

The complete manual of suicide

BEGIN PGP SIGNED MESSAGE

FOREWORD

This book describes in detail how to commit suicide.

This book is not a record of frequent suicides, nor is it intended to explain the reasons for suicide. Although it can be read as a miscellaneous book, the whole book is directed towards “how to commit suicide”.

Long-winded opening remarks, maybe you’re tired of them.

I don’t know how long ago the topic “Why do young people die?” has been talked about over and over again. At that time, for example, in the 1970s, the conclusions reached were “nihilism”, “unhappy times”, *etc.* However, questions such as “Why can’t you commit suicide?” and “Why do you have to live?” have never been answered.

Closer to home, what is needed now is a book that can make “suicide” a reality.

Regarding such a book, the “Method of Suicide” published ten years ago is almost just a mess of content, which is annoying. What should be known by now is the pure method of suicide.

There is only one suicide device that can be euthanized in the United States, invented by a scholar. (Case 30) And this book will be Japan’s only “suicide device using language and writing”.

Speaking of this, I really want to start with the introduction of the method of suicide by taking medicine, but in order to make the question “Why commit suicide now?” more clear, as well as various other business reasons, I have to write some miscellaneous things first.

CHERNOBYL

...I'm waiting for the moment to "show off my skills".

When the student riots occurred 20 years ago, everyone thought that "something powerful is about to appear!" The Apollo landing on the moon, the oil crisis, the Soviet invasion of a country, and the end of the Showa era, I thought "this move will be earth-shattering." However, it was only a magnitude 3 earthquake, and it just fell down a wall. The students looked at each other, laughed and said, "Great!" and the activity was over.

Excerpted from the postscript of "Dawn" after I know Shangshou)

At the end of the 1980s, there was a wave of "doomsday" and "dangerous topics", the favorite band sang Chernobyl songs, children's jokes were all full of death, and young girls prepared for world wars, start looking for companions. We were all excited about "something great!" and "Maybe tomorrow will be the end of the world!"

However, the end of the world has not come. The atomic bomb never exploded, and the dream of a full-scale nuclear war has long since vanished without a trace. The revolutionaries of the 1980s experienced complete frustration.

In the end, everyone finally understands that "showing one's talents" is impossible, and the 22nd century will surely come. (Of course, the twenty-first century is coming, because there will be no so-called world wars.) The world will never end. Just encountering the "other world" and the "outside" a little bit is not enough. If you want more excitement, if you really want the world to end, unless it's "that thing".

## A LONG VACATION

It doesn't help to say "boring" — because we were unlucky to be born on this stage of history.

Until the 22nd century, we would wake up at seven every morning, go to school or work, and repeat some unimportant things. In school, recite English words and historical year numbers again and again; In the

company, while saying things like “boring,” they do the really boring work for weeks, months, and years on a weekly, monthly, and yearly basis.

Slow-paced state-of-the-art products continue to emerge, slow-paced politicians continue to embezzle, and television content continues to move slowly. But when I turn off the TV and look around, it’s just another day as usual. (Waking up “the wonderful darkness of turning off the TV” is another goal of this book.)

In his autobiographical novel “Confessions of a Mask”, Yukio Mishima mentioned: ““Everyday life” is more terrifying than war. We endure and endure this “shattering horror of everyday life”. In order to bring inexplicable “stable future”. Going step by step along the way, careful to avoid deviations.

There’s no end to a comedy like a TV series. It’s just that the strange “joy” always continued slowly and steadily.

Yes! The keywords are “slow pace” and “repetition”. The constant repetition of the same things at a slow pace; This is the first element to inflate the feeling of wanting to die.

## ANOTHER BRICK IN THE WALL

In 1978, there was a “Paper Labyrinth Suicide Case” in Japan.

A pair of high school twin sisters, who lived in Japan’s Toyama prefecture, were found hanged in the woods. In one of the notebooks, a maze pattern (a game of finding the source of the line along the lines) was drawn on paper with four straight and several horizontal lines interlaced. Below the pattern, incomprehensible words such as “Japanese X”, “suicide”, “ROS”, and “Mitsuya” were written. The line drawn from above is where it connects to “suicide”. Since their parents couldn’t figure out a motive for their suicide, it was concluded that the two committed suicide because of the “maze”. It is said that “ROS” may be the Rolling Stones. Since the words “Japanese X” and “Hate Asians” are also written on it, maybe it has something to do with it. However, the meaning of these words is still not understood.

A judge once said: “Human life is heavier than the earth.” However, this is an extremely worthless misunderstanding. As the two high school girls in the 1970s had already noticed, human life is very light, as light as “Japanese X” and “ROS”.

In the late 1950s, American popular sociologists said: “The masses are like atoms caught in a sense of powerlessness.” In the late 1970s, British rock bands sang: “We are a brick in the wall.” Very popular. Even in the 1990s, the situation in Japan remained unchanged.

As usual, we are still a brick in the wall. the proof is that if any one of us dies, there must be someone to take his place. No one’s existence is irreplaceable, and no politician can be assassinated. With just one brick missing, the wall doesn’t collapse because of it.

Each of us is full of powerlessness, it doesn’t matter whether we exist or not, in other words, life is light; This is the second element that inflates the feeling of wanting to die.

## CLOCKWORK ORANGE

With this feeling of powerlessness, we who are doing the same things slowly and repeatedly, little by little, forget the “real feeling of being alive”. I have gradually forgotten whether I am alive or dead. Do you ever feel like you are “alive”? Now, between life and death, there is only a thin, almost invisible boundary.

Therefore, “Life is very important, so you can’t commit suicide.”, “As long as you can live, everything will turn around.”, “Because the people around you will be sad, you must live.”... Such words have been put into the cold palace, is no longer persuasive.

Effective words to stop suicide have disappeared; Signals that lead to suicide are already present.

Yes, it’s okay to die. If you go to work or school, if life is uncomfortable, boring, or even painful, you can cross the invisible line to seek death, and no one can stop it.

As I said before, nothing will change if I live anyway. Although it doesn't have a special ability, it can roughly know what will happen to society or itself in the future. "The future! The future!", no matter how convincing this sentence is. In your life, you are probably going to primary school and middle school in your birthplace, going to a cram school to study for the joint entrance examination, then entering a high school or university, and then working in a company after four years of playfulness. For men, marry before the age of 20 or 30, have a child the next year, have several job changes or promotions, the highest promotion to a managerial position, retire at the age of 60, and live a life that enjoys your interests for the next ten or twenty years. Finally die. At most it is. And, despairingly, this is the most reassuring ideal of life.

Under such circumstances, ordinary life is no longer significant. If he wasn't alive now, he might just be "giving life to live" like a tender chicken for roasting chicken.

So putting a stop to the right place is not about "sadness", "it won't happen a second time", "worry about spillover effects" or something like that.

Suicide is quite a positive behavior.

## ANGEL DUST

I have a friend who has a strong drug called "angel dust". After eating it, his mind will become dizzy, and he can jump from tall buildings without caring. It is packed in a small metal bag and made into a necklace, which is inseparable, carried on the body. He said: "When necessary, you can eat this to seek death." My friend doesn't have a regular job, and he is very happy every day.

Hopefully this book can be that metal pouch necklace.

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Editor's Note

lethal dose citations

Citations and References

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## TAKING MEDICINES

Pain: 

Trouble: 

Death: 

Implications: 

Impact: 

Lethality: 

If you can succeed, taking medicine is the best

means of suicide. However, there are many cases of suicide attempts, and excessive preparation time is a problem, and the level of pain varies with the drug.

There are beautiful capsules and pills in red, yellow, blue and other colors scattered on the table, or a small pile of snow-white powder. Slowly fell asleep when swallowed and never woke up again. This is death on the extension line of peaceful sleep, the most ideal means of suicide, and one that is only possible through drugs.

A certain drug will control the mind. The brain is the system control device responsible for the self-organization of the human body. Whether it is breathing function or heart beating, all functions used to maintain the system are controlled by the brain. What I want to explain here is the technology used to destroy the entire “self” system through the gradual loss of coordination of this control device through drugs. This can also be described as a do-it-yourself approach to lobectomy.

## A DRUG THAT IS NOT LETHAL IS NOT A DRUG

No matter what kind of drug, basically there are “the amount that will produce an effect”, “the poisoning amount” and “the lethal amount”. There

are also experts who say, “A drug that does not kill is not a drug.” No matter what drug is, there is the possibility of death. It’s just that there is a big gap between the action amount and the lethal dose. Now with drugs, this gap has been widened, in other words, safe drugs. What is to be introduced here is that the difference is relatively small.

The problem, however, is the “lethal dose”. The standard of drug dosage described in this book is the lethal dose of different drugs contained in various documents, but it also varies from literature to literature, and the range is also very different. At the same time, the lethal dose varies greatly depending on the individual’s constitution and whether the drug is often taken. Therefore, there are cases in which people were rescued despite taking a large overdose, and died after taking a small amount.

The “lethal dose” that was supposed to determine the boundary between life and death was not fatal due to different doses, varying ranges, and individual differences. So some researchers say that, if you really want to die, you should take three times the lethal dose. In this way, the lethal dose is no longer a “lethal dose”. In this book, the minimum amount and the maximum amount are regarded as the “lethal dose” for the time being (the dose not specified is the dose for adults), which is only a general standard. This ambiguity of lethal doses not only shows the blurred line between life and death, but is also the biggest reason why drug suicide is difficult.

However, here’s a few more words. You will never die just by slitting your wrist, but the medicines listed here will really kill you if you take it. If you just want to experience suicide (and that’s not a bad thing), it’s better to cut a slit in your wrist.

## ATTENTION

Strengthen the absorption of the digestive organs to avoid nausea.

The most important thing to avoid is to spit out the medicine you take. Death by taking drugs, in other words, acute drug poisoning. Just imagine a drinking situation. Of course, alcohol is not immune to death. College students often die from alcohol poisoning. However, it is generally the case that when the body can no longer take it, it will spit it out. It’s just swapping

alcohol for drugs. It is also natural to vomit because of a large overdose. Therefore, it is very difficult to grasp the right amount.

Of course, there are ways to stop vomiting, but just to enhance the absorption of the digestive organs, just like symptomatic therapy. There is no way to deal with vomiting due to a physiological rejection. In short, only try to take it towards the “lethal dose”, even if it is just one more tablet.

## TAKING IT WILL NOT DIE

The other thing to note is to know the “lethal dose” before taking the drug. There are many drugs that can kill you. For example, the sleeping pills that have become a topic of conversation these days - - . Drowsiness comes quickly and memory loss occurs after taking it, so it looks very dangerous, but it is a very safe drug. A twenty-seven-year-old woman who drank and swallowed eighty tablets at the same time fell asleep and got up like a sleepwalker, said “Go to Lawson” to her parents, and fell down. After being sent to the hospital, he regained consciousness the second day, and the results of the examination were all normal. Merely looking dangerous doesn’t kill people.

Drugs whose lethal doses are unknown are not described in this book. Action without a plan will not only fail but also experience unnecessary suffering. A housewife who swallowed potassium cyanate and scratched her chest all night was found bloody.

By the way, many of the rumors about drug suicide are false. It is often said that serious sequelae will be left to the internal organs or the brain for life. However, only from the drugs that have an effect on the nervous system mentioned in this book, some doctors say that almost all of them have no such side effects.

There are also “anti-suicideists” who claim that health insurance does not cover the cost of suicide treatment, so it costs a lot of money, but this is also not true. A 26-year-old woman swallowed 20 tablets and 20 packets of powdered sedatives, which are considered “the most potent medicine in the hospital”, although we don’t know the ingredients, and was admitted to the hospital for the whole time. She was in a coma for two days, but she paid

for her medical bills using her insurance card. Therefore, not to be deceived by lies is also a point to pay attention to.

## PREPARATION

### INTRAVENOUS INJECTION

First, there are various strategies to prevent vomiting. The easiest way is to put the drug on an aluminum thing and bake it with fire to melt it, or dissolve it in hot water to make it a water solution, and then inject it into the vein with a syringe. In this case, of course, it will not vomit, but it has a greater effect than gastrointestinal absorption, and requires much less amount. If air is mixed into the syringe, air embolism will occur in the cerebral blood vessels and death occurs. There are also people who died of shock due to foreign bodies other than blood mixed into blood vessels. Due to the mixing of foreign bodies, the blood vessels will have a considerable degree of pain. In the case of multiple injections, the pain is very severe, and cold compresses can be applied to the arm. In short, you need to think of something.

### WATCH OUT FOR THE LAST SUPPER

People who do not want to be injected but want to take drugs to die, it is necessary to adjust the state of their stomach in advance. In order to absorb the drug more quickly, effectively causing acute poisoning, food should not be left in the stomach. However, if it is too fast, it will cause allergic reactions and vomiting, and it is difficult to grasp its proportions.

An hour or so before committing suicide, a little anti-intoxication should be taken with a cup of black tea and a piece of toast. Tablets should be crushed beforehand and put into a pulverizer to make it into a powder. Capsules should be removed, leaving a powder, or dissolved in hot water to make a liquid.

Then mix the drug in pudding or yogurt, add some honey, and swallow it quickly. But experts say mixing the drug in pudding or yogurt doesn't speed up absorption. Perhaps it is better to think of it as a way to aid in swallowing. It might be better to think of it as a way to aid in swallowing.

## HAVE A DRINK AT THE SAME TIME

Drinking some alcohol at the same time is a necessary condition. It is said that alcohol has a synergistic effect on the drugs that act on the central nervous system. It can accelerate the dissolution rate of any drug, and the effect can be increased by 50% when used in combination. In addition to wine, it is best to prepare more drinks.

In addition, you must choose a place that others cannot find, and at least a place where you can stay alone within eight hours, such as a hotel, is the most suitable. If found within a few hours, it would be a suicide attempt, to taste the pain of repeated enemas. A twenty-five-year-old woman who was given an enema for attempting suicide said, “If I had known it was so painful, I wouldn’t have killed myself.” (Although she added, “Maybe I’ll kill myself again.”)

Now that the preparations are complete, let’s start introducing suicide pills.

## POPULAR DRUG

The drugs sold in the mass medicine market have low toxicity. The professional book says: “[Marketed drugs] are almost not fatal if taken in large quantities in a single dose.”

Although this statement cannot be regarded as correct, it is indeed difficult to die by taking popular medicines. As mentioned above, there are various amounts of medicines that produce effects and amounts that cause poisoning. Therefore, those that maintain a certain distance from the poisoning amount and manufacture with low toxicity are popular medicines. Therefore, general pharmacies have them for sale.

However, the basic points of suicide pills are “easy access” and “sleep after taking them”. If you can’t get it, even the introduction is meaningless. It is necessary to know that taking popular medicines is difficult to cause death, but professional books have written that it is “almost not fatal”. That said, it’s not 100% impossible, and here’s the exception.

## PICTURE

PRODUCT NAME INGREDIENT NAME LETHAL DOSE 1 LOZENGE  
INGREDIENT DOSAGE SERVINGS IN A BOX

Brovaleric acid (RADICAL) Extrapolate  
about 10g (A) 100mg 100 300 12 pieces of 450

Urea 10 30g (B), 20g (C), Grain YEN



(bromovaleryl) 15 20g (D)(E)(F)



(Note) The so-called generic name refers to the world’s common drug name determined by WHO (World Health Organization). The brand name produced by the pharmaceutical company in combination with the generic name is a commonly used brand name such as “”. (Note) The English letters in parentheses in the table indicate the literatures used as inferred references.






# 1 STIMULANTS





In post-war 1950s and 1960s, there was a second suicide fever with sleeping pills. Mostly young people in their twenties, the number of suicides taking sleeping pills greatly exceeds the number of people who hang themselves. Bromovaleryl was sold under the brand name “Bromvalin” at the time and was the main drug for suicide fever. When Akutagawa Ryunosuke committed suicide by taking sleeping pills in 1926, causing the first suicide fever, “” was sold under the name “Carmotin” and was widely used. Dazai Osamu also tried to die in love with “Carmotin” many times. Therefore, it is said that “” is a drug that has a long history of suicide in Japan.

“Bromvalin” is now designated as a “medicine on prescription” and cannot be bought without a doctor’s prescription. “” (Sato Pharmaceutical Co., Ltd.) is commercially available in the same composition and dosage as “Bromvalin”. Apparently it’s not illegal. Because, the amount of “” in each tablet can be sold under 500 mg. These are eight millimeter-sized tablets, white and bitter in taste.


After the conditions are ripe, as long as the lethal dose is taken, the central nervous system will be controlled, (the stimulation of the brain and spinal cord nerves will fail), and the consciousness will be lost rapidly. Someone died after taking 50 tablets of “Bromvalin” (Case 2), but it is appropriate to take 200 tablets. 200 tablets is enough for both hands, and if it is the total amount, it is not necessary to mix it with yogurt so troublesome to take (case 1).

In addition, among the medicines that contain 100 mg of “” in one tablet, there are Moulmein (Kobayashi Pharmaceutical Industry), Day Night (Taisho Pharmaceutical Industry), etc.  is made of pure , but

the others contain some caffeine and other ingredients. Due to the excess ingredients, the dosage will increase and the possibility of vomiting will also increase.

In addition to Moulmein, “acetaminophen”, described later, also contains 150 milligrams of  in one tablet. Taking 100 to 200 tablets equivalent to the lethal dose of  would also reach the lethal dose area of “acetaminophen”. It’s double the lethal dose, and more dangerous.

## HOW TO BUY IT

The instruction booklet of  says “a drug with a sedative effect on anxiety and tension”, and you can buy it as long as you explain the symptoms, but the biggest problem is how to buy ten to twenty boxes. Most pharmacies are out of stock, and there are not many wholesale pharmacies from pharmaceutical companies, so you can’t buy much at a time. There are also cases where it is not sold due to the judgment of the pharmacy. The pharmacies near the major station generally have supplies. I look for five or so, buy them every two weeks, and accumulate 20 boxes in two months. This medicine takes two to three tablets a day, and there are only twelve tablets in the box, so it is not surprising to buy it every ten days.

To prevent abuse, though, pharmacies sometimes don’t sell them, or ask about symptoms, or recommend a trip to the hospital. A pharmacy employee said: “Don’t sell someone who doesn’t look right.” In this case, you explain “I don’t want to go to the doctor.”, “It would be great to let colleagues (classmates) know that they are not in a good mood.” This is also true for fear of drug abuse. Kind of. When you can’t find a pharmacy that sells it, call the pharmaceutical company and they’ll tell you which ones are available.

## PICTURE

PRODUCT NAME	INGREDIENT NAME	LETHAL DOSE	1 LOZENGE
INGREDIENT	DOSAGE	SERVINGS	IN A BOX

Atarax P Hydroxylamine hydrochloride extrapolate about 25 25mg  
At 60 kg 20 pieces of 1500

## Atarax P

This medicine is generally available in pharmacies. It is easy to buy 60 to 600 capsules, that is, three to thirty boxes. As mentioned earlier, “get it, take it and sleep immediately” is the condition for sleeping suicide pills, and this “Atarax P” (pharmaceutical company, commonly known as “Atuo P”) is the best medicine. The lethal dose is 25-250 mg per kilogram of body weight, which is too large, and it is a vague guess, so a person weighing 60 kilograms can take 600 tablets. Just putting 600 small green capsules in front of you can induce a hallucination, but one capsule contains only twenty milligrams of ingredients even if taken in full. There is a yellow powder in the capsule, and it is only a quarter of the size of a small bowl. This amount is easy to take without mixing it in yogurt.




Hydroxylamine hydrochloride has the effect of inhibiting the central nervous system and stabilizing the autonomic nervous system. In large doses, sleepiness, fatigue, dizziness, and finally death due to respiratory arrest may occur. Be sure to use alcohol when taking it. The inhibitory effect of the central nervous system will be enhanced, and the effect will be better if you cool the body at this time.

There are also drugs with the exact same composition, such as  
(Imperial Chemical),  
(  
(Kato Suisatsudo) and so on. “Atarax P” comes in a pack of 100 pieces.

However, a 40-year-old woman who took 100 tablets and drank a bottle of beer and a glass of whiskey lost consciousness and vomited seventeen hours later. She was found and sent to the hospital. She was recovered and discharged two days later.

