordingly. They do it automatically without thinking about it.

III. Contemporary Society and the Police.

- A. The police are responsible for law and order.
 1. The police play a key role in community living.
 2. The police are the visible symbols of the community's determination to live under the law.
 3. Society, through the police and the court systems, exacts sanctions against those who transgress the maintenance of order.
 4. The police are the agents of justice and vested with grave responsibilities.
- B. The scope of the community problem in the administration of justice.
 1. The problems of the administration of justice and the maintenance of law and order are encompassed by the police, the courts and corrections agencies.
 2. The problems enriched in the maintenance of law and order are within the scope of all agencies in the administration of justice - not just the police.
 3. The police problems appear more severe, but the police are really only the visible symbols of law and order.
- C. The development and maintenance of a community.
 1. A community is people living together, under the same laws, in the same environment, forming an integral segment of our society.

2. The achievement of a community where all the people live under and obey the same laws has been an elusive goal.
3. Within our own communities there exist disagreement, denial, rejection and rebellion.
4. The cohesiveness of a community cannot be maintained by force, and laws cannot protect the community from itself.
5. There must be leaders in government, business, industry, and the professions willing to take part in defending and maintaining the community as a part of our society.
6. The main force and drive in the development and maintenance of a community is people.

D. The responsibilities for social maladies.

1. The police are the bulwark of society, to protect society from disorder and injustice.
2. The sources of disorder and injustice are prevalent in the community. The community must look within, unto itself, for solutions to the problems of the community.
3. All the responsible segments of the community must join with the forces of law, order and justice in insuring that all elements of the community are trained in understanding and maintaining the climate of the community, so that lawlessness and disorder may be minimized.

E. Social problems and the community.

1. All social problems, from crime and delinquency to prejudice and discrimination in a community, stem from the community's failure to recognize its responsibilities.
2. The answers to these problems are found in the acceptance of that responsibility: the financial support, the social support and personal support.
3. The solving of community problems is the responsibility of the entire community, not just identifiable segments thereof, who will seek to accept full responsibility for the solving of social problems.

F. Interdisciplinary approach to community problems.

1. The approach to community problems must be an interdisciplinary and inter-professional one.
2. In tackling the problem a cross-section of the American community must be achieved, so that vast and diversified knowledge can be brought to bear on the problem.

G. Active involvement vs. passive observation.

1. Community leaders must take an active involvement in the problem.
2. If community leaders just observe but fail to act, no solution to the problems can be forthcoming.

H. The positive approach to community problems.

1. The basic concern is for people to live together in harmony, safety and justice.
2. With the goal defined, the task must be undertaken to reduce the crisis factors which affect the community.

I. The police as community leaders.

1. The police reflect the attitudes of the community - usually the power structure of the community.
2. It is vitally important that the attitudes of the community reflect, through the power structure of the community, the needs of the entire community.
3. By their position in the community, the police are leaders whether they want to be leaders or not.
4. Professional police officers must accept their responsibilities to the community and assist in tackling the problems on an interdisciplined and interprofessional approach.
5. The police ultimately have no wider responsibility than law, order and justice which should be carried out with effectiveness and efficiency.

IV. The Police Officer's Position in America.

A. Basic assumptions to community living.

1. The community is composed of groups or segments based on racial, social, vocational or other distinctions.
2. It is desirable that harmonious relations exist between these composite groups.
3. The police can contribute to harmonious relations between the various segments of the community by the way they perform their basic task and by the leadership they give the community.
4. A police officer who sees himself and his position properly is better adjusted, has fewer frustrations and can perform his work and give leadership more effectively.

B. Guidelines for the officer in seeing himself and his position:

1. The officer can define and understand the police product.
2. The officer can understand and accept the position of police services in this republic.
3. The officer can identify inevitable conflicts within himself resulting from police work.
4. The officer can recognize and understand that there is a spiritual meaning in the affairs of men.

C. The police product.

1. The police produce many different things which are essential to the good of the community, state or nation.
2. The police have no one service; they offer many services. Our society has no one concise definition of the philosophy of police work.
3. Because of a lack of specificity in the philosophy of police service, there exists today within the service frustrations, misunderstandings and conflicts which must be resolved.
4. The police product is all the activities of the police, relative to order and justice in society.
5. Social order is the end product of all police activities, a product our society must have.

- D. Understanding the position of the police in a republic.
1. The ideal of a democratic society is that inherent in a democracy is its closeness to the edge of anarchy.
 2. Individual freedom is the greatest when a democracy prevails on the thin edge of anarchy.
 3. In a democratic society with this concept and philosophy, it becomes inevitable that the work of the police is difficult.
 4. A police officer is liable to grow cynical, disillusioned and frustrated by the difficulties which impede the law enforcement officer, unless the officer clearly understands the position of the police in America.
 5. Failure to properly understand the true role of the police reduces the ability to perform tasks so harmonious relations between various groups in the community may prevail, and it impedes his growing leadership in the achievement of this kind of relationship.
- E. Recognition of basic concepts.
1. The officer must recognize that his prime objective is the preservation of the Constitution with all of its guarantees.
 2. Officers are not to violate the constitutional rights of any individual while enforcing statutory law.
 3. The officer may be resentful of the interference of the Constitution in the enforcement of statutory law, particularly if the Constitution interferes with enforcement.
 4. But the Constitution is the higher law and all statutory law must conform to constitutional standards.
- F. The identification of conflicts.
1. Many conflicts are produced within the officer by the inherent nature of his job.
 2. It should be recognized that there are certain inevitable conflicts which police officers must face.
 3. The officer may have religious reservations about the use of force, even though justified under the law.

4. The officer may have a conflict of loyalties - those between brother officers and running afoul of administrative directives or the law itself; the officer desiring trust, friendship, etc., is confronted by loyalty vs. lawfulness.
 5. Another conflict is over human misery and evil. An officer must perform his duty and do so without indulging in punishing vicious criminals.
 6. First reactions are human, but must be relegated to proper perspective because the man is a police officer, because of which a different level of performance is required and expected of him. The police officer must control himself, which can be an emotional burden, fraught with tension and frustration.
 7. An officer in reacting to the situation may become hardened, but in doing so the officer must not lose human tenderness, understanding and pity.
 8. The officer may have decision-making problems; that is, a lack of desire to make decisions which require them to be made in a split second.
- G. The officer must recognize the spiritual meaning in the affairs of men.
1. There is moral law which influences the affairs of men.
 2. The internal, emotional or spiritual aspects of life such as joy, sorrow, grief, pleasure, etc., have meanings to the human being.
- H. The formulation of a code of ethics.
1. The officer must realize his design is to produce social order.
 2. The position of police service in this republic must be realized by the officer, and that by its nature, it is difficult.
 3. The officer must adjust to the inevitable conflicts which arise.
 4. The officer should formulate a personal code of ethics and follow a professional code of ethics.

5. The officer must have a realization of the impetus in the lives of men.
6. The officer must face up to the challenges honestly and sincerely to become a better adjusted human being.
7. By being better adjusted in the basic work of the police, he will be in the position of taking advantage of his opportunity to afford the leadership necessary to develop more harmonious relationships between various segments of the community.

V. The Public Attitude Toward the Police.

A. Stereotyping for incompetency.

1. There has been a long tradition in the policing of the world to show the police, through literature, as being incompetent.
2. In much of the literature the police are characterized as bumbling fools who need the assistance of a Sherlock Holmes or Mickey Spillane type to investigate and solve crimes.
3. The idea of amateurs coming to the rescue of police inadequacy is a stereotyped form still with us and an image which will die hard.
4. The image is being jilted in modern day detective stories by showing the police to be effective and efficient. It appears that the only reason a private detective Mickey Spillane type has become involved is because of the sensitivity of the case with the client, who for some obvious and plausible reason doesn't want the police involved.

B. Traditional and stereotyped view is widespread.

1. This traditional and stereotyped view is widespread and the image is still, unfortunately, being psychologically reinforced through some forms of the communications media.
2. When one police officer is corrupted, the image is reflected upon the whole police department and the police profession. The stereotyping image comes to the forefront.

3. The news media, when presenting incidents of police corruption, lump all police officers together, presenting a generalized image of easily corrupted police.

C. The repercussions of this view.

1. The perpetration of this seamy attitude about local law enforcement has had some serious side effects in American life.
2. The press and news media have been cop labeling for years and are still doing so.
3. Wherever a policeman, cop or ex-cop is involved in anything from criminal activities to minor automobile accidents, the press quickly picks up the story and prints it.
4. Law enforcement can rightly expect, and often does get, press praise for good police work. The police do request the press and mass information media to act fairly.

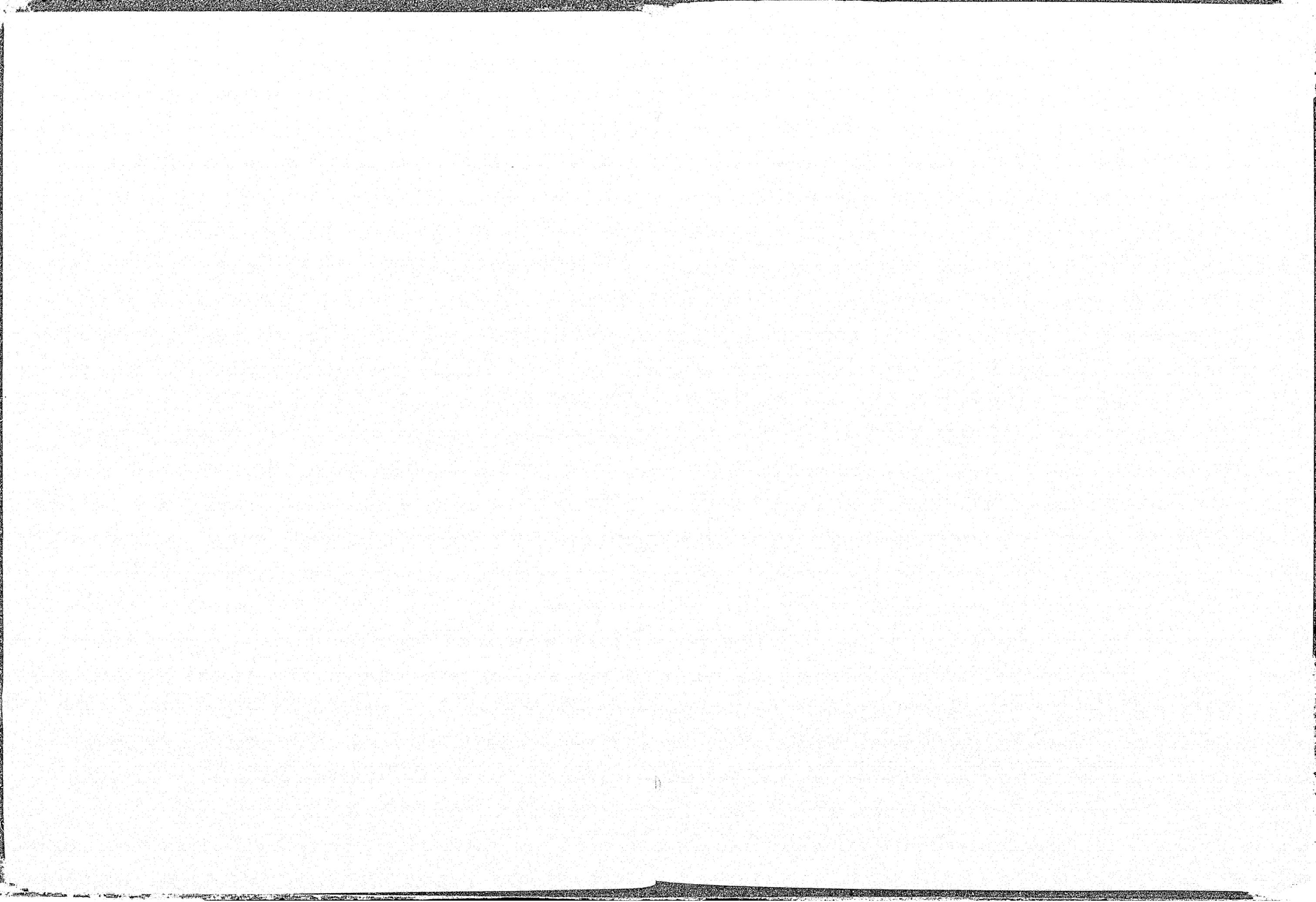
D. The Negro press and its responsibilities.

1. Some members of the Negro press treat law enforcement with the same prejudicial thinking that they editorially accuse law enforcement of practicing.
2. The Negro press has the responsibility to be the most sensitive about using labels of any kind.
3. The voices of the Negro community have the responsibility to be fair, and unbiased in its presentation.

E. The burden of local law enforcement.

1. The idealistic aspects of police work have been presented as the basis for justice in America.
2. Not all police agencies are held equally in the eye of public opinion.
3. Law enforcement on the local level has been subjected to large-scale abuses, which has burdened local law enforcement. This image is not found in the federal police agencies.
4. These differences can be keynoted on the fact that the communications media have projected a different picture of the federal agencies.

5. Local law enforcement has experienced growing pains and political manipulation, sometimes receiving ill-famed notoriety on corruption.
 6. Local law enforcement has experienced disfavor with the general public as a result of traffic enforcement.
 7. Police agencies need a sense of humor and should not be overly sensitive to public criticism." The police should recognize the difference between legitimate humor and maligning caricaturizations and react properly to both.
- F. The effects of labeling the police.
1. There is a major effect of labeling felt on national police recruitment.
 2. Many young men view law enforcement as being unappealing in terms of status. Only those who are dedicated or have other members of the family in police work find police work attractive.
 3. Increased physical attacks on policemen have surged throughout the nation. Explanations for the upswing in the attacks have swelled, particularly sociological and psychological justifications.
 4. It should always be remembered that no matter how culturally deprived any group or minority people may be, they have never lived anywhere where there was no law enforcement.
- G. Redefining of law enforcement.
1. The role of law enforcement in society must be redefined to conform to our evolving society.
 2. Police departments are necessary because society has elected to hire individuals to protect it from elements which would tend to disrupt or impair society.
 3. The police are necessary because of a lack of mutual respect for life and property. The police officer sees himself as the end result of a decision to protect itself by the individuals who make up society, a job which the individuals in society neither want nor can handle.
 4. There is general public agreement on the goals of law enforcement but strong criticism of the methods invoked.



- I. The basis for distrust between the Negro and the police.
 1. The reasons for distrust are many and complex and the police department must always bear in mind that the cures have little to do with the causes.
 2. Many of the complaints from Negroes about individual policemen are accusations of discourteous treatment or prejudicial attitude which, to the Negro, is police brutality.
 3. Ironically, other Negroes want stiffer treatment and more firm police attitudes in dealing with Negro criminals.
- J. Some police techniques may be obnoxious to the Negro community.
 1. The use of police dogs has been challenged as being brutal and inhumane.
 2. The use of a mobile task force which checks vehicles and persons for weapons has been challenged by the Negroes as being a violation of an individual's civil rights.
 3. The use of decoy squads has been challenged by the Negro as a deliberate invitation by the police for a Negro to commit a crime.
 4. Interestingly enough the white community doesn't object to the above practices, even when the above police operations take place in a white neighborhood.
- K. Crime patterns of the Negro.
 1. Negro crime is far out of proportion to crime in the white community. Based on population percentages Negroes commit about twice as many crimes as white people.
 2. Many Negroes are defensive about Negroes causing crime.
 3. Many excuses are listed for Negroes committing crime - broken homes, economic deprivations, discrimination, etc.
 4. The Negroes are most often the victim of the Negro criminal.
 5. Crime in the vast majority of instances crosses racial lines only one way - the Negro criminal committing an offense against a white victim.
 6. Negro victims far outweigh Negro suspects for crime.

7. The pattern of Negro crime means that Negro areas will receive more police service than other areas.
- L. The police and the Negro - both victims of prejudice.
1. Public attitudes brand the Negro and the police (both minority groups) the victims of prejudice, discrimination and stereotyping, with spokesmen for each group being sensitive and defensive.
 2. Police officers should be understanding and sensitive to the Negro and his status in American life.
 3. The Negro should be understanding of the police officer, because the Negro should be able to see himself in much the same light as he sees the police officer.
- M. The uniformity of prejudicial thinking.
1. Prejudicial thinking is much the same regardless of the person being given prejudicial treatment for whatever the reason.
 2. The uniform of the officer sets him apart from society the same as the color of a man's skin does.
 3. The uniform makes the man a part of a group the same way a man's skin color makes him a part of a group.
 4. The policeman's and Negro's easy recognition as a minority group member is more important still because of the stigma attached to both.
 5. Sweeping generalizations are made against both the Negro and the police officer, because they are an easily recognized minority group.
 6. Some Negroes are prejudiced towards policemen and some policemen are prejudiced toward Negroes.
 7. Increased members of either group intensifies awareness and presence of the group.
 8. The police officer is a threat in terms of restrictions on activities and the Negro is a threat in terms of potential inroads into the white structure of society.
 9. Policemen and Negroes are outside the general standards of the community as neither are supposed to be able to conform totally to what they should be.

10. The police and Negro carry an aura of suspicion. People know little about either and are unfamiliar with both. People tend to dislike that which they know the least about.
11. Both the Negroes and the police are victims of exploitation. Both are exploited by the power structure.

N. Avenues of amelioration..

1. There have been some efforts toward making the police service an intricate part of community life and the police officer established as a vital function of the everyday process of living.
2. The recent trend in books and particularly television is to cast the policeman as the hero of the story.
3. The police department has re-evaluated its procedures and policies on methods used to investigate complaints.
4. The police department realizes that it must formally investigate all complaints made against officers of the department.

O. Public relations and the attitude of the public..

1. Communication with the public must be increased with new channels of communication opened up.
2. The public must be told not only what a police department does, but why it does it.
3. It should be remembered that good public relations is ninety percent of doing the right thing and ten percent telling people why you do it.

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ABNORMAL PERSONS

I. Procedure for Handling Abnormal Persons.

A. Introduction to the handling of abnormal persons.

1. All police officers should realize that calls involving anyone who is behaving abnormally are potentially dangerous to the following persons:
 - a. The police officers responding to the call.
 - b. The relatives who are in the building.
 - c. Citizens who may be on the street or in the vicinity.
 - d. The deranged person.
2. Police officers are not expected to diagnose mental illness, but are expected to be familiar with abnormal behavior.
3. Criminal acts by mentally ill or deranged persons are not legally considered of a criminal nature because of lack of intent, responsibility, or comprehension.
4. Police officers should always try to treat the deranged person as a medical problem.

B. The duties of the police are complex in dealing with deranged or psychopathic persons.

1. To recognize the derangement or illness is a basic step in the police role.
2. Take precautions to protect the following:
 - a. Yourself from acts of violence by the mentally ill person.
 - b. Other officers who may not be aware of the person's condition.
 - c. Relatives from becoming involved and injured trying to protect the ill person.
 - d. Those citizens who might be innocent bystanders or tenants.
 - e. The property of the person involved as well as that of the public.

3. Frequently the duty of the officer is to arrest and turn the person over to medical authorities for treatment.
- C. The law and the authority of the police to deal with abnormal persons.
1. The law:

"Mentally ill persons; temporary detention, proceedings. Whenever it should appear to a judge of any court of record, justice of the peace, or a police justice of any city or county where such a person may be, upon evidence produced and from a certificate of two legally qualified physicians, to be necessary and essential to public safety so to do, said judge or police justice may authorize any superintendent of the poor or police officer of said city or county to take into custody and cause to be removed to any hospital or other place of detention, any person believed to be mentally ill against whom no proceedings have been instituted under this act, and such person may be detained until such proceedings as hereinafter provided shall be instituted in the probate court: Provided, that the period of such temporary detention shall not exceed five days, unless the probate court shall by special order enlarge the time: Provided further, that no person arrested under this act shall be confined in a jail or lock-up unless such person manifests homicidal or other dangerous tendencies; Provided further, that any peace officer of this state with the approval of the prosecuting attorney, obtained within twenty-four hours of the taking into custody and confinement, is hereby authorized to take into temporary protective custody and confine for a period of not to exceed forty-eight hours, not counting Sundays and legal holidays, any person believed to be mentally ill manifesting homicidal or other dangerous tendencies; proceedings under this act, temporary or permanent, to be instituted by such peace officer within said forty-eight-hour period, not counting Sundays and legal holidays." (Michigan Statutes Annotated, Section 14.809)
 2. Police authority for temporary detention of mentally ill persons.
 - a. The law gives police the authority to take into custody for temporary detention upon the order of:

- 1) Any judge or justice from said county.
- 2) Any prosecuting attorney of said county.
- b. Any police agency may detain a person for a period of up to forty-eight hours provided:
 - 1) The person manifests homicidal or suicidal tendency - or
 - 2) The person is a danger to himself or other persons.
- c. Provided that the police officer within 24 hours after taking into temporary custody must contact the office of the prosecuting attorney to begin proceedings.
3. The officer may in the line of duty, to save his own life or the life of another, take the life of the deranged person. This action should only be taken by an officer as the final resort.
4. Only a small percentage of mental patients dealt with by the police are dangerous.
5. Even those who are dangerous are seldom violent constantly.
6. The officer should use common sense when dealing with a mentally ill person. A little tact and a great deal of caution are necessary.
7. Don't presume you can detain just because a person behaves strangely.
 - a. Observation is necessary to determine existence of "danger."
 - b. Many who are eccentric or emotionally upset are not dangerous to either themselves or others.
 - c. If there is a dangerous or homicidal tendency exhibited, police must act:
 - 1) Through detention of the person.
 - 2) Regardless of the fact, no other steps have been taken prior to the act(s).

D. Reporting facts surrounding detention.

1. Much has been and will be said concerning detailed reports by the police officer. If detention is necessary for a deranged person, the report must be complete and clear.
 - a. Be sure to explain all of the actions which made you believe the person was dangerous to himself or others.
 - b. The actions and conversation of the person arrested are important to the psychiatrist.
 - 1) As noted above, the emotionally disturbed are not violent all of the time.
 - 2) The conditions which existed at the time of detention may have been changed or vanished by the time he is examined by the psychiatrist.
 - a) If the symptoms of insanity are absent, the examining psychiatrist may not detain him or re-examine.
 - b) Only a full report could reinforce the position of necessary for psychiatric care.

E. Some of the symptoms of the mentally ill (many of which are not necessarily indicative of mental illness):

1. The person may display rapid and intense behavioral changes.
2. The individual may suffer from loss of memory.
3. The individual may display a persecution complex.
4. Many who are mentally ill have illusions and hallucinations.
5. The deranged may have delusions or disorientation.
6. The individual may exhibit dangerous behavior or suffer from emotional instability.

F. Some possible physical indication of emotional disturbance.

1. The deranged person may appear "up" or "down."

- b. The individual may be miserable and troublesome in dealing with others.
 - c. The individual may develop a paralysis without a physical disorder.
 - d. The individual may have obsessions and compulsions which are groundless; i.e. constantly washing hands even though he has done nothing to dirty them.
 - e. These people frequently "need" protection.
 - f. Listen to their complaints and be sympathetic.
 - g. Some individuals suffering from neurosis never need the police - if they do, they deserve a little consideration.
 - h. The police can give these individuals assistance without detracting from the duty of the police.
2. Neurotics - while they are mentally ill they pose no danger to themselves or anyone else.
3. Psychosis is a term used when a person becomes dangerous to others and himself or when he becomes so incompetent and mentally disordered that society must take care of him in one way or another.
- a. Psychotics are very sick people, in need of competent medical care.
 - b. While in a psychotic state, the individual may not:
 - 1) Listen to reason.
 - 2) Comprehend or communicate.
 - 3) Comply with a simple request or order.
 - c. The individual's resistance to police authority is not the same as a felon's - it is willful but it is a result of his derangement.
 - d. When the individuals are cured, these people may be normal, respectable citizens.
 - e. The police officer must anticipate and act against any acts of violence committed by the mentally deranged.

- f. In dealing with an emotionally disturbed person, the police officer should try very hard not to hurt the person. He should be judicious in the use of restraint.
 - g. It is the duty of the policeman to protect:
 - 1) Himself.
 - 2) The public.
 - 3) The victims themselves while they are in his custody.
 - h. Psychotics are often seriously ill and pose potentially great danger to themselves and others.
 - i. The psychotic proves to be the greatest problem for police officers in dealing with the mentally ill.
- H. Dementia praecox, a serious form of mental illness.
- 1. Dementia praecox is the most serious form of mental illness.
 - 2. Dementia praecox is a term for mental disorders that begin at or shortly after puberty and usually lead to a general failure of the mental faculties with corresponding physiological impairment.
 - 3. The basic four types of dementia praecox:
 - a. Simple dementia - the unsoundness of mind resulting from organic or functional disorders and leading to total loss or serious impairment of the faculty of coherent thought.
 - b. Hebephrenia - a mental disorder around the time of puberty which usually leads to a general failure of the mental faculties with corresponding physiological impairment. Characterized by:
 - 1) Confusion.
 - 2) Depressions.
 - 3) Delusions of persecutions.
 - 4) Hallucinations.

- c. The state of Catatonia is a complex of symptoms: a mental derangement or disintegration of the personality characterized by stupor, muscular rigidity and occasional mental agitation. Usually characterized by a long period of stupor with an occasional burst of wild excitement. During the stupor the person will be tense, inattentive and resistant to any attempt to move him. During the excited stage he may be very dangerous but may obey orders mechanically.
- d. Paranoia is a chronic and often progressive mental disorder, in which the person suffers from monomania or an obsession with one and only one idea. The person suffers seplematized delusions of persecutions or grandeur. Hallucinations may accompany the delusions. Paranoia usually appears in older people. The paranoiac may commit sex offenses because of erratic fantasies or beliefs in his sexual prowess.

I. Other mental disorders the police may encounter.

- 1. Senility is mental and physical infirmity due to old age or old age accompanied by infirmity.
- 2. Paresis is a partial paralysis affecting muscular motion but not sensation, or a general paralysis accompanied by dementia caused by a syphilitic degeneration of the brain.
- 3. Dipsomania is a condition resulting from the inordinate or persistent use of alcoholic beverages.
- 4. The manic-depressive denotes a mental disorder characterized by sudden fluctuations of depression or excitement.
- 5. The psychopath is a person afflicted by mental instability. This person is often referred to generally as a psycho.
- 6. The mentally deficient are those persons whose intelligence quotients fall below the normal or average. These persons suffer from an organic or emotional retardation or an impediment in the normal progress in acquiring intelligence. These are also known as the feebleminded. The mentally deficient are subdivided into:
 - a. The moron - a person whose mental capacity has been arrested during development.

- b. The imbecile-feeble-minded - a person whose mental capacity has been severely arrested during development.
 - c. The idiot - a human being conspicuously deficient in mental powers and in the capacity for self protection.
7. Kleptomania is an uncontrollable, morbid propensity to steal.
8. The delirium tremens is a violent form of delirium caused by excessive use of alcoholic liquors and narcotic drugs and characterized by tremblings, acute mental distress and delusions of the senses.
9. Schizophrenia is a mental derangement characterized by the presence of conflicting impulses, emotions, and ideas and resulting in the disintegration of personality resembling, but more inclusive than dementia praecox. This type of person is potentially very dangerous.
- J. Specific mental disorders and their symptoms:
1. Disorders of sensation or perception:
- a. The hallucination or distortion of perception.
 - 1) A hallucination is the sensing of an object or person when there is nothing really there to stimulate the senses.
 - 2) The person may hear voices when there really are no voices.
 - 3) The person may see red devils when there are none there.
 - 4) The more common types of hallucinations that the law enforcement officer encounters are those where:
 - a) The person hears the voice of God.
 - b) The person hears radio messages in his head.
 - 5) The person may hear the voices, and yet has enough contact with reality to know that only radio waves can carry voices, so arrives at the conclusion that they are radio-transmitted.

6) There is a common fixation among the mentally ill concerning electronics and secret inventions. They are often the victims of electric rays and electronic beams that strange people shoot at them.

b. The disorder involving illusions.

1) The illusion differs from the hallucination in that there is some physical basis for disorder.

2) The illusion really amounts to a false interpretation of a stimulus.

3) The person may see a child crawling on the grass, and his senses perceive the child as a dog.

4) An undershirt on the clothesline may be interpreted as a ghost.

5) This illusion is deeper than the average misconception to which most people occasionally are subjected.

6) The illusion is not a case of looking like something else; it actually is something else.

7) The person may be fully convinced that the officer is a person from outer space, and that the police car is a space ship.

2. Disorders of consciousness.

a. When life becomes so terrible, some people are able to mentally dissociate themselves from the world.

b. The individual goes into what is called a catatonic state. He is completely oblivious to what is going on around him and will just sit motionless and stare.

c. In lesser forms, the individual will be in a dream state or a state of confusion. Here he might answer you but without meaning or understanding.

d. This is usually a sign of schizophrenia, a serious mental disorder.

3. The disorders of judgment.

a. Delusions as a judgment disorder.

- 1) A delusion is a false belief which cannot be corrected by an appeal to reason.
- 2) It is usually quite obvious to others that there is no foundation in the belief.
- 3) In fact, the person's intelligence and education are often at odds with the belief.
- 4) Delusions are different in various forms of mental illness.

b. Obsessions as a judgment disorder.

- 1) An obsession is an idea, emotion or impulse that persistently forces itself into a person's mind.
- 2) This happens even though he may recognize it as abnormal or foolish and would like to get rid of it. The most common are the phobias, or the anxieties resulting from fears. Phobias are very common in the milder form. Many people are afraid of heights, small enclosed areas, animals and any number of other things.
- 3) Sometimes the paranoid delusions are coherent and contain elaborate rationalization.
- 4) The paranoid delusion may be characterized by a strong belief that one is Napoleon and a need to show why.
- 5) A paranoid may be convinced someone is trying to kill him - maybe with an invisible ray or some other imaginary device. Such beliefs are strong and real and obviously wrong to others.

4. Disorders of association and attention.

- a. A person suffering from this disorder will not be able to keep his attention on one thing.
- b. A normal person can keep his ideas in some orderly fashion, and develop them toward some goal. The

disordered person will talk in circles and each group of words may not be associated with the preceding or following words.

- c. Often this person cannot give the police officer more than twenty seconds of attention during an interview.
- d. When the individual is asked to repeat what was just said, he is unable to do so.
- e. The person suffering from this disorder has a tendency to talk in circles and reply to a question with questions.

5. Disorders of emotion.

a. The emotion of extreme anxiety.

- 1) Anxiety is usually associated with neurosis.
- 2) Anxiety is a feeling of impending danger and is expressed by extreme nervousness and irritability.
- 3) Anxiety is also expressed by body twitches and strange facial expressions as well as other finger and body movements.

b. The emotion of extreme apathy.

- 1) There is a complete inability to express any emotion, sadness or happiness.
- 2) The face of the person is often blank, devoid of emotional response.
- 3) The apathetic subject is indifferent to all emotional stimuli.

c. The impairment of affect.

- 1) The person will show extreme elation when it is not warranted.
- 2) The person can go into hysterics over nothing.
- 3) It can start as a giggle and then develop into a laugh. The person may often try to hold it back and that makes it worse.

6. Disorders of action.

a. Action based on impulsiveness.

- 1) The person will have an irresistible impulse to to certain acts that are beyond his control.
- 2) They may be simple impulses or very involved.
- 3) Impulses may involve things we associate with superstition.
- 4) In kleptomania, the impulse is to steal.
- 5) In the more serious forms it can present a danger in that the impulse may have sexual association.
- 6) It is closely associated with compulsion, which is much stronger than an impulse.
- 7) Compulsion is the performance of an act contrary to the conscious will of the person.
- 8) The compulsive act is more serious than an impulse.
- 9) While an impulse may be resisted and overcome, compulsions are irresistible.

b. Action based on stereotyped images.

- 1) In stereotypy the person will repeat words and actions without apparent cause or reason.
- 2) Sometimes the actions will be like that of a mechanical man.
- 3) Each movement will be exactly like the other.

K. Some guidelines for police officers to follow in approaching abnormal persons.

1. Approach the suspected abnormal person casually and calmly.
2. Know the legal limitations and commitment procedures - memorize them.

3. Abnormal behavior is not sufficient to detain a person as being mentally ill. The abnormal behavior exhibited by a person must be psychotic and dangerous.
4. Be particularly careful of terminology used in dealing with the mentally ill who are sensitive. Avoid such words as:
 - a. Nut.
 - b. Funny farm.
 - c. Squirrely.
 - d. Psycho.
 - e. Insane.
5. Refer to their illness as either:
 - a. Their condition.
 - b. Their nervous condition.
6. Be prepared to allay any fears of the person. Use the following words to reassure them in their disordered state.
 - a. Help.
 - b. Protect.
7. Try to back up your words with reassuring actions.
8. Establish rapport with the subject. Sympathy towards what they feel the problem is can gain their confidence.
9. Never threaten or argue with a mentally ill person. Never tell the person he is wrong.
10. Be prepared for resentment from the mentally ill when first contacted. Through persuasion and rapport you may induce them to accompany you or follow your directives.
11. Sometimes the officer must issue a firm, direct order in order to shock the subject into cooperation. A tone of authority demanding obedience sometimes gets through to the subject, causing him to cooperate.

12. It is not unethical to use a little subterfuge when dealing with the mentally ill. Do not, however, tell them outright lies. They are distrustful to begin with, and an outright lie might ruin all chances of cooperation.
 13. Always be prepared for the totally unexpected.
- L. What are dangerous tendencies.
1. The compulsion or impulse to commit suicide.
 2. The compulsion or impulse to murder.
 3. The compulsion or impulse to maim oneself.
 4. The compulsion or impulse to maim another.
 5. The compulsion or impulse to cripple or mutilate oneself.
 6. The compulsion or desire to cripple or mutilate another.
- M. The planned or systematic approach to handling the abnormal or mentally ill.
1. The pleasant and sympathetic approach. Be friendly, identify yourself and unhurriedly explain the problem and the solution to the problem.
 2. If the initial approach fails then more determined verbal firmness becomes necessary. Let the individual know where he stands - that there is some question of his sanity or the propriety of his conduct. Advise that a more cooperative attitude would help eliminate the suspicion that exists.
 3. If there are no results so far with the previous approaches, more drastic methods are needed. Physical restraint of the subject now becomes necessary. Two or more officers (never underestimate the strength of a mentally ill person) should gradually maneuver the person into a spot where the mentally ill person can be overpowered with the least risk of injury to all involved. The patient should be restrained, not struck. Once restrained, remove him.
 4. Where a weapon is in the possession of the patient, great care must be used. Sometimes tear gas can be effectively utilized in moving him to another area. Remember the

person may have a weapon but unlike a sane person, the mentally ill person may use the weapon against himself before he will use it on someone else. Remember the unpredictability of the mentally ill.

5. Proper handling is demanded primarily by the dictates of common decency and the fundamental principles of humanity. Not to be disregarded is the public relations factor and the possibility of severe adverse criticism brought on by improper handling.

N. Restraining the mentally ill.

1. Restraining the mentally ill can sometimes be quite a task, as they often have increased strength as a result of an obsessive drive.
2. If the mentally ill show signs of violence, they should always be handcuffed, hands behind their back. If the subject should apparently return to normal and appear relaxed, do not take the handcuffs off him even if he assures you that he is all right.
3. One of the best ways to control a mentally ill person who is violent, is to cut off his air supply. It seems to bring him to his senses temporarily.
4. Cutting off the air supply can be done with a short jab to the stomach, knocking the air out. Another way that might be better is the cutting off of the blood supply to the brain by applying pressure to the carotid artery. This can be done with the thumb and index finger when facing the subject or may be accomplished from behind by wrapping the arm around the subject's neck with the elbow even with the Adam's apple. By flexing the muscles, pressure is applied to the carotid arteries and unconsciousness will soon result. This seems to bring the subject to his senses temporarily because of a change in blood pressure in the brain.
5. If the subject is in a room, the officer may be able to obtain a blanket and wrap him in it. This serves as a do-it-yourself straight-jacket.
6. Another thing that may be used in place of a blanket, is a rug. If the subject can be held on the floor near

the edge of the rug, the edge may be lifted over him, and he can be rolled up quite securely.

7. If possible, search the subject before removing him from the premises.
8. The key to handling mentally ill persons is patience, understanding, ingenuity and common sense.
0. Guarding and transporting the mentally ill.
 1. Never take your eyes off a mentally ill person.
 2. Never leave a mentally ill person in a room alone regardless of the sex. The person may kill himself.
 3. Don't let a woman change clothes - put one of her coats around her and go that way.
 4. Call for an ambulance if necessary. In transporting the patient, use discretion and try to eliminate any unnecessary embarrassment to the patient or relatives.
 5. Always unload your gun before entering any psychiatric ward of a hospital.
 6. Treat the psycho as a semi-prisoner.
 7. If the person absolutely must go to the toilet don't leave the person alone. Go with him and leave the door open.

II. Understanding Suicides - Their Prevention and Investigation.

A. The frequency of suicide.

1. At least 60 Americans take their own lives every twenty-four hours.
2. More than 25,000 persons in the United States killed themselves in 1967, and nine times that many attempted suicide.
3. Many of those who attempted will try again, a number with lethal success. And here's the irony: except for a very few, all of the people who commit suicide want desperately to live.
4. At one time or another almost everyone contemplates suicide. It is one of several choices of action open to man.
5. Most of these deeply troubled men, women, and children are submerged in their own despair.
6. No single group, nor color, nor class of people is free from self-inflicted death. Rich or poor, male or female, Christian or Jew, black or white, young or old - to some extent every category of man suffers death by suicide.
7. There appear to be some statistical differences. In the United States, the number of men who kill themselves is three times higher than that of women, though women attempt suicide more often than men; whites twice that of Negroes; college students half again as much as their non-college counterparts; for collegians, suicide is the third leading cause of death - only accidents and cancer take more lives; single people twice that of those married; and among adults, it is more frequently the elderly who kill themselves.
8. Suicides are much less accurately reported in some places than others; suicide is among the ten leading causes of death in the United States.
9. Of every 100,000 persons in this country, each year 11 choose suicide. Most other countries report suicide rates lower than the United States.

B. The typical American suicide - its cost and impact.

1. The most typical American suicide is a white Protestant male in his forties, married with two children. He is a breadwinner and a taxpayer.
2. The sorrow his untimely preventable death brings to his family cannot be totaled, but the financial burden on his family and community is considerable.
3. Costs begin with the city or county ambulance fee.
4. The cost of the coroner's time and facilities soon follows.
5. Widow's and survivors' benefits and insurance must be added. Then there is the heightened probability of subsequent indigent relief.
6. Recent studies indicate that the surviving children of suicide victims more often require mental health care. Mental and physical care for a suicide's survivors usually must be provided by the city or county to whom the suicide has irrevocably bequeathed this responsibility.
7. Over the years, a suicide can cost his community at least \$50,000. In the end, counting all the taxes that he would have paid over the next quarter century, a suicide may cost his community a great deal more.

C. Why do people kill themselves?

1. For troubled men, each day is different.
2. Why do men kill themselves?
 - a. This is the first question asked by anyone who knew the person who committed suicide. Certainly he was tragically upset.
 - b. But this alone does not explain why he took his own life.
 - c. So many other people carry heavier burdens in their daily lives, yet persevere.

- d. What made this person different from those others? Why did he give up?
- e. Men have been puzzled by suicide for centuries. Only in the last 50 or 60 years have any scientifically tenable explanations taken shape.

3. One theory highly regarded today was proposed by the French sociologist Emile Durkheim, late in the 19th century.

- a. Suicide, Durkheim asserted, is the result of society's strength or weakness of control over the individual.
- b. According to Durkheim, there are three basic types of suicide, each a result of man's relationship to his society.
 - 1) The "altruistic" suicide is literally required by society. The customs or rules of the group demand it under certain circumstances. Historically, Japanese committing harikiri are examples of altruistic suicides. Hindu widows who willingly cremated themselves on the funeral pyres of their husbands were also examples of altruistic suicide; the persons had little choice. Self-inflicted death was honorable, continuing to live was ignominious. Society dictated their action and, as individuals, they were not strong enough to defy custom.
 - 2) Most suicides in the United States are "egoistic" - Durkheim's second category. Contrary to the circumstances of an altruistic suicide, egoistic suicide occurs when the individual has too few ties with his community. Demands, in this case to live, don't reach him. Proportionately, more men who are on their own kill themselves, than do church or family members.
 - 3) Durkheim's third theory, called "anomic," refers to those suicides that occur when the accustomed relationship between an individual and his society is suddenly shattered. The shocking, immediate loss of a job, a close friend, or a fortune is thought capable of precipitating anomic suicides; or, conversely, poor men surprised by sudden wealth have also, it has been asserted, been shocked into anomic suicide.