## PICTURE

containing anesthetic ingredients sweet  
dangerous granules

 (Taisho Pharmaceutical) is also one of these drugs. In the 1980s,  (SS Pharmaceuticals) was used more, but now this medicine does not contain ephedrine, so here is codeine dihydrogen phosphate which has almost the same structure as codeine (Dihydrocodeine) 30 mg and the sister ingredient dl of ephedrine -  of Methylephedrine. Large doses of codeine phosphate can cause drowsiness, while ephedrine has a wake-up effect. On

the whole, rather than sleep, Wuning said that the excitatory effect is stronger, resulting in an increase in the heart rate and accelerated breathing, resulting in death due to incomplete circulation. In addition, the cough suppressants containing 30 mg of dihydrocodeine include Tonin (Xinghe) cough suppressant and (Xinghe).

The content of dl—methylephedrine hydrochloride in ( ) is 10 mg. The book “ ” for codeine lists the specific number of 2.4 mg, so believe it and take more than 160 packets. This way, In this way, it takes 240 mg of granules, which is only a small bowl in terms of quantity. An expert’s opinion is: “Something like yogurt” is white granules and tastes sweet.

DRASTIC DRUGS - -

DIMENHYDRINATE’S BLOCKY ( )

PRODUCT NAME INGREDIENT NAME LETHAL DOSE 1 LOZENGE  
INGREDIENT DOSAGE SERVINGS IN A BOX


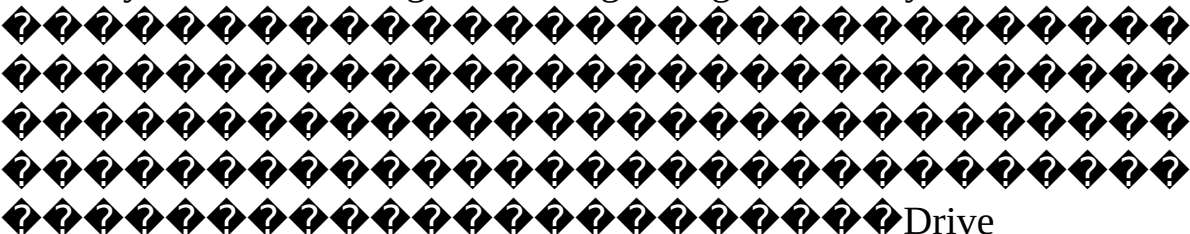

( ) dimenhydrinate 25 ( ) 250mg/kg (G),  
50mg At 60kg 6 pieces

Minimum 2.5g (I) 30 ( ) 300 pieces 800 yen

(3) Antiemetics

( ) ( )

Antiemetics, unexpectedly, contain many dangerous ingredients. After taking 7.5 grams of dimenhydrinate for abortion, a 24-year-old woman experienced vomiting, dizziness, convulsions, and fell into a state of lethargy. After 90 minutes, she died of respiratory failure. (Fujisawa Pharmaceutical Industry) in

addition to  also contains 70 grams of hydrochloric acid and 14 mg of caffeine anhydrous, which is easier to get than pure dimenhydrinate. This is a slightly larger tablet with a white, blue, and white three-layer structure. Drugs containing 50 mg of dimenhydrinate include  Drive Soft  etc., and are also sold in pharmacies. In addition, if you can die by taking at least 30 tablets, this is the best way to commit suicide.

The problem with taking this drug is whether or not you can sleep well. As mentioned earlier, this drug acts on the central nervous system and causes breathing to stop. The side effects are drowsiness, headache, etc., but because it is not a psychoactive drug, it is impossible to quickly fall asleep. If you must sleep, you can use the sleeping pills sold in the market in combination. However, there are also cases of 20-and 22-year-old men who took 800 mg of dimenhydrinate and experienced hallucinations but did not die.

STRONG MEDICINE NOT FOR CHILDREN



CAN BE TAKEN WITHOUT WATER



PRODUCT NAME INGREDIENT NAME LETHAL DOSE 1 LOZENGE  
INGREDIENT DOSAGE SERVINGS IN A BOX

 Phosphorus Hydroxybenzoic Acid  
25mg/kg(A), 40mg At 60kg 10 pieces  
40mg/kg(G) 38  60 pieces 650 yen

◆ ◆ ◆ ◆ ◆ ◆ ◆ ◆ ◆

5? ? ? 10mg (D) 777 ? ? ? ? ? ?



[illegible]

“Will the famous  also kill people?”

Some people may have doubts. The ingredients of


◆◆◆◆◆◆◆◆◆◆◆◆◆◆◆◆ are 40 mg of Phosphorus

Hydroxybenzoic Acid (Diphenhydramine), and 26 mg of Diprophylline.


The rest of the ingredients are few, and the dangerous ingredient o-hydroxybenzoic acid accounts for the largest proportion. In addition, there are many ingredients containing caffeine and other ingredients to prevent drowsiness.

“Phosphorus hydroxybenzoic acid” acts as an antihistamine, and the symptoms of central nervous system depression and excitement appear mixed. Produces intense brain stimulation and severe loss of knowledge. However, antihistamines have a hypnotic effect, and it is forbidden to drive a vehicle after taking them.

◆ ◆ ◆ ◆ ◆ ◆ ◆ ◆ ◆

The advantage of anti-emesis and anti-sickness drugs is that people think “no one will use that kind of thing to commit suicide”. When you go shopping, you can say, “I want to buy more medicine to prevent motion sickness because I have to travel far away.” The pharmacy won’t be suspicious.  (Taisho Pharmaceutical) only has six tablets in a box, and only 33 boxes are needed to buy 200 tablets, so there is no need to worry.



Scopolamine hydrogen bromide has the effect of inhibiting the parasympathetic nerves, and taking large amounts will inhibit breathing. Side effects include drowsiness, confusion, hallucinations, difficulty swallowing, *etc.* It is doubtful whether you fall asleep immediately after taking it.

There are many medicines containing scopolamine hydrogen bromide to prevent motion sickness. Among the medicines currently available on the market,  scopolamine has the highest content and does not contain other redundant ingredients. A large tablet with a diameter of one centimeter needs to be broken for 200 tablets, and has no bitter taste.

VIOLENT DRUG ACETAMINOPHEN

COMBINED WITH 

PRODUCT NAME INGREDIENT NAME LETHAL DOSE 1 LOZENGE  
INGREDIENT DOSAGE SERVINGS IN A BOX

 Acetaminophen 0.2g 1g/kg  
(A) 300mg At 60kg 6 packs




























antipyretic analgesic 40 200 packs (capsules) 825 yen

 6 capsules

(cold medicine) 500 yen



## 4 OTHER
































































































































Analgesics , Arax etc., also contain 300 mg of Acetaminophen in one sachet. There are also many other complexes, but this has the advantage of “buying a lot at once”. The list of antidote and analgesics containing Acetaminophen would be too numerous to list, there are so many available on the market, you might as well buy a lethal dose of it everywhere.

For example, a forty-nine-year-old woman took 30  
 (containing Acetaminophen 80 mg, Bromovaleryl urea 100 mg, Lilisobropil  
 acetyl 200 mg, caffeine anhydrous 25 mg) caused liver and kidney failure,  
 after 16 days of excitement and lethargy, and died of cessation of breathing.  
 The woman who died after taking only 30 tablets (Acetaminophen 2.4 g)  
 was lucky. Among the ingredients of this ,  
 the most powerful side effect is Acetaminophen. For the currently sold  
 (Shionogi Pharmaceutical) 30 mg of  
 urea and 40 mg of caffeine were used instead of , the  
 other ingredients remained unchanged.



Introduced because Arax (SS Pharmaceuticals, brown-colored tablet, extremely bitter taste) and “Aspirin tablet” contain the least excess ingredients, caffeine and aspirin are abundant. It is commercialized, and caffeine is mostly used as (Eisa i) (Arax), and other internal medicines to prevent drowsiness. Aspirin includes (Fujisawa Pharmaceutical Industry), (Takeda Pharmaceutical Industry) and other antipyretic analgesics with aspirin as the main ingredient.

## CASE STUDY 1

### YOUNG SALESMAN WHO REPORTED SUICIDE IN NEWSPAPER

On August 2, 1956, at about ten o'clock in the evening when two films were being shown in a movie theater in Mejiro, the leading lady found a young man still sleeping, so she planned to wake him up, but found that the man was already cold. He slowly swallowed 200 Brovarin and 30 Adorm while drinking. Immediately after being taken to the hospital, he slept for a whole day and night, and died early on the fourth day.

He was born in Tokyo at the age of twenty-three. Dropped out of Fisheries University halfway through and worked in a pharmaceutical company for four and a half years, mainly in packaging and delivery. His brother was also a pharmacist at a pharmaceutical company, and he estimated that he had obtained the lethal dose and method of administration of the drug from there.

On July 28 of the previous month, on the same day that he resigned from the pharmaceutical company due to “personal reasons”, he started a sales promotion of “installment order” in a department store. However, he was extremely dissatisfied with the method that the company did not achieve the

target performance, and all commissions were owned by the company. On August 1, the day before the suicide, he sent a letter to the Asahi Shimbun's contribution column that read "When I leave this world, I speak out about the illegal practices of this company. ??? in a letter. That is to say, he foretells his own death by way of submission.

He wrote in his suicide note to the chief of the department store, "Before I decided to do what I had already made up my mind, it was only by chance that I came across the experience of a department store. The responsibility is pushed to the head of the grassroots of the organization..." This shows that he did not commit suicide because of accusing the company of unfairness.

He is very cheerful and has a philosophical side. The motive for suicide of this young man who was locked in his room and wrote detective novels is still unknown.












## EXAMINATION OF THE CAUSE OF DEATH

What needs to be examined here is not the strange behavior he took before his death, but that he swallowed 200 tablets of Brovarin, and 30 tablets of Adorm (a barbituric series of sleeping pills) and other large amounts of sleeping pills. He didn't vomit, and he committed suicide. Under normal circumstances, swallowing such a large amount of tablets will spit it out. This is also one of the disadvantages of suicide by poisoning. He probably swallowed it little by little during the more than two hours of the movie, and proved that "Swallow little by little, and you won't spit it out".




Brovarin was sold in a package of only 100 mg, and he swallowed 20 grams, which is enough to reach a lethal dose of 10-30 grams. It was said that drinking alcohol with these sleeping pills would have ten times the effect. He probably heard it from his brother.

## CASE STUDY 2

### THE STUDENT WHO TOOK 50 BROVARIN TABLETS LEFT A "DEATH RECORD"

In May 1972, a twenty-year-old student slipped off a chair in his room and died. On the table in his room is a suicide note, a brand new notebook titled            which begins with “I am not influenced by so-called misanthropy to escape this society. The reason why I want to disappear now is because I feel that now is the right time to commit suicide.”

And what’s even more bizarre is that he took the drug until he lost consciousness and wrote it down in his college notebook in detail.

“It is 7:7 pm on May 19, 1972, and I swallowed fifty Brovarin tablets two or three minutes ago. Say goodbye to this society, but I will observe my own death until the last moment.    It’s ten fifteen and I don’t want to sleep at all. Turn on the radio and listen for a while, then turn it off again. I wanted to stay calm but still excited, and the music I usually liked was boring today. I want to review my life carefully... (there are five sheets of records about my parents and friends)... 11:30, I have been yawning since just now, and it seems that the last time is coming. But I want to watch the mood of death to the last moment, so I keep telling myself to persevere. I don’t know when my body will be found, but I want to see it myself

Desires keep popping up. ... at twelve o’clock. Five.”

This was the end of the note, and it was probably around this time that he lost his mind.

## EXAMINATION OF THE CAUSE OF DEATH

Brovarin 50 tablets is equivalent to five grams of Bromovaleryl urea, which is much lower than the lethal dose, but I don’t think the young man is lying, so he knows he will die if he swallows that much. At the same time, I also know that swallowing 50 pieces of Brovarin will slowly increase sleepiness, and I will not wake up after falling asleep for about two hours. Of course, it will vary greatly depending on one’s physical strength and state of health, and if he falls down immediately, he will probably fall asleep in a shorter period of time.

His suicide was truly an “experiment”. Regarding keeping records, he wrote: “Dying with nothing left can easily be misinterpreted as a melancholic outcome so common at my age. I don’t want to be misunderstood by any means, so I’m calmly leaving the evidence here that I’m taking a closer look at myself.” However, we don’t know the motive of his suicide at all, so we can only think that he died “to try out the mood when he died”.

In any case, the record written while holding the barrel of the pen until he was about to lose consciousness is extremely precious. After the last “five minutes”, the words “then it’s time to fall asleep” should be written next. In addition, as an example of taking Bromovaleryl urea, there was a twenty-two-year-old woman who had swallowed fifty tablets of the five Brom-series drugs, found and treated twelve hours after taking them, and continued in a half-sleep state for ten days. She then died of a weakened heart and complicated nephritis.

Also, two 15-year-old female students who swallowed 100 tablets of Brovarin, or 10 grams each, were found staggering while walking. They were taken to the hospital by ambulance. They regained consciousness after five hours and have now recovered.











## RESTRICTED PHARMACEUTICALS

For drugs that may be abused as anesthesia or used for suicide, the Ministry of Health and Welfare has stipulated them as acute drugs, poisons, prescribed drugs, and designated medicines, which are not allowed to be obtained by ordinary people. This is the type of “restricted drug” that I want to introduce.







































Not easy to obtain does not mean impossible to obtain, maybe someone already has a prescription and it is unknown, so I will introduce it.

◆◆◆◆◆◆◆◆◆◆(◆◆◆◆◆◆◆◆◆◆◆◆◆◆◆◆)◆◆◆◆Diazepam◆  
◆◆◆Sonacon




































Recently, some psychiatrists have been prescribing indiscriminately. When you open the door of the psychoactive material and tell the doctor that you

“can’t sleep” or “restless”, there is a high possibility that anti-anxiety drugs such as  and Diazepam will be prescribed immediately. Sometimes internal medicine will also prescribe this prescription. After you get an anti-anxiety prescription from the psychiatrist, you say “it doesn’t work” and ask for a change of medication. Because, which one is more suitable for patients, doctors also need to try.

However, just because doctors prescribe these Benzo Diazepam-based drugs in the first place, they are also known to be highly safe. Even if you are lucky enough to get this type of prescription, the distance from the lethal dose is too small due to the small effect, and you have to make frequent trips to the hospital to get the lethal dose. The prescribed prescription is only less than fifteen milligrams a day, so at least one month’s amount of medicine must be accumulated. Also, doctors have worried about the accumulation of drugs prescribed for suicide. Just because it is easy to get, it is not suitable for suicide. There have been two cases of patients who had swallowed an estimated 450-500 mg of Diazepam and recovered within 48 hours.










Although the brand names of Serenamin and  are different, they are all drugs of Diazepam. Sometimes when you don’t know what medicine your doctor is prescribing, you can refer to books such as the “Doctor’s Guide to Medicines”.

PRODUCT NAME	INGREDIENT NAME	LETHAL DOSE	DOSAGE
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                                     	Diazepam	suggest 500mg (I), 5mg tablet to point
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Diazepam 500mg or more (H)	100 pieces
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Sonacon

Note: Symbols such as highly toxic are restricted items under the Pharmaceutical Affairs Law. () means violent drug, () means poison; Both are violent and highly toxic, and must be managed carefully when handling them. () It is a medicine that must be prescribed by a

doctor, and cannot be sold without a doctor’s prescription. (???) It is a designated drug and it is prohibited to use by anyone other than a pharmacist.

Tofranil,  
??  
?????, OTHERS

Antidepressants such as Tofranil are suitable for those who do not work with anti-anxiety drugs, such as extreme depression and insomnia. Harder to get than anxiolytics, but you can probably get a prescription by showing your doctor that you are having trouble sleeping, that the anxiolytics aren’t working, *etc.* It can even indicate a desire to commit suicide. If you really fall into a state of depression, sometimes cheerful, sometimes lively, once the drug is interrupted, it will return to the original state. These are the listed antidepressants, all of which are similar in nature, causing headaches, dizziness, and sleepiness when taken in large quantities. Sometimes it can also cause insanity, hallucinations, and usually fall asleep quickly. However, spasms of the hands and feet are a common poisoning effect. Although it is thought that it will not cause damage to the internal organs, there are also examples of causing damage to the liver. If the central nervous system depressant and alcohol are used at the same time, the effect will be enhanced.

PRODUCT NAME INGREDIENT NAME LETHAL DOSE DOSAGE  
SERVINGS IN A BOX

???, hydrochloric acid 10???210mg/kg (A), At 60kg as you want

???????????????????? Imipramine Minimum 3g (I) 25mg  
tablet

antidepressants 24???504 pieces

????????????????????  
???????????????????? 10???210mg/kg (A), same

(same) Trimipramine Minimum 5g (I)



Anafranil hydrochloric acid 10 210mg/kg (A), same

Clomipramine Minimum 4g (I)

,

Tryptanol Amitriptyline

- hydrochloric acid Minimum 5g (I) 25mg tablet

## 200 pieces

3g (H) 15mg tablet

(hypnotic sedative) 200 pieces

Wintermin hydrochloric acid acute lethal dose At 60kg

Antithymine Chlorpromazine 15 150mg/kg (A) 25mg tablet

(refreshing agent) 36 360 pieces

### STRONG PINK POTION



Although is not an anxiolytic or antidepressant, it is more commonly prescribed by doctors as a sleeping pill. Of course, if you take a lot of it, it will form an excited state, but because of the inhibition of the central nervous system, you will soon fall asleep and die due to respiratory arrest. Similarly, if alcohol and other drugs that depress the central nervous system are used in combination, its effect can be increased.



WINTERMIN Chlorpromazine
















Major-Tranquilizer-like action and the effect is very large. The average person only needs to take one tablet, and soon will feel a strong sleepiness. A twenty-one-year-old college student fell asleep after taking a tablet of “WINTERMIN” during class, and when he woke up, the next class had already started. That is to say, he was unaware of the movements of the people around him, and slept for more than five hours.
























Antithymidine, WINTERMIN, are major tranquilizers. This drug is used for people with severe symptoms, not neuroses but schizophrenia, so it is more difficult to obtain, but it is highly lethal. The drug also depresses the central



















nervous system, and the cause of death is respiratory arrest. It is important to swallow a lethal dose of the drug before drowsiness sets in.








However, there are also instances of people being rescued after swallowing 9.75 grams. Symptoms of poisoning are: After persistent high fever, disturbance of consciousness, dyspnea, circulatory collapse, and symptoms of dehydration, the result was death from acute renal failure.







 (barbital),  






























 (










 ), *etc.*

These are the ones that will kill you. The range between the effect and the lethal dose is extremely small, and it is said that taking a small amount will cause you to fall asleep and die. The European and American Euthanasia Association also strongly recommends the drug. However, it is 100% impossible to get hold of. Because it is so old, it is hardly used in Japan at present, and even if prescribed, it is only used for those with extremely severe symptoms. However, it is possible to obtain them overseas, so I will introduce them here.

These are sleeping pills belonging to the Barbituric family, extremely dangerous drugs that can stop the heart and breathing and die if taken in large quantities. Symptoms of poisoning include headache, convulsions, confusion, *etc.* If a large amount is taken, it will suddenly fall into a coma. If you can get it, there is no better euthanasia pill.

If you plan to buy overseas, you should remember the generic name because the product name is not common. It is said that the rules in the Netherlands are relatively loose.

However, there are also the following examples. A fifty-one-year-old doctor estimated that after swallowing 20 grams of phenobarbital powder, he was in a coma for four days. Later, he regained consciousness through artificial dialysis, and continued to experience delusions, fantasies, and excitement. After that, after a month, he was discharged from the hospital without any mental obstacles.

Even if you get it, how much impurity does it contain? Besides, I don't know what kind of anesthetic this is.

At the same time, because of whether the body is used to it or not, its toxic effects and lethal doses are quite different. Originally, the lethal dose varies from person to person, and with anesthetics, it is even more obvious. Chronic poisoning is not applicable to the general lethal dose (some records say that it is ten times), and there is no other way to kill this kind of lethality except for a large amount of ingestion. That said, anesthetics are not suitable for planned suicide.

Because of this, what is presented below is only for those who have it or who know the ingredients.

#### NAME OF INGREDIENT LETHAL DOSE

Stimulant Metamfetamine Inferred about 120mg (A)

amphetamine 120mg (intravenous) (L)

# 1 EXCITEMENT SERIES


## STIMULANT

There was a question that said: “Do you want to stop doping, or end your life?” The correct answer should be “Use doping to end your life.”

Immediately after the end of the Second World War, a drug called “hiropon”, a drug in private circulation that set off a stimulant fever, is now called “Shabu” and “speed”. It was widely used by hooligans and even club youths, and it still is this type of anesthetic that reigns supreme in the Japanese anesthetic world. Amphetamine is mainly used in Europe and the United States , and the inventor of methamphetamine is a Japanese , and later it was widely spread all over the world as a representative of Japan’s anesthetics.

Stimulants stimulate the central nervous system, especially the brain, and improve concentration and activity desire. For the first time, when a lethal dose of metamphetamine was injected intravenously, the heartbeat was rapid within a few seconds to tens of seconds, the autonomic nervous system was abnormal, sweating, deep breathing accelerated, pupil dilation, and death due to circulatory organ failure. Sometimes it can cause bleeding in the brain. If drinking, the effect is reduced, so it must be injected intravenously.

However, those who are used to it will not die even if they take 0.5 to 1 gram a day. A 27-year-old woman fell into a coma after taking 2 grams of methamphetamine, her pupils were dilated and her facial muscles twitched violently and she was admitted to the hospital. After 11 days, she recovered and was discharged from the hospital. It can be considered that she could tolerate the drug. Conversely, there have been cases of death with only 1.5 mg.

It is estimated that no one will try it, but avoid using it with  or “WINTERMIN”, because it will reduce the effect.

## COCAINE

According to a 1984 survey by American Women's Magazine, one-third of women under the age of twenty-five had used cocaine. This is an American narcotic drug whose interest is still on the rise. There have been no reported deaths from cocaine, and the lethal dose is much higher than other anesthetics, making it less suitable for suicide.

It has a stimulating effect on the central nervous system and makes breathing deep, and its pharmacological effect is considered to be roughly the same as that of stimulants. The powder is generally inhaled through the nose, but intravenous injection is much more effective. It is said that general acute poisoning will cause death within three hours after use. The consciousness of the dying state is the same as that of anesthetics other than hallucinogens. Even if he has a headache, he is conscious and calmly thinks about "this is not good" and "you can't die like this".

Cocaine is the main component of coca bush leaves, and if you want to buy it overseas, you should buy it in Colombia, the country of origin.

## LETHAL DOSE

Cocaine 1.2g (A)(J), Inject 0.2◆◆◆0.5g,

Oral 1.0◆◆◆1.5g (M), About 1.5g (D)

## (2) SUPPRESSION SERIES

### OPIUM, MORPHINE, HEROIN

Generally, these three kinds of anesthetics are considered to be completely different, but in fact they are of the same ancestor.

Opium is made from the emulsion obtained from the unripe pericarp of the poppy chestnut and made into powder after drying. It is composed of more than 20 kinds of plant bases such as codeine. Among them, morphine, which is the main ingredient, accounts for 4% to 20% of the content, and heroin is chemically processed to become strong. Of course its potency

order is heroin, morphine, opium, heroin is thought to be ten times stronger than morphine. The poisoning effect is roughly the same, and if you can get your hands on it, heroin is the most reliable cause of death.

Contrary to cocaine, these stimulants can inhibit the central nervous system and cause trance-like pleasure, which are called inhibition series of banned drugs. Such as excessive inhalation or injection, dizziness, nausea and vomiting, gradual drop in blood pressure and body temperature within tens of seconds, respiratory depression, and death due to respiratory arrest within six to twelve hours after falling into a coma. Kidney failure caused by heroin is fatal. It is rumored that Bunker Locke, Sidhu Bees, John Simon Richard, *etc.* were all killed by heroin.

Thailand, Myanmar, Laos, *etc.* are all big producing areas, and of course they are easy to buy.

Structure of codeine contained in morphine (left), heroin (middle) and opium; All three are very similar.

#### INGREDIENT LETHAL DOSE

opium 2◆◆◆5g (A)(E),

1◆◆◆2g (D)(M)

morphine 0.2◆◆◆0.5g (M),

About 0.25g (D), 0.2g (G),

70◆◆◆500mg (E)

heroin hydrochloric acid 10◆◆◆600mg (A),

diacetylmorphine 0.2g (G), about 0.2g (D)



## **3 COCKTAIL**

### **SPEED BALL**

Mixing with other anesthetics will form a synergistic effect, and a higher lethality, such as sleeping pills. The so-called “fastballs,” inhaled or injected, are especially dangerous when the heroin of the high-stimulation series is mixed.

The use of this kind of mixture will cross the stimulation and inhibition of the central nervous system. The heart is beating violently and then suddenly the heart is about to stop. This phenomenon appears repeatedly within a few seconds. The cause of death was cardiac arrest, a wonderful concoction for suicide.

In addition, the stimulant series of stimulants and codeine, the mixture of stimulants and LSD, is said to be quite powerful.

### **LETHAL DOSE**

LSD About 1.4mg (D)

## 4 HALLUCINOGENS

### LSD

This is an extremely fast-acting anesthetic with a very small amount of 20-250 micrograms (one millionth of a gram), and the lethal dose is incomparably small. Of all the drugs listed in this book, the lethal dose is the lowest.

So will he die soon? Not really. Usually, the LSD on the market is diluted hundreds of times and immersed in the paper, which requires a large amount of this paper.

Generally speaking, the hallucinogenic effects are basically stimulant anesthetics, and a large number of them will produce hyperthyroidism. At the same time, the head is in a state of panic, and sometimes it jumps out of the window to death. Even so, if it is used in normal dosage, it is less harmful to the human body than other anesthetics.

### OTHER THAN PHARMACEUTICALS

Here are the “poisons” that are everywhere around you.

Of course, there are many people who have a desire, even if they cannot be euthanized, to die immediately. For these people, this book also introduces the methods of “suicide by car crash” and “suicide by self-immolation”, which are by no means euthanasia. The same is true for medicines, even if you don’t die from sleep, you just need to experience pain for a moment and die. If you plan to go to work or school tomorrow, then swallow the medicines listed in this book.

The pharmacological effects are generally described here, but a poison expert believes that “this kind of thing has no pharmacological effects.” That is to say, most people will make a “wow—” sound immediately after swallowing, the throat and stomach will ulcerate, and they will die through pain.

The method of swallowing, except for the exception of the content, is not explained one by one. It's not a one-hour meal mixed with yogurt.

But the lethal dose must be known. The content of harmful ingredients in these products is different. Although the dosage is not indicated, if you want to know the amount of ingredients in each product, you can call the sales office. From a lethal dose, do not swallow a small amount.

First, let's list some that may seem deadly, but are actually very toxic and unsuitable for suicide, including desiccant Silica gel, synthetic detergent, shampoo, hair conditioner, hair oil (Pomade), ink, plastic wrap, mosquito coils, cockroach mats, deodorants, deodorants, para-dichlorobenzene series insect repellants, etc., household bleaches, and quicklime used as desiccants. Coumarin series, rodenticides, *etc.* are also unusable due to their poor toxicity. In addition, it is a matter of course that lipstick, toothpaste, body wash, *etc.* that have the possibility of "entering the body through the mouth" are all safe. Toothpaste is harmless if swallowed whole, and it should never be used even if you feel the urge to kill yourself. No matter how much you swallow, you just feel uncomfortable.

## (1) CIGARETTES

### SHORT CIGARETTES HOPE, HI-LITE AND OTHERS

The nicotine contained in cigarettes is far more toxic than generally thought. A baby, sometimes one or two can be deadly. Professional books say "A poison comparable to cyanic acid".

Cigarettes sold now contain 1.6 mg of short HOPE, 1.6 mg of HI-LITE, and 2.7 mg of nicotine in short PEACE. Contains more than cigars, but has no effect due to nicotine burn when smoking. Of course, you can also eat the tobacco leaves, but soak the tobacco leaves in water to dissolve the nicotine, which can be absorbed quickly and has better effect.

The tobacco leaves will dissolve 50-70% of nicotine within one hour after being soaked in water. Dissolve 50 percent, when you plan to take 60 mg of nicotine, you can use 44 short sticks of PEACE to soak in water, drink the solution after one hour, put it in a pot and boil, it can dissolve nearly 70 to

100 %, and the time is short. One hundred degrees of heat will not destroy nicotine, and it will dissolve faster in alcohol. The solution of cigarettes is very bitter, and some sugar is also good.

Nicotine initially stimulates the central nervous system such as the motor nerve, causing it to excite and then to inhibit it. Immediately after taking it, the throat felt a burning pain, nausea, regurgitation, accompanied by headache, and soon paralysis and confusion. Died of respiratory arrest. After taking a lethal dose, paralysis occurs in a state of no excitement, falling into a state of collapse, and breath will be cut off in an instant.

The biggest problem is that nicotine has a strong nauseating effect and is best taken with medication to prevent nausea. Of course, if the solution is injected intravenously, it is more effective, and you don't have to worry about vomiting.

#### PRODUCT NAME HARMFUL INGREDIENTS LETHAL DOSE

Tobacco nicotine 30 60mg (A)(B), about 100mg (D),

50 60mg (C), about 40mg (F) (G),

80 160mg (G)

#### DOSAGE

15-80 cigarettes each containing 2mg nicotine

#### (2) INSECTICIDES, INSECT REPELLANTS



NAPHTHA, CAMPHOR, COCKROACH KILLING AGENT,  
INSECTICIDE

Of course, drugs that kill insects can also be harmful to humans. There are "Naphtalin ball (Bai Yuan), (North Sichuan Chamber of Commerce), etc., which are sold as original 500 grams. (Fujisawa Pharmaceutical Industry) in camphor is 252 grams. Symptoms of poisoning include headache, vomiting,

confusion, fatigue, *etc.* In severe cases, the patient falls into drowsiness. The liver and kidneys can also be injured.

The current insect repellent is mainly based on the relatively safe Paradi-chlorobenzene, and the camphor is gradually disappearing. In terms of toxicity, it is stronger than camphor.

Among the roach killers,

 and  
 all contain boric acid, which is a harmful ingredient. Boric acid inhibits the central nervous system, and when a large amount is taken, symptoms such as headache, vomiting, weakness, drowsiness, lethargy, and death due to incomplete circulation will occur. It can also cause obstacles to the kidneys and liver. Those who are worried about sequelae should take it in large quantities to prevent suicide attempts. Bleaching agents also contain boric acid.

Spray-type insecticides become liquid when sprayed into the air, so they can be drunk easily.

Iditol, tetrazole, and pyrazole are dangerous products among insecticides. These products contain only 1-10% of the harmful ingredient “Cresol, so if you don’t take the equivalent amount, it will not reach the lethal dose. The 40-70% ingredient Odichlorobenzene is very toxic, so the toxicity of the drug itself is quite large.

Cresol can cause mucosal corrosion, vasoconstriction, *etc.*

Odichlorobenzene can inhibit the central nervous system and stimulate the mucosa. Both are harmful to the liver and kidneys. After taking it, it will cause pain in the upper digestive organs, disturbance of consciousness, lowering of blood pressure, insufficient circulation and death.

[illegible]

Insecticide benzene Minimum inferred 74mg/kg, 2g 15g

5    15g (A)(B), 2g (G),

camphor 2g (A)(B)

Roach Killer Boric acid 15 20g (A)(B), At 60kg

0.1 0.5g (G) 6 30g

Maggot killer cresol 1 10g (A), 1.5g/kg (B),

15 20ml (D)

Kerosene Hydrocarbon Inferred 90 120g (A)(B),

Minimum 500mg/kg (C)

Gasoline same 20 30ml (A),

At least 10 50ml (B)

Benzene same 10ml (A), estimated 80 100g

(about 108 135ml) (B)

Thinner Toluene Minimum 50mg/kg (A) Weight 60 kg

300mg

### (3) ORGANIC SOLVENT

KEROSENE, GASOLINE, BENZENE, THINNER

It is also possible to pour kerosene or gasoline on your body and light it on fire, but if you take it, you can die in small amounts without much pain. Both of these stimulate the mucous membranes and depress the central nervous system after taking them. Nausea, drowsiness, a burning sensation in the chest, confusion, etc., and eventually death due to respiratory arrest. There are also cases of sudden death due to ventricular fibrillation. However, there have been instances of recovery after drinking 250ml of gasoline.

Benzene is readily available at pharmacies. The minimum lethal dose is ten milliliters, which is one-fifth the size of a glass, but at least 100 milliliters should be taken. But that's not a huge amount. After taking it, the central nervous system is inhibited, and general anesthesia is formed. The symptoms begin with headache, dizziness, and a short period of intoxication and coma, followed by death from respiratory failure or sudden ventricular fibrillation. The symptoms of poisoning are not serious and are most suitable for suicide.

The volatile components of inhaled benzene are more toxic than those taken. However, because the lethal dose of inhalation has not been clarified, it will not be introduced.

The thinner is originally a "liquid for thinning paint", mostly toluene and methanol (methyl alcohol). Most of them are obtained by others, and the content of the ingredients is not fixed, so it is not suitable for planned suicide, but it is very toxic. After taking it, the mouth, esophagus, and stomach have burning sensation, inhibits the central nervous system, damages the hematopoietic function, and causes death.

The use of thinners is easy to die by sucking. 1.000 to 3.000 ppm can immediately fall into anesthesia. Fill the washbasin with banana water and cover it with a quilt, and you will lose consciousness and die of lack of oxygen. This is the only euthanasia method of suicide other than medicine. Use thinner of very high purity. Of course, it's a good start to take a few puffs to speed things up before committing suicide by other methods.

## PRODUCT NAME HARMFUL INGREDIENTS LETHAL DOSE

Rust Remover Phosphoric acid 8ml (A)

iodine tincture iodine 2 4g (A)(B) (In the case of iodine,  
30 50ml (A), 30 250ml (B)],















2 3g (K)

cresol cresol 1 10g (A), Inferred 1.5g/kg (B)

Soapy water

#### (4) Household goods

Rust remover, iodine tincture, cresol, soapy water

Products such as rust remover               and Best clean contain about 40 percent concentration and 89 percent phosphoric acid. The lethal dose of the rust remover is 22.5 ml. If such a large amount is taken, it is more likely to cause acute death by tissue damage to the mouth, esophagus and stomach than by the toxicity of the phosphoric acid itself.

Disinfectants are highly toxic and can be bought at any pharmacy, making them an excellent suicide drug. In addition to medicine, I am afraid there is no more than it. A pharmacist also said: “This is the easiest thing to kill. Because it can be guzzled.”

Iodine tincture can corrode the digestive organs, causing headaches, confusion and shock, resulting in lethargy and death. Cresol is generally considered to be 180 mg for an adult weighing 60 kg. Taking it can excite the central nervous system, and then show an anesthetic effect, resulting in sensory disturbances and convulsions, ranging from confusion, respiratory paralysis to cardiac arrest. As soon as five minutes, as late as thirty minutes to lose consciousness. Harmful to the kidneys and liver, 24 hours after ingestion is the key. A fourteen-year-old middle school student who drank about 80 mg of cresol and fell into a coma once regained consciousness, but the liver and kidneys were damaged. Sixteen days caused a “pneumothorax” in which air was trapped in the lung membranes, and died of cardiac arrest.

#### PRODUCT NAME HARMFUL INGREDIENTS LETHAL DOSE

nail polish remover cellosolve Extrapolate 100ml (A)

acetone Extrapolate 50    75ml (A)(B)

Amyl acetate Extrapolate 50g (A)(B)



hair dye p-phenylenediamine Extrapolate 10g (B)

perm Potassium Bromate Extrapolate 20g, Minimum 4g (B)

## (5) COSMETICS

# NAIL POLISH REMOVER, HAIR DYE, PERM

Nail polish removers are the most dangerous products in cosmetics. It contains 20-25% acetone and 30-50% amyl acetate. It has anesthesia properties. Taking a large amount will stimulate the mucous membranes. After experiencing headache, excitement, and fatigue, it will put you in a coma. Its content varies from product to product, and this table is used as a reference to confirm the lethal dose. Attempted suicide may damage the liver and kidneys.

Nail lacquer also contains 30% acetone and 30% amyl acetate. Drinking 500 to 750 mg can reach the lethal dose. There is severe nausea, but as long as it is absorbed, there is headache, excitement, and coma. Since the toxicity is not too large, the disadvantage is that it must be consumed in large quantities. P-phenylenediamine, which is an ingredient in hair dyes, is used to dye hair black and is extremely toxic.

(Shanfa Industry),  
 , (Wella cosmetics), etc. all  
contain about two percent p-phenylenediamine. The powder content is  
higher, the powder (six grams in a box) contains 6%; Only  
fourteen grams is enough. Of course, when drinking, it is better to dissolve  
it in water first to improve its absorption rate.

In large doses, acute liver disorders can range from circulatory failure to breathing difficulties to death. The second liquid neutralizer of the perm liquid contains two to six percent potassium bromate. Potassium bromate stimulates the tissues of the central nervous system and stomach, causing nausea, vomiting and heartburn, and falling into a coma. It sometimes causes hearing impairment and is considered highly toxic.

However, because the content is relatively small, at least 80 grams, in order to be foolproof, you must drink a kilogram of perm liquid. Therefore I am

not going to recommend.

PRODUCT NAME	HAZARDOUS INGREDIENT	LETHAL DOSE

herbicide Paraquat Inferred 40mg/kg (A)

Dichloride Approximately 15 ml (B)

Diquat 6-12g / 50kg (B)

(6) OTHER

HERBICIDE, ACONITIUM, SALT

Although herbicides containing paraquat are not readily available to ordinary people, they are still widely used in rural areas, so they can still be obtained. This is a highly toxic drug, and the antidote is still unknown.

Paraquat and Diquat have similar structures and properties, and both are associated with enzymes in the body that produce and degrade the lipids of cell membranes. After drinking, severe vomiting, mouth, esophagus, and digestive organs will rot, harm the liver, kidneys, circulatory organs, lungs, etc., and eventually die. The characteristic is that although the internal organs are damaged, the perception is clear, so the pain is greater (Case 3).

The herbicide “Gramoxone” contains 24% of “paraquat”,  
 ██████████,  
 ████████ contains 5% of paraquat, 7% diquat,  
 ██████████ contains 30% diquat. The  
 lethal dose of ██████████ is 20-40 ml. In  
 addition, there are many herbicides containing two components.

In one case, a 40-year-old woman attempted suicide after drinking about 10ml of paraquat. It is estimated that the 28-year-old man who drank about 100ml of ████████████████████ herbicide died after 14 days due to lung disorders. Likewise, a 50-year-old woman who drank 250 mg of ████████████████████ died after 30 hours due to circulatory failure. A sixty-seven-year-old man who drank about 100 mg of

???????????????? died of respiratory arrest an hour later.

In short, if you want to die early, you must drink a lot.

Aconitine, which has attracted attention for its use in murder a few years ago and has become popular, is known for its high toxicity among plant poisons. In particular, the destruction of the body marrow causes paralysis of the respiratory muscles, and the respiratory function can be stopped in about two hours. However, common florists sell aconite, which is less toxic. Aconitum mainly grows in the mountains and forests of Honshu, Japan, and can be taken. In fact, some people mistakenly thought that the poisoning was caused by eating wild vegetables.

I'm afraid there is no one who eats salt to commit suicide. However, salt is also lethal, because it is very interesting, so I will introduce it here.

If you plan to kill yourself with salt, you must drink 300 grams (a tea bowl). There have been people who drank one liter (about 1.8 liters) of soy sauce and died because the soy sauce contained about 14% of salt.

Symptoms of salt poisoning include dizziness, confusion, shortness of breath, fever, weakness, *etc.* When ingested in large quantities, the circulatory system, liver, kidneys, *etc.* will be blocked, which will become fatal.

Seeing this, you may be wondering why it is not often heard.

????????????????

????????????????

Pain ???? ???? ?

Trouble ???? ???? ?

Death ???? ???? ?

Impact 

Lethality 

True, simple, and painless, the trilogy is overwhelmingly loved by men, women, and children, making it the “King of Suicide.”

As if I was talking about unfounded conclusions, but there really is no safer, more reliable, and easier way to commit suicide than to hang yourself.

There is absolutely no need to consider any other method.

You may not believe it, but after careful investigation, there is no better way than hanging yourself. The following will describe in detail why hanging is better than other methods, and it can even be said that hanging is a work of art conceived by humans. Because of this, half of the suicides in Japan every year choose this method, and it is widely used in both ancient and modern China and abroad.

The biggest advantage of hanging is that the “attempt rate” is extremely low. As long as the rope is continuous, the branch on which the rope is attached does not break, and it is not found within ten minutes after hanging, it can be said that the success rate is 100%. There was a man who had his belly cut open after taking the poison, but he didn’t die. He waited for the tram on the track, and he had no choice but to jump off a cliff, but he didn’t die. Finally, he was hanged from a tree on the cliff.

“If you want to commit suicide, hang yourself”, a person who intends to commit suicide should keep this in mind.

PREPARE

AS EASY AS A ROPE

All you need to prepare is a string.