4. As Durkheim detailed the sociology of suicide, S. Freud fathered psychological explanations. To Freud, suicide was essentially within the mind. Since men ambivalently identify with the objects of their own love, when they are frustrated the aggressive side of the ambivalence will be directed against the internalized person.
 5. Psychonalytically, suicide can thus be seen as murder in the 180th degree.
 6. While these perceptive men, half a century ago, evolved their own distinctive theories to explain suicide, authorities today are melding these theories.
 7. As an outgrowth of Durkheim's original thinking, sociologists now feel they can explain suicide in the United States as partly resulting from the peculiarities of this culture that suicide is a "barometer of social tension."
 8. The psychologists understand suicide in terms of various levels of pressure on men, which sometimes parlay into suicide.
 9. A primary cause for suicide might be a traumatic experience during childhood or youth, a physical handicap, or any of various fundamental psychological disturbances. An individual may be so affected by any of these primary problems that his outlook, manner of thought, or perspective will sustain further impetus to commit suicide.
 10. With these underlying tensions pulsing inside a person who is already somewhat suicidal, the end of a love affair, a failed examination, a serious illness - almost any unfortunate experience - can precipitate an attempt at self-destruction.
- D. Suicide notes and their meaning.
1. No one is 100 percent suicidal. Psychologists today realize that even the most ardent death wish is ambivalent.
 2. People cut their throats and plead to be saved at the same moment. Suicide notes often illustrate the fatal illogic of the suicidal person, the mixing of cross-purposed desired.

3. Simple, but pathetic messages are actual suicide notes. Like the iceberg's tip above the surface, they hint at the awesome mass below.
4. When a man is suicidal, his perspective freezes. He wants to live, but can see no way. His logic is confused, but he cannot clear his head. He stumbles into death, still gasping for life, even in those last moments when he tries to write down how he feels.
5. Though overflowing with genuine emotion, a suicide note is usually written with a specious logic that demonstrates the confusion of its author.
6. These notes often instruct someone to do something in the future. There is the implication that the suicidal person will be there to insure that his orders are carried out.
7. Other notes reflect a sad desire to punish persons close to the suicide, as if he would be able to observe the pity and tears he has created.
8. Employing bizarre logic, still others identify their own death with suffering, and kill themselves because they are suffering.
9. No one knows what it is like to be dead. At best, one can only imagine what it would be like if one were alive to watch - an invisible personality - at one's own funeral. Often, such an attractive fantasy intoxicates the suicidal mind, and tips the scale to death.
10. But until the very moment that the bullet or barbiturate finally snuffs out life's last breath - while the ground is rushing up - the suicidal person terribly wants to live. No doubt, he also wants to die. But it is an ambivalent wish - to die and to live.
11. Until he dies, a suicide is begging to be saved. Before his death, the suicidal person leaves a trail of subtle and obvious hints for his intentions. Every suicide attempt is a serious cry for help.
12. Since people who kill themselves also want to live, and since their acute suicidal states are temporary - that is, given the opportunity to clear their heads, almost all would choose to live - help should be offered to the suicidal by the police officer if possible.

E. Prevailing attitudes of those who attempt suicide.

1. The victims of suicide are not only those who die by their own hands.
2. The families - the wives or husbands, brothers and sisters, parents and especially the children - of suicide are undoubtedly stigmatized.
3. There is an onus associated with suicide that has nothing to do with the loss of life. A suicide in the family irrevocably affects the relatives.
4. The mode of death forever after is mentioned by the family in whispers, if it is mentioned at all. They would rather their loved ones die of almost any other cause, no matter how painful or expensive.
5. There is a taint, a stigma, an aura of sham that envelops the family of the suicide and marks even the closest friends and associates.
6. The guileless remark, "Her father committed suicide," is never forgotten by anyone who hears it. Suicide is never totally forgiven.
7. People have been killing themselves since the beginnings of recorded history, probably ever since there has been the species. The action has always been condemned, with only occasional and specific exceptions, by most other men. And suicide is still very much taboo today.
8. Probably the present attitude stems from the long history of suicide's condemnation.
9. Suicide is and always has been an action that contradicts the valuation of human life, a basic democratic and social ethic. Throughout the years, various societies have responded to this insult by many crude and cruel means.
10. The bodies of suicides have been dragged through the streets, hung naked upside-down for public view, and impaled on a stake at a public crossroads.
11. The dead man could not be punished, of course. But his widow and children could be.

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12. Early English practice was to censure the suicide's family formally, deny the body burial in the church or city cemetery, and confiscate the survivors' property. As a violation of one of the Ten Commandments, suicide has been called a crime against God, a heinous offense punishable in hell, of course, but also in man's courts.

F. The rise of humanism.

1. With the rise of humanism in the 18th century, attitudes toward the suicidal person shifted.
2. The suicidal person came to be seen, not as a malicious criminal, but as a lunatic. As such, however, he fared little better.
3. The mentally disturbed have been treated as society's pariahs until only recently. Even today, they are not fully accepted.
4. But times and attitudes have changed. Scientists have come to take a more enlightened stand on suicide, notably in the last few decades.
5. Although the act of suicide is still socially taboo in the western world, education and mental health advances have encouraged its study, and the effective treatment of the suicidal has begun.
6. Most of the early state laws outlawing suicide and punishing attempts have subsequently been revoked. Those still on the books are rarely enforced.
7. The courts have begun to interpret suicidal deaths as results of mental disturbance.
8. In the wake of current professional studies and news articles on their findings, the public is beginning to realize that many suicides can be prevented.

G. Clues to suicide.

1. Almost everyone who seriously intends suicide leaves clues to his imminent action.
2. Sometimes there are broad hints, sometimes only subtle changes in behavior, but the suicide decision is usually not impulsive. Most often, it is premeditated.

3. Although it might be done on impulse, and to others appears capricious, in fact, usually suicide is a decision that is given long consideration. It is not impossible to spot a potential suicide if one only knows what to look for.
4. Three-fourths of all those who commit suicide have seen a physician within four months of the day on which they take their lives.
5. When people are suicidal, a state of mind that comes and goes, there is no single trait by which all of them can be characterized. Always, however, they are disturbed, and often they are depressed. They feel hopeless about the direction of their lives and helpless to do anything about it. Under the mammoth weight of their own pessimism, they sink to their death.
6. Usually their attitude reflects itself in various verbal or behavioral "clues." Most obvious are the self-pitying cries of those who threaten, "I'm going to kill myself." They usually mean it, at least unconsciously. They just haven't decided how or when.
7. If conditions in the suicidal person's life do not change, he will soon set the time and choose the method of his death.
8. All verbal indications should be taken seriously.
9. Dejected or angry asides such as "I want to die. This is the last straw...my family would be better off without me...I won't be around much longer for you to put up with" - all are real clues to suicide, and too seldom taken as such.
10. There are also behavioral hints, some quite obvious. A suicide attempt, no matter how feeble or unlikely to succeed, is the starkest testimony of the suicidal state.
11. "She just wanted attention," is the exasperated comment which often follows a suicide attempt. Indeed, that is exactly what she wanted. Without it, she may well succeed in her next attempt. Four out of five persons who kill themselves have attempted to do so at least one time previously.

12. There are less pointed behavioral clues to suicide. Though not so readily discerned, they predict a suicide quite accurately. Once a person has finally decided to kill himself, he begins to act "differently."
 - a. He may withdraw to become almost monklike and contemplative.
 - b. He may drastically reduce eating or refrain from conversation and ignore normal sexual drives.
 - c. He may either sleep more soundly or suffer from insomnia.
 - d. He may have a will drawn up or, often, act as if he were going on a long and distant trip.
 - e. He frequently gives away what for him have been highly valued material possessions.
 - f. College students give away their skis, watches, and cameras.
 - g. Wealthier men and women make outright money grants of cash to relatives and friends.
 13. Occasionally, the situation itself may be the final straw, and is the crucial indicator of imminent suicide. People already suffering from suffocating depressions often kill themselves on learning - or believing erroneously - they have a malignant or fatal disease. Singly, any of these rather unexpected acts or remarks is not particularly significant, but clustered, they predict suicide.
 14. These are the clues to suicide. They are not too difficult to recognize. But it is not so easy to determine just how close the troubled person actually is to a suicide attempt.
- H. The suicidal crisis - the significant other person.
1. Suicidal crises almost always concern two people; the suicidal person and the "significant other": father, wife, mother, lover, or whoever.
 2. It does little good to counsel a suicidal person who will return a few hours later to the relationship which has just driven him to the brink of self-inflicted death.

3. The significant other person in his life must be made aware of the situation, and, if possible, become involved in the life-saving efforts. In many cases, these "others" show surprise, concern, and a willingness to help - at least to some extent; in some cases, they must be disregarded or even circumvented.
 4. Sometimes, only a little help is needed during the period of the suicidal crisis. A person who verges on suicide also clings to life. All of his problems cannot be erased quickly.
 5. Fortunately, people are not permanently suicidal.
 6. Even for those whose daily lives are as gloomy as the black despair inside their minds, the suicidal mood ebbs and flows like the tides.
- I. The sub-intentioned death.
1. There is still another aspect of death which does not appear on death certificates today. This is the "sub-intentional" death.
 2. Among the modes of death listed today - natural, accidental, suicide, and homicide - there is no space for the sub-intentional death.
 3. But authorities now realize that those same pressures which work fatally on the victims of suicide sometimes move more subtly.
 4. No one knows how many accidental and natural deaths are caused by the sub-intentioned wish to die.
 5. Some people want to die, but have not reached that state where they will act consciously on a suicidal desire. Instead, they begin to live more carelessly and unconsciously imperil their lives.
 6. Fate, they seem to be saying, will make the crucial decision, but they are giving death the edge.
 7. Generally today, these deaths are ruled as accidental. But it has been proposed that the prior attitude of the victim toward his death be assessed as intentioned, sub-intentioned, or unintentioned - and thus reported on the death certificate in addition to the usual cause and mode of death.

8. Some people are eating away at their own lives. If they do not have the resolve to commit suicide overtly, they can still offer up their lives to chance.
 9. Sooner or later, many of them will succeed in killing themselves...or permit some disease to kill them.
 10. Whether these sub-intentioned deaths are called accidental or natural, they are nonetheless results of death-oriented behavior. Suicide prevention efforts can also save many of these death-prone persons.
- J. Some methods of suicides and attempted suicides.
1. By ingestion.
 - a. Swallowing pills.
 - b. Swallowing poisons.
 2. By jumping from high places.
 3. From self-inflicted wounds.
 - a. Slashed wrist wounds.
 - b. Gunshot wounds.
 4. From inhalation poisoning.
 - a. Gas poisoning.
 - b. Carbon monoxide poisoning.
- K. Handling the attempted suicide problem.
1. About half of all suicide attempts that an officer handles are not really attempts at suicide, but are attempts to gain sympathy, with no real intention of taking their life.
 2. Most of those who intend to commit suicide just do it without any fanfare.
 3. There are some exceptions, but many of the exceptions are cases where the person didn't really intend to commit suicide, but misjudged:

- a. The time it would take for help to arrive.
 - b. The means by which they used to make the attempt look convincing.
4. The police officer has the responsibility in dealing with attempted suicide cases.
 5. Should the officer commit the subject to a mental institution or not?
 6. If the officer were to commit all persons to a mental institution who have attempted or have indicated they might attempt suicide, the institutions would not be able to hold them all.
 7. Yet if the officer were to release the person, and later that person were to commit suicide, the officer might be held legally responsible for failing to perform a legal duty.
- L. Action to be taken by the officer regarding suicide attempts.
1. By ingestion.
 - a. If poisons or pills are used, look for the container and give the person the antidote named.
 - b. If no container is found, the victim may be conscious and can give you the name.
 - c. Give the name of the poison or pills used to the prowl car man or ambulance crew to give to the doctor.
 - d. As a general rule, poisons do not cause death nearly as fast as does breath stoppage or arterial bleeding.
 - e. The problem is that you do not know how long it has been since the poison was taken.
 2. By jumpers.
 - a. "Jumpers" is a term designating persons who have committed or are attempting suicide by leaping from a building, bridge or other height.
 - b. When you come upon a jumper, don't try to take him alone.

- c. The individual may be so desperate and strong that he will take you with him.
- d. Your sudden approach may cause him to jump.
- e. Call for assistance.
- f. Then try to save his life by talking, delaying his final act until additional personnel arrive on the scene to set up life-saving nets and rescue apparatus.
- g. If the individual smokes, offer him a cigarette but say that you are sending someone for a match, thereby delaying his leap.
- h. If the individual drinks, tell him you will send somebody to buy his favorite brand.
- i. Get the individual talking and be an attentive and interested conversationalist. Every time he finishes a story, you begin one.
- j. Appeal to his interests. Ask him questions about them.
- k. Tell him you can get tickets for his favorite sports event, etc.
- l. Keep him talking, agree with him, promise him anything and become his friend.
- m. If the jumper is well-groomed, admire his taste and ask him where he bought his suit and tie.
- n. If the person has financial troubles, tell him that you can get him financial assistance. Tell him what he wants to hear.
- o. Tell him about police work. Keep him occupied, thereby getting his mind off suicide.
- p. When the jumper is a religious man, get someone of the same religion to help you.
- q. If the individual is of foreign extraction, try to find a person who speaks his native tongue to talk to him.
- r. Don't make any quick moves and don't allow others to do so until you are ready to rescue him.

- s. A flash of a photographer's flashbulb may set the jumper off.
 - t. Use your head and you may save a life.
3. From self-inflicted wounds.
- a. Many times committed by men.
 - b. Many times successful.
 - c. Time is essential - the bleeding may prove fatal.
 - d. A slashed wrist wound.
 - 1) Mostly committed by women.
 - 2) Most times not successful.
 - 3) Time is essential if an artery has been cut.
 - e. A gunshot wound.
 - 1) Mostly committed by men.
 - 2) Most times is successful.
 - 3) Time is essential if death is not instantaneous because:
 - a) Bleeding is usually profuse.
 - b) Internal devastation is caused by the gunshot.
4. From inhalation poisoning.
- a. Gas poisoning.
 - 1) The foot patrolman in the larger cities, especially in the "skid row" and low rent districts, very frequently has to investigate suicides - especially suicides by gas.
 - 2) If you smell gas coming from a room or have any other evidence of an existing emergency, don't hesitate to break in. A kick with the bottom of your foot next to the lock will usually tear the lock loose; or you can kick

out a small panel. If the door is solid, and you can't get into the room through a window because it is above the first floor, call the fire department and have them chop down the door with their axes.

- 3) Once inside, determine where the gas is coming from and shut it off, if possible.
- 4) If not possible, such as when there is a break in a pipe ahead of the valve, have someone contact the gas company immediately to turn the gas off. The gas company will comply immediately since any accident where the company could be at fault could result in a lawsuit.
- 5) If it is a broken pipe, which is doubtful, remove the victim to fresh air, open all windows, and close the door to prevent the gas from filling the building.
- 6) If it is the burners which are open, close them and notice how many were open. Notice if the pilot light is burning and if it is, blow it out. Notice of a pot of coffee or some other pot could have boiled over and put out the flame.
- 7) If you can shut the gas off, ventilate the room but also open the door. The relatively small amount of gas in the room will not be as dangerous as it would be with a broken pipe; but do not let anyone smoke or cause a spark until the gas is dissipated.
- 8) Check the victim for signs of life after you have removed him to fresh air.
- 9) Keep in mind that a gas victim could be a cherry red color.

b. Carbon monoxide poisoning.

- 1) Open the door to the enclosure and the car.
- 2) See if the ignition is in the "on" position.
- 3) Turn off the ignition switch. A spark could set off the unburnt fumes in the area.

- 4) Pull the victim to fresh air and start resuscitation procedures.
 - 5) Carbon monoxide is particularly explosive just as natural gas.
- M. Accurate reports needed - a thorough investigation should be conducted.
1. At present, suicide is not uniformly reported.
 2. What constitutes suicide in one county, city, or state is often not the same for the coroner in the neighboring area.
 3. Some coroners report as suicides only those deaths which are accompanied by suicide notes.
 4. In all cases, coroners and physicians are under pressure in their communities to certify suicides as accidental or natural deaths.
 5. The families of suicide victims are loath to have self-inflicted death accurately reported.
 6. Many of them petition coroners to change their rulings to accidental or natural death.
 7. In three-quarters of these cases insurance money hangs in the balance. Some life insurance policies will not pay their face value for death by suicide.
 8. Since it is now known that suicidal persons almost invariably leave clues to their intentions days or weeks before they act, these "death investigation teams" often accurately uncover the true mode of death.
 9. The clues are gleaned by carefully assessing the information gathered from interviewing members of the deceased's family, friends, co-workers, physicians, and others.
 10. Death investigation teams attempt to discover whether the deceased actually intended to die during those last days of his life.
 11. If the investigators learn that prior to death the deceased was very depressed, had seen a physician recently, and had spoken or acted in such a way that had indicated he was suicidal, this can be established.

12. Sometimes, what appear to be suicides are actually accidental deaths. Homicide investigation teams may help the family survivors avoid the stigma of suicide.
13. It is equally important that death by suicide is accurately certified.
14. The scientific community demands accurate death certification. Suicide prevention requires honest reporting for the benefits of all citizens as well as for factual, accurate criminal investigation.

N. Facts and fables on suicide.

1. Fable: People who talk about suicide don't commit suicide.
Fact: Of any ten persons who kill themselves, eight have given definite warnings of their suicidal intentions.
2. Fable: Suicide happens without warning.
Fact: Studies reveal that the suicidal person gives many clues and warnings regarding his suicidal intentions.
3. Fable: Suicidal people are fully intent on dying.
Fact: Most suicidal people are undecided about living or dying, and they "gamble with death," leaving it to others to save them. Almost no one commits suicide without letting others know how he is feeling.
4. Fable: Once a person is suicidal, he is suicidal forever.
Fact: Individuals who wish to kill themselves are "suicidal" only for a limited period of time.
5. Fable: Improvement following a suicidal crisis means that the suicidal risk is over.
Fact: Most suicides occur within about three months following the beginning of "improvement," when the individual has the energy to put his morbid thoughts and feelings into effect.
6. Fable: Suicide strikes much more often among the rich - or, conversely, it occurs almost exclusively among the poor.
Fact: Suicide is neither the rich man's disease nor the poor man's curse. Suicide is very "democratic" and is represented proportionately among all levels of society.

7. Fable: Suicide is inherited or "runs in the family."
Fact: Suicide does not run in families. It is an individual pattern.
8. Fable: All suicidal individuals are mentally ill, and suicide always is the act of a psychotic person.
Fact: Studies of hundreds of genuine suicide notes indicate that although the suicidal person is extremely unhappy, he is not necessarily mentally ill.

III. Understanding the Legal Procedures for Hospitalization of Mental Patients.

A. A person's liberty.

1. The deprivation of liberty should be only through due process of law.
2. "No person who is a resident of this state shall be detained as a public or private patient in any institution, public or private, or in any institution, home or retreat for the care or treatment of the insane, feeble-minded or epileptic except upon an order for commitment as hereinafter provided...."
From Michigan Statute MSA 14.809.

B. Introduction to legal procedures.

1. The hospitalization of mental patients is a difficult and sometimes frightening experience, not only for the patient but for relatives as well.
2. For the first time in their lives, they are confronted by the mysteries of serious mental illness, while at the same time they must struggle with the complexities of our commitment laws and the court.
3. Contemplation of the known is often less disturbing than the unknown; knowledge of the procedures facing patients and relatives may translate itself into the power to meet the problems.

C. Admissions to hospitals.

1. There are two kinds of admission to hospitals for mentally ill persons.
 - a. Voluntary admission, when the patient agrees to go to the hospital without protest.
 - b. Involuntary admission, or commitment.
2. There are also emergency and temporary measures to detain a person for fixed short periods.
3. Before considering procedures leading to court commitment of a patient, it is wisest to understand these various kinds of hospital admissions.