Wires, belts, ropes, anything that can be wrapped around your neck. However, try to choose something that is soft and can be attached to your

neck. For example, plastic tapes used for packaging in department stores, etc., are sufficient even for people weighing more than 100 kilograms.

If something with a cutting force such as a wire is used, the head and neck will be severed. Someone tied one end of the steel rope used for vehicle traction on the bridge railing, tied the other end around his neck, and then jumped into the river. As a result, his head was cut off and flowed into the river, which became a “strange death incident”, for a while. There is also a very courageous company employee who tied the car to the tree with a wire rope, put the other end around his neck, started the car, and cut off his head to commit suicide.

## YOU CAN ALSO SIT

Set the rope, as long as it's not a twig that breaks easily. There is also an example of a teenager in the first grade of middle school hanging a five-inch nail on a bookshelf. However, it is not uncommon to find a suitable place to put the rope, especially in hospitals and detention centers.

However, you don't have to put the rope in a place that is higher than your body length to hang yourself. Even if your feet or buttocks touch the floor, you can die. There are not a lot of people hanging from their hospital beds, which is theoretically possible.

Before explaining this theory, let's talk about the difference between the cause of death from strangulation and the cause of death from hanging. The former is mostly caused by suffocation caused by the blockage of the trachea, and the latter is mostly caused by hypoxia in the brain caused by the blockage of the blood to the brain.

There are two types of arteries that supply blood to the brain: The carotid arteries and the vertebral arteries, which are protected by bone alongside the spine. With neck strangulation, even though the carotid artery is blocked, the vertebral artery protected by the bone cannot be blocked. However, in the way of hanging, the neck is slanted upward to form an angle, so the inside and outside are blocked at the same time, and the blood supply to the brain is stopped in an instant (refer to Figure 1).

The difference between the two can be seen from the corpse. Although the blood supply from the vertebral artery to the brain of the strangled corpse continued, on the contrary, the carotid artery that supplied blood from the brain was blocked, so it turned purple and stagnated; There is no blood stasis in the way of hanging.

Now that some basic questions are clarified, let's go back to the height of hanging.

When hanging, a person with a blood pressure of 170 mmHg can block his carotid artery with 3.5 kg and vertebral artery with 16.6 kg. If the feet are on the ground and the knees are bent, 70% to 90% of the body weight (the knees are also 20% of the body weight) is pressed on the neck. For example, when a person weighing 60kg hangs with his knees on the ground, the force on his neck is 12kg, and the carotid artery is naturally blocked. At this time, the vertebral artery has not yet reached the point of complete blockage, so a small amount of blood flows to the brain, but this is only a matter of time, and it is several times better than simply strangling the neck. Loss of consciousness may be delayed a bit, but nothing will end in failure. In other words, even if the force applied to the neck is only 20% of the body weight, it is possible to die easily if the neck is angled so that the body is not completely lifted.

In fact, there are examples of buttocks and back landing (refer to Figure 3), and some people say that as long as there is a height of 30 cm, you can die. In Europe and the United States, some people even say that there are more cases where the feet are on the ground. If you plan to die in your own room, there is no need to give up because you feel that you are not high enough. The handle of the door is also enough, and the use of the slope of the stairs is also a way.

The other thing to note is that, of course, you need to look for places that are not easily found, but unlike suicides with gas or drugs that take hours or days to go undiscovered. If you are not found within ten minutes, you will not be able to save your life, and if you have dozens of minutes, you will be done.

If you don't want your relatives and friends to see your body, it's best to choose a place that is a little farther away from your home and work or school on weekdays. By the time your identity is identified and your parents know, you are already in the hospital or police station.

AFTER

INSTANT LOSS OF CONSCIOUSNESS, NO PAIN

How do you feel when you're hanging in mid-air after kicking off a footstool with a rope around your neck?

According to the research of forensic scientists, the feeling of being hanged is hazy, the hands and feet can't move even if they want to move, and there is no pain at all during this process, which is already common knowledge in the medical field.

A forensic scientist wanted to experience the pain of hanging. He put the footstool in a position where he could stand on it at any time, and invited his colleagues to be present. He suddenly lost his mind when his feet left the footstool. Fortunately, his colleagues saved him. There are many examples of this experience.

A suicide attempter who was rescued by hanging by wire said: "With a buzzing in my head, I don't know anything, I don't have any awareness, I don't even feel sad or painful because I can't breathe."

It is not just painful, it can be quite soothing. For example, the thrill of being strangled in judo and falling unconscious, and the case of a boy who played a game of strangulation with a towel in the bathroom was hanged to death.

At the same time, if you hang it too hard all at once, the neck joint will dislocate, resulting in immediate cardiac and respiratory arrest.

When it comes to hanging, many people think of it as being strangled by the throat, suffocating in agony. In fact, before you feel breathless, the brain has been deprived of oxygen and lost consciousness, so it is not painful.

If you doubt this statement, you might as well hang a rope around your neck to see if you really lose consciousness in an instant. As soon as you put on the rope and put on a little weight, you will be afraid and stop the experiment immediately because you feel more nervous than you think!

## HEART STOPPED FOR TEN MINUTES

Some scholars further divide it into several stages and conduct detailed research.

The first is the first stage, which starts with a buzzing fever and tinnitus. Then I felt flashes in front of my eyes, my hair was hot, my ears were ringing, and the flashes in front of my eyes appeared immediately after I was hanged. At the same time, my perception began to blur.

Entering the second stage after unconsciousness, spasms are induced throughout the body. It is said that the hands do the watering action, the feet do the walking action, and then the muscles of the hands and feet start to cramp and then the whole body straightens and cramps. But for this spasm, it is now considered to be a small tremor all over the body. This stage is one minute to one and a half minutes. What is puzzling is that men will have erections at this time and ejaculation.

In the third stage, it is already a state of suspended animation, with urine and semen overflowing, eyeballs protruding, and breathing stopped. This period is about one minute, so it only takes three to three and a half minutes to get to this point. The heart is still beating at this stage, and it could save a life if found. After that, the heart beats for about ten minutes, and once the heart stops beating there is no hope of rescue.

There was an American acrobat who imitated and hanged himself in front of the audience, and his usual arrangement was to give his assistant a code as soon as his consciousness began to blur. One day, he probably suddenly lost consciousness and failed to give out the code in time, so he hanged there for thirteen minutes, and by the time he was sent to the hospital, he was already unable to recover.



That is to say, in just ten minutes, if you go undetected, your suicide will be successful and painless. There is probably no better method of suicide than this!

## BODY CONDITION

### ARE HANGED CORPSES UNCLEAN?

The disadvantage of hanging that people often mention is that the image of the corpse is not good-looking. Incontinence and ejaculation do occur. Some people say that because the throat is choked up, the tongue sticks out, the face turns purple from congestion, the eyeballs protrude, *etc.* Still, there are not many horrific examples of this. The eyeballs do not protrude until several days after death, and the tongue does not stick out when it touches the teeth. That is to say, the situation with the corpse is nothing more than that.

Judging from the photos of the hanged corpses, most of them are just “shrugging” there, which is no different from when they were alive. As mentioned earlier, the face is generally not bruised because the blood supply to the head is quickly cut off. Although it doesn’t look very good, it can be said to be a decent corpse compared to the corpse that jumped off the building or crashed into a car.

If you want to prevent incontinence, you can go to the bathroom beforehand. If you don’t want to ejaculate, then do masturbation first. The 87-year-old man who committed suicide on the day of his death in order to follow the Showa Emperor, hung himself in an orange grove with a mask and gauze on his mouth. Maybe he just didn’t want to die so ugly!?

## ATTENTION

### STRANGULATION IS PAINFUL

As mentioned above, the advantage of hanging yourself is that the vertebral artery is restrained by the posture of pulling the neck from diagonally above. When the hand is strangling the neck, of course, the artery cannot be blocked, so it is impossible for the brain to lose consciousness all of a

sudden. If you hang yourself, you will lose consciousness in the first stage as mentioned above. In the case of strangling the neck, you will experience the first, second and third stages when you are conscious, and then you will finally lose consciousness. The result is a blocked windpipe that turns to death by suffocation, along with experiencing cramps, which can be quite painful.

Even so, there are many suicides by strangling the neck and suffocating. I couldn't help but express my sympathy to him, why didn't I put in the effort to create a height of thirty centimeters!?

The forty-two-year-old associate professor at the university, tightened little by little with his tie, finally bleeds to death.

A forty-three-year-old woman who participated in the Tokyo Olympic swimming competition and lived a mediocre housewife life, made full use of her extraordinary lung capacity and suffocated to death by wrapping multiple layers of tape around her mouth, nose and neck.

A 49-year-old housewife locked up for killing her son suffocated to death with toilet paper stuffed in her stomach and nose in a detention center.

There is also a 46-year-old construction worker who committed suicide due to bronchial blockage after swallowing about 100 grams (one roll) of toilet paper in the ward of the police station.

Of course, it is possible to die by this method of suffocation, but it is accompanied by considerable pain, and I am reluctant to recommend it.

With regard to hanging, it should also be mentioned that: Due to the formation of hypoxia in the brain, the cells are destroyed, so when a suicide attempt is made, serious brain sequelae will be left. The characteristics of brain cells are different from other cells, and they will not regenerate if destroyed. Therefore, it is necessary to make careful arrangements not to be discovered.

#### CASE STUDY 4

## THE TRAGEDY OF ATTEMPTED HANGING - FRANK NAGAI

In October 1985, singer Frank Nagai (53 years old at the time) came home after a performance at about ten o'clock in the evening, drank a little beer with his wife, and went to bed around ten thirty. But in the middle of the night, after walking out of the bedroom, he didn't come back for a long time. When his wife came out to look for it, she found that four or five ties had been hung on the handrail of the spiral staircase between the first and second floors. It was around three o'clock in the middle of the night.

When the ambulance arrived, Nagai lost his breath and pulse and fell unconscious there. When he was sent to the hospital, his pupils were dilated and he was in a state of "imminent brain death".

But after four or five days, he miraculously regained consciousness. A month later, he would say a few words, and when he showed him the title of the song **??????**, he could still recognize the word **????**. Later, he recovered to the ability to write the word "Nagai".

Later, he was admitted to and discharged from the hospital several times, and now he can do some walks and sing familiar songs on karaoke, showing further recovery. Still, he couldn't identify his wife and friends who came to visit him, and in 1989 he became an internist.

This is what he said when he told his friend Tanbo Zelang about this experience:

"As soon as I was hanged, I had difficulty breathing, and my vision instantly turned red and then pitch black. Seeing my face crooked in the air, I gradually heard a strange voice. The voice gradually grew louder and disappeared into the dark tunnel. I suddenly rose and floated through the walls and doors, and I could see the situation in the lower realm. I suddenly noticed that I was standing on the level ground, I heard beautiful music from the garden in front, and also heard the voices of deceased friends and relatives. I was driven forward by the feeling of nostalgia and reunion. There was a three-forked river there, but an unknown force pulled me back."

The reason Nagai attempted to commit suicide was because her former lover was distressed by claiming that the child she gave birth to was theirs and asking for child support.

#### CHECK THIS EXAMPLE

I am afraid that this is the only case of attempted hanging that has caused such a stir. Even if the success rate is considered to be 100 percent, it will not be successful if it is discovered quickly.

The above example may have been hanged for more than ten minutes if the pulse stopped. But some experts believe that “(from the point of view of recovery to the present) the time of being found was just three to four minutes of hanging, and the feet and buttocks should be on the ground. However, even if his life is saved, the damaged cranial nerves will not recover. What kind of sequelae will it leave, Nagai’s situation has already been explained. Nerve cells in the brain start to break down the moment blood stops circulating. It’s very scary, and attempted hanging is scary!

According to him, he lost consciousness for a split second (usually horizontal), and his vision turned red and then pitch black. The wonderful experience in the future can be called “death experience”, and it is said that many people who are on the verge of death have experienced it.

#### CASE STUDY 5


HANGED AT 91 CENTIMETERS IN HEIGHT, THE HIGHEST CADRE OF THE UNITED RED ARMY, MORI TSUNEO

at a height of 91 cm, the top cadre of the Allied Red Army, Mori Hemo

On January 1, 1973, Mori Tsuneo (28 years old at the time) hanged himself in a single cell in the Tokyo Detention Center. He himself was an armed revolutionary group formed in January 1972. His “gun-only doctrine” advocated success only by relying on the weapons revolution. He conducted armed training at the underground mountain headquarters in Gunma Prefecture, and was arrested in February 1972. He confessed to the fact that he killed twelve “Red Army fighters” and that “the actions were not

revolutionary”. He was transferred to the Tokyo Detention Center in September, awaiting trial. This incident of lynching and killing 12 people was more “maddening in a closed group”

than the incident of the fleeing Red Army soldiers occupying the Asama Mountain Villa, which shocked Japanese society for a while. On January 1 of the second year, Morihiro ate up his breakfast and lunch as usual. At 1:38 in the afternoon, the guards on patrol also saw him sitting on a tatami mat and reading a book. But fourteen minutes later, at 1:52, when the guard visited the single cell again, he tied a 60-centimeter-long towel on the 91-centimeter-high iron railing, put his head in it and hanged himself.

The doctor came and gave cardiac injections and artificial respiration, but to no avail, he died after about an hour. It is said that he tied 

his feet with the clothes around him and hung them there in a ”” shape. Some people say that when he died, he looked like he was “about to sit down”. The analysis of this suicide is that at the time of the suicide, “the bound feet were kicked into the air with force, and gravity was applied to the towel to restrain the neck.” Although he was unconscious when he was found, the veins were the same as when he was alive. No change, no bleeding or incontinence. He left two suicide notes, said to be an admission of the error of weaponism. I heard that he A few months before suicide, I loved reading the Bible and became very interested in Christianity.

[Check cause of death]

Has his hip touched the ground? He is a

small man with a height of 163 cm and a weight of 54 kg. The towel he uses is 60 cm, which is also very short. Knot your neck around the railing so your neck is firmly against the railing. Coincidentally, with his long waist, and the towel around his neck, his hips may not have touched the ground. That is to say, a man who weighs 54 kilograms on the ground and hangs with his back against the wall will not be able to wake up within 14 minutes. Having said that, after all the tireless efforts and hardships for the revolution, they finally gave up their long-held beliefs and turned to the gods. After all, they committed suicide without being rescued. What a

pitiful thing. However, even though it happened 20 years ago, it is far better to believe that it can cause a revolution itself than a dozen The lynching by the accomplices is much crazier.

[Case study 6] Woman

rescued by hanging in psychiatric hospital

May 17, 1982 at 4:45 pm. In a psychiatric hospital, a woman who was hospitalized became excited and shouted “Kill me!” and was sent to the protection room. Forty minutes later, at 5:25, I climbed onto the window pane that was stacked with several quilts and hung myself with a towel. At the time of discovery, his breathing and heart had stopped, and he was rescued and given artificial respiration and inotropes.

Five minutes later, spontaneous breathing and a weak pulse appeared.

Despite this, he was unconscious for two full days, and finally responded to the stimulus on the third day. On the fourth day, he regained consciousness, and after a week he was able to eat liquid juice. From the second week onwards, he underwent “self-recovery training”.

After another two weeks, he was able to live a group life with other patients. But his memory has deteriorated, he has lost his former motivation, always hides behind others, and is more dependent on caregivers. This woman spent thirteen years in this hospital after she was twenty-six years old, and before that

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Complete Suicide

Manual He was in psychiatric hospital three times. After being discharged from the hospital in 1979, he went to work in a nearby general hospital. He gave up his job due to friction with the male employee of the unit and moved in with another man. Soon he stopped eating and shouted “Kill

me!”, Two years later, he was hospitalized again. The hanging happened six months later, and this is the third suicide attempt. Her experience is that after graduating from high school, she worked in a towel factory for six years, got married at the age of 23, and divorced the following year.

Married, gave birth to a boy but soon the child died.

Also, four of her five sisters, including her, had attempted suicide and attempted suicide, respectively.

[Check this example]

As the nurses said: “It is a rare case where the medical staff quickly dealt with the discovery and brought it back to life”; it is also a rare case where the heart stopped but did not die. From the blank forty minutes, minus the time for stacking the quilt, it was about fifteen minutes after hanging, when the heart just stopped.

Although there were forty minutes and sufficient height, it failed to kill, which is in stark contrast to the example of Sen Hengfu. It is difficult to be found in a hospital or cell because of surveillance, and suicide is difficult, especially since the hospital has complete emergency facilities, it is even more difficult.

Judging from these attempted cases, it may not be that simple to want to hang yourself. But, after all, these are extremely rare examples. Judging from the effect that more than 10,000 people die by hanging every year, and the success rate is almost 100%, hanging is still the throne of suicide methods. But what is the rest of this man’s life? It goes far beyond misfortune or bad luck. From the side, this is “living hell”. Judging from the sequelae left, it might be better not to save her.

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COMPLETE MANUAL OF SUICIDE internet

release 0.9

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—BEGIN PGP SIGNED MESSAGE—

[Suicide Map (1)]

sea of trees

If you are bored with work and relationships,  
and want to commit suicide quietly without anyone  
knowing, I advise you to step into the “sea of trees”  
without hesitation. There is no suicide spot where  
the body is not easy to find and easy to walk into  
than the sea of trees.

Your whereabouts will be unknown, and you will  
disappear from people’s memory over time. However, in order to  
achieve this goal, it is necessary to study the entry into the sea of trees.



Machine Translated by Google

Complete Suicide Manual

method, this map can be used as a reference.

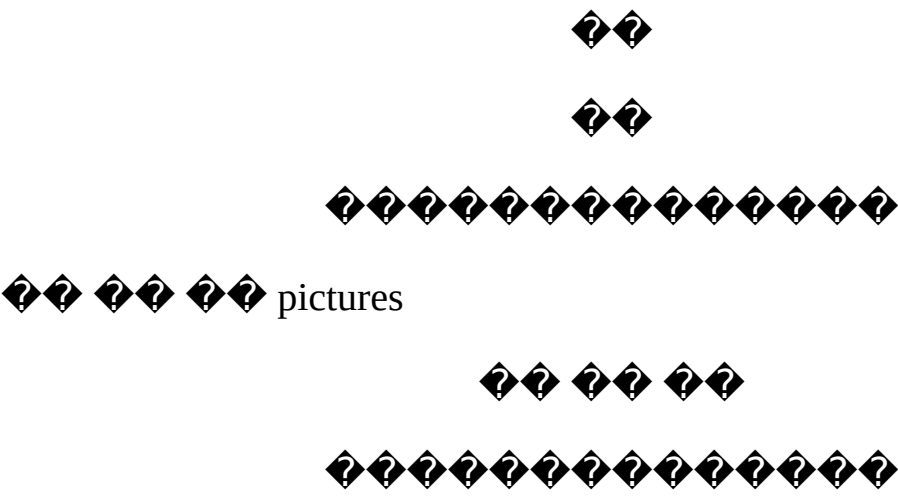
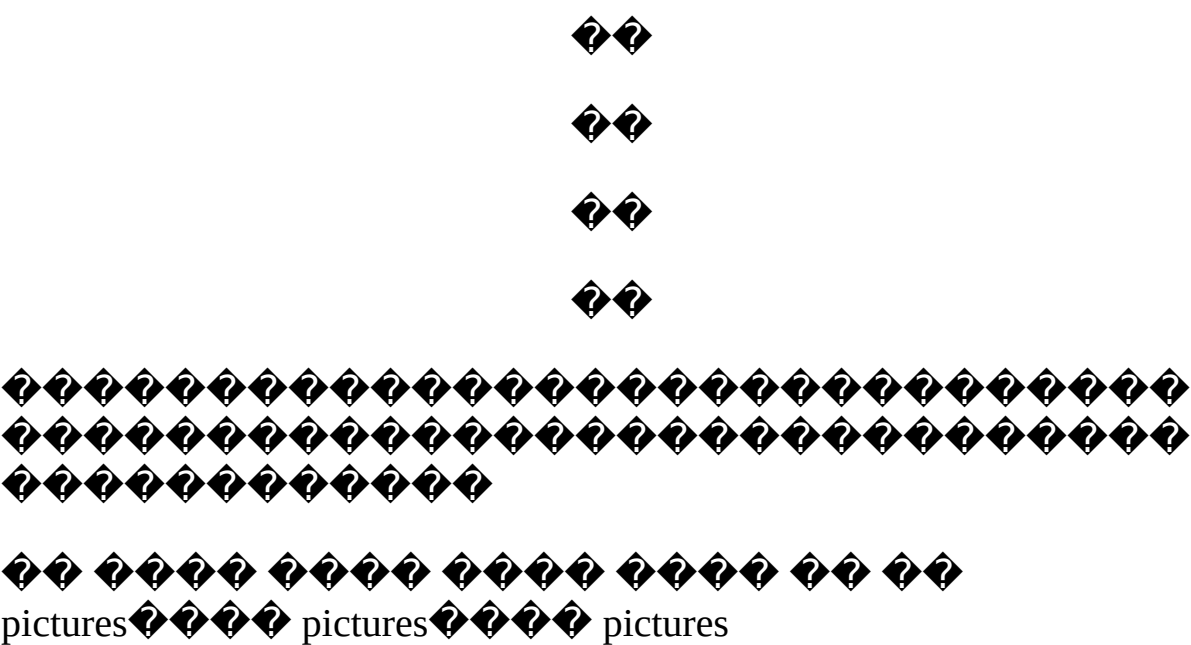
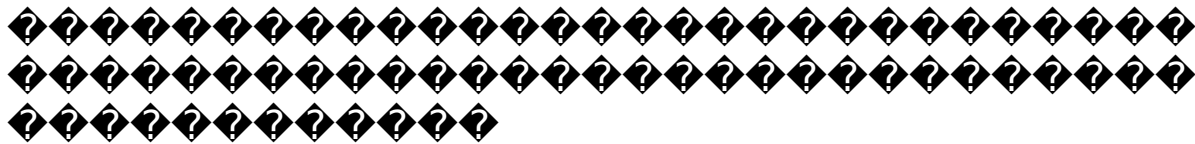


Figure 1 The whole picture of the sea of trees (the white part is the sea of trees)





(1) The sea of trees seen from the view of the West Lake from Hongye

Terrace (2) The entrance to the sea of trees “Aokigahara Nature

Trail” (3) Destiny Station “Wind Cave” (4) The first fork in the road; this is still a safe area (5) The first a warning



[History]

The suicide rate in the sea of trees is “about 30

people every year, and there is no increase or

decrease” (Fujiyoshida Police Station). Most of the other

“suicide spots” are a thing of the past, but the sea of trees is superior to other places as a suicide site, as has been shown

from the above. The Sea of Trees was originally a suicide

spot, but it suddenly became famous and dozens of people

committed suicide here every year, mainly because the 1957

novel “The Tower of Waves” by Matsumoto Kiyotaka with the

Sea of Trees as the background was adapted into a TV series. .

[Cannot find the route of the body]

Generally speaking, as soon as you enter the

sea of trees, you lose your sense of direction and can't get out, so you can walk in no matter where you are, but here is a route to never find a body. The most common is to enter from the vicinity of the "wind cave". At the Fuji Express Bus's Kazuya station (such as

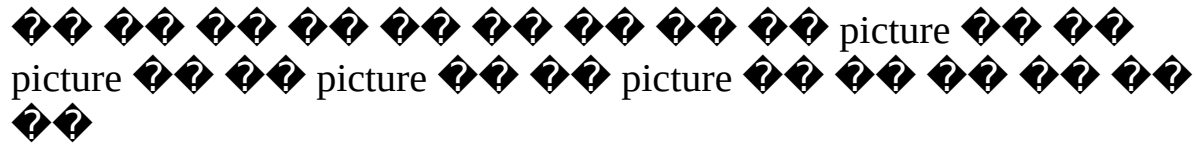
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How to get there, please refer to the traffic column) and get off, and you can see the road to the entrance of Fengxue on the south side of National Highway No. 139. Going forward is the ticket office of the wind cave. But don't go into the wind cave, there are two paths in front of the ticket office, take the Aokigahara Nature Trail on the left. Go forward for about 300 meters, and there is a fork in the road. You have to go to the island on the left with "Ice Cave ❷❷ Hongyetai" written on it. There is a sign on the front that says "Only one life, treasure it", but don't take it seriously.






(6) Road sign entering Fuyue Forest

Road (7) Last warning sign; there are signs of damage (8)

Fuyue Forest Road; rope blocking the way forward (9) Inside  
the primary forest; you can die in peace when you come here



Go forward about 300 meters and there is a road

sign, with the book “Red Leaf Terrace  Ice Cave” written on  
the left, and “Mountain Road” written on the right. There was  
another lead sheet lying on the side of the mountain road. It  
was written, “Life is a precious property bestowed by parents!  
Rethink parents, brothers and children!” and ignore it. Going  
here will inevitably be a little shaken, you can decide whether

to go back or not, because the compass still works, and then go forward into Fuyue Forest Road. This mountain road is a very common mountain road, and there is nothing special for those with mountaineering experience. However, there are dense forests all around, and because the scenery has not changed, you will gradually wonder how much you have walked and where you are!? The mountain road generally extends to the south. After walking for another fifteen minutes, the road doesn't look like a road anymore, and the trees around are a bit like virgin forests. At this time, walk forward for another fifteen minutes. From now on, you can walk into the jungle in any direction, but it is best to go to the right.

◆◆◆ A place where you can never find a corpse In addition, we will introduce two places where you can never find a corpse. One is to get off at the Fuji Express Bus “Momijidai Ichiri”. There are fire brigade and hotel “Jinmukan” nearby. along the asphalt road

## Complete Suicide Manual

Walk forward for about one kilometer, and you will gradually see a dense forest, and walk about one kilometer further and you will see a virgin forest. Follow this road into the left fork and go as far as you can. Then just keep going forward. In this area, not to mention the locals, even suicide volunteers rarely come here. Fork Road is the “hardest place to find bodies”, locals say. The other is to get off at the Fuji express bus “Akaike”, follow the asphalt road Shojinko Mountain Trail, walk 1-2 kilometers and then turn right into the fork. Here, neither locals nor tourists will find bodies.

Both of these methods take a long way, but the reliability of entering the body from the wind cave is relatively high. Since ordinary tourists don't come here, don't arouse suspicion when you walk in.

◆◆◆ If you go forward for another 100 meters, you will not be able to turn back. In the primeval forest, there are tangled roots everywhere, and moss and fallen leaves cover the holes, so it is impossible to go straight.

I thought I remembered where I came from, and after walking more than 100 meters, I couldn't figure out the direction at all. If you have a compass, throw it away, you won't be able to return to it anyway. In the sea of trees, the most suitable method is to use the hanging with a high mortality rate, as long as you prepare a rope. However, the trees here are very tall and it is quite difficult to find a tree to meet. In order to find the tree, you will be further away from the mountain road, and it will be more difficult to be found. So, you just disappeared from people's memory forever.

[ Notice]

◆◆◆It will be found during the big search. Every October, the local fire brigade, police and other more than 600 people carry out a big search of the body on the Z road in Figure 1. In other words, if you commit suicide in the middle part of the road on the south side of the National Highway and West Lake, the body will still be found. Even if it is on both sides of the national highway, it is the same if it is

no more than 500 meters along the natural trail. Major searches in recent years have found three bodies in 1989 (one female), none in 1990, five in 1991 (two females), and 1992 The search was not carried out due to a murder near the Wind Cave. In short, never enter this area.

By the way, when a family member entrusts a search, the search fee for one person per day is 10,000 yen. That is, if the mobilization of fifty

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It takes one million yen to search for two days.

◆◆◆Beware of the Self-Defense

Forces! Every March, the Self-Defense Force conducts a column of walking training in the dense forest from the vicinity of the entrance of the wind cave to the Gande Dojo. Most of the bodies that were not found in the big search are said to have been found around this time. Therefore, from the south of the Wind Cave to the area of Gande Dojo, it is also better not to choose.

◆◆◆Don't be suspected by the locals of



people who have lived there for a long time. You can tell the suicide at a glance. It is thought that just carrying a small bag, or not taking pictures, is characteristic, but it is more important to rely on intuition. When you want to walk into the sea of trees, the locals will greet you and say “Do you know where this place is?” and persuade you. Even if you say “let me die” they won’t listen. After more than 40 minutes of grinding their lips, some finally gave in and were pulled back. So, don’t cause this atmosphere in the first place. However, pretending to be happy at the dying moment is a bit of a joke. Before entering the sea of trees, don’t procrastinate or hesitate, walk in generously, and the locals will not suspect that they will follow. Because even if a local person walks 100 meters, it is difficult to come back. This is the truth.

◆◆◆Don’t underestimate the monk

I heard that there is a mysterious monk living in the Gande Dojo. The house is ordinary, but he is often seen driving his car to buy things in places that deviate from the mountain road, but even the locals don’t know how to make a living. Since you can’t underestimate his existence, then avoid entering this area.

[Transportation◆◆◆Accommodation]

It takes two hours by Fuji bus from Mishima Station on the JR line to Fujiyoshida. It will take 30 to 40 minutes to change to the Fuji bus to the entrance of Momijidai and the Wind Cave. The bus leaves every hour. It should be noted that the number of trains in winter will be reduced.

Of course, there is no need for accommodation, but I will introduce it for the sake of backup. There are many homestays in the south of West Lake, which are open all year round, so it is the most convenient to use them. From here to Kazuya Station, take the Fuji Express Bus for about an hour. You can stay at the Zhenmu Pavilion at the entrance of the mountain road.

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[Case study 7] A man

living a wandering life in a sea of trees

A 31-year-old male company employee was protected by the police after wandering in a sea of trees for 16 days in November 1983. He was driving away from his home in Yokohama in late September due to

company and personal troubles. He decided to commit suicide after wandering in his hometown of Aichi prefecture and the northeastern region for more than a month, and sent a suicide note to his family.

In the first week, I went everywhere to find a suitable place to commit suicide. Sometimes I just wanted to hang myself, but I met a mushroom picker, and my desire for death gradually weakened when I couldn't die all of a sudden. So, sometimes I went to the national highway to buy some bread, sometimes I ate at the car parking lot, and then I went back to the sea of trees. I lived like a homeless life like this. Finally, I couldn't resist the cold and heavy rain. On November 10, I lived in the west. A homestay by the lake, and called home. Entrusted by the family, the local police station and fire brigade mobilized more than 150 people to conduct a three-day search. In fact, the man knew that the search was going on. "I don't want to kill myself anymore," he said after being protected.

[Inspection Status]

The “primitive forest of death” that cannot be returned even if one steps further, if the route to enter is not right, it will lead to such an ending. He probably traveled around Hongyedae and Yonggung-dong between the south—west road and the 8th National Highway. This is a hiking route with rest areas and pastures. It will also be natural to meet someone who picks mushrooms. If you really want to die, this area is not acceptable. The desire to die has long since faded, but he still continued to enter the sea of trees and lived in the sea of trees for more than ten days. It really sounds like a joke. Whether it is dangerous life in the sea of trees, or pleasant is unknown. For the Sea of Trees suicide volunteer, his actions showed the precious information that “even if you enter the Sea of Trees, you can survive without eating or drinking for a week”.

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(3) LEAPING

jump off the building

jump off the building

Pain◆◆◆◆◆◆◆◆◆◆ Trouble◆◆◆◆◆◆◆◆◆◆

Death◆◆◆◆◆◆◆◆◆◆ Implicated◆◆◆◆◆◆◆◆◆◆

Impact◆◆◆◆◆◆◆◆◆◆ Lethality◆◆◆◆◆◆◆◆◆◆

Jump off suddenly without pain. High lethality, is

the most advanced method of suicide.

jump off the building

Suicide by jumping off buildings and

cliffs is painless. No pain, no anxiety, and no terror. Not only that, but it can even be considered enjoyable. This is not an analogy, in fact it is. Sounds like a bit of nonsense, but that's all you can say if you combine the words of

those who “fallen”. This point will be described in detail below, but in this way, suicide by jumping off buildings and cliffs can be said to be an excellent means comparable to suicide by hanging.

Jumping off buildings and cliffs does not have the shadows that accompany other means of suicide. It was a girl named Kayo Sato who completely changed the concept of suicide by jumping off buildings and cliffs.

Ninety years ago, in 1903, he left behind “the truth of all things, in a word, it is ‘incomprehensible’”, and the young man who jumped from the Huayan Waterfall-Fujimura Suo was the one who was responsible for suicide. It has endowed it with a philosophical and noble image that is different from the previous one. Like successive successors, Sato Yoshiyo also gave a sacred image to falling suicide, attracting followers one after another, and even the myth of “she fell and jumped”. Kayo Sato is the real name of red card singer Okada Yukiko.

Perhaps for this reason, the method of jumping off a building or a cliff is second only to the method of hanging, regardless of gender, age, or child, especially young people and girls, and more women. This method is on the rise, and now 50

percent of female suicides, including teenage girls, are by fall, far ahead of other suicide methods. The earliest person who jumped off the building is said to be a male employee of a company who jumped from the roof of the seventh floor of the Ginza Matsuzakaya Department Store to Ginza Street in 1935. The transition from the former Hwagong Falls or Gumpo to the high-rise buildings represented by the Takashimadaira community is closely related to urbanization and is also one of the phenomena of urban modernization. Oka

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The Complete Suicide

Manual The day after Tian Yukiko committed suicide, on April 11, 1986, the eighteen-year-old girl took her sister's hand and left behind "in order to realize her superpowers in her previous life". Jumped from the roof of the community to his death.

[Preparation]

Requires a height of 20 meters from the ground

When jumping from a tall building, you should check the necessary height and the conditions of the landing spot beforehand. There are many suicide attempts, mostly because of failing to secure the necessary height. If you really want to die, you should jump from a height of twenty meters above the ground, that is, from about seven to eight stories above. If the ground is concrete, it cannot be saved.

Jumping down from the fourth floor, the success rate is only about 50%. Incidentally, each additional floor is three meters higher, which can be used as a basis for conversion. It is also very important to check the landing spot, there are small bushes downstairs is not acceptable. The 16-year-old girl who jumped from the roof of the five-story school building with a height of about 18 meters to the bushes downstairs was only seriously injured. In the United States, someone fell from a height of 28 meters into a flower bed and suffered only minor injuries with a broken rib and a broken left wrist. There are trees or street lights downstairs is also not acceptable. The 17-year-old high school girl who jumped from the 35-meter-high 14th-floor escalator was hospitalized for six months with serious injuries and attempted suicide. There was a green space downstairs, not to mention, the windbreaker that was worn outside the uniform when it fell, swelled up due to the air and acted as a parachute, and hit a maple tree in mid-air, thus avoiding the disaster. A news agency reporter who jumped from the seventh floor of a hotel in Shinjuku on a business trip landed on his feet first because he hit a streetlight in mid-air. He suffered fractures in his left shoulder and pelvis and did not die. He didn't lose consciousness at the time, scolding "fuck, fuck" to himself while answering questions from the police who came. Vehicles also sometimes act as pads. In Nagoya city, a 40-year-old man who jumped from the roof of a 33-meter-high department store to the road, fell on the hood of the vehicle in a prone position, and

suffered facial contusion and a three-month injury of a fractured right shoulder. .

Also, the zinc-sheet roof with the bike parking below it doesn't work either. In order not to keep the retrieved kitten at home, the 14-year-old girl who jumped from the eleventh floor hugging the kitten broke a large piece of the zinc sheet roof of the bicycle parking place, broke three ribs, and fell. Seriously injured, but both she and the kitten survived. Although these are special examples, in an airplane accident in the United States, someone fell from a height of 370 meters to a snowy ground, and his life was saved except for the broken waist and a few ribs. Therefore, the snow should also be paid attention to.

to look for inconspicuous places

In order not to be quickly discovered and taken to the hospital, finding an inconspicuous place is also the first consideration. The college girl who jumped from the Marunouchi building and the adjacent building was discovered after a year, and the so-called inconspicuous place was not discovered until after a period of time. Next to the stone wall under Building No. 7 of Sophia University, when picking up the bodies of students who jumped from the roof, they accidentally found the bodies of students who had gone missing half a year ago; of course, such cases are rare.

Choose a place for jumping off a cliff

Cliff jumping is sometimes unreliable. Two middle school girls committed suicide by jumping off a 60-meter-high cliff. One died, the other was saved. Jumping off a cliff under the same conditions, the outcome is actually so different. Furthermore, no matter how steep the cliffs are, you will not necessarily die if you fall into the sea. So, in this case, choose a place of interest. Famous places have their own origins, so they become famous places. If you choose cliffs, there are Cape Ashizuri in Shikoku, Kumpo in Atami, and Kegon Falls for waterfalls.



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## Complete Suicide Manual

[Pass]

A painless death!

The most curious thing is how it feels during the fall, and whether there is pain when landing. The 54-year-old man, who was rescued by jumping from the fourth floor of the building, said: "I didn't feel scared. I naturally jumped over the balcony railing with my whole body. I can't remember if I felt pain when I fell to the ground, but I know I still fell to the ground. ❖❖❖ Regarding the feeling of falling in mid-air, he said, ❖❖❖ From the process of jumping down to the ground, although it is a matter of course, I still think about the head first or the feet first. The problem was probably because he didn't want his face to touch the ground, so he naturally covered his face with his hands." The man who survived the fall from a height on the bank of the glacier said, "It seems that he is sitting on a huge wing and slowly While descending, I thought of myself very calmly and the future of my family members, and many memories flashed through my mind like lightning. After falling to the ground, my breathing was not disordered, and I lost consciousness without any pain. Although, my head I collided with rocks or ice with my hands and feet, and I was injured in many places, but I didn't feel it. It can be said that there is no better time than this moment!"

There are countless examples of such falls due to accidents. What these experiences have in common is that the beginning is a slow fall and the feeling is very clear, there is no anxiety or terror at all, it is almost like a dream. At this time, childhood memories often roll in my mind like a revolving lantern, sometimes seeing mysterious lights, and sometimes looking down at myself from above. When he touched the ground, he lost consciousness in a calm mood.

Most people who commit suicide by jumping off buildings and cliffs do not make screams and shouts, which is probably because of this. A faller said, "I really want to emphasize that falling from a height to death is the most

painless way to die.” Other fallers even said, “It’s a perfect death, there is no pain at all, it’s much more painful than an injection.

Therefore, it can be said that jumping off a building or jumping off a cliff to commit suicide is painless.

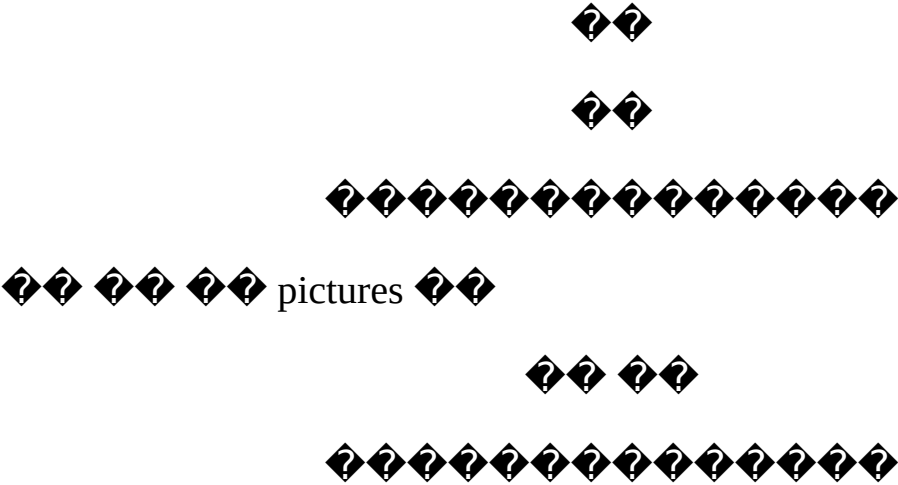


Figure 1 Relationship between height and impact velocity



The girl who died crying crying “Pain! Pain!”

Of course, there are exceptions.

“Now I’m going to commit suicide, bye!” The high school girl who was sitting by the window on the fourth floor of the school just now jumped down. When she was picked up, she whispered, “It hurts, it hurts!” and wept. She broke her head and neck and died shortly after being taken to the hospital. The reason is of course very clear, because the height of the fourth floor is not high enough. In order not to leave a feeling of pain, you should choose a height where you can die on the spot, or at least pass out.

Also, a woman in her thirties who jumped from the thirty-fifth floor of the Sumitomo Triangle Building in Shinjuku from a height of 140 meters, stretched her arms horizontally, and landed in a high-altitude diving

posture, half of her face And his head shattered, and he died instantly. At this time, witnesses heard screams of “Wow—”. There was also a seventeen-year-old female high school student who jumped from the eleventh floor while screaming. It is unknown that these two people felt terror when they jumped off the building. From a physical point of view, when jumping from a height of 20 meters (about seven floors), you can land 4.9 meters in one second. The speed at this time is 35.5 kilometers per hour, and it can touch the ground in about two seconds. In these short two seconds, he rolled in various postures and landed at a speed of about 70 kilometers per hour. Imagine hitting a wall at this speed when riding a motorcycle or a car, and it's not as big of a collision as you think. However, when it falls from a higher place, the impact when it hits the ground is great.