D. The voluntary admission.

1. When mental illness strikes, relatives should first of all turn to their family physician for advise and counsel.
2. Many times - increasingly so as we come to understand troubled minds - the family doctor will advise relatives simply to take the patient to a hospital for treatment.
3. This probably will be either a general hospital with psychiatric services, or a private mental hospital.
4. If the physician can bring a psychiatric specialist into consultation, much may be accomplished without involving the law and the courts.
5. It is best by far for the patient to agree to go to the hospital without protest. Persuasion should be tried as many times and in as many ways as possible to convince the patient of this. If the patient can understand that this is only for temporary diagnosis and evaluation, it will often be possible to persuade him.
6. Voluntary admissions to state hospitals for the mentally ill are originated at those hospitals. Admission applications are obtained at the hospital rather than at the Probate Court.
7. The procedure simply requires that a relative take the patient to the state hospital directly, talk to the superintendent or his designate, and arrange for the admission of the patient.
8. It should be noted that while this type of admission is encouraged when the patient accepts it, the demands on state mental hospitals are such that voluntary admissions are not always readily available.
9. Only in cases where financial difficulties exist will the hospital supply forms to determine the cost of care for the patient. These forms should be taken to the probate judge in the patient's home county to sign.

E. The involuntary admission or commitment.

1. Commitment is simply the enforced hospitalization of a mental patient who refuses to be voluntarily admitted or who is too ill to admit himself.

2. The law is involved in this, of course, because no one should be deprived of liberty without due process of the law.
3. Almost all commitments are to a state mental hospital.
4. Commitment may be to a private mental hospital accredited by the Michigan Department of Mental Health, although such admissions are usually accomplished somehow on a voluntary basis and commitment is not necessary.
5. Private financial arrangements and means are assumed in such admissions.

F. Emergency and temporary measures for commitment.

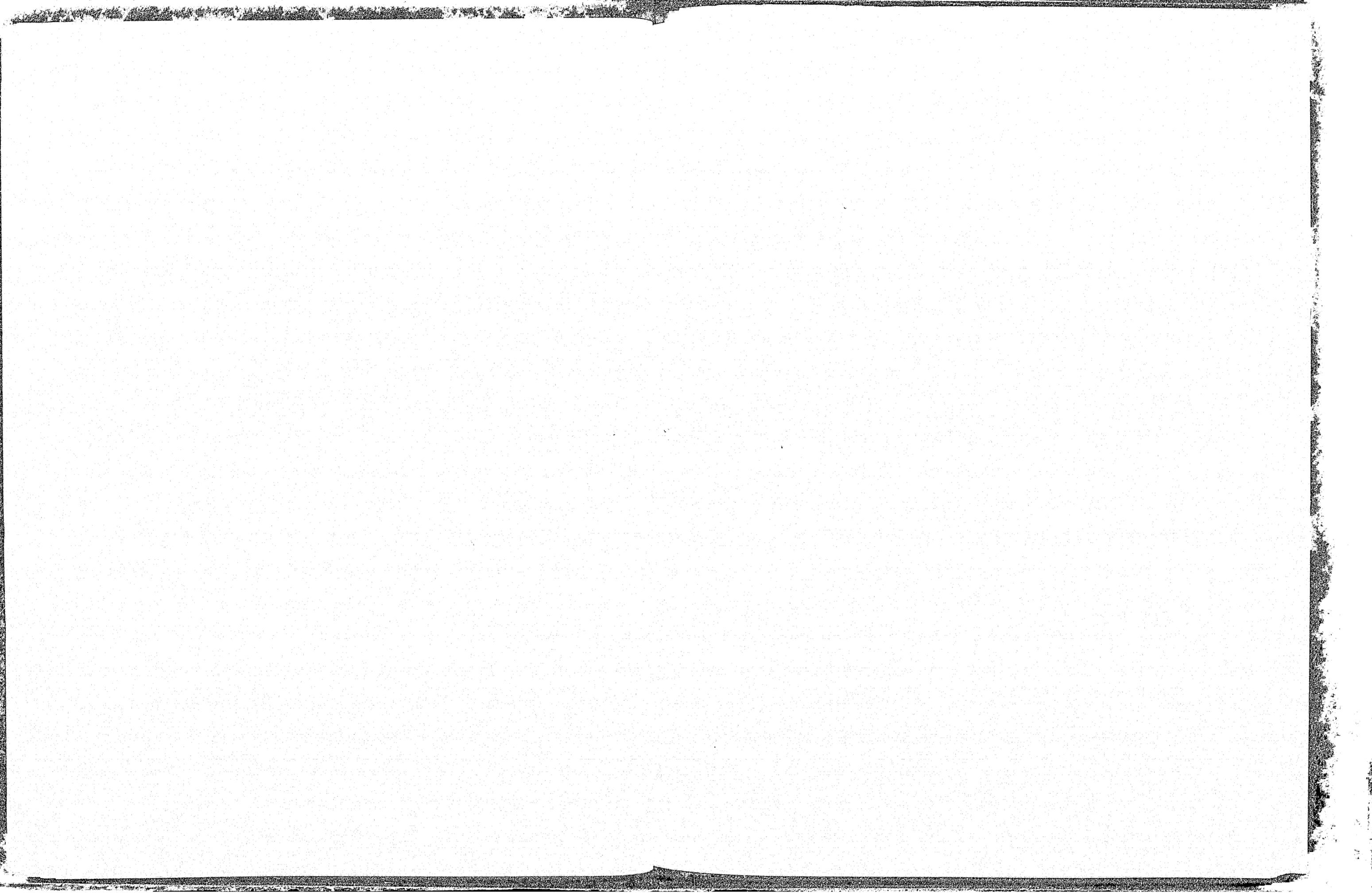
Sometimes a patient needs immediate hospitalization because of danger to himself or to others. There are three legal ways to go about this without court proceedings. They are:

1. Temporary hospitalization for 48 hours is possible via any police officer or deputy sheriff, with the approval of the prosecuting attorney obtained within 24 hours, of any person he believes to be mentally ill and who is showing signs of "homicidal or other dangerous tendencies."
2. Temporary municipal detention for five days is possible where a regularly appointed city, town or county physician finds upon examining the patient that immediate hospitalization is necessary for the public safety. He makes a certificate to that effect and the patient may be brought into the hospital.
3. Temporary detention for five days on the strength of two physicians' written certificates is possible. A relative or other person who believes with the two physicians that the person is mentally ill can present the certificates to the judge, and if this convinces the judge that "it is necessary and essential to public safety to do so, the judge may order up to five days of temporary hospitalization.
4. There is one other possible method of temporary detention: If Probate Court proceedings to commit a patient have begun, and it is believed that the patient needs custodial care during the proceedings and until hospital admission is accomplished, temporary detention up to 60 days is possible on a Probate Court order.

- a. This is only after the first several steps of Probate Court commitment have been taken.
- b. Again to protect the liberties of the patient, the petition to commit must be made, signed and filed as required, and two physicians' certificates must be on file with Probate Court recommending such temporary hospitalization as "necessary and essential."

G. The steps in Probate Court commitment proceedings.

1. With the knowledge of various types of hospital admissions - voluntary, commitment and temporary - an understanding of the manner in which the Probate Court works toward commitment is necessary.
2. These proceedings may seem complicated, overlapping and lengthy.
3. Many people think the proceedings should be simplified, or streamlined, so that the stresses and tensions on all concerned could be lessened, and mentally sick people could get into hospital treatment sooner.
4. Many protections of the individual's rights are written into it, and that is why six specific steps must be taken in the commitment procedure.
5. The law is very strict, not only in requiring that all the following steps be taken, but that they be taken in exact order and timing, step-by step, as follows. If done out of sequence, the whole process is invalid legally.
6. In order to accomplish these steps correctly and avoid any unnecessary confusion or delay, interested parties should first of all call their local Probate Court and explain the problem. In this way they will be informed of local requirements in starting these commitment procedures.
7. This is how commitment procedure works:
 - a. File a petition with the Probate Court, These petitions are available in the Probate Court of the county of the patient. It may help to have a lawyer make it out properly. The petition must declare that the patient is mentally ill and needs hospitalization for treatment of the mental illness. It must also list relatives of the patient, his age, and other information.



- d. The next step is the notice of commitment hearing. The Probate Court sets the hearing date by issuing written notices which must be personally handed to and served upon the patient, the petitioner and the relatives who live in the county. Relatives living outside the county may be served by registered mail. The hearing cannot be held until at least 24 hours have elapsed after the notices are served.
- e. The hearing is held as an inquest. The petitioner, the relatives and the patient all appear in Probate Court at the time set in the notices. If the patient, relatives or the judge request it, an attorney may be appointed to represent the patient, and a jury of six appointed to hear the case. The patient's presence at the hearing may be excused by the judge only if the two physicians' certificates recommend that the patient stay away because it would be improper and unsafe for him to appear, with the certificates also containing the facts upon which this recommendation is based. Furthermore, the judge should require that this be amplified at the hearing by the petitioner and any other witnesses he may require. Only then can the judge enter an order excusing the appearance of the patient at the hearing.

The hearing proceeds with the petitioner being sworn in, asked to reiterate the matters in the petition, elaborate and add other pertinent facts on the patient's mental illness and his need for hospitalization. The patient, of course, may speak to the matter. Other persons present with knowledge of the relevant actions, looks and words of the patient will be questioned and examined.

When the state mental hospital is involved, certain close relatives have the legal responsibility to reimburse the county and state for the cost of care, up to the limit of their ability to do so. The patient's own funds and property are, of course, first liable. All of this will also be explored in the hearing.

- f. The Court's findings and decision conclude the commitment process. The judge must decide whether the patient is mentally ill, and in need of treatment in a hospital. This is a double finding, and both parts must be rendered - not just the decision that the patient is mentally ill. If both facts are

not found, the judge will dismiss the case. If they are both found, the court has a choice of two possible orders (besides the temporary detention order up to 60 days mentioned on previous pages). The two choices are:

- 1) A regular or permanent order of commitment for an indefinite time - so long as the administrator of the hospital involved deems it necessary to keep the patient for in-patient treatment.
- 2) A 60 day diagnostic order may be made. This order is made if the judge finds that the degree of mental illness is such that a short term of treatment may be all that is required; or if the patient or his relatives request such an order and the judge concurs; or if the judge is not convinced a regular and permanent order is necessary. If such a 60-day diagnostic order is made, a second hearing near the end of the 60-day period is required to consider the report of the hospital with its recommendations about further hospitalization, which will have been filed in writing with the Probate Court. Based on this report, the judge may issue a final order of commitment, or when the diagnostic report indicates it, the patient may be released to go home. This is the end of Probate Court procedure to commit a mentally ill person.

H. The waiting lists.

1. When a commitment order has been entered by the judge, copies are sent to the hospital involved and the patient then is placed on a waiting list at the hospital, awaiting actual admission.
2. This is because Michigan state mental hospitals are now overcrowded, and patients cannot always be accepted immediately upon commitment.
3. The hospital must notify the court when the patient can be received.
4. When the patient is actually admitted into the hospital, the control over the patient shifts to the hospital administration and the court's role is, for all practical purposes, ended.

5. Visiting privileges, release, trial home visits, types of treatment given, mailing privileges, ground privileges, convalescent status releases - all these matters fall under the administration of the hospital and not the court.

I. Convalescent status.

1. After a patient has received treatment in a state hospital, he is not usually fully released, but released for a trial period of one year called "Convalescent Status."
2. If the patient has a relapse during the one-year period of convalescent status, and needs further hospitalization, the state hospital administrator must be directly informed. The patient may then be summarily readmitted by the hospital's order without further court proceedings.
3. If the relapse occurs one full year after the patient was last in the hospital (as an in-patient, or overnight), then a completely new proceeding in court must be started, and all the steps mentioned before must be carried out again.

J. The loss of civil rights.

1. A patient who has been found by court order to be mentally ill and in need of hospitalization loses some of his civil rights.
2. It is not entirely clear which rights he loses, but there is a cloud, at least, upon his right and ability to make and sign legal contracts, deeds and instruments and upon his right to vote.
3. The Probate Court must come back into the picture once again to restore those rights, even after the one year of convalescent status has elapsed.

K. The restoration to mental soundness.

1. Just because a patient is out of the hospital does not mean his civil rights are automatically restored.
2. Just as it was necessary to go to court to commit him, it is necessary to go to court again to legally "uncommit" him.

3. Court proceedings in the Probate Court must again be instituted by a petition, followed by a notice, a hearing, and in some instances, physician examinations and certificates.
4. All this is to establish that the patient has recovered to the point that his rights should be restored to him by an official order of the same court which committed him.

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POLICE ETHICS

I. Introduction to Police Ethics.

A. The definition and scope of police ethics.

1. Ethics is the standard of conduct imposed on a profession by the profession itself.
2. Ethical conduct is the conformance to the standards of a profession.
3. Police ethics refers directly to the accepted standards of conduct imposed upon law enforcement as a profession.
4. Police ethics includes all phases of the profession. Police ethics includes the development of high standards and criteria for conduct and adherence by the membership to those imposed standards.

B. The concepts generally included in ethical conduct for the police profession and individual law enforcement officers.

1. The possession of a good reputation.
2. Professional public service performed in a courteous, efficient manner.
3. The understanding and acceptance of the responsibilities of professional police service.
4. Providing service which is reliable and dependable.
5. In providing the service there must be exercised, individually and collectively, good judgment.
6. The spirit of law enforcement involves conformance to the guidelines for the administration of justice and the following of the due process of law.
7. Also deeply involved are the concepts of honesty, integrity and strong character.
8. Mutual cooperation in the goals of law enforcement on the federal, county, state and local levels.
9. Due to complex and modern social problems, law enforcement officers must be thoroughly trained in all facets of police service.

C. The responsibility for establishing police ethics.

1. The responsibility for establishing the standards for police ethics rests with the profession.
2. The responsibility for enforcing conformance to the standards falls to the collective law enforcement agencies.
3. The responsibility for conformance to the code of ethics falls to the individual officer in law enforcement.
4. The police department and individual officers must adjust their behavior to conform to the standards of the profession.
5. Police professionalization will become a reality when ethical conduct becomes individually and collectively the code of conduct for law enforcement.

II. Achieving Ethics in Police Service Through Professionalization.

A. Achieving professional status.

1. Very often police officials refer to law enforcement as a profession.
2. But police service as now conducted does not meet all the requirements of a profession.
3. There is no serious impediment for police service on its path toward professional status.
4. The trend to professionalizing police service is moving forward.

B. The change from an occupation to a profession.

1. Many federal police agencies, particularly the Federal Bureau of Investigation, have professionalized.
2. Some state police forces have become professionalized.
3. The quality of professionalism is more adaptable where old, antiquated and inflexible police systems and patterns are dramatically reversed.
4. There have been changes in police service in the past, and there will continue to be even more dramatic changes

in the future, to correspond to the needs of a rapidly evolving society.

- C. The complex nature of law enforcement.
 - 1. The police officer must be informed and knowledgeable of the ever-increasing laws and ordinances to be enforced.
 - 2. A police officer's duties require him to make fast, accurate, and efficient decisions concerning the application of criminal laws.
 - 3. The police officer must know criminal laws and procedure to a greater extent than the prosecutor, because the police officer has no time in the field to research a legal question.
- D. General standards for achieving professional status.
 - 1. A certain minimum educational standard must be established to insure a basic amount of knowledge instilled in an officer before entering police service.
 - 2. The level of compensation must be commensurate with the responsibility and authority given an officer for fulfilling his role in the administration of justice.
 - 3. Police service must have status and prestige associated with professional status.
 - 4. There must be a recognition of police services as a profession by those engaged in the administration of justice, and the public.
 - 5. Police service must be respected as an integral part of the administration of justice.
 - 6. Professional standards must be enacted by a professional organization and standards of the profession enforced by the organization upon its members.
 - 7. Membership in the professional association should be mandatory upon all those sworn to enforce the laws.
 - 8. Professionalization of police service is absolutely essential to police service because the services provided to the public are of vital importance to the safety, health, and freedom of America.

III. The Problem of Establishing and Maintaining Police Ethics.

A. The obligation of providing police service and dealing with the crime problem.

1. The police service is dedicated to the safety and protection of mankind.
2. Police officers are constantly involved in problems of ethical importance.
3. As public servants, police officers are duty-bound to serve the public impartially and efficiently.
4. Police service must be impartially extended to all in America, regardless of status, race, color, creed, nationality, or country of natural origin.
5. The American government has a basic responsibility to assure the people service of a highly professional quality.
6. Crime has always been present and viewed in retrospect, it has always been rising at an alarming rate.

B. The social significance of crime.

1. Epidemics of crime have been frequent in the past and were just as alarming as lawlessness is today.
2. Most probably five percent of the population of the United States make a significant part of their livelihood from crime.
3. It is the police who control and prevent crime as much as the public will permit.
4. Police officers will labor in vain and the American people will carry the enormous weight of human loss and tragedy as long as legal procedure and political influences are allowed to bring comfort and aid to millions of criminals.
5. Statistical data indicate that juveniles commit crimes at a soaring rate, which is an indictment of our adult population for their failure.

- a. It is not what adults have done but what they have failed to do that causes this.
- b. When adults refuse to accept their responsibility in observing the law, it is hardly surprising to find juvenile failures.

C. The negative attitude toward the police.

1. Many people do not believe that a police department is run honestly, or that it is in the interest of all citizens.
2. The doubting attitude toward the police by citizens may be primarily a lack of knowledge and understanding of police duties, which must be overcome.
3. Massive public education programs by the police must be undertaken, to inform the public about the police.
4. Few citizens are well informed about all the privileges, duties and responsibilities of police officers; they know only that the police basically are to provide for their security and protection.

D. The citizen's view of the police.

1. Under normal and usual conditions, citizens are not particularly critical of police service.
2. When the public is aroused by acts of malfeasance or misfeasance by law enforcement officers, specific and often harsh criticism may be forthcoming.
3. The public also reacts to inferences or innuendos of laxity in police service, even though their beliefs are entirely erroneous.
4. The police must make a clear and distinct effort to make the truth known, regarding specific charges or allegations.
5. No matter what action the police take to refute charges, allegations, innuendos, and rumors, their effect can never be totally overcome, just hopefully minimized.

E. Shaping the public's opinion of police service.

1. The image of the police, or public opinion of the police, is molded and influenced in many ways.
2. Major sources which affect the public's attitude of the police:
 - a. Observation of the police and their actions in public during the actual occurrence of an incident.
 - b. Observation of the police and their actions on television news reports or documentaries.
 - c. Information received from relatives, friends, and associates.
3. Public opinion must be molded and shaped positively at the source.
4. Facts which are kept in the background or suppressed by the police because they are unfavorable may unexpectedly come to life in a form which seriously shakes public confidence in the police.

F. Conduct of the police in an expanding society.

1. With the population and technological explosion in evidence since the end of World War II, the police can no longer withdraw to the protection of their bailiwick or successfully close their doors to the society they are sworn to protect.
2. The failure or misconduct of one policeman reflects on law enforcement officers throughout the United States.
3. Many stories are presented to the public through mass media regarding questionable practices of law enforcement officers or of graft and corruption.
4. The hue and cry is for honest and efficient law enforcement, and it has only been recently that the public has recognized the need for the professionalization of law enforcement.
5. There are, unfortunately, innumerable instances where the police have exceeded their scope of authority, either intentionally or unintentionally. Exceeding the scope of authority is really oppressive action by the police and is intolerable.

G. The basic practical task of policing.

1. Police officers must of necessity deal with violence, crimes, and criminals.
2. In their eagerness to solve crimes and apprehend criminals, they must not lose sight of the principal difference between totalitarian rule and a democratic government.
3. The basic difference between the two types of governments is not so much the difference in laws, but far more the manner in which the laws are enforced.
4. Police responsibility is to gather facts and make arrests, not to define the guilt or innocence of a suspected criminal who, under our system of law, is innocent until proven guilty.

H. Police use of extralegal means.

1. In the past the police have often used extralegal means to secure the ends of justice.
2. The courts have consistently ruled that when the police use extralegal means they usurp the court's authority.
3. Only a small percentage of police officers in the past engaged in extrajudicial measures, but their misdeeds through the years have brought public criticism upon the police.
4. Today no police officer should ever usurp authority or use extrajudicial means, because it is unethical and usually illegal. If not illegal, the evidence or whatever seized by those extrajudicial means may be suppressed in future prosecutions.
5. Questionable acts by officers must be immediately eliminated if we are ever to secure the faith and confidence of the citizen.
6. The use of the word "profession" involves the responsibility to act in a professional manner.
7. The police must clear up their own ranks from within, if they are to be professional. Police officials must take the initiative to eliminate those officers who use extralegal means.