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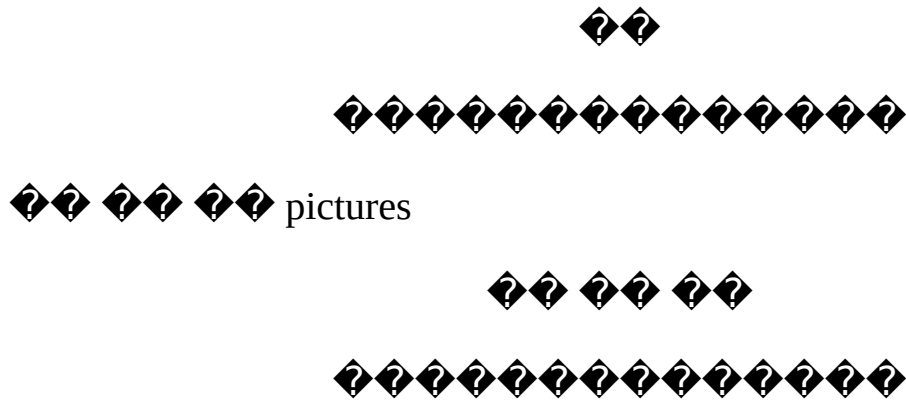
The Complete Suicide

Manual has an unbelievable instance, such as a high school girl who jumped off the roof of an eleventh-floor apartment and smashed a sewer cover in half when she hit the ground.

jump off a cliff

When jumping down from a cliff, due to the surrounding natural environment, various situations will occur. Although it is a bit uncertain, there are still many deaths due to violent collisions. There are many examples of people who died due to collision with rocks while falling into the sea or a waterfall. The comedian Jixiong Nakata, who committed suicide in Jinpu, Atami, slammed into the cliff and rocked violently during the fall, and his internal organs ruptured and died. The 53-year-old man who also jumped from Jinpo was bruised all over his body and died on the spot. Of course, if you fall into the sea or lake, you can also drown.





? ? ? Figure 2 The main injured parts of multiple trauma patients (excerpted from “Total Clinical Supplementary Emergency Code” Nagai Bookstore)



[Condition of the  
 corpse] There are wounds everywhere but not terrible

As the fifty-four-year-old man thought after he jumped, which part of the person will land on the ground?

According to the research of a medical expert, when committing suicide by jumping off a building, it seems that the most common situation is that feet first land on the ground. When feet first hit the ground, 60% of people suffered head trauma, 30% suffered vertebral fractures, 20% had liver and lung damage, and 2% had heart damage.

fifteen.

Followed by falling head to the ground, skull fractures, brain damage and rib fractures, etc., fractures of the arm, spine and lung damage are more common. The second is the buttocks landing and lying down. Therefore, no matter which part hits the ground first, many places will be injured. From

the perspective of suicide by jumping off a building or jumping off a cliff, nearly 70% of the injuries are the head, abdomen, hands and feet. In short, the body can be injured everywhere, and the head and chest are the most common, and more than 70% of the fatal injuries are caused by this. The heart vibrates greatly due to the inertial action of the human body when it falls, and there are many cases of aortic ruptures. As a result, he died due to skull rupture, body contusion, internal organ rupture, and excessive bleeding. There may be corpses who don't want to be seen so appalling, but once they were found, the ambulance arrived quickly, and the corpses were cleaned up in a blink of an eye. From the buttocks on the ground, sometimes the corpse barely shows any signs of injury (Case 9). So, jumping off a building to commit suicide is not such an ugly way to die.

[Attention]

Beware of pedestrians!

If there are people on the ground, it will cause many troublesome problems. There are also several examples of being saved by falling on a pedestrian, and the injured person being pinned down will claim a huge amount of compensation. A high school student from a communication school in Saitama Prefecture jumped from the roof of a department store and fell onto a car parked below. Although he died, the man sitting in the car also broke his neck bone and caused a chest injury.

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For those who are

paralyzed under the complete suicide manual, the family of the deceased will compensate 200

million yen. In a recent example, a man who jumped from the eighth floor of an apartment in November 1992 landed on a high school senior who was talking to his girlfriend below. The jumper died shortly after, and the student died four days later. It's not a good thing to jump off a building and

fall on someone else, so be careful about that. A fifty-one-year-old company director wanted to jump off the top floor of the apartment, but saw several children playing below, so he held the railing of the corridor on the fourteenth floor with his hands behind his back, and shouted, “Dodge! Dodge! !” After the children dispersed, they jumped down, successfully accomplishing their goal. Since it is a fourteen-story building, the shouting should be quite loud. If you don’t want to cause trouble to your family, please pay special attention.

head down

Even if you have a considerable height, you will be saved. On the contrary, even if you are at a relatively low height, there will be examples of death. Some fell from a height of 6 meters to the bottom of the river and died because of their skulls, and some fell from a pedestrian bridge from a height of 5 meters to the road and broke their heads and died an hour and a half later. If you don’t want to fail, you should face the ground. If you fall by chance, you will die on the spot at a height of five meters. Also, although the person who stumbled is not a fatal part, it also died due to special reasons. A 50-year-old woman fell from a balcony on the fourth floor of her apartment and broke multiple waist bones, but died of systemic contusions. A man jumped from the third floor of the dormitory and died 20

days later due to blood stasis in his lungs and acute pulmonary embolism.

[Case study 8] A college

student who attempted to jump off a building, feeling during the process of jumping from the fifteenth floor In October 1986, a 21-year-old third-year university student jumped from the top floor of the fifteenth-floor apartment in Urawa City, Saitama Prefecture, and fell to the iron shed of the bicycle shed with a “pop” sound. on top. He was immediately taken to hospital with no injuries other than a minor injury to his left foot. The roof of the bicycle shed where he fell was left with a large hole in the shape of a big letter.

This person described the feeling of being in the air very plainly: “As I fell, I felt my shoes and glasses slowly fall off. After I fell to the ceiling, I suddenly thought, ah! I’m still alive.” He was somewhat left with the

language barrier of stuttering, and worried that he might not pass the job interview the following year.

[Check this example]

This is what a suicide attempter who jumped from a high place talks about “the state of mind while in the air”, and it is very rare to survive. The fifteen-story building is about 40 meters high. When you jump from this height, you will feel like you are descending slowly. You may be very calm, and there is no fear or pain when you land. It’s a miracle to fall from the fifteenth floor with almost no injuries. Therefore, those who are determined to commit suicide by jumping off the building should also avoid it.

When he fell to the ground, there was a loud “popping” sound, so what happens when a suicide victim falls?

What about sound? Check it out.

Of course, this varies depending on where it fell. If the ground was concrete, the aforementioned high school girl who fell from the roof of the apartment on the fifteenth floor made a “pop” sound. The man who fell from the fourth-floor apartment window was “a voice like a deflated balloon.” The aforementioned woman who jumped from the Sumitomo Triangle Building made a “pop” sound. If it falls on someone else, it’s like the aforementioned Yokohama high school student who falls and makes a “sound like a ball hitting the ground and bouncing”.

When Yukiko Okada fell from the top of the 20-meter building, it was said that there was a loud “dong dong” sound, probably because the skull violently hit the concrete floor.

[Case study 9] Hanako

Yamada, a manga artist who says “It’s boring to live anyway”

On May 24, 1992, cartoonist Hanako Yamada (24 years old at the time) committed suicide by jumping from the eleventh floor of her apartment near

her house in Tama City, Tokyo. Because the waist is on the ground, the corpse is relatively intact and bleeding page 42

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There are very few

complete suicide manuals, and even his parents are surprised “Is he really dead?”

She was an introvert in elementary school and loved to stay at home, and attempted suicide with gas when she was bullied in her second year of secondary school. In high school, he was repeatedly bullied and dropped out after one year of study. Later, he became a cartoonist, and his works were serialized in “Youth Magazine”, but he was not well received by the painting circle. Soon, the serialized work could not be published, and finally it was published in ” “, which does not pay for the author’s work. She couldn’t make a living by comics alone, so she worked as a waiter in a tea house. But she couldn’t remember the many menus ordered by the guests, and she was not neat enough, and she was fired one after another, and she was also bullied in the workplace. The restaurant that I had been working for for half a year finally failed. After this series of blows, I became a little mentally ill. I went to this restaurant that was open late at night and begged “Hire me again!”, and forced me to go to work every night. dawn. The store owner, who couldn’t bear it, called the police after half a month, and her parents took her back. In the taxi on the way home, saying, “Everyone is bullying me,” she seems to be crying, she’s actually laughing, she’s schizophrenic. She was soon admitted to a psychiatric hospital and was discharged two months later, but she lost confidence in her future and fell to her death from an apartment near her home the day after she was discharged.

In her diary two days before her suicide, she wrote: “I don’t get along well with other people. I have a quirky personality, and I don’t have a single friend. ... Can’t see the future, can’t find a job. (Bullied) ... nothing. I don’t want to do it anymore. Everything is so exhausting, I have no energy, I am very tired.” In fact, this is her suicide note.





?? ?? ?? pictures



???(C) “Angel of Sigh” Hanako Yamada

(Qing Lin Tang)



[Condition of the corpse]

The corpses that commit suicide by jumping off the building are appalling, especially when their heads fall to the ground. Like the previous example where the waist is on the ground, the face will be complete. However, the legs may be twisted due to fractures when they land first, which is really unbearable.

The cartoonist who was killed by “horror of sight”

What we should pay attention to here is that Yamada Hanako was “bullied” everywhere. No matter where she goes, the bullied “guy” is always bullied, and she herself proves this fact. In addition, most of the “diary comics” she describes show that she pays special attention to “how other people see her” at school or in the workplace. It can also be seen from this that she was born with a symptom called “vision phobia”.





?? ?? pictures



???(C) “Angel of Sigh” Hanako Yamada

(Qing Lin Tang)

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Complete Suicide Manual



She herself said that she has “people phobia”, just like wearing sunglasses when going out, her life has been spent in the endless fear of other people’s eyes. Coupled with being bullied again, he finally suffered from schizophrenia and committed suicide. Who could have guessed how troubled she was? Those who are sullen, introverted, and can’t handle things neatly are not fit to survive in a society like Japan. A suicide researcher in Italy in the 19th century said: “Suicide is a means to naturally eliminate those who are not physically and mentally healthy in the competition for survival in nature.”

The “eliminated” one. Her view of suicide during her lifetime is also worth mentioning. In his comics, he quoted the following sentences from the movie “Happy in Paradise” -

“If you don’t have any advantages and are annoying, you should die! Don’t say those bad things *Live It’s worthless* It’s better to hype it up / It’s boring to live anyway. “

In addition, in other magazines also wrote:

“This world is inherently cruel.” “The disabled,  
laugh! Shout! Curse fate! That’s how your life goes.

thing. If you feel sick, kill yourself. “

The words that come from the heart of the helpless misfortune can only be said by her who has lived in the misery of misfortune. There are indeed insurmountable misfortunes in this world. She sheds light on this fact, and it is in line with the purpose of this book.

[Case study 10] Middle school

student who committed suicide by jumping off a building because of being bullied On September 9, 1979, in the courtyard of an apartment in Fukuoka City, Saitama Prefecture, a first-year junior high school student (then 12 years old) was found wearing a karate suit and fell into a “big” shape to his death. He jumped from the tenth floor of the apartment about two kilometers away from his home to the concrete floor twenty meters below at eight o’clock in the morning.

The reason for suicide is bullying. This student, who was quite cheerful when he was in elementary school, got into a fight with others over trivial matters shortly after entering middle school. With a height of only 142 cm, he was the shortest in the class, and was excluded by his classmates because he was described as “desperately arrogant even though he is small”. There was no one to speak, and every day he was silent, and as a result, he was nicknamed “The Wall”. He was often ridiculed and said, “You are the wall, just face the wall.” On the evening of June 18 of the same year, the teenager put the suicide note on the desk and disappeared. suicide note

“I’m bullied every day, I don’t want to go to school. I don’t want to live anymore. I’m going to kill myself.”

However, at eight o’clock that night, the teenager returned home sweating profusely. Later, I heard that he wanted to jump from the top floor of the apartment, but was afraid and ran back, sweating profusely because he ran too fast. The news of the attempted suicide leaked out, and the mischievous bullies in the class became more and more bullied.

He has a new nickname, “Suicide Kid”, plus his father, a former driver of cleaning cars, is derided as “dirty,” “stinky,” “like a beggar,” and sometimes considering him a thief, he was also smeared with mayo all over his face. He couldn’t stand the bullying, he missed school for the first time the day before, and on Sunday the next day, he killed himself. The karate suit he wore on this day was the first day he started to practice karate after a suicide attempt. Those mischievous children who knew he committed suicide actually shouted “Long live”, as for the reason for their bullying, they said it was “boring” and “fun”.

[Check cause of death]

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The Complete Suicide

Manual When the teenager attempted suicide for the first time, he ran home in fear. Generally speaking, people who decide to commit suicide are calm and not afraid even when they stand on a high place, but this is not necessarily the case. A twenty-four-year-old woman wanted to commit suicide to climb a 1,713-meter-high mountain, but she was afraid when she approached the cliff at the top of the mountain. There was no food or drink, waiting for help. This happened at the end of August, the temperature dropped to six or seven degrees at night, and she was only wearing a smock. It seemed that it might have been more comfortable to decide to die at the time.

People who are bullied are always bullied no matter what they do

The example of Hanako Yamada is the same. It can only be said that there is no way to be bullied.

The bullied guy will always be bullied no matter what he does. Regardless of karate or suicide attempts, not only did it not have any effect, but it made the situation worse. In a class where there is no common goal but only relationships between people, all they can do is imitate love games and bully people.

It is said that the father once persuaded his son in the first year of middle school to say, "There are two and a half years left, just bear with it." However, no one can guarantee happiness after graduating from middle school, and it does not necessarily change after entering high school. And thinking that he will have to endure another two and a half years, then the choice he made can be said to be correct.

Much better than falling to your death the first time you climb into the apartment. It is also important to commit suicide early.

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[Suicide Map (2)]

Takashimadaira Community

Now, what does that Takashimadaira community look like? In fact, in response to the jumping trend around 1980, 37 high-rise buildings with more than 11 floors, the outer corridors and outer stairs from the third floor and above were equipped with fences to prevent jumping, and the windows were installed with locks . The stairs to the roof were fitted with locked iron gates. Now it can be said that it is completely impossible to jump off the building. The management department of Sinchon, once known as a famous suicide spot, was equipped with a complete suicide prevention device.

[History]

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The community, which was completed in 1973, was hailed as the largest in Japan at the time, and it still looks like a grand community. There were five jumps that year, but the one that made the community famous was the 1977 suicide of a mother and son by jumping off a building. As a result, the community was called the “Holy Land of Suicides”, with more than ten suicides per year, breaking through twenty in 1980, and reaching one hundred in 1982. More than 80% of the suicides are “expedition suicides” from Shizuoka, Niigata and other places. Some people specially bought ladders to climb over the fence outside the house. During the peak suicide season, there is a suicide every three days. To this end, in 1981, it took 700 million yen to install steel grids, and to install a “help phone” in the community. It took a long time. Even so, there are still men and women aged 19 and 18 who smashed glass windows with benches, climbed to the eaves and committed suicide by jumping off the building. Perhaps, though, the pair evoked a larger countermeasure. “(Since

the establishment of the Takashimadaira Police Station), it has only happened every two or three years in the past seven years, because it is almost impossible to hear suicides because of the fence,” said the person concerned.

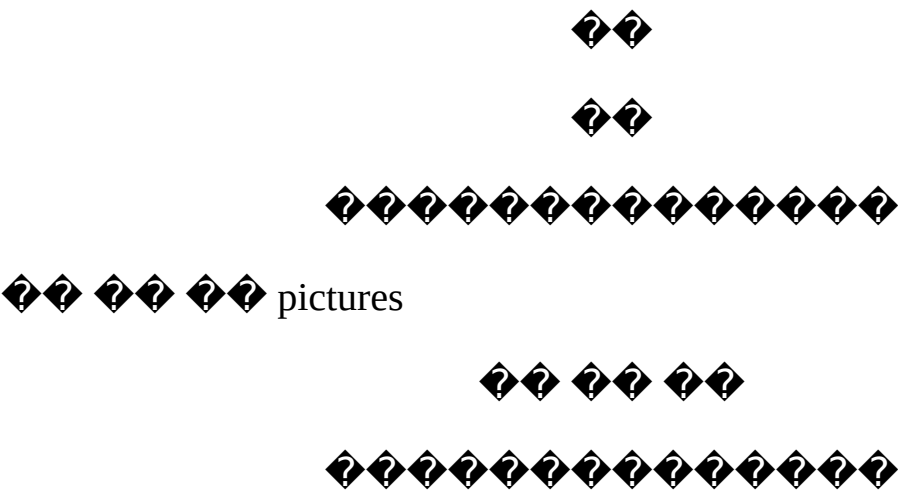
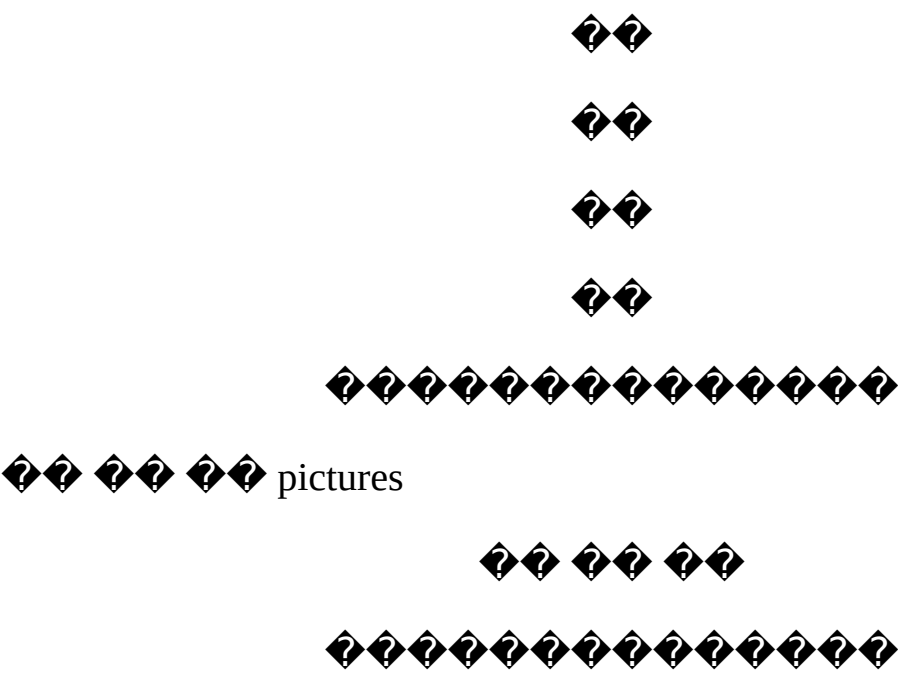


Figure 1 Map of Takashimadaira Residential Area



(1) Tall residential area - Takashimadaira





[How to jump off the building]

Now no one will go to the Takashimadaira  
community specifically to jump off the building,  
but for those who can't find a suitable place  
nearby, or "it's Takashimadaira anyway!"

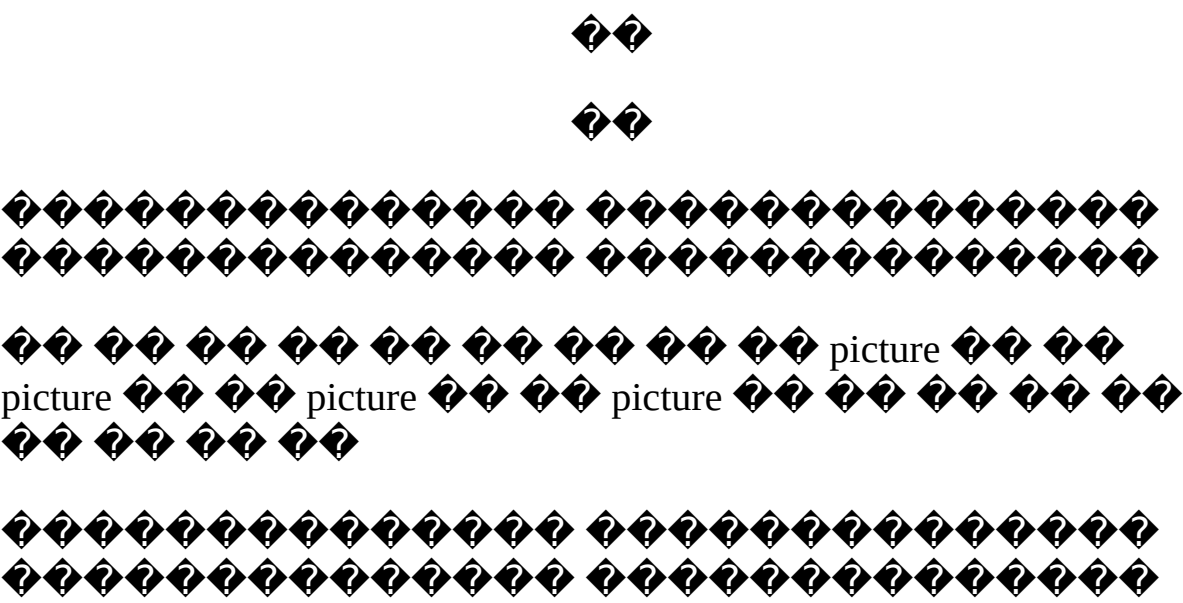
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Guys, I'm here to quietly tell you some "good places"  
in Takashimadaira. Seemingly blocked off the jumping  
community, for some reason blocks 3-11 (see  
map) were completely defenseless. Especially in Building  
1 of 3-11, outsiders can enter and exit the corridors from  
the 1st to the 14th floor at will. There is only a one-meter-high low gate. If  
there is no defense, even the occupants  
will be afraid. Buildings 2 to 6 on 3-11, the windows on the  
corner landings of the stairs do not have locking devices,  
and you can jump down smoothly by climbing a low wall of

about 50 cm. Even so, I still recommend the outer corridor on the 14th floor of Building 1, which is located on the 3-11 of the Toei Line facing the street view of the Banqiao District. Needless to say, it is a concrete floor below, and there are few pedestrians. If you fall, you will definitely die, and the outer stairs of this building are not equipped with railings.



(2) All residences are equipped with iron railings...  
(3) Building 3-11-1 of “Xingchang” (4) (5) The outer corridor on the 14th floor of Building 3-11-1 and from the outer corridor Look at the drop place



[ transportation]  
Take the Toei Mita Line and get off at Shin—

Takashimadaira Station, head toward 3 or 4-chome, then turn left. Building No. 1 on 3-11 is adjacent to the tramway. It is the only building in the entire community without iron grids. It can be found at once. If you want to see the strange scenery of the iron grid, you might as well get off at Takashimadaira Station, which is the best viewpoint.

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# Complete Suicide Manual

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## (4) CUTTING

### THE WRIST AND CAROTID

Cut wrists and neck

cut wrist

Pain  Trouble 

Death 

Implicated 

Impact 

Lethality 

Although it is a “knife slashing the wrist”, it can  
also cause death. This is one of the most  
peaceful ways to die; but be prepared to fail.

Carotid artery

Pain  Trouble 

Death 

Implicated 

Impact 

Lethality 

Want to try the feeling of blood spraying the ceiling? But it's too scary, and the chances of failure are high, so it's not a good method.

incision

Pain💎💎💎💎💎💎💎💎💎 Trouble💎💎💎💎💎💎💎💎💎

Death💎💎💎💎💎💎💎💎💎

Implicated💎💎💎💎💎💎💎💎💎

Impact💎💎💎💎💎💎💎💎💎

Lethality💎💎💎💎💎💎💎💎💎

This kind of unprofitable method is also very novel, but why do people keep committing suicide in this way? Incredible.

Cut wrists and neck

In the middle of the night, alone in the room, he gestured with a knife to his wrist. It's okay to die, page 48

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The Complete Suicide

Manual doesn't matter if you don't die. If you've ever really thought about dying, you've probably had at least one such experience. If you put a knife across your neck, you can also experience the thrill of death. Cutting the wrist is the easiest way to experience the atmosphere of suicide on the spot. At the same time, you can not only observe with your own body and eyes, but also understand the whole process of pain and death. Known as "cut

wrist syndrome” in the 1960s, this method of suicide, which was extremely popular in the United States, then spread to Europe, and finally to Japan.

Recently, after singer Akina Nakamori cut her wrists, the “Akina Syndrome” in which young women successively cut their wrists appeared in discotheques around Roppongi, which has become one of the most fashionable suicide methods nowadays.

However, I don’t really want to recommend this method to someone who really wants to kill himself. Because, there is an opinion that the death rate of wrist cutting is only 5%. Although the method is popular, the attempted rate is relatively high.

That being said, the insistence that “cutting your wrists will never kill you” isn’t true either. If the preceding figures are to be believed, one in twenty people will die from this method. A former prosecutor also said, “Not many people die from bleeding just by cutting their wrists.” This chapter is for those who want to be in the 5%. Of course, it doesn’t matter if you cut your wrists just to experience suicidal feelings without intending to die in the first place. As long as you don’t cause trouble to others, there is no reason to be blamed. Furthermore, like cutting the wrist, the methods of maiming the body with a bladed object and causing massive bleeding to death include cutting the carotid artery, stabbing the chest, or incising the abdomen. These self-mutilation suicides are also caused by bleeding, so they are introduced together in this chapter.



   pictures



Figure 1 Cross-sectional view

of the left wrist (excerpted from

“Sectional Anatomy-” Nanjiang Hall)



[Preparation] (1) Wrist - cut it!

Whether cutting the wrist or cutting the carotid artery, as long as a sharp knife is enough. Kitchen knives, razors, paper cutters, etc., as long as they are sharp. In the event of a wrist cut, it is best to drink some alcohol and then take a bath to speed up the blood circulation. Also, in order not to stop the bleeding, you should immerse your hand in warm water or place it in a basin after cutting, otherwise the blood will coagulate and block the wound. However, as long as the artery is cut in the wrist, it will die, which is the unanimous opinion of the doctors. Some professional doctors say: “As long as you cut more than half of the artery or cut it completely, you will die, and if you cut more than half of it, it will not be blocked again.” It is also important to confirm the location of the cut in advance. Those who want to cut their wrists should compare their daily With the palm of the inflexible hand facing up, look closely at the wrist.

There is a longitudinal manual artery that can be felt on the inside of the hand joint, and this manual artery is cut. There are two oblique veins between the hand arteries and the skin that cross the arteries just at the crease of the wrist. In order to better see the mutual positional relationship, you might as well press the armpit hard to make the veins protrude. Just cutting the veins without thinking of any way, the blood flow will stop naturally at about 200 to 300cc, and it will not die. However, even in this way, a considerable amount of blood was shed, and often because of this sight, he did not want to die until now.

Aiming at the artery under the skin that is not covered by the vein, and cutting it laterally, only cuts the vein.

The arteries are six to seven millimeters under the skin (see Figure 1) and are deeper than they appear. The artery had to be pierced, and several cuts had to be made. Even with this aim, when you actually cut it, the median nerve next to it will be cut, which is very painful. Cutting along the longitudinal direction of the artery may be avoided, but it is difficult because it is too close. Attempted suicide, but it can be reconnected anyway, so I can endure the pain and put my nerves page 49

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Complete suicide manual

with the buckling tendon cut together. There is also an artery of the same thickness on the opposite side of the palpable vein, so it is better to cut it together. In short, if you don't have the determination to cut your wrist off, you won't die.

Also, consider checking the position of the watch strap in the event of a suicide attempt that leaves a scar.

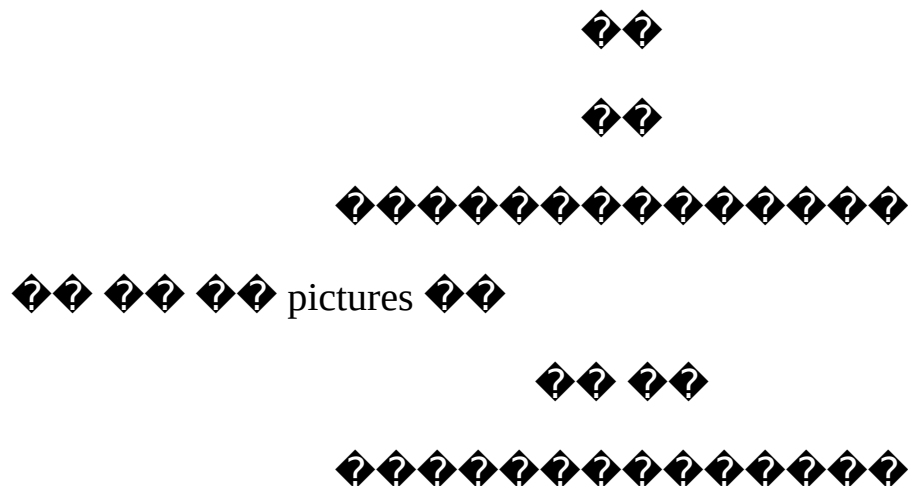


Figure 2 Location of the external carotid artery

(Excerpted from "Illustrated Emergency Response",

New Thought Society)







## (2) Carotid artery - puncture and then pull out

The carotid artery, as long as it is cut, will die immediately, and there is no need to worry about the future after the attempt. However, this is also the case for a real cut. When cutting the carotid artery, it is easiest to cut the external carotid artery under the ear on the side of the hand that is usually more flexible. You may wish to confirm the location by referring to Figures 2 and 3. At the height of the neck, the carotid artery is divided into the internal carotid artery and the external carotid artery, and the blood vessels near the shoulder are thick and deep. The depth below the ear is more than three centimeters, and there are many thick muscles around it, and it is difficult to cut it. In this case, don't cut a knife horizontally, but pierce it ruthlessly and then pull it out. Sometimes it was not done properly, requiring several cuts (Case 11), but there were also people who smashed their rice bowls when they fell, and the bowl slices cut the carotid artery and died at once. It is also very difficult to cut the carotid artery, but the above cases are not unique.



pictures



Figure 3 Neck section

(excerpted from “Sectional

Anatomy-” Nanjiang Hall)



(3) Other self-mutilation - the heart is located closer to the center than generally imagined. The way of stabbing the heart should be done by touching the chest with hands to confirm the position beforehand. The heart is more toward the center than imagined, and the depth varies from person to person, but it is also nine centimeters deep. Hideki Tojo consulted the doctor on the position of his heart, often stroking his chest to confirm the position, and even had someone draw a target to shoot through with a pistol, but he went too far in practice and ended up with a suicide attempt (some say that he was a rare dictator among dictators). Because of his left-handedness, he shot with his right hand). There are also many examples of consecutive stabbings without stabbing the heart. The way to cut the abdomen, the blade must be at least fifteen centimeters long. If you can't pierce your back, then no Suicide by incision.

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Complete Suicide Manual

[pass] (1)

wrist - let it drain a liter of blood

“Even if you try hard enough, you won't be able to cut something like a human being,” said a 27-year-old woman who used a thin knife to cut five centimeters long and four to five centimeters deep on her wrist. Yes, the flesh and blood vessels are more difficult to cut than I thought, and there are tendons on the sides of the hand arteries, which are even more difficult to cut. I made up my mind to cut open my wrist, the wound opened wide and I saw blood vessels and white flesh, and then a hot blood gushed out. Even if you just cut the vein, the towel you put on it will immediately turn blood red. If the artery is cut together, it will spray two or three meters high with

six times the force of the same vein. However, as the blood pressure slowly drops, the bleeding will decrease.

As for pain, the words of a twenty-two-year-old college girl who only had her veins cut are worth referring to. she Covering his hands with a towel, he said, “Looking at the

blood and thinking, just die like this? Or live again? You have to choose one or the other. Maybe you don’t necessarily believe it’s true, it doesn’t hurt at all. , I cut my wrist when I was in the second grade of middle school, and I didn’t feel any pain at that time. It turns out that I could die. It’s natural to feel a lot of pain when you cut a nerve, but if it’s a vein, it’s just a normal cut. of pain. However, the problem after cutting is that if the artery is cut smoothly, one third of the blood in the body will flow out, and the person will die. In the human body, males have about 80 milliliters of blood per kilogram of body weight, and women have about 60 milliliters of blood flowing. So if you’re a fifty-kilogram woman, you have three liters of blood in your body, and one third of that, or one liter, flows out and you’re dead. This is only 2.5

times the 400cc taken when donating blood. Children and the elderly die with even less bleeding. It is indeed difficult to die by cutting the wrists, but it is very simple as long as it is cut and bleeds.

## (2) Carotid Artery - Squirting blood for twelve seconds

What would happen if the carotid artery on either side was completely severed? The blood will burst out and splash on the ceiling or the wall. After about five seconds, the person will become unconscious, the brain function will stop, and after ten seconds, he will die due to the loss of most of the blood (one study thinks it is twelve seconds). Some people think that when one side of the carotid artery is cut, the other side of the carotid artery still supplies blood to the brain, and is still conscious for about three minutes. But the claim of immediate death is more reliable.

It is well known that marathon runner Kokichi Tsuburaya committed suicide by severing his carotid artery. He was lying in bed and had his carotid artery severed with a double-sided safety blade. Also, like the hand,

cutting the carotid artery, which is shallower than the artery, will cause a lot of bleeding, and the air will be inhaled with the flow of the artery, and the air entering the blood vessel will block the lungs and die. Likewise, air entering the trachea suffocates and suffocates. However, even if the carotid artery is cut, like the hand vein, there are not a few people who will not die because the bleeding stops.

(3) Other self-mutilation - cowardly cutting the abdomen will not die

When the abdomen is incised, many small blood vessels in the abdomen that are not fatal will be cut first, and then the small intestine will be injured by the blade, and the stool will overflow and cause peritonitis to die. Of course he won't die right away, and it is said that he can't die until three or four days later. The death of professional wrestler Li Daoshan was also due to peritonitis after a stabbing injury. When the knife is inserted into the abdomen, it causes peritoneal shock, which is usually too painful to continue.

However, if the deep puncture reaches the back, the large artery in front of the back bone will be cut, resulting in massive bleeding and immediate death. Regardless of gender, age, and age, many people die in this way. At this time, the knife should not be inserted all the time but should be pulled out immediately. Otherwise, the knife will act to block the blood vessel.

In the case of piercing the heart, if the piercing is accurate, it will die on the spot, but the tissue structure of the heart is quite tough.

A housewife who committed suicide with a thick-blade kitchen knife had three holes in her heart, which means that she did not die all at once.

A carpenter who tried to commit suicide by nailing his heart with three five-inch nails blocked the wound with the nails and avoided a lot of bleeding. After being sent to the hospital, he died of bleeding during the operation.

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## Complete Suicide Manual

No matter which method, it is generally difficult to commit suicide by bleeding.

[Condition of the

corpse] “Sea of blood” is just an adjective

When the carotid artery is severed, some books describe it as “a sea of blood around”, but in fact, several liters of blood flow to the floor, sometimes splashing on the ceiling or walls, at least a pool of blood, but the floor is full of blood. There was no such thing, and Tsuburaya Athlete’s room did not become a sea of blood.

In the case of abdominal incision, if the abdomen is cut horizontally with a knife, a barrel of intestines will flow out, and the appearance is extremely ugly.

[Note] Cut

the vein of the hand is not dead

If you must cut the veins of your hands and die slowly and happily, it is best to drink some wine and take a bath, so that the blood circulation is smooth, put your hands below the heart in the bathtub, be careful not to let the blood clot, and wait for death to come. . A slight coma may lead to drowning, and then regained consciousness, this is not euthanasia, but tasted the pain of choking and suffocating. Therefore, be careful to maintain a posture that does not drown. Also, when cutting the neck, it is best to take the side supine position, so that the position of the heart is kept on top.

When the blood flows out slowly, other internal organs that are not directly related to the maintenance of life will replenish some blood during this period, and it is impossible to die without draining nearly 70% of the blood. That is to say, death by cutting the vein of the hand is impossible. In the event of death due to cutting the vein of the hand, most of the air inhaled through the vein blocks the blood in the brain or lungs.

tube, died from an air embolism. However, this is extremely rare.

### The cost of suicide scams

When I cut my wrist thinking of the consequences of the attempt, I was worried about the scar. When only the vein was cut, although it was deep, it was just a white mark that looked similar to a wrist wrinkle. However, cutting the artery will also cut the tendon on the next layer and the median nerve in the center of the wrist on the same layer. Although the tendon and nerve were severed, they were reconnected with surgery (Case 12). However, in this case, longitudinal incision marks will be left, and the post-operative scar will be conspicuous. Plastic surgery can help, but medical expenses can cost tens of thousands to hundreds of thousands of yen. The sutures that cut the veins of the wrists cost about 30,000

days to cover 30% of the medical insurance.

Yuan. As the price of a life-threatening game, it's still cheap.

### [Case Study 11] Reflections

of a high school girl who had her hand arteries and nerves cut

In 1985, a sixteen-year-old high school girl cut her wrists with a knife. The wound damaged an artery, and a liter of blood flowed out, but it was unsuccessful. She said this about the situation at the time: "It hurts when I cut it with my hands. I bleed a lot, but I've always been awake, so I cut it several times. It hurts! When I cut a thick blood vessel, the blood spurts. It came out, and there was a "hissing" sound at this time. I thought I would die like this, but it didn't work, so I cut it again. At this time, it seemed like a nerve was cut, and I felt numb and numb. I was sent to the hospital for treatment. I was thinking that it would be better to give me an anesthetic, because I am already disgusted with pain." Since the second grade of middle school, she has been talking and laughing in front of everyone, but not when she is only with her friends.

When talking about the topic, I always feel that I can't speak and I am troubled. I wanted to go to the neurologist, but I couldn't say it. The

situation when I decide to commit suicide is like this: “After dinner, because I had homework, I was thinking, “I can’t do it, I can’t do it.” In the process, I suddenly thought of “dying”. Isn’t there such a thing? Under these circumstances, it gradually changed into a mood of “I can’t die, I can’t die.””

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At the same time as the

Complete Suicide Manual, she said, “It only takes an instant to think about doing it.” After that, she continued: “I thought about it a long time ago, and the pain of dying really will be gone. Although I also think that I should live, but I don’t need to die when I die. Do the things you don’t want to do, don’t think about the painful things.” When she knew she couldn’t die: “I was wondering if someone found me sooner!” As a result, she stayed in the psychiatric ward for four months, After physical and mental recuperation, he was finally discharged from the hospital.

[Test case]

It seems that she cut the hand artery and central nervous system, it is very painful to cut to this point. her “death If you go, the pain will be gone. The idea is very insightful.

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Figure 4 Cross-sectional

view of the left elbow (from

“Sectional Anatomy-” Nanjiang Hall)



[Case study 12] Rare

suicide attempter who cut the inside of his elbow - Akina Nakamori

At about 4:30 pm on July 11, 1989, when the popular singer Kondo Masahiko returned to the apartment, he found that his lover, Nakamori Akina (then 24 years old), who was also a popular singer, cut her armpit hair with a razor. The inside of the left elbow joint fell into a pool of blood. About five cups of blood were shed in the bathroom where she collapsed, and she was delirious and appeared to have cut her wrists shortly before she was found. She was immediately taken to Cihui Medical University Hospital. The wound was eight centimeters long and two centimeters deep. The vein and median nerve were cut, and the suture operation took six hours. General anesthesia was used for the operation, blood pressure dropped to around 60, and 600cc of blood was lost. After the operation, in order not to rupture the veins and nerves again, the arm was bandaged with a plaster cast for a period of time.

Later, she was nursed back to the hot spring in Nakaizu, and now she is fully recovered. The sequelae of the inability to bend the fingers and the loss of consciousness of the thumb, index finger and middle finger, which were worried at the beginning, did not appear, and the scars could not be seen. The motive for the suicide attempt is believed to be emotional friction with Kondo.

[Check this example]



This is an example of a suicide attempt that cuts a blood vessel on the inside of the elbow, easily dismissed as a frivolous fake suicide hoax. But the length of eight centimeters is the length from one end of the inside of the elbow to the other end, and the depth is two centimeters, which is a considerable degree of serious injury. The wound must be wide open, and if it cuts an artery, it will definitely be life-threatening. The median nerve, which controls the movement and sensation of the hand, is about one centimeter below the skin (see Figure 4), and there is a thicker artery nearby that is also one centimeter below the skin, which is a perfect place for suicide. It's a miracle that she didn't cut this artery. Some doctors said,

“It shouldn't have been cut longitudinally?” However, it is generally believed that the depth of two centimeters is only two centimeters in the opening. In fact, no cuts were made. two centimeters deep. Two centimeters, that is the depth of the reachable bone.