I. What is involved in accepting responsibility for professionalization.

1. Only a few law enforcement officers are responsible for misdeeds, and this makes it further incumbent upon police officials to act with professional demeanor.
2. Many police administrators have been justly criticized for permitting improper practices and procedure to continue and quickly blame political interference or low salaries. Beyond these reasons lies the administrator's lack of professional demeanor.
3. Political interference can be destructive to a police department and often is a serious obstacle to effective administration of a police department. Political interference, if it does exist, can never be overcome by passive measures of an administrator.
4. By persistency and honesty the police can alleviate, if not eliminate, useless political interference.
5. After honesty and integrity are established and where the police accept the responsibilities of professionalization, salaries will, in time, reflect the true ability of the police.
6. Public support of the police is an end product of faithful, honorable, and effective service to all members of the entire community. Public support must originate with the people.
7. Law enforcement faces and must continue to face a critical public with professional demeanor.
8. Police departments must first establish, then maintain standards for recruitment, training, etc.

J. The benefits of professionalization.

1. Police everywhere would benefit, if law enforcement officers were to accept the responsibility for professionalization.
2. Such benefits would be reflected in increased pay, status, public support, etc.
3. Benefits of professionalization are not necessarily limited to compensation or financial evaluations.

4. The objective of professional service, though not tangible in many instances, transcends individual financial or social benefit.
- K. The International Chiefs set up specific recommendations to be followed for professionalizing the police.
1. A profession requires an organized body of knowledge held as a common possession and extended by the united efforts of those engaged in calling.
 2. Facilities must be provided for professional training in these knowledges and procedures.
 3. Standards or qualifications must be established and recognized by the members for admission to and identification with the profession.
 4. There must be a professional organization of a substantial number of members qualified to practice the profession who will exercise an influence on the maintenance of professional standards and disciplines on the maintenance of professional standards and disciplines and who will promote programs of study and research to strengthen and improve present procedures.
 5. There must be a code of ethics prescribing standards of conduct in the relationships of the members of the profession with the public and with each other and insisting on the obligation to render professional service for reasons beyond exclusively economic considerations.

IV. The Reputation of Police Service.

- A. The public's expectation of the police.
1. Ordinarily the public is quick to acclaim sincere and diligent effort on the part of their protectors.
 2. The public will even condone errors or failure if it is evident that the mistake occurred while the officer was acting in good faith.
 3. When the public sees police malfeasance or misfeasance, they assume a critical attitude.
 4. The amount of fervor over a given incident or series of incidents, whether or not detrimental to the police will be controlled by the previous reputation of the police department in the eyes of the community.

B. Influences on the reputation of the police.

1. The reputation that the police service bears with the public is influenced significantly by the reaction of the public to the impact of the personalities of its members.
2. Personality traits which elicit the trust of the public are loyalty, determination, intelligence, honesty, unselfishness, and moral ascendancy.
3. Personalities which incur the distrust of the public are traits such as disrespect, dishonesty, unintelligence, etc. These are vigorously resented and condemned.
4. What the public thinks of the individuals who form the service will determine the organization's collective reputation. The actions of a few reflect on the many, and individuals collectively form the reputation of the entire department.
5. Unfortunately, one untimely or stupid discourtesy on the part of just one officer forms the criterion by which the whole department is judged.

C. The building of a favorable reputation.

1. The good reputation that the police service bears is constructed upon a favorable relationship with the public, expressed through public confidence.
2. Consistent progress or accomplishments result when the internal strength of the organization is apparent.
3. Internal strength of an organization is expressed by high morale stemming from genuine loyalty and faith in the policies and objectives of the organization.

D. Public demands on standards of conduct.

1. The public demands of its public servants more exacting and exemplary conduct than it expects of private citizens.
2. A public official has no private life, because as a public official, his conduct on or off duty is subjected to unrelenting scrutiny and critical analysis by the same public he serves.
3. Time-honored professions have long recognized the importance of maintaining the public's confidence in their endeavors and accordingly exact the rules governing their conduct.

4. The police must set the standards of official conduct for their members. The police profession long relied on individual police departments enforcing departmental rules and regulations, thus setting the patterns for public relationships.

V. Courtesy and Professional Police Service.

A. The police officer's duty in public contacts.

1. The policeman's duty is to regulate the conduct of people from all walks of life.
2. All persons are equally entitled to and are assured the protection of the law, regardless of age, color, education, or anything else.
3. The public contacts of policemen are usually with citizens who are in trouble or difficulty. The citizen turns to the police officer for assistance and protection.
4. Every person who has a problem is concerned with the importance of his problem. Although the problem of a citizen may appear routine or insignificant to the officer who deals with the problems of citizens daily, the officer should never indicate in any way that the citizen's problem is unimportant.
5. The matters of concern to a citizen should similarly be of concern to the officer. The problem of the citizen must be approached by the officer with understanding and compassion.

B. Relationships between individuals.

1. Relationships between individuals are affected by the impact of personalities, one upon the other.
2. Every characteristic in the personality of one person becomes an important factor in the reaction or behavior of the other.
3. Favorable personalities may be developed if a person will recognize and cultivate the characteristics or traits that are known to produce favorable reactions in others.
4. The officer should learn to suppress those characteristics or traits that tend to evoke unfavorable reactions in another.

5. Developing personalities must involve sincere acceptance of the fact that to make correct adjustments and corrections the individual must institute disciplinary checks on his behavior.
 6. Bad habits must be destroyed and new habits created.
- C. The habit of politeness and courtesy.
1. New good habits are to be fostered and developed to supplement good habits previously developed and to replace the old bad habits which must be destroyed.
 2. Habits, whether good or bad, are developed through a person's actions in his environment and the environment's reactions upon the person.
 3. The habits that an officer has are reflected in part by the manner used in dealing with other people.
 4. Habits of politeness and courtesy are formed usually early in life or are never formed at all.
 5. The daily exercise of politeness and courtesy constantly reaffirms the good habit which the person developed.
 6. Police courtesy and politeness is an official subject and is compelled by disciplinary measures provided for in the regulations of the organization.
- D. The beginning of the true spirit of amenity.
1. Before a policeman can fully appreciate the rights and privileges of citizens, he must first learn to respect the rights and privileges of fellow officers.
 2. Police officers must form the habit of being considerate of other officers.
 3. If a police officer is unable to subscribe to the code of accepted conduct in relationship with other officers, he will find it impossible to respect the rights and privileges of others.
- E. The pitfall of callousness.
1. Numerous contacts with persons whose behavior is anti-social may cause policemen to assume a veneer of hardness.

2. Very often police officers entertain the erroneous belief that courteous treatment of law violators by a policeman is an indication of weakness or servility. Some officers wrongfully say that criminals are not entitled to the treatment normally accorded a gentleman.
3. Propriety in the treatment of law breakers should in no way indicate weakness.
4. Policemen must be firm in enforcement of the law, but they must remain gentlemanly in their bearing.
5. The fact that a criminal does not have the respect of his fellowman has absolutely no relationship to the conduct of officers who deal with him.
6. When officers of the law resort to ungentlemanly treatment of criminals, they do not alter the status of the criminal; but rather, the status of the officer is lowered to the same level as that of the criminal.

F. Courtesy - the essence of good manners.

1. Acts of courtesy and disciplinary reminders of the importance of such conduct are important measures in the development of the personality.
2. Courtesy is a manifestation of sportsmanship and exposition of gentility and culture.
3. The rules of etiquette that prescribe common acts of courtesy were established over years of custom and usage, and their performance is simply a public acknowledgment of understanding and of a sincere acceptance of the rules of gentlemanly demeanor.
4. The police officer must also always remember that persons under stress or during excitement are more susceptible to the influence of external stimuli than they would be under normal circumstances.

G. Courtesy and a friendly attitude.

1. Sincere and habitual acts of courtesy require cultivation of appearance, voice, manner, intelligence, humor, temperament, and unselfishness.

2. The art of being a gentleman requires total appreciation of the principles involved all the time.
 3. Courtesy must originate in a sincere desire to be right, respected and honored.
 4. Sincere desire requires a person to be friendly without becoming familiar:
 - a. To be dignified without becoming aloof.
 - b. To be compassionate but firm.
 - c. To be earnestly interested without being over solicitous.
- H. The policeman and courtesy.
1. Policemen must continually practice courtesy; they must not make exceptions.
 2. Disagreeable duties must be performed willingly and unpleasant orders obeyed cheerfully.
 3. Sarcastic criticism, periods of moodiness and flares of temper have no place in the conduct of a good police officer.
- I. The indirect contact of the police and the public.
1. Most indirect public contacts with the police are made by telephone and some few others by correspondence. The citizen's opinion of the police department is greatly influenced by indirect contacts such as these.
 2. Regardless of the type of indirect contact (telephone or correspondence), the citizen should receive the same courteous attention as if he were appearing in person.
 3. The most important public relations position in the police department are those which deal with the complaints or troubles of citizens.
 4. Through the prompt, courteous and judicious handling of citizen's troubles and complaints, a department may develop the opportunity for shaping favorable public opinion.
- J. Avoidance of indiscretions or ineptness.
1. Police officers must be exceptionally careful not to say or do anything which might be construed as critical or disparaging of any race, creed, or class of people.

2. Police officers must be particularly careful, whether on duty or off duty, in the use of language which is harsh, rude, vulgar, or insolent.
 3. Police officers must always avoid abruptness in answering questions.
 4. Each officer should have a positive attitude and show a willingness to act.
- K. The following of and adherence to departmental rules and regulations.
1. The officer is admonished to follow departmental rules and regulations with regard to courteous conduct.
 2. The rules and regulations of a department cannot possibly anticipate all the situations which may arise involving courteous behavior - the officer must be responsible for his actions.
 3. The officer will encounter many occasions where courteous conduct will go beyond the guidelines of the rule book.

VI. The Responsibilities of the Police Officer.

A. The basic responsibilities of policemen.

1. The police officer has the responsibility of insuring public safety by the elimination of hazards and guarding the citizens against anti-social attacks.
2. The police officer has the collateral responsibility of protecting life and property, fundamental to every duty he performs.
3. The police officer has the grave obligation to preserve for all citizens their constitutional guarantees of liberty and the pursuit of happiness.

B. The acceptance of responsibility by the police.

1. Policemen usually have willingly accepted their responsibility to protect life and property.
2. The police have made considerable progress despite many obstacles and inadequacies which have been prevalent.

3. There are innumerable instances where police officers have given their lives in the faithful performance of their duties.
4. The records of police departments disclose countless instances where police officers have gone far beyond the call of duty in response to requests for aid made by the people they serve.

C. Preservation of constitutional guarantees.

1. Traditionally, the police have not persevered in preserving the constitutional guarantee of civil liberty, as much as they should have.
2. Historically and traditionally, abrogation of constitutional rights by police officers was commonplace.
3. Police officers have falsely arrested people, searched illegally, utilized third degree methods, abused the use of special privileges, and denied persons the due process of law.
4. These malpractices are rarely openly defended by police administrators, but they are condoned.

D. Public indignation to police misconduct.

1. When public indignation is roused by the actions of the police in violations of civil liberties, many police administrators are quick to blame political interference, inadequate wages, weaknesses of the law or lack of public support.
2. Police administrators, instead of accepting the fact that they have failed to discharge their basic responsibility to the public, blame everyone and everything but themselves for their unethical conduct.

E. Factors which contribute to the situation.

1. It is true that to a limited degree political intervention, low wages, weak laws, public apathy, and similar factors do contribute to the difficulties of effective police administration.

2. Their elimination will never occur as long as police administrators use such excuses to cover their own ignorance of or deliberate disregard for the fundamental responsibilities of administration.

F. Responsibility for elimination of the problems.

1. Elimination of the barriers to effective police service is the basic responsibility of the police, resting squarely on the shoulders of the profession.
2. Retarding influences will be eliminated only when police service recognizes its professional responsibility to support ethical conduct totally.
3. Police administrators must be willing to subordinate selfish conduct and enthusiastically accept the obligations of their office.
4. A basic characteristic of a good administrator is to have the courage to accept responsibilities and to deny himself the support of an alibi.

G. The sworn oath of office - authority to act.

1. The oath of office or pledge must be backed up by proper administrative action.
2. The police administrator must present problems involving wages and the budget to the proper legislative body for action.
3. If present laws are weak or inadequate, the police administrator must approach the legislative body for corrective action.
4. The police administrator has the responsibility of seeing that the police action publicized in news media daily is the kind that will arouse favorable reaction by the people.

VII. The Dependability of the police officer.

A. The safety of the public.

1. The public has a right to demand the same guarantees of safety in all areas of the city, state and nation.
2. Public safety is concerned primarily with emergencies - situations which require immediate attention and skillful treatment.

3. Dependability arises from a full appreciation and acceptance of the total responsibilities of police service.
- B. The essence of dependability.
1. Dependability involves more than carrying out promptly every duty assigned.
 2. Dependable policemen are also punctual, attentive, accurate and unselfish.
- C. Punctuality - an integral element of dependability.
1. Punctuality involves more than reporting to work on time.
 2. Punctuality involves being at the right place at the right time.
 3. All the skills and ability a man may possess are of little value unless he can be depended upon to apply his skills at the proper moment.
 4. Punctuality is important in relationships with the public and in routine activities.
 5. The rendition of a report, appearance in court and cooperation with colleagues are dependable only if promptly dispatched.
- D. Attention to duty - an integral element of dependability.
1. Attention to duty is an important factor that contributes to the dependability of public service.
 2. The majority of contacts of police with citizens means an information interchange, involving the safety or convenience of the public.
 3. The information given is done so sincerely, with the expectation of aid or assistance.
 4. Any situation involving contacts with citizens requires the undivided attention of the officer.
 5. Only with complete and undivided attention can dependable service be rendered.
 6. Attention to duty must be spontaneous, a habit developed in everyday associations with associates and the public.

7. Attention to orders, concentration upon the objectives of police service, appreciation of the importance of command, interest in an analysis of the problems and an understanding of the policies of administration are all factors requiring the close attention of dependable officers.

E. Accuracy - an integral element of dependability.

1. Police work is a continuous investigation, a close observation of facts, an exhaustive search of causation involving the making of countless comparisons, and numerous experiments.
2. To the ends of truth, complaints must be analyzed for their content in terms of information contained, conditions present, opinions or beliefs expressed, etc.
3. A police officer cannot be content with hearsay or suspicions - a police officer must search for accuracy.
4. A police officer should be accurate to the final degree of exactness.

F. Police work - an art or a science?

1. Police work has been traditionally regarded as an art.
2. Modern policing today requires the exactness and the accuracy normally attributed to science.
3. Exactness is the essence of scientific achievement. A high degree of perfection is attained by meticulous accuracy.

G. Accuracy is vitally important to law enforcement.

1. Accuracy is essential to police service if such service is to be performed effectively or efficiently.
2. The complexity of the criminal law hides many pitfalls and hazards in its accurate administration.
3. It is easy to err but nowhere else is it more fatal or dangerous than where the error involves the life or liberty of a human being.
4. In protecting life and liberty of a human being it is absolutely necessary to acknowledge error as soon as possible after its commission.

VIII. The Role of Judgment in Police Work - Areas Involving Great Discretion.

A. The power and authority of the police.

1. Early in the development of police service, the legislators recognized the necessity for the granting of certain powers and authority to police officers beyond their inherent rights as citizens so they would be able to effectively perform their duties.
2. Accordingly, power and authority commensurate with their responsibility were given police officers.
3. The legislators recognized that police officers should be excused from obeying completely certain laws and regulations which would encumber the effective discharge of their duties.
4. The power, authority and exception to laws and regulations are specifically legislated; the police are not granted blanket privileges.
5. The public has not been so discriminating in its consideration of the situation and has gone well beyond the law in excusing police officers from full obedience to regulatory measures.

B. The liberal interpretation of disobeying laws granted by the public.

1. The liberal interpretation the public has placed upon the right of police officers to disobey the law has been in part motivated by public confidence in law enforcement and a sincere desire on the part of the public to assist the police in every way in the performance of their duties.
2. The average citizen is not interested in technicalities nor are they aware of the legal limitations that are placed on the authority of policemen.
3. The public views law enforcement officers as the law, not as agents of government.
4. The public should become more aware of the limitations of law enforcement and its officers.

C. The use of "stool pigeons" or informers.

1. The improper use of stool pigeons or informants is reprehensible, when the officer is attempting to secure evidence of criminal violations.
2. In many instances the informer's motives are purely mercenary and their veracity may be unreliable, so the information received may be of questionable value.
3. The most objectionable practice is the use of informers through granting actual protection of criminal actions of informant for indefinite periods of time in return for his promise to give the officer information relating to other criminals.
4. Usually the information received is minor, not measuring up to the opportunity for criminal gain afforded the informant by immunity from police molestation guaranteed by the police.
5. Often the informer will gain the confidence of the police and at the same time commit criminal acts with police protection while also continuing to sell his services to other criminal gangs.

D. The police granting of special privileges.

1. One major factor in destroying public confidence in police service and creating widespread disrespect for law enforcement is when special privileges are granted favored individuals by those charged with the fair and impartial enforcement of the law.
2. This action is a violation of police duty and responsibility. Such actions are not limited to the police service but may be found in all lines of government.
3. The police are responsible for any obnoxious practices that occur within their own sphere of authority and control.

E. General disrespect for law enforcement by extending special privileges.

1. The extending of special privileges to favored persons because of friendship, favors, or other obligations

has greatly contributed to the disrespect of law enforcement.

2. This condition is increased in its seriousness by reason of the fact that the recipients of the privileges are usually persons of influence, who should rather be setting an example for all to follow.
3. General disrespect for law enforcement is fostered by any form of favoritism.

F. Police racketeering and public disrespect.

1. The police traditionally have solicited funds for the police pension fund or other similar cause.
2. Often the solicitations have been from persons of questionable character of thrust upon persons who had to purchase or be ticketed or jailed.
3. Such activities are obnoxious and reflects poorly upon the administrator who would allow their use.
4. Sometimes the activities of the police in these areas are so suspicious that they could properly be classified as police racketeering. The approach of the police paralleled that of Al Capone, the gangster.

G. The corruption of policemen.

1. Corruption begins often with obligations innocently acquired.
2. The criminal is clever and will use all the tricks available in the hopes of corrupting police officers.
3. The clever criminal is fully aware of the weaknesses of men and recognizes the powerful force in human behavior, that of recognition.
4. Crooks know that men vigorously defend against losing face.

H. The various forms of corruption.

1. Once the policeman is maneuvered into opposition where he may be compromised, the crook takes the initial step to seriously involve the officer.

2. The police officer cannot retreat, for to do so will mean publicly admitting and taking the responsibility for the indiscretion and wrongdoing.
3. A prevalent form of corrupt police practice involves attempts by a police administrator to appease one pressure group without incurring the disfavor of an opposing group. This situation is usually found in the enforcement policies on gambling or other vice laws.

I. The use of official position for mercenary gain.

1. It is a bad habit for officers to seize upon opportunities presented them in their official capacity and compromise their position for monetary gain.
2. These discreditable and often illegal activities include converting property of others to the officer's personal use.
3. Abuses of authority may also be found in the private activities of police officers.
4. Outside jobs or businesses on the side where police officers may influence or limit the effectiveness of another officer in the normal discharge of his duty.
5. Instances have been recorded where policemen have used their official position to the direct benefit of private business.

IX. Ethics and Administration of Justice.

A. Development of police administration.

1. The past fifty years have witnessed the development of many new techniques and procedures in the administration of criminal law.
2. The literature in the police field has increased in quantity and quality.
3. There has been considerable progress in professional selection and training of law enforcement officers.
4. The problem of crime is still growing in spite of the availability of technological aids to the solution of crimes.

- B. The problem of traffic control.
1. Traffic control is a major problem for almost all police administrators in America.
 2. Primitive measures have failed to solve our traffic problem or eliminate the slaughter on the highways.
 3. The traffic problem has grown far beyond the question of the rights of citizens to enjoy the privilege of transportation to a problem identified as a matter of big business.
 4. The problem now faces a situation where the combined problems of law enforcement and traffic control is a problem of such magnitude that it can only be solved by the development of sound business and management principles.
- C. The importance of the application of sound business and management practices.
1. In the concentration of solving major crimes and finding solutions to the traffic problems, police administrators have overlooked and neglected the importance of applying business and management principles to the problem.
 2. Police administration must have stronger associations with the whole or entire police problem.
 3. Greater emphasis must be placed upon the responsibility of management and the adoption of sound administrative policies and procedures.
 4. Ethics must be applied to all in the police field including the administrative level and the lower ranks.
- D. Political intervention and police management.
1. Political intervention as it has existed in the past has been a serious impediment to effective police administration.
 2. Political intervention has been prevalent in the past in police departments, regardless of size.
 3. In departments without civil service or other form of merit promotion, a change in politics at the head of government resulted in a departmental shake-up.