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Complete Suicide Manual

[Case study 13] Nissho

Iwai Shimada, who survived a knife attack

The body of Nissho Iwai's Shimada Mitsuke (then fifty-six), a trading company famous for the difficult case of Douglas Grumman, on a February morning, 1979, was found under the Nissho Iwai Building, a subsidiary of the company where Shimada is the president. The so-called Douglas Grumman case that was difficult to adjudicate was a case that became a topic of conversation by involving the political and financial circles together with the Lockheed incident. The corpse of Shimada's corpse has marks of being cut with a knife on the right neck and left wrist, and there are marks of being stabbed with an awl in several places on the chest. The cause of death was hemorrhage and traumatic brain dysfunction, which was caused by jumping from the president's room on the seventh floor of the building. Wearing a shirt and over-the-knee underpants, a blazer, and socks

only on the right foot. At about 10:30 the night before, he said, “It’s okay to go” to the commune who stayed overtime. After tidying up the room, he took off his clothes, cut his neck and wrists with a knife, and pierced his chest with an awl. several places. But no fatal injury was achieved. After several hours of pain, he finally climbed to the 70-centimeter-high window sill with all his strength and jumped from the seventh-floor window. The sock of his left foot was left by the window, presumably having slipped and slipped while climbing over the window sill.

Blood was also left in the bathroom five meters away from the president’s office, which was caused by massive bleeding.

The incontinence caused by the shock caused me to go to the bathroom.

Shimada’s fight with the Shinigami was extremely tragic. He fainted several times due to bleeding, and every time he regained consciousness, he slashed on his body. Repeating this many times seemed to take a long time. The carpet in the room was naturally stained red with blood, the bottles and tea bowls of Sandtory whisky that had just been opened were scattered, and the table was neatly tidy as if to show his character before his death, leaving nine suicide notes. Pants, coats, scarves, shirts, *etc.* were neatly placed in the middle of the sofa, which showed that he was well prepared for suicide. He was regarded as an important witness of the incident at that time, and he was the right-hand man of the former vice president of Kaibe Hachibu, who was later arrested. Therefore, it was undoubtedly a suicide related to this incident. Two days before the suicide, Haibu also held a press conference. The suicide note left to the members reads, “The life of the company is eternal, and we should dedicate to it.”

[Check this example]

This is a vivid example of how difficult it is to commit suicide by self-harm. In fact, suicide attempts by suicide are as high as suicide by drug use. This man first cut his wrists, then his neck, and then used an awl to stab his chest. In fact, if he chose to jump off the building at the beginning, there would be no need to suffer so much unnecessary suffering. One thing that should not be overlooked is that he went to the bathroom when he was about to pass out by slashing his body with a knife. Among other means of

suicide, defecation often occurs when the person is in shock but still conscious. Since you can prepare the room and put the suicide note carefully, then you should go to the bathroom first. Although it is self-mutilation, it should not be blindly stabbed, it will not die. However, it is really unusual to go to the bathroom in the process of suicide without wanting others to see the traces of incontinence.

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(5) Jumping

crash

crash

Pain💎💎💎💎💎💎💎💎💎💎

Trouble💎💎💎💎💎💎💎💎💎💎

Death💎💎💎💎💎💎💎💎💎💎

Implicated💎💎💎💎💎💎💎💎💎💎

Shock💎💎💎💎💎💎💎💎💎💎

Lethality💎💎💎💎💎💎💎💎💎💎

The corpses would be smashed into blood; the stop  
of the electric train would be a great hindrance.

However, this method can indeed die when one is  
determined to die, so it is becoming more and more popular.

crash

Dragging an extremely tired body away from the company or school, just thinking about tomorrow makes my heart especially heavy. At this point you stand on the platform and hear the announcement of the arrival of the tram. I don't want to think about the future anymore, I really want to be a ghost here and end everything... There should be many people who have such thoughts in their minds. It is obvious that people will be exposed to miserable corpses, but people who crash into trams continue to appear. I am afraid that this method is the most suitable for impulsive suicidal desires. When it comes to suicide by crashing a car, the easiest way is to commit suicide on the railway, and the second is to hit a truck on the road. However, according to the statistics of the Metropolitan Police in 1991, 179 people committed suicide in the station, and 787 people were lying on the railway track. There are only four suicides on the road. In other words, with the exception of jumping into the sea and lake, more than 99% of them are

not hit by ordinary vehicles but trams and trains. Among them, most of them lie on the rails not at the station but on the railway. There are more trains lying on the rails than in general crashes, probably because of the high “lethal rate” of this method, and it is the same as hanging and jumping off the building. If you want to crash and die, then hit the tram without hesitation! According to the statistics of the former National Railway Capital Region Headquarters, the months with the most railways lying on the track are July and August, and the time is from 6:00 to 7:00 in the evening, which is slightly different from the statistics of other suicide methods. Males account for 77% of the gender. It is also interesting that more people choose cloudy days to commit suicide.

[Preparation]

Waiting at the station where the express train passes

When jumping off a platform at a station, choose a “non-stop station” for express or direct express vehicles. The fatality rate of a tram that is slowing down will also be reduced. If it stops at a station, the farthest tram from the platform should be selected. Jumping suddenly and unexpectedly will have an impact on those around you. Although it’s not bad, the timing will hit the front of the car and be ejected after a while, leaving a life behind. No need to panic. When the tram entering the station comes more than 100

meters in front of you, even if you brake hard, it will be too late. The tram is coming while braking, so the emergency brake won’t work

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Complete Suicide

Manual. No one will stop you as you slowly jump onto the track and lie there. A 42-year-old company employee descended from the platform to the track and lay prone there waiting for the arrival of the tram. The tram eventually ran over him, crushing his head and right leg, and died on the spot. A Yamanote Line tram entered Tokyo Station at a speed of 57

kilometers per hour. It braked suddenly because a man jumped off the track 30 meters ahead. However, due to inertia, it still drove forward for more than 100 meters. The man ran over all over. Broken, the back of the brain burst out, and he died on the spot.

At this point it should be remembered that the trolley siren will be so loud that it will almost deafen the ears.

choose night time

When lying on the track at a distance from the station, try to choose a corner that is not easy for the driver to see.

It is also a good idea to take the train in advance and observe the places where the driver does not pay much attention to the front of the train. Once you have found a suitable place, you can lie on the track and wait for the arrival of the tram. However, when the train is approaching, you will hear a rumbling sound, and it is said that you cannot stay there in a normal state of mind, so it is better to take some alcohol, sleeping pills, sedatives, *etc.* However, there is also a high school third-year female student who jumped from the platform of Shizuoka Station's ascending line to the track standing still in the face of the "Hikaru" train traveling at a speed of 200 kilometers per hour, and was run over by the train. Trams are even harder to stop on normal routes. A tram traveling at a speed of 90 kilometers per hour braked suddenly when it found a figure 200 meters ahead, but the tram stopped where it ran over the person and then traveled 200

meters. According to the data, the distance from the tram to the stop after the emergency braking is the speed of the braking. In terms of time, night time should definitely be chosen. The people around and the driver are not easy to find.

When it is difficult to enter the route area, you can either run quickly from the level crossing, or jump off the pedestrian bridge. There are also many cases of jumping from the level crossing. There are actually many ways to enter the route area. (see case 16)

[passed]

did die immediately

If you lie on the track from the beginning, any part of the head, abdomen, chest, hands and feet will be torn off on the track, and as long as the chest and head are torn off, they will die on the spot. If the clothes were caught by the vehicle, they would be dragged for more than ten meters, and then the body would roll over many times and all parts would be run over many times, and the smashed bodies would be scattered within hundreds of meters. This is often the case when jumping off a platform or breaking in from a level crossing. The kinetic energy of the tram is so great that sometimes shoes or purses will hit a person on the platform, which indicates that the person is dead. A man flew into a tram that was traveling at 85 kilometers per hour. As a result, his hands, legs, and body were crushed to pieces, scattered within a hundred meters, and his head disappeared. It was even worse when it was crushed by a Shinkansen train, as if it had been stirred by a mixer. Near Sagami Hirano, a man suddenly squatted on the track with his back to the train at 300 meters in front of the “Hikaru” train traveling at a speed of 200 kilometers per hour. His liver, part of his scalp and hair, a 30-centimeter spine with his pelvis, a bit of skin on his neck and lower jaw, his right wrist, and three teeth were scattered within four or five hundred meters. Other parts became pieces of meat and bones and flew into the distance. The train went three or four kilometers forward after braking before it stopped.

rain-like red mist

The aforementioned girl who was standing on the track was hit and killed by the “Light” train. Her upper body hit the platform wall 30 meters away and bounced back to the platform. Then, clothes and sunglasses also flew over.

Showing a blood fog. The sales department of the descending platform said that only a dull loud bang was heard, and the eyes suddenly turned red. So, what is the force that makes the body fragments or objects be ejected?

If it hits the front of an ordinary tram, it will be thrown five or six meters away if it is running.

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## Complete Suicide

Manual There are many examples of instant cessation of dirty and death. In this case, if it still falls on the rail after being ejected, the body will be crushed again. If it falls out of the rail, unfortunately, it is still possible to save life.

[Corpse situation]

## Flesh and blood

This is the worst of all suicide methods, and you should be prepared for it. However, without crashing at a station or at a level crossing, the body will not be seen by ordinary passengers and spectators. The corpses that were knocked out were sometimes not damaged on the surface. In this case, the damage to the internal organs is severe. The station staff disposed of the body in about ten minutes and cleaned the surroundings, but after thirty minutes, the broken hand or neck could not be found. A suicidal person's face was attached to a truck, and it was discovered after driving 900 kilometers from Fukushima Prefecture to Hokkaido. There are also cases where the woman's arm hit in Yamaguchi Prefecture was discovered only after a distance of 900 kilometers to Yokohama.

Although the bodies had been removed and the trams had resumed running, odds and ends were scattered everywhere, and the sleepers and paved roads were still bloodied, leaving tragic marks. If you are crushed to death by lying on the rails outside the station area, you are less likely to leave a body crushed into two or three sections. All in all, this is definitely not the way to go for someone who wants to die completely.

[Note] The

track and the body should be at right angles



Sometimes with bad luck, both hands and feet are crushed but not fatal, and the rest of my life depends on prosthetic limbs.

There are also some (case 15), so be sure to think about laying your neck or chest on the track.

Sometimes the body gets caught in the middle of the track, miraculously chafing just a little bit of fur (case 14). Therefore, making the body and the rails cross at right angles is the basic principle of suicide by lying on the rails.

Be prepared to pay huge damages

Railroad suicides come with huge compensation bills. According to the statistics of the former National Railway in 1985, an emergency braking of a tram will cause a power loss of 6000-8000 yen and a wheel wear fee of about 10,000 yen. For the Tokyo Yamanote Line, which has a lot of passengers, it costs hundreds of thousands of yen every 15 to 30 minutes to stop the train once. If it is a rush hour, it will cause a loss of 100 to 2000000 yen. The loss cost of the Shinkansen is even greater, and the delay is tens of millions of yen for one hour. In addition, the cost of housing the deceased must be added. There are also cases where a car crashed into a limited express train and was asked for 30 million yen in compensation, and a car crashed into the Tokaido Line and was asked for 140 million yen in compensation. People who know the inside story say that they didn't make a claim because they took public opinion into account. But Japan Railway Company is not easy to talk about. Although no public prosecution was filed, the lawsuit is still ongoing. It's just that there are many cases where the contact address of the deceased's family members is unclear, and the claim may not be successful. In this way, suicide on the rails is not a cost-effective method, but as I said at the beginning, when you suddenly think of suicide, this is the method that appears in front of you. Letting things go in the future, and wanting to die right now, is of course the best way for a person like the above.

[Case Study 14] OL who

miraculously survived crash

On December 29, 1991, at around 5 o'clock in the afternoon, a 24-year-old woman jumped from an overpass 500 meters in front of Nishi-Funabashi Station to a train running on the Musashino Line in an attempt to commit suicide. She was a single OL working for a computer company in Chiba City, and she was on her way from get off work at the time. The overpass is seven meters high, and if it falls by chance, it will kill without a tram passing by. She jumped onto the track when the tram approached about 10 meters away from her, and then the tram passed, and the driver also felt, "This is going to be crushed!" The tram braked suddenly and stopped.

She was the sixth from the bottom. under the car of the car, but her body just page 57

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The Complete Suicide

Manual was sandwiched between two rails, uninjured. After a doctor's diagnosis, the head and waist suffered contusions that required treatment for a week. She was saved because of her small size, unhooked back from vehicles and slowing down before the tram came in for the sake of. Otherwise, the body will be involved and crushed to death.

Although she did not talk about her motive for suicide, according to her friends, she recently had an abnormal relationship with a man.

[Check this example]

Jumping from a building and crashing a car is a rare example of using two highly lethal methods at the same time without dying.

It was a miracle that even if he jumped from a height of seven meters, he would have suffered quite a serious fall. In addition, the tram passed over it again, and in the end, he only suffered a slight contusion. This is indeed a miracle. It is a miracle that the body is not caught in the middle of the rails beforehand, but accidentally falls in the middle of the rails. Isn't there also a female suicide known as a "meat bomb"? She also jumped from the

overpass towards the tram, smashing the car in front and falling into the cab to her death.

A question worth pondering is the day and time when she decided to kill herself. December 29, 1991 is Sunday. The work should have ended the day before or two days ago. Why did she stay in the company until more than five o'clock in the evening? What is she doing? In any case, she was determined to commit suicide. However, because of this unexpected situation, it is very It's hard to say that if you do this, you will definitely be able to commit suicide.

[Case study 15] A woman

who survived a suicide attempt by torn off one hand and two feet

T made a failed attempt to kill herself in a car crash in February 1955, when she was a sixteen-year-old high school sophomore.

At about ten o'clock in the evening, she rushed towards the express train that had just departed from Shinjuku Station on the Odakyu Line, and "jumped down as if attracted by the railway" from the front of the platform.

The tram braked sharply and stopped. T's right ankle, the lower part of the left knee, the shoulder of the left hand less than fifteen centimeters, and the ring finger and pinky of the right hand were all broken. All that's left are the thumb, index and middle fingers of the left hand. At that time, T shouted desperately: "Hot, hot!", and soon lost consciousness. He was taken to the hospital by ambulance and was in a coma for a week. When he regained consciousness and knew his condition, it was the tenth day after the accident. T once thought desperately: "I have to die again", and later decided to live after believing the words of the Christian pastor and the Bible. He was discharged from the hospital in August with prosthetics on both legs. She married the pastor the following year, had two children, and is now giving lectures on the value of life.

[Check this example]

It was her mistake to collide with the train that had just started from the front end of the platform, but it was probably just an accident that the neck, body and other parts that would cause fatal injuries were not crushed. However, it can be seen from this example that the speed of the train should be as fast as possible. However, even the train that has just departed has the power to break hands and feet.

[Case Study 16] Woman

crushed to death in Seikan Tunnel

In March 1991, the body of a 26-year-old female was found near the Yoshioka submarine station in the Seikan Tunnel. The hands and legs above the forehead were completely cut off. However, Yoshioka Submarine Station is one of the two unmanned stations in the Seikan Tunnel, which is used for disaster prevention on the side of the tunnel. The tram does not stop, and it is not a place where ordinary people can walk freely. How could she die in such a place? The survey results show that the woman has been missing since the day before her birthday, and decided to return to Tokyo on the 18th.

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Complete Suicide Manual

home, the incident happened on the way back home from Sapporo. She had a nervous breakdown not long ago, and she made up her mind somewhere to die. She took the express train that departed at 22:00 on the same day, and when she passed through Yoshioka Submarine Station at about 3:50 the next day, she climbed in while the train was slowing down. He went to the car's room, opened the window and jumped out, and then lay on the other side of the railroad track, where he was crushed to death by a passing truck at about four o'clock. On the 18th, she called her home and told her father, "I'm going home soon."

[Check cause of death]

Lying on the rails and waiting to die, especially in urban areas, is very difficult. But the “tunnel suicide” she invented can be used in metropolitan areas. Going around looking for the dead end of the city is also the joy of preparing for railroad suicide, and the subway also seems to have many unknown good places. To enter the driving route, the main condition is that the surrounding must be dark. Don’t let people see it when entering a level crossing in an urban area.

It is more likely at night, and it is difficult for drivers to find it. In fact, the female body was only found at about 5:40 an hour and a half later, which means that the driver was completely unaware. A complete cut above the forehead is also important. One can imagine the enormous cutting force of the train wheels. It was speculated that she was lying on the rails, based on the condition of the corpse. If it collided with a car, it would be smashed to pieces in many cases, and if it was lying down, it would be cut into two pieces. This is a great inspiration for someone trying to commit suicide while lying on the tracks outside of a station. In the mystery novel of Nishimura Kyotaro, there is also the assumption that a female body is found at the Yoshioka submarine station.

Festival, maybe she has read the novel.

Having said that, being able to lie on the rails and wait for ten minutes on the bottom of the sea at a depth of 50 meters, in the bone-chilling darkness, is unimaginable, an extreme terrifying experience that is beyond ordinary fear, for ordinary people. It is unimaginable to say. The psychology before suicide is really elusive.

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[Suicide Map (3)]

Sanyuan Mountain

Like other suicide attractions, there are probably  
not many people who deliberately go to Sanyuan  
Mountain to commit suicide. However, the volcano has  
the advantage of engulfing corpses. The inside of the  
crater is a kind of secret, and it is not like the sea of  
trees to search for corpses. From this point of view, it  
still has its use value, so I will introduce it.

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[History]

How could Mt. Mihara, Oshima, located in the Izu Islands, become a suicide spot? There are not many people who know it now, and the cause has to be traced back to a mysterious case sixty years ago. On February 24, 1933, two students from the 21st Practice Girls' High School climbed up Sanyuan Mountain. One of them jumped into the crater after saying "Hi everyone," while the other was rescued while hesitating. The two of them were planning to commit suicide together, and this alone was enough to shock the surroundings. After investigation, it was found that the female student had also climbed Mt. Miyuan with another friend on January 9th a month ago. The friend committed suicide alone and she herself returned. The "Death Guide" incident caused a sensation in the society. For some unknown reason, suicide volunteers, mainly young men and women, flocked to Sanyuan Mountain. In three months, 32 suicides were produced, and 67 attempted suicides. Amazing events for people. The real situation

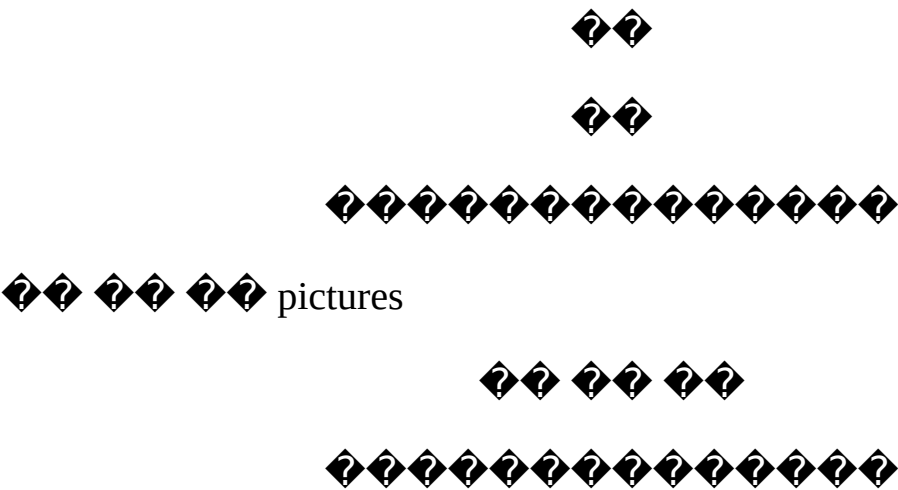
is that this girl who became a witness was entrusted to accompany someone to commit suicide a month ago. A month later, someone accidentally confided to her that she wanted to commit suicide, so she introduced the story of Sanyuan Mountain. Forced her to “be a guide” again and again, she had no choice but to take her friends to the crater. As a result, in this year, there were 804 males and 140 females in Sanyuan Mountain, a total of nearly 1,000 suicides. There were even people who felt congenial and jumped in after meeting at the top of the mountain. The man who jumped off after saying “Goodbye everyone”. As a result, Miyuan Mountain suddenly became a suicide resort.

[jump into method]

From the resting place around the crater or the summit entrance of the souvenir shop, walk towards Mt