4. Political departmental shake-ups frequently involve the demotion of administrative personnel and the promoting of the lower ranks without regard to their position.
 5. In almost all political shake-ups, the adequacy of individuals is completely disregarded. Often men are promoted or put into managerial posts who have no experience and are not competent to assume the responsibility involved.
- E. Organized crime's view of ineffective police administrative practices.
1. Poor police administrative practices are quickly recognized by leaders of organized crime.
 2. The organized criminal quickly recognizes the ease with which lax or poor police administrators can be compromised.
 3. It is very difficult for organized crime to compromise the position of a competent, honest and efficient police administrator.
- F. The malfunction of management.
1. Weakness of administrative personnel, regardless of political pressures, is not fair to the public interest.
 2. Lack of executive or administrative knowledge is usually found in association with malfunctions of other managerial personnel, such as extravagance, inefficiency and destruction of many administrative functions.
 3. Inadequate supervision and poor administrative practice soon lead to large staff functions and small line functions.
- G. Disregarding sound principles of administration.
1. The general disregard of sound administrative principles in many police departments has discouraged many good men from staying in police work.
 2. In many instances, even today, a patrolman who furthers his education or attempts to apply improved practices is blocked by the jealousies of inefficient supervisors.

3. Without strong administrative leadership, staff positions are soon filled with dissenters and men totally inept in sound administrative practice who are usually quite active in partisan politics.
 4. The qualified man who should be promoted will find himself relegated to some lesser position or possibly demoted.
- H. Some of the drawbacks of faulty administration.
1. Public support varies or is totally lost.
 2. Ambitious and competent men leave the department for other endeavors.
 3. It becomes increasingly difficult to recruit good men.
 4. Police budgets are very likely to be adversely affected.
 5. The public hue and cry is raised for improved law enforcement.
- I. The danger of over-specialization.
1. In poor administrative practices, there is a tendency to overstaff the organization.
 2. Overstaffing is more likely to occur in the larger organizations where staff positions are quickly created to correct a problem, but are rarely, if ever, eliminated.
 3. The basic problem in overstaffing lies in the tendency to increase specialization in many fields, some of which are rarely used in day-to-day operations.
- X. The Honesty of Police Officers.
- A. Police officers and temptation.
1. Police officers are in a constant position of temptation to use their real or pseudo authority to their own personal advantage.
 2. To succumb to such temptation is a most reprehensible breach of public trust.
 3. There are innumerable instances recorded where police officers find themselves in embarrassing or compromising

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2 OF 4

positions regardless of whether the situation evolved through the subtlety of temptation or by innocence of ulterior motive.

B. The appreciative nature of people.

1. The American people are an appreciative and generous people by nature, and they like to demonstrate their appreciation in a substantial and public manner.
2. It is a natural inclination for people to desire to reward police officers who render valuable services in the discharge of their duties.
3. When police officers are permitted to accept material tokens of appreciation from the public in recognition of duties well performed, the officer may possibly come to expect extra remuneration for the normal discharge of duties.
4. Recognition and commendations by the department does have a definite value as a moral incentive in cases where the officer has demonstrated extraordinary skill or bravery. If these awards are made for the routine performance of duty, they will lose their value.

C. Recognizing the wrong in accepting gratuities.

1. Policemen generally recognize no wrong in accepting gratuities or special favors and considerations extended, because he is a police officer.
2. Police officers choose to look upon the acceptance of special favors or considerations as personal matters between themselves and the donors and are unwilling to recognize the moral obligations involved to the department they work for or the police profession.
3. Policemen have traditionally accepted gratuities so often and on such a large scale that the police are characterized as the world's greatest "moochers."
4. Police still continue to mooch in apparent disregard of the massive effort made to illustrate its derogatory effects on law enforcement.
5. A reputation for mooching does little to enhance the standards of the police profession.

D. The prevalence of mooching.

1. Some police administrators see no harm in permitting policemen to accept gratuities and favors.
2. In localities where these practices have been condoned by the administration, policemen have gravitated to outright solicitation for the favors.
3. It is only a matter of time before the police officers use their authority to expedite compliance with their solicitations.
4. Mooching has become so prevalent in some areas that complaints are made concerning the racket.
5. Mooching is an activity that may become costly to the public and as vicious as criminal activity.

E. Organized gangs and protection from arrest.

1. Considered as one of the costs of organized crime is paying fees for protection from arrest.
2. The spread of graft and corruption must reach high enough to affect the protection desired.
3. Organized crime regards payoffs to the police as overhead or operational costs.
4. In the ranks of organized crime, the gamblers don't gamble on arrest; they place their bets (payoffs) on the right (badge) numbers.

XI. Cooperation and Professional Law Enforcement.

A. The importance of cooperation.

1. Cooperation in law enforcement cannot be overemphasized.
2. The rapid expansion of community horizons and the ever widening sphere of individual influence has greatly intensified the necessity for unrestricted cooperation among all agencies charged with the administration of criminal justice.

B. The extension of community horizons.

1. The speed and availability of transportation has been an important factor in extending community influence.

2. The rapid expansion of our civilization coupled with modern mass transportation has greatly contributed to the problems of law enforcement, particularly swift apprehension of offenders.
- C. The problem of territorial jurisdiction.
1. During the periods of community expansion the territorial jurisdiction of many police agencies remained unchanged.
 2. Some totally new communities were created, adding to the other jurisdictions already in existence.
 3. Jurisdictions of police agencies are fixed by law according to the territory the officer represents.
- D. The lack of modern laws dealing with jurisdictional problems.
1. Many of the laws enforced by police agencies are archaic and, in some instances, outdated.
 2. Many of the laws enforced today are inadequate or at least cumbersome.
 3. Some new laws have appeared, but they usually fall far short of the assistance needed to handle modern police jurisdictional problems.
- E. Criminal methods - newer and more complex.
1. Common today are criminal operations on an interstate level.
 2. Many law violations involve the jurisdiction of state, local and federal authority.
 3. Criminal methods have grown more complex by reason of adding modern communication and transportation to the already existing problem of detection and apprehension.
- F. Jurisdictional restrictions and moral responsibility.
1. Police service cannot arbitrarily cast aside jurisdictional restrictions placed upon them by law.
 2. Law enforcement officers cannot shirk their responsibility of providing comprehensive and efficient law enforcement through cooperation between agencies to the extent possible under existing laws.

3. Geographical limits are established by law but there are no territorial limits on morality.
 4. Police officers can effectively meet the changing conditions if they will permit their professional interest to expand into an area of influence wide enough to cope with a highly mechanized, mobile, complex society.
- G. The national responsibility of the police.
1. The police profession must be willing to discard the concept of local parochialism.
 2. The police profession must accept the proposition that an unsolved crime in another city or state is the problem of the police everywhere in the United States.
 3. The responsibility of the police on the national level amounts to recognizing the fact that crime knows no boundaries and that the influences of crime similarly know no boundaries.
 4. Retiring to a jurisdictional citadel and venturing out when there will be public credit for participation should be relegated to the past.
 5. The practice of using legal jurisdictional restrictions as an alibi for failure to cooperate must end forever.
- H. The association for the common benefit.
1. Satisfactory progress can be made in the fight to suppress crime if real cooperation is effected among all enforcement agencies.
 2. Cooperation may be briefly defined as association for the common benefit to the exclusion of selfish interests.
 3. Association for the common benefit involves true teamwork and the necessity to understand and accept the implications of teamwork.
 4. Police agencies desiring cooperation must be equally as ready to extend cooperation.
 5. True cooperation involves a unity of purpose and a coordination of effort founded upon a sincere desire to heed the common interests of all concerned.

- I. The act of cooperating - truly professionalized conduct.
 1. Cooperation is more than promises.
 2. Cooperation is more than the announcement of programs or plans for coordination and cooperative effort.
 3. Cooperation is more than pledges, agreements, and public oratorical pronouncements on the agreements to present a united front.
 4. Cooperation is the translation of the principles of good teamwork into definite and continuous action, establishing a working, harmonious relationship.
 5. Obtaining cooperation is a complex and troublesome task with no simple formula or master plan.
 6. Cooperation can be attained only through effective leadership and a mutual willingness to accept the responsibility in the matter.

- J. The obstacle of jealousy in professional cooperation.
 1. The main obstacle to accomplishment of a cooperative effort in a professional way is petty professional jealousies.
 2. The blame for jealous conduct by members of a department rests squarely with the police administrator.
 3. A police administrator who allows such practice may do so for a variety of reasons including political expediency and personal design, etc.
 4. The police administrator becomes so engrossed in accumulating notoriety and credit and building or establishing a personal reputation that his attitudes and conduct permeate the organization and are reflected through the actions of the rank and file.
 5. Jealousy permeates many departments to the extent that interdepartmental jealousies are the rule of the day. Interdepartmental jealousies usually arise between the uniform and plain clothes bureaus.

- K. Accepting the responsibility for the existence of petty jealousies.

1. Police administrators taken to task for permitting petty jealousies to exist rarely accept the blame.
2. Those who are responsible police administrators usually end the problem of petty jealousies and thus are not confronted with the problem.
3. It takes professional police leadership to accept the responsibility of establishing cooperative effort with other law enforcement agencies.
4. The professional police executive has the basic responsibility for convincing political leaders of the political expediency in law enforcement efficiency.

L. The attitude of the defeatist.

1. The defeatist attitude is prevalent in law enforcement and heavily contributes to police inefficiency.
2. The defeatist attitude is also a major obstacle to true professionalization of the police service.
3. Common interests between police agencies must be fully recognized and appreciated.
4. To accomplish the objective of cooperation, all agencies, no matter their size, must act with a common objective in view, with a common hand and on common ground accrued through a collective effort.
5. The police profession must be characterized as an organization of those engaged in a common service, primarily based upon common interest and public responsibility. Defeatism as a prevalent attitude will keep police work from ever becoming a profession.

XII. Training and Modern Police Service

A. Versatility - necessary to successful police service.

1. Police work is a professional endeavor and is rapidly evolving into a modernized police service.
2. Police officers are constantly required to render skilled services to the public.
3. The public expects police officers to perform all services expertly, and the public has the confidence in the police to render such services expertly.

4. Police officers must have dynamic personalities characterized by magnanimity, being knowledgeable with a solid foundation of experience, well trained, efficient and capable of rendering service in any situation.

B. Training as a responsibility of the police profession.

1. The proper, correct and sufficient training of police personnel is a responsibility of the police profession. The quality of training is one which must receive careful consideration by police administrators.
2. There must be close attention to programs of continuous training and research to keep ahead of the changing times.
3. The liberality of education must be preserved, and the police profession should not dominate the field of police training by encouraging the development of police training in our educational institutions.
4. Our society must require and make promises for a force of professionally trained personnel who are fit physically, mentally, and particularly in character and ideals of police service.

C. Proper training and research.

1. Educational institutions must assist in training and research essential to progress.
2. Proper training and research may ease some of the more serious problems troublesome to law enforcement.
3. Proper training of the police may reduce criticism because properly trained policemen will be able not only to recognize problems but also solutions to the problems.

D. Proper training and public relations.

1. Proper training brings about marked improvements in the relationship of the police with the public.
2. Police work is sometimes viewed by the public as a necessary evil, condoned as a necessary defense against anti-social behavior. The individual police officer is viewed by society as an outsider.
3. The mood and attitude of the public is slowly beginning to change as trained police officers, knowledgeable in the field of public relations, have encouraged the public

to become better informed on the many activities of the police which are not so closely identified with the criminal element and their activities.

4. This results in a more intelligent appreciation of all police services.
- E. Solving the problems of human relationships.
1. Education is vitally important to the solution of the problems of human relationships.
 2. Every phase of police service needs additional research to find better solutions to the problems.
 3. Many, if not all, of the improper and objectionable practices of law enforcement officers are based upon a lack of proper training.
 4. Many of the malfunctions of law enforcement and incidents of unethical conduct of law enforcement agencies are directly attributed to the inadequate preparations for police service.
- F. A lack of training is shown through ignorance and poor performance.
- Many police officers are unreliable and ignorant because they lack proper training and/or are improperly equipped to effectively discharge their duties.
- G. The responsibility for crime prevention.
1. Law enforcement in many localities can be traced to the failure on the part of the rank and file of police organization to recognize their basic responsibilities in crime prevention.
 2. Police officers must realize that crime is caused by many and varied factors, intricate and complex.
 3. A program of crime suppression alone cannot effectively prevent crime.
 4. Crime is partially suppressed by aggressive enforcement policies.
 5. Police officers must understand the cause of crime and the whys and wherefores of human behavior.

6. The police service must be able to combat crime waves impassionately, intelligently and professionally.

XIII. The Character of the Police Officer.

- A. The importance of the character of a police officer.
 1. Leadership exercised by police officers in the routine discharge of their duties is impersonal.
 2. The leadership is regulatory in nature, predicated upon the authority of the police officer. This is the opposite of the usual form of leadership as exercised by a person in supervisory positions.
 3. Obedience to the will of a police officer or submission to the officer's commands is motivated to a great degree by the public's appreciation of safety and the confidence they have in the police service.
- B. Excellent character is a powerful influence in obtaining public confidence.
 1. The personalities of the members of the police department, both individually and collectively, is singularly the most powerful influence upon citizens with whom the department comes into contact.
 2. If the sum total of the contacts are favorable, then the respect and confidence of the public is assured.
- C. True leadership is personal in nature.
 1. True leadership is the psychological effect that a well integrated personality will have upon those who come under its influence in a personal manner.
 2. It is difficult to enumerate specific characteristics that are combined in the personality of a true leader because of the difference of individuals in their viewpoints and reactions.
 3. Generally, the American people ask little more of a leader than those qualities which will command their respect, loyalty and obedience.
 4. The qualities which appear most common among those persons who command public respect and confidence are those that rate highly as shaping strength of character.

5. A true leader is most likely to have the following traits or qualities: self-confidence, self-sacrifice, paternalism, fairness, initiative and decision, dignity, courage and moral ascendancy.

D. The character trait of self-confidence.

1. Self-confidence is faith in one's self.
2. Self-confidence is predicated upon having knowledge and the skill necessary to apply knowledge, and possessing the ability and willingness to teach others and pass on knowledge.
3. Self-confidence is a state of mental satisfaction that arises from being able to put the possession of knowledge to a constructive use.

E. The character trait of self-sacrifice.

1. Self-sacrifice is fundamental to true leadership.
2. Self-sacrifice is being able to contemplate a situation without bias which initially requires the complete control of self.
3. Effective police work requires the utmost in self-sacrifice.
4. Policemen who are selfishly impressed by their own authority cannot succeed as leaders.
5. Self impression of one's authority means the person has fears of losing the power or authority. They are in a defensive position which seriously affects their efficiency and eventually destroys public confidence in their integrity.

F. The character trait of paternalism.

1. Paternalism is a trait or quality found in men who are mindful of the welfare of others.
2. The quality of paternalism is basic to police leadership because public welfare is a primary responsibility of police service.
3. The paternalistic influence that enters into the shaping of public policies is reflected in the relationship between the police and the public.

- G. The character traits of fairness and honesty.
1. The personality characteristics of fairness and honesty have universal appeal.
 2. Nowhere is there a greater need or opportunity to display the qualities of fairness and honesty than in police service.
 3. A preponderance of public criticism of law enforcement agencies is occasioned by reason of partiality or unfairness in exercising the police function.
 4. Impartial application of laws and regulations with fairness and honesty are powerful forces in the fight for public respect of the police service.
- H. The character traits of initiative and decision.
1. Initiative and decision are the traits of those who act correctly and at the proper time.
 2. The ability to act decisively and correctly is a manifestation of thorough preparedness and an interest in and an appreciation of the tasks at hand.
 3. Knowledge, mental alertness and judgment all enter into the development of this desirable trait.
 4. The ability of police officers to meet emergencies with propriety and decision has a profound effect upon the favorable shaping of public opinion.
- I. The character trait of personal dignity.
1. Personal dignity is indicative of a police officer's appreciation of his honor and position.
 2. Personal dignity is an excellent manifestation of the officer's "esprit de corps" and is a powerful factor in creating public respect.
 3. Police officers may be assured of high esteem by the citizens they serve if they exhibit the following tendencies.
 - a. To show paternalism in their concern for the welfare of the public.
 - b. To show sympathy in caring for citizens in distress.

- c. To show calm and courage in the face of danger.
- d. To show firmness in enforcement of the law.
- e. To show dignity in the field of human relations.

J. The character trait of courage.

- 1. The public assumes that police officers are physically courageous.
- 2. True courage is not understood by most people - they tend to confuse the concepts of recklessness and courage.
- 3. The public commonly considers the reckless disregard of danger as a manifestation of courage or bravery.
- 4. True courage is that state of devotion to duty even in the face of full knowledge of the dangers involved.
- 5. A police officer also must have moral courage to assume his responsibilities as an officer and to bravely stand up for his convictions without attempting to shift the blame or evade personal criticisms.
- 6. Moral courage is synonymous with integrity.

K. The character trait of moral ascendancy.

- 1. Moral ascendancy is the influence that one person exercises over a group of persons by reasons of the exemplary nature of his character.
- 2. Moral ascendancy arises out of self-control, the ability to withstand the hardships and vicissitudes of the work and of a sincerity of purpose that is manifest in willingness to personally adhere without equivocation to the same standards of conduct that he is duty bound to enforce upon others.
- 3. Police officers are particularly vulnerable to public criticism for a lack of this quality.
- 4. Police officers must be able to control their emotions, tempers, their likes and dislikes; they must be patient in times of stress, and able to withstand the hardships without complaint.

5. The final measure of moral ascendancy is found in the true character of the individual by the example set in daily living.
- L. Evaluating the effectiveness of supervisory and command officers.
1. Moral ascendancy is very important in evaluating the effectiveness of supervisory and command officers in the police service.
 2. The moral force or lack of it in superior officers is reflected in the character of the men under their control and obviously becomes an important influence in the public's appraisal of the police service.
 3. Superior officers cannot maintain leadership over their men if at any time they are placed in a position of moral embarrassment.
 4. The questionable character of leaders in public and police service reflects upon all the members of the group.
- XIV. Adherence to the Due Process of Law in the Administration of Justice.
- A. The responsibility of police officers in the correct administration of criminal justice.
1. Many think the primary duty of the police with respect to the criminal law is to secure the conviction of a person suspected of a criminal offense.
 2. More important than securing a criminal conviction is the duty of the police to gather all the facts pertaining to an incident, regardless of whether they favor or disfavor any person or persons.
 3. The governed facts are then to be presented fairly and impartially to the proper tribunal so that justice may be done.
 4. In the investigations of crime, police officers are fact finders and exercise no judicial function.
 5. The police officer must never forget that the whole scheme of American justice is founded upon the principle of fairness, reason, and impartiality in the administration of criminal law.

- B. Police officers should fully appreciate their responsibility.
1. It is the duty of the police to see that those persons suspected of criminal offenses are not deprived of their statutory or constitutional rights.
 2. It is also the duty of the police to convict those responsible for the commission of crimes.
 3. Many officers regrettably lose sight of their goal and, in their effort to secure a conviction, lose perspective of their fundamental responsibilities.
 4. Police officers must heed their obligations as guardians of personal liberty.
 5. In law enforcement, police officers deal with those who have vicious anti-social behavior; but no matter how vicious the crime or the criminal, they must receive the due process of law.
- C. Dangers to constitutional rights and the due process of law.
1. Police officers must not allow their goal to interfere with or endanger the basic principles of American justice and freedom.
 2. There is grave danger when policemen insist upon the right to decide when and under what circumstances the constitutional rights of liberty are to be applied, because they are assuming an authority they never had nor were intended to possess.
 3. By interfering with the due process of law, the police seriously weaken a case, if not completely lose it.
 4. The police denial to an accused of the due process of law adds materially to the defense of the accused.
- D. The influence of personal opinion into the law and procedure.
1. Police officers are negligent when they allow their own personal opinion, often premature and not based on foundation, to influence their investigation to the point that there may be a miscarriage of justice.
 2. Police officers who have formed definite opinions as to the guilt or circumstances may innocently exert a strong influence on the statements of witnesses whom they interrogate.

3. When investigators allow theories of situations to form before there are sufficient facts disclosed to support them, later investigators likely to find the subsequent investigation restricted to a search for facts to lend support to the first ill-conceived theory.
 4. When an investigator has shifted from an open-minded search for facts because of unfounded conjecture or theory, it is most difficult, maybe impossible, to return to an open-minded investigation, even if the preconceived theories have been completely abandoned.
 5. The influence of the preconceived theory will still remain long after its abandonment, and the tendency will be toward searching for new suspects instead of searching for new and additional facts related to suspects previously questioned.
- E. From "reasonable cause to believe" to "proof beyond reasonable doubt."
1. Many hazards instantly appear when a criminal investigation centers upon certain suspects because of preconceived theories entertained prematurely.
 2. A most troublesome hazard is that of a preconceived arrest, made not by reason of the supporting facts assessed logically but through the influence of a preconceived theory.
 3. In almost every premature arrest there comes a time when it becomes apparent that there is not sufficient evidence to support the charge.
 4. This reprehensible situation leads to further factors which compromise the situation and result in the use of other questionable practices being employed which possibly can set off a chain reaction of practices and activities which are condemned.
 5. The officer in arresting should have reasonable cause to believe that the person committed the crime to which the defendant is charged and let the court find the defendant guilty beyond a reasonable doubt based on the evidence presented through the due process of law.
- F. The importance of the separation of government function.
1. Policemen tend to overlook the importance of the separation of powers in the governmental function as a safeguard of personal liberty.

2. Police officers at times tend to usurp the prerogatives of the judiciary in fixing the guilt or innocence of the accused, and in their eagerness to assert their pseudo authority, they resort to practices that are questionable or highly irregular, if not actually illegal.
3. Our constitution has established a separation of power to act in a way that is accountable in a system of checks and balances.

G. The police are hindered by some laws.

1. The policeman's efforts to apprehend wanted criminals are often thwarted or hindered by the laws which were designed to protect the law-abiding citizen.
2. With some laws being a hindrance, discouraged police officers sometimes resort to questionable practices, particularly in those areas where little hope is held for a solution through the use of approved methods.
3. Thus for the sake of convenience and to get the job done, the police officer can fall into the use of irregular practices, practices that most certainly will lead to trouble.

H. Democracy vs. totalitarianism.

1. Police officers and the public must realize that the difference between a democracy and a totalitarian state is not so much the laws themselves, rather the manner in which they are enforced.
2. The public is becoming aware, as are the courts, of the guaranteed principles of personal liberty.
3. Illegal invasions of privacy, the unreasonable arrest or detention of persons suspected of a crime or the denial of due process of law will certainly bring increased criticism upon the police by the public and the courts.

XV. Police Professionalization is the Responsibility of the Police.

A. Law enforcement and the people.

1. The machinery of law enforcement is an instrument of the people.
2. The effectiveness of law enforcement depends on the training and integrity of the police officers who are responsible for applying it.

B. Solving the problem of crime.

1. There are no new short cuts or new miracle techniques to solving the problem of crime.
2. The problem of crime must be intelligently assessed by the police and dealt with as effectively as possible with the men, materials, and means at hand to do so.

C. Achieving professional status.

1. Police work is striving for professional status, and there appears to be no serious obstacle to achieving the objective.
2. The greatest obstacle to the professionalization of law enforcement rests with the police themselves.
3. Police officers must realize that the goal of professionalization cannot be reached by a simple pronouncement or proclamation of intentions.
4. Police officers must realize that elevating the standards of the police service to the professional level must be accomplished by strict adherence to a firm foundation of basic principles.
5. As long as some of these basic principles are still awaiting acceptance professional police status will remain unachieved.
6. Only through consideration of the responsibility of public service can we fully appreciate the fact that no greater power nor higher honor can be given any man than the duty of upholding and defending the American heritage of freedom - our laws and constitution.

XVI. Police Code of Ethics.

As a law enforcement officer, my fundamental duty is to serve mankind; to safeguard lives and property; to protect the innocent against deception, the weak against oppression or intimidation, and the peaceful against violence or disorder; and to respect the constitutional rights of all men to liberty, equality and justice.

I will keep my private life unsullied as an example to all; maintain courageous calm in the face of danger, scorn, or ridicule; develop self-restraint; and be constantly mindful of the welfare of others. Honest in thought and deed in both my personal and

official life, I will be exemplary, in obeying the laws of the land and the regulations of my department. Whatever I see or hear of a confidential nature or that is confided in me in my official capacity will be kept ever secret unless revelation is necessary in the performance of duty.

I will never act officiously or permit personal feelings, prejudices, animosities, or friendships to influence my decisions. With no compromise for crime and with relentless prosecution of criminals, I will enforce the law courteously and appropriately without fear or favor, malice or ill will, never employing unnecessary force or violence and never accepting gratuities.

I recognize the badge of my office as a symbol of public faith, and I accept it as a public trust to be held so long as I am true to the ethics of police service. I will constantly strive to achieve these objectives and ideals, dedicating myself before God to my chosen profession . . . law enforcement.

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PHYSICAL TRAINING

I. Physical Training.

A. Introduction to physical training and conditioning.

1. Before engaging in physical conditioning exercises, make an appointment with a physician for a complete physical examination. In exercising, begin slowly and gradually build up capacity and endurance.
2. From the beginning the officer should know several important things:
 - a. A bulging, sagging abdomen resulting from weakened abdominal muscles is detrimental to good posture.
 - b. The efficiency and capacity of the heart, lungs, and other organs can be improved by controlled, regular, vigorous exercise.
 - c. A fit person is less susceptible to common injuries, and if injured, recovers more rapidly.
 - d. Regular, vigorous physical exercise plays an important role in weight control.
 - e. Regular, vigorous physical activity can help reduce emotional distress and nervous tension.
3. Use common sense in the approach to proper physical conditioning.
4. Being physically fit makes one work better, look better, and feel better.

B. Physical training and physical fitness.

1. What is meant by physical fitness.
 - a. A person possesses physical fitness when he can successfully cope with all demands of living and all stresses - mental, physical, and emotional - this is total fitness.
 - b. Primarily this instruction is concerned with the condition of the physical body and its capacity in successfully coping with all the stresses and demands of living made on it.

- c. An individual is in good physical condition when the body is mechanically good and functionally strong.
 - 1) Mechanically good means that all organs and joints are maintained in a relatively good functional position with no unnecessary mechanical handicaps.
 - 2) Functional strength means that all body functions are more than adequate to meet the demands of each day with enough additional capacity for work to meet any reasonable demands which may be made upon them in the future.
- 2. The definition of physical fitness is the development and maintenance of a sound physique and soundly functioning organs, to the end that the individual realizes to an optimum measure his capacity for physical activity, as well as for mental accomplishments, unhampered by organic drains or physical defects as by a body lacking in physical strength or vitality.
- 3. Life and the physically fit person.
 - a. The physically fit person is able to carry out the essentials of his job without undue fatigue and still have an ample reserve of energy to enjoy leisure and to meet unforeseen emergencies.
 - b. All living bodies have some minimum degree of fitness. Fitness is a relative thing. A body which has capacity and endurance beyond the normal stress is considered to have a moderate degree of physical fitness.
 - c. The living body which has the capacity and endurance for strenuous demands beyond the normal stress is considered to have a relative maximum physical efficiency. Being relative, the individual is considered to be fit when his capacity and endurance are developed and maintained at a level near his individual capacity for the demands which are most likely to be made upon him in the future.

- d. The degree of physical fitness an individual possesses is measured by his capacity for effort, which is measured by the ability of individual muscles to maintain good mechanics of the body, and the ability of organic or physiological processes to meet their requirements.
- e. Maintaining a minimum of physical fitness is not enough because the ability to meet the demands of today may be totally inadequate to meet the demands of tomorrow.
- f. Police officers need the additional margin of safety given by the ability to be able to meet much more than they will be called upon to meet tomorrow.
- g. The police officer should be concerned with the maintenance of a physical condition for living both as a citizen and a police officer and he should be free from discomfort and limitation of activities.

C. For what should police officers be fit?

- 1. Police physical activity.
 - a. Police activity requires its own special conditioning.
 - b. The goal of police physical conditioning should be gauged individually; it should match the ability of the officer to go from relative inactivity to maximum activity with capacity and endurance.
 - c. Police officers should be interested in becoming physically fit because it reflects the capacity to be alive today and tomorrow.
 - d. The body must be made strong and adequate for its own sake.
- 2. Freedom from illness.
 - a. One of the most important benefits of being physically fit is the freedom from illness.
 - b. Many persons are not interested in their physical condition, but do recognize and follow health factors.

- c. Many persons lack a positive approach by not doing physical exercise - they consider good health a right requiring no effort on their part.
3. Increasing resistance to fatigue.
 - a. The ability to finish a day's work and have enough energy to enjoy other activities is an asset.
 - b. Through proper physical conditioning this may be accomplished.
 - c. Because of the fatigue factor, many persons are extremely tired at the end of the working day.
 - d. Where fatigue reigns enthusiasm is lacking.
 4. Possessing adequate energy.
 - a. Anyone who constantly has a bare amount of energy to finish a required task labors under a difficult life.
 - b. Under such situations a task is more difficult than it need be.
 - c. With adequate energy the tasks of life assume their proper proportions.
 - d. Everyone desires more than an adequate amount of energy to meet any reasonable demand.
 5. The increased margins of safety in proper conditioning.
 - a. This means where proper conditioning exists there is relatively more assurance that man will be free from illness, discomfort, and major physical problems.
 - b. The margin of safety possessed is in direct proportion to the capacity for effort the special tissues and organs in the body have.
 - c. When these capacities are interfered with the body is in trouble.

6. The enjoyment of living 'a full life.
 - a. The enjoyment of living depends on good physical conditioning more than any other factor.
 - b. Because the body has the ability to repair itself and make automatic adjustments to our environment, it is given little help.
 - c. Some attention to the basic requirements of good health yields the best possible return in freedom from discomfort and better enjoyment of living.
 - d. The attention is in the form of physical conditioning or the development and maintenance of a good level of physical fitness.
 - e. No one is perfect, but a police officer should be in a condition far better than the average person.

D. How fit are you?

1. Most people avoid answering the question of their capacity for fitness.
2. How physically fit you really are is important to you as an officer, to the police department, to your community and the nation.
3. The people who do answer the question rate themselves as being in good physical condition.
4. But in reality most people are in very poor physical condition.
5. Most persons have a tendency to think they are more fit physically than they really are.
6. Good body mechanics is necessary, and good posture and general body structure.
7. It is difficult to correct faulty body mechanics in adults completely, but with correct application of effort, a great deal of improvement may be expected in all cases.

8. All evidence points to the fact that the fitness level of our police officers is low - far too low for effective performance.

E. General attitudes people have toward fitness.

1. Most adult activities are governed by:
 - a. What they feel they must do - job, family, and other obligations to society.
 - b. What they like to do - recreation, hobbies, and other activities.
2. Most people have no program of a specific nature to give them physical fitness.
3. The physical condition of our body may be considered a measure of our distance from death.
4. Police officers need a better understanding of the need for physical fitness and the most practical means to obtain it.
5. Most police officers procrastinate when physical conditioning programs are set up. They make excuses explaining why they should not participate.
6. A man who can take time out to be ill can take time out to be in good physical condition.
7. The amount of effort that must be spent to reach an adequate level of fitness need not be strenuous but must be vigorous.
8. Exercise which is not vigorous does not place a demand on the heart and lungs.
9. An individual should be sore after working out. If a person is not sore, he has not exerted himself sufficiently to speed up respiratory and circulatory functions.
10. A physical examination for every police officer is a must for the following reasons:
 - a. To be reasonably free from disease.
 - b. To keep the doctor periodically advised of the state of one's health.

- c. To meet the requirements of a special provision of the Workman's Compensation Law regarding heart attacks.
11. A police officer who is free from disease is not necessarily strong, or capable of meeting the demands of living.
 12. A police officer must have a high capacity for effort and endurance.
 13. Without a controlled demand of effort on body functions, there can be no high level of physical fitness.
 14. Controlled physical exercise develops muscles.
 15. Exercise with weight resistance is a proven method of maintaining muscle tone.
- F. The basic requirements for physical fitness.
1. The basic requirements of good physical conditioning are:
 - a. Having good body mechanics or the continued strength of specific muscle groups.
 - b. Strong physiological capacities and organic functions as a result of proper use of large muscle groups to the point of demand on the physiology of the body.
 2. A person may improve body mechanics by strengthening the muscle groups in proper balance so that they can easily and unconsciously hold the joints and organs of the body in the best position to do theirs.
 3. A person may improve body physiology by making increasing demands upon the circulation and respiratory functions of the body, until the desired level of efficiency has been reached. The demands upon the person must be controlled and within the capacity of the individual responding.
 4. All living tissues have the power of adaptability. This means there is a proportionate increase in capacity to the demands made upon the body in controlled effort. Without this adaptability, no one could survive surgery or illness.
 5. To strengthen muscles, use them in a progressive manner and give them the opportunity to gain strength.

6. The individual who will never exert himself beyond the point of comfort will never acquire the strength needed.
 7. The person who exerts himself beyond his capacity to recuperate and adjust to the effort will wear himself out.
 8. The correct medium between under-exertion and over-exertion is called the proper degree of effort, and is the correct method of conditioning an individual.
 9. By increasing the degree of effort progressively, a satisfactory degree of strength may be attained in the body muscles and the circulatory and respiratory systems. The sustained effort of large muscle groups will put adequate demands on respiration and circulation.
 10. The exercise undertaken by an individual when great amounts of energy are exerted puts demands on all systems of the body. And exercise requires a proportionate output in oxygen.
 11. All physiology of the body is designed to support muscular activity for all the processes that maintain life and which are activated by the sustained effort. The conditioning of the body provides an individual with that extra margin of safety.
 12. It is vitally important that each individual select the proper degree of effort. Each individual is different in his capacity to respond to effort.
- G. Recreation and fitness.
1. Recreational activities which are commonplace do not bring about the desired level of physical fitness.
 2. The results of sports, games and recreational activities are not adequate to make up for the diminishing activities of a sedentary population.
 3. Recreational activities simply do not provide a proper degree of effort to maintain a level of physical fitness which provides an individual with a margin of safety.
 4. For all police officers specific training methods are needed to give us the physical strength and power to be adequate for demands.
 5. Any sport which requires running or physical exertion is slightly more demanding than walking, but is not specific training for proper physical condition.

6. General sports activities are inadequate to bring a person's physical fitness level up to a point at which there is a margin of safety.
7. Sports which include fast running for short distances are a powerful influence on the development of general body strength and vigorous physiological capacities.
8. All recreational activities are more a reason to be in good physical condition than a means of obtaining good physical condition.

H. Progressive resistance exercise.

1. To make the body improve the individual must make demands of it.
2. Through strong, vigorous use of the large muscles (hips, legs, back) adequate demands can be placed on body physiology to make it as strong as possible.
3. In an exercise program to improve the body mechanics and the physiology best, the following needs must be met:
 - a. Use of simple motions that require little skill or learning.
 - b. Be adaptable to strengthen muscles and groups of muscles according to their need and ability in body mechanics.
 - c. A kind of effort that can place adequate demands on the general physiology of the body.
 - d. Be completely adaptable to the capacities of each individual at all age levels and according to his ability.
 - e. Effort that can be measured and increased according to the ability of each individual to respond to it.
 - f. Show improvement in the body rapidly enough to hold interest of the individual.
 - g. Produce adequate results in improved body mechanics and physiology.
 - h. Require no more than a reasonable amount of time in its application.
 - i. A kind of effort that can be continued throughout life.

4. Many popular athletic programs fail to meet these requirements.
 5. The best type of physical training, if available, is that which meets the requirements of progressive, resistance exercise.
 6. Most types of physical training involve some use of progressive resistance principles, and those which involve the most control are also the most effective.
 7. It is wrongfully assumed by many that exercises which require sweat and exertion are deemed old-fashioned. The "modern way" and totally ineffective way is to lie down and let some machinery do the work for you.
 8. The best type of exercising is that which involves progressive resistance to the exercise. This may be done with special equipment, weights, ropes, etc. The use of weights (barbells and dumbbells) is the most common.
 9. The programs of physical fitness with resistance are all natural body motions requiring little learning.
- I. The equipment needed for various forms of physical fitness training.
1. Equipment needed for calisthenics exercises:
 - a. Gym shoes with good arch support.
 - b. White sweat socks - thick cotton to protect the feet.
 - c. Sweat suit - both pants and shirt.
 - d. Athletic supporter.
 2. Equipment needed for swimming exercises:
 - a. Swim suit.
 - b. Athletic supporter.
 3. Equipment needed for boxing exercises:
 - a. Gym shoes with good arch support.
 - b. White sweat socks.
 - c. Swim suit.

- d. Sweat shirt.
 - e. Athletic supporter.
 - f. Mouth guard.
 - g. Head guard.
 - h. 16-oz. boxing gloves.
4. Equipment needed for weight lifting exercises.
- a. Gym shoes with good arch support.
 - b. White sweat socks.
 - c. Sweat suit - pants and shirt.
 - d. Athletic supporter.
 - e. Barbells.
 - f. Dumbbells.
 - g. Towel.
5. Equipment needed for wrestling and defensive tactics:
- a. Gym shoes with good arch support.
 - b. White sweat socks.
 - c. Sweat suit - pants and shirt.
 - d. Athletic supporter.
- J. What improvements in physical conditioning may be expected.
- 1. Everyone is under constant strain.
 - 2. Physical and emotional development are closely related.
 - 3. All physical changes affect the emotions; even mild emotional reactions have definite physical expression.
 - 4. Health, strength, and physical ability increase one's self-confidence.
 - 5. People desire to be healthy, free from fatigue, and have a reasonable life span - all of which can be realized through building physical fitness and maintaining it habitually.

6. Many people feel that age 25 is their peak of condition and that after that age deterioration of the body processes is natural. This is completely fallacious.
7. As long as there is life in the body, there will exist some degree of adaptability to stress or stimuli.
8. Up to age 50 a person may condition himself to any level desired. Some individuals respond well to the conditioning process above that age.
9. Physical condition, habitually performed, determines our condition in the future. It is what we do now in the way of exercise, not what we do then.
10. The results for all individuals will be directly proportionate to the effort exerted.

K. Weight control and the proper diet.

1. A person who is overweight has more fat stored than the body can burn off. A person becomes overweight when he consumes more high calorie food than the body can use.
2. High calorie foods are those which have a high starch or carbohydrate content.
3. Excessive fat is stored around vital organs and impairs their effective functioning. Excessive fatty tissue makes the heart work harder, because every extra pound of fat requires one-fourth of a mile of additional blood vessels.
4. An overweight person cannot acquire the highest level of physical efficiency. Eat and drink to keep your body fit. Plan your meals, balancing the quantity and quality of the food.
5. Balance your diet with:
 - a. The carbohydrates the body needs.
 - b. Give your body the fats required.
 - c. Be sure to get enough protein.
6. The condition of the body will dictate what proportions of fats, carbohydrates and proteins are needed.
7. Establish eating patterns. Eat sensibly and regularly. Avoid excessive use of tobacco and alcohol. Include

essentials of proper dieting every day. Take vitamin supplements if needed.

8. If you are overweight, it is most likely that the cholesterol content of your blood is at an unsafe level. Cholesterol is regarded as a major contributing factor to heart attacks. You may be at a proper weight but still have a high cholesterol content in your blood.
 9. Have a complete physical by a physician and heed his specific advice on dieting. Find out what your EKG shows and what your cholesterol content is.
- L. Relaxation and releases from the stress of tensions.
1. All people live under stress, which represents wear and tear of life. No one can escape stress.
 2. Reaction to stress is the key to proper living.
 - a. Improper reaction or a failure in stress reaction is improper living.
 - b. Proper reaction to stress is the adjustment to living.
 3. Stress in life is perfectly normal. It is the individual's reaction to stress which reflects his ability to cope with stress.
 4. An individual must know and accept physical limitations. Every individual must learn to handle his tensions. Make a habit of relieving your tensions by relaxing regularly.
 5. A period of relaxation every day may help an individual return to alertness with renewed enthusiasm and a quickened mind.
 6. Proper relaxation improves both the quality and quantity of our achievement. Relaxation must take over just beyond the point of efficient energy to make the body truly efficient.
- M. The problem of sleep.
1. Every person must sleep. Most persons sleep periodically or are awake for sixteen hours and sleep eight hours, or about one-half hour of sleep for every hour awake. The average amount of sleep for most persons is eight hours per night.

2. Some people, however, require ten hours and others require six hours - this is on an individual basis. Determine how much sleep you need and follow a routine, establishing a body rhythm.
 3. Train your body for sleep at the proper time - allocate enough hours for rest and you should wake up rested and refreshed.
 4. Set the conditions around you for restful sleep:
 - a. The temperature of the room.
 - b. The elimination of noise.
 - c. A proper mattress and pillows.
 - d. Consciously divert the mind to restful topics.
 - e. Be free from tension when retiring to bed.
 5. Don't worry about sleep - when you are tired, you will sleep.
 6. Many people don't sleep thoroughly the whole night. Don't fear insomnia. Many people lose sleep from time to time.
 7. If the problem is severe or persists, see a physician.
- N. Jogging as a way to physical fitness.
1. Jogging is a type of exercise which combines alternate running and walking.
 2. Jogging makes it possible to control the degree of exertion by controlling the distance, speed of running, and the amount of walking.
 3. The definition of jogging is a graduated program of moderate exercise which can be adapted to all ages and levels of physical fitness.
 4. Jogging is a simple exercise which appeals to everyone because of its lack of costs, and its adaptability to be done anywhere.
 5. Jogging is application of the theory that regular exercise in moderate amounts is good for most people.

6. Jogging is designed to improve the heart, lungs, and circulatory system. Other parts of the body are also exercised in jogging.
7. By jogging one may use the best aspects of running and walking together in one exercise.
8. By combining running and walking you jog comfortably and you do not over-exert yourself.
9. The two different concepts of jogging:
 - a. Jogging means a steady, easy paced run alternating with a breath catching period.
 - b. Jogging is a kind of running; generally a slow, regular trot that has been described as the next step up from walking.
10. Remember to train, don't strain. How you jog is never as important as that you jog.
11. Acceptable techniques may vary greatly but generally this is how to jog.
 - a. The posture - stand up straight. It affords the greatest freedom of body movement and ease of moving. Keep your head straight. Keep your buttocks tucked in. Don't be a military swayback. Resist the tendency to watch your feet as you trot. Improved posture is a reward of trotting.
 - b. The arms - your arm movements provide a rhythm which pulls you along. Elbows should be bent slightly and away from the body. Develop the proper habit of arm position.
 - c. The legs - stand up straight, your legs should move freely from the hips; the action should be easy but not forced. The lift is from the knees; the ankles should remain relaxed. Each foot should fall just under the knee. Don't over-stride.
 - d. The breathing - breathe with your mouth open. Keep your mouth open and gulp the air.
 - e. The footstrike - proper use of the feet - the three proper methods of footwork are:
 - 1) Heel to toe action.

2) Flat foot action.

3) Ball of the foot action.

- f. Trot or jog on soft ground if possible, such as grass or the track.
- g. Jog as much as comfortable to get started but finish the workout exhilarated, not exhausted.
- h. As the conditioning of your body increases so should your speed of trotting. Build up endurance. Run against time as you get into better shape.
- i. Break the pattern if possible. Using a different set of blocks for the run breaks up the pattern.
- j. Above all keep jogging, don't break the habit.
- k. After people have been jogging for a month or so it is not unusual for them to jog for four or five miles.

O. Physical activity and "heart attacks."

- 1. A "heart attack" - in medical terms, a myocardial infarction - is the single biggest killer in the United States.
- 2. There is no known drug or single way to prevent it.
- 3. Even if you survive an attack you may suffer marked disability and limitation of activity.
- 4. The myocardium is the heart muscle and a myocardial infarction is caused by a blockage of the blood that flows through the coronary arteries to supply the heart muscles.
- 5. A common cause of the blockage of the blood flow is a clot, or "coronary thrombosis," that forms in a coronary artery.
- 6. Many factors are involved in causing heart attacks.
- 7. Lack of physical exercise is only one. Medical research indicates it may be among the most important.
- 8. Heredity is also a factor. Though the physiological weakness inherited from one's parents cannot be changed, it may be offset somewhat by a high level of physical fitness.

9. Recent medical reports have found that the least active men had more myocardial infarctions, and more were fatal. The most active men not only had a lower incidence of attacks, but their chances of survival were considerably greater.
10. Both the incidence and severity of initial myocardial infarctions were reduced in the most active as compared to the least active men.
11. Men who did little walking had almost twice the mortality rate of walkers. Men who rarely engaged in sports also had nearly twice the mortality rate of more active men.
12. The medical reports suggest that a substantial reduction of deaths from myocardial infarctions might be achieved through a relatively small increase in physical activities of the inactive men in a given population.
13. Those who habitually are more physically active may develop a better supply of blood to the heart muscle than those who are inactive. It appears that regular exercise may be an unimportant factor in reducing the risk of myocardial infarction or heart attacks in men.

P. Some basic calisthenic exercises.

1. Jumping Jacks.

- a. The starting position: The person should stand with the feet together and hands at the side.
- b. The counting movements:
 - 1) Count one - the person should jump up in the air, spreading the feet about thirty inches apart and raising the hands over the head and touch.
 - 2) Count two - the person should jump up in the air again and pull the feet together and lower the hands to the sides.
- c. The muscular development: This exercise develops the muscles of the legs, the arms, the back and the chest.
- d. The number of repetitions:

Weeks	1	2	3	4	5	6	7	8	9	10
Repetitions	10	15	20	25	30	35	40	45	50	55

2. Sit-ups.

- a. The starting position: The person should lie on the back, clasping both hands behind the neck.
- b. The counting movements:
- 1) Count one - the person should raise the trunk of the body up and forward toward the knees until the torso of the body is perpendicular to the floor, keeping the knees straight.
 - 2) Count two - with the hands still clasped behind the neck, lower the torso back to the floor.
- c. The muscular development: This exercise develops the muscles of the stomach, back and legs.
- d. The number of repetitions:

Weeks	1	2	3	4	5	6	7	8	9	10
Repetitions	10	15	20	25	30	35	40	45	50	55

3. Trunk rotations.

- a. The starting position: The person should stand with the feet about thirty inches apart and the hands on the hips, body erect.
- b. The counting movements:
- 1) Count one - the person should stand with the head straight and then rotate the head and torso one quarter turn clockwise.
 - 2) Count two - then the torso and the head are rolled another one quarter turn clockwise, bending the back toward the floor.
 - 3) Count three - the torso and head are then rotated toward the left side one quarter turn, head straight on the shoulders and hands still on the hips.

4) Count four - the torso is then rotated one quarter turn back to the right, bringing the body back to the starting position. The legs during all counts should be kept straight.

c. The muscular development: This exercise develops the muscles of the back, abdomen, and waist.

d. The number of repetitions:

Weeks	1	2	3	4	5	6	7	8	9	10
Repetitions	10	15	20	25	30	35	40	45	50	55

e. Note - the above repetitions are for clockwise trunk rotations. At the end of the prescribed trunk rotations, the rotations should then be reversed and should go in a counterclockwise direction for the required number of repetitions.

4. Arm rotations.

a. The starting position: The person should stand with the feet together and standing erect, the arms parallel to the ground, outstretched, and fingers pointing away from the body.

b. The counting movements:

1) Count one - the arms are rotated backwards in circles about six inches in diameter with each revolution counting as one repetition.

2) Count two - after the listed number of backward repetitions has been completed the process is reversed going forward the same number of revolutions.

c. The muscular development: This exercise develops the muscles of the back, shoulder, and arms.

d. The number of repetitions:

Week	1	2	3	4	5	6	7	8	9	10
Repetitions	10	20	30	40	50	60	70	80	90	100

e. Note - the number of repetitions is for one direction only.

5. Toe touch.

- a. The starting position: The person should stand on the floor with the hands outstretched parallel to the ground, palms downward.
- b. The counting movements:
- 1) Count one - bend the torso and move the right hand from its outstretched parallel position to the left toe, without bending the knee.
 - 2) Count two - return to the original position.
 - 3) Count three - bend the torso and move the left hand from its outstretched parallel position to the right toe without bending the knees.
 - 4) Return to the starting position.
- c. The muscular development: This exercise develops the muscles of the back, legs, and arms.
- d. The number of repetitions:

Weeks	1	2	3	4	5	6	7	8	9	10
Repetitions	10	15	20	25	30	35	40	45	50	55

6. Push-ups.

- a. The starting position: The person should lie on the floor stomach down, placing the palms of the hands on the floor parallel with the shoulders.
- b. The counting movements:
- 1) Count one - push the body upwards, keeping the body rigid and straight.
 - 2) Count two - let the body down almost to, but not touching, the floor.
- c. The muscular development: This exercise develops the muscles of the chest, back, and arms.
- d. The number of repetitions:

Weeks	1	2	3	4	5	6	7	8	9	10
Repetitions	5	8	11	14	17	20	23	26	29	32

7. Leg raises.

- a. The starting position: The person should lie on the floor face up with the hands behind the neck.
- b. The counting movement:
- 1) Count one - raise the legs six inches off the floor.
 - 2) Count two - spread the legs outward to spread eagle position keeping the legs stiff.
 - 3) Count three - keeping the legs outstretched bring the legs back together to the center.
 - 4) Count four - ease the legs back to the floor.
- c. The muscular development: This exercise develops the muscles in the back, abdomen, and legs.
- d. The number of repetitions:
- | | | | | | | | | | | |
|-------------|---|---|---|----|----|----|----|----|----|----|
| Weeks | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Repetitions | 3 | 6 | 9 | 12 | 15 | 18 | 21 | 24 | 27 | 30 |
- e. Note - by increasing the number of seconds the legs are held at each position during the exercise, additional stress is created, improving muscular tone and strength.

8. Bicycle kick.

- a. The starting position: Lie on the floor backside down, roll backwards on the upper back and neck area with the torso perpendicular to the ground.
- b. The counting movements: Count one - the legs should be rotated as in a bicycle riding position. One full 360 degree turn is one count.
- c. The muscular development: This exercise develops the muscles in the neck, shoulders and legs.
- d. The number of repetitions:

Weeks	1	2	3	4	5	6	7	8	9	10
Repetitions	10	20	30	40	50	60	70	80	90	100

9. Reverse body stretch.

- a. The starting position: The person should position himself on the floor face down with the arms extended in front of the head.
- b. The counting movements:
- 1) Count one - raise the chest, legs, and hands off the floor and stretch.
 - 2) Count two - release and go back to the original starting position.
- c. The muscular development: This exercise develops the muscles of the back, legs, shoulders and chest.
- d. The number of repetitions:

Weeks	1	2	3	4	5	6	7	8	9	10
Repetitions	2	4	6	8	10	12	14	16	18	20

10. The neck bridge.

- a. The starting position: The person should position himself on the backside flat on the floor.
- b. The counting movement:
- 1) Count one - raise the body off the floor parallel to the floor, resting the weight of the body on the neck. Bring the feet up for support.
 - 2) Count two - rotate the neck around in a circular motion.
 - 3) Count three - go back to the starting position.
- c. The muscular development: This exercise develops the muscles in the neck and the back.
- d. The number of repetitions:

Weeks	1	2	3	4	5	6	7	8	9	10
Repetitions	3	6	9	12	15	18	21	24	27	30

- Q. Basic exercise with weights.
1. This section involves the use of dumbbells. Almost all grips on the barbells and dumbbells are undergrips.
 2. Choose the weight which fits the individual. This should be five pounds over the weight at which you can do ten repetitions; this increases stress.
 3. Straight arm pull-over.
 - a. The starting position: The person should lie on the back on a bench with hands over the head and under the dumbbells.
 - b. The type of weight used: dumbbells.
 - c. The counting movement:
 - 1) Count one - using both hands pull the dumbbells over the head, keeping the arms straight, making a movement of forty-five degrees.
 - 2) Count two - then let the dumbbells back to the floor.
 - d. The muscular development: This exercise develops the muscles of the chest, arms, shoulders and neck.
 4. Lateral raise.
 - a. The starting position: The person should lie on the back on a bench, hands out perpendicular to the body and down under the dumbbells.
 - b. The type of weight used: dumbbells.
 - c. The counting movement:
 - 1) Count one - pull the hands upward to a point perpendicular to the floor with the arms straight above the body.
 - 2) Let the arms back down to the floor.
 - d. The muscular development: This exercise develops the muscles of the chest, arms and back.

5. Alternate arm pull over: This is the same as number four, but instead of using both arms in simultaneous motion, use both arms in alternating motion.
6. Bench press.
 - a. The starting position: The person should lie on the back on a bench with the barbells over the chest with an overhand grip.
 - b. The type of weight used: barbells.
 - c. The counting movement:
 - 1) Count one - push the barbell from the chest straight up, arms extended to the full length.
 - 2) The barbell is then slowly lowered back to the chest.
 - d. The muscular development: This exercise develops muscles of the chest, shoulders, arms and back.
7. Side exercise.
 - a. The starting position: The person should stand on the floor with the feet wide apart with the knees straight. The barbells should rest on the shoulder behind the neck.
 - b. The type of weight used: barbell.
 - c. The counting movement:
 - 1) Count one - bend the torso to the right as far as it can go sideways.
 - 2) Count two - bend back to the starting position.
 - 3) Count three - then bend the torso the the left as far as it can go sideways.
 - 4) Count four - then bend back to the center.
 - d. The muscular development: This exercise develops the muscles of the chest, abdomen and back.

8. One arm side raise.

- a. The starting position: The person should stand with the feet wide apart, both hands at sides, with the dumbbell grasped in one hand only. Keep both knees locked, with the trunk of the body straight.
- b. The type of weight used: dumbbell.
- c. The counting movement:
 - 1) Count one - the dumbbell should be moved upwards to a point above the head, keeping the arms straight so the dumbbell is perpendicular to the floor.
 - 2) Count two - the dumbbell should then be lowered back to the side keeping the arms straight.
- d. The muscular development: This exercise develops the muscles of the shoulders, waist, chest and back.

9. The front bend.

- a. The starting position: The person should be in a standing position with the feet almost thirty inches apart and the knees straight. The barbell should rest across the back of the neck.
- b. The type of weight used: barbell.
- c. The counting movement:
 - 1) Count one - the trunk is inclined forward until the torso is parallel to the floor.
 - 2) Count two - then return to the upright position. Keep the head straight at the time of the bend forward and back.
- d. The muscular development: This exercise develops the muscles of the back and neck.

10. Stiff leg stretch.

- a. The starting position: The person should stand with the feet apart slightly, knees locked, and the barbell held in front of the legs with the arms straight.
- b. The type of weight used: barbell.
- c. The counting movement:
 - 1) Count one - with an overgrip the individual should lower it forward until the trunk is parallel to the floor, keeping the back straight.
 - 2) Count two - then return to the starting position.
- d. The muscular development: This exercise develops the muscles of the legs and the back.

11. Deep knee bends with heels on the floor.

- a. The starting position: The person should stand on the floor with the feet twelve to eighteen inches apart, toes pointed forward and slightly outward with the barbells held on the shoulders across the back of the neck.
- b. The type of weight used: barbells.
- c. The counting movement:
 - 1) Count one - the person should bend the knees gradually until a full squat has been reached. The heels should not leave the floor, with the back and head as erect as possible.
 - 2) Count two - then raise up gradually to the original starting position.
- d. The muscular development: This exercise develops the muscles of the hips and legs.

12. Calf exercise.

- a. The starting position: The person should start standing with the feet apart, knees locked, and the toes turned in slightly with the barbell on the shoulders.

- b. The type of weight used: barbell.
- c. The counting movement:
 - 1) Count one - raise up on the toes as high as possible, keeping the knees locked with the weight on the toes.
 - 2) Count two - return to the original starting position.
- d. The muscular development: This exercise develops the muscles of the legs and back.

13. Rowing exercise.

- a. The starting position: The person should be in a standing position with the feet comfortably apart and the body inclined forward slightly with the trunk parallel to the ground, the barbell overgripped and held four to six inches from the floor.
- b. The type of weight used: barbell.
- c. The counting movement:
 - 1) Count one - the arms are bent and the bar is pulled up to the chest until it nearly touches the chest; the elbows should be as straight as possible, outwards.
 - 2) Count two - the barbell is then lowered back to the starting position.
- d. The muscular development: This exercise develops the muscles of the back, shoulders, arms and chest.

14. Two arm curl.

- a. The starting position: The person should lie in a standing position with the feet comfortably apart, the barbells undergripped and the arms extended downwards.
- b. The type of weight used: barbells.

- c. The counting movement:
 - 1) Count one - the arms are raised by bending the elbow and holding the elbows close to the body in the upper part of the chest area.
 - 2) Count two - the bar is then lowered to the starting position.
 - d. The muscular development: This exercise develops the muscles of the arms and the chest.
15. Behind the neck press.
- a. The starting position: The person should be in a standing position with the feet a comfortable distance apart and the barbell in an overgripped position, resting the barbell on the shoulders.
 - b. The type of weight used: barbells.
 - c. The counting movement:
 - 1) Count one - the person should put the barbell over the head to a straight full arm's length.
 - 2) Count two - return back to the original position.
 - d. The muscular development: This exercise develops the muscles of the arms, shoulders and back.
16. One arm curl.
- a. The starting position: The person should be in a standing position with the arms at the sides and the feet a comfortable distance apart. A dumbbell is grasped in each hand with an undergrip.
 - b. The type of weight used: dumbbells.
 - c. The counting movement:
 - 1) Count one - the arm is bent keeping the elbow by the side; raise the dumbbell to the shoulder.
 - 2) Count two - lower the arm to the original starting position.

d. The muscular development: This exercise develops the muscles of the arms and shoulders.

17. Alternate dumbbell press.

a. The starting position: The person should be standing with the feet a comfortable distance apart and a dumbbell in each hand at the shoulders.

b. The type of weight: dumbbells.

c. The counting movement:

1) Count one - the right dumbbell is pushed over the head with the arm fully extended.

2) Count two - the right arm is returned to the starting position.

3) Count three - the left dumbbell is pushed over the head with the arm fully extended.

4) Count four - the left arm is returned to the starting position.

d. The muscular development: This exercise develops the muscles of the shoulders and back.

R. Planned progression in exercising.

1. Start out using a lower weight and build yourself up.

2. Individuals may require different weights on the barbells and dumbbells for different exercises.

3. Build your repetitions to a strong ten repetitions.

4. Then add on five pounds to the barbells and try to build the next set of repetitions.

5. Don't strain - just exercise.

6. A complete program of physical fitness with planned progression will be general corrective exercises for deficient muscles.

7. If the class is too large for all to participate at one time, then one-half the class should work on trotting and calisthenics while the other half works out with the weights, and vice versa.

CONTINUED

3 OF 4

S. Other sports and activities which may be included.

1. Correct exercise should be done every other day, leaving a one day rest period for muscle tissue to build anew.
2. On the days in between, sports activities having no relation to police work may be used. Such activities need not be strenuous but should be competitive.
3. These may include basketball, baseball, football, etc.
4. Or the program may choose sports which have closer relationships to police activities.
5. These may include swimming, boxing, wrestling, and defensive tactics.

T. Some police-related sports and activities.

1. Swimming activities should include:
 - a. General swimming as a sport including side stroke, crawl, breast stroke, underwater swimming and back stroke.
 - b. The application of the above swimming strokes to police work - how they may be applied to potential police situations.
 - c. The application to rescue, distance swimming, fast swimming, and swimming which conserves strength.
 - d. Swimming for rescue work and the correct method of entering the water for rescue.
 - e. The different life-saving methods should be demonstrated including swimming methods, the life-saving holds, the various approaches to the victim, non-swimming rescue techniques, etc.
2. Boxing activities should include:
 - a. The proper conditioning, including those exercises which build up endurance and the increased muscle strength of the legs, arms, abdomen and neck.
 - b. Instruction in agility and quickness of foot, as well as the boxing stances and foot movements.

- c. Instruction in the various uses of the hands to ward off blows and defend the face and body.
 - d. Instruction in the use of the hands for throwing one punch.
 - e. Instruction in the use of the hand for throwing two or more punches.
 - f. Instruction in the use of the hands for throwing a series of punches.
3. Defensive tactics and wrestling.
- a. The moves and counter-moves should be taught and practiced.
 - b. The movements in various situations should be taught and practiced.
 - c. The pressure points and vulnerable points for defensive acts should be taught.
- U. Measurements to be taken before the beginning of physical conditioning.
- 1. Weight measurements.
Weeks 1 2 3 4 5 6 7 8 9 10
 - 2. Tape measurements of anatomical parts.
 - a. The neck.
 - b. The chest - normal size.
 - c. The chest - expanded size.
 - d. The waist.
 - e. The hips.
 - f. The upper right arm.
 - g. The upper left arm.
 - h. The right forearm.
 - i. The left forearm.

- j. The right thigh.
- k. The left thigh.
- l. The right calf.
- m. The left calf.

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7 days/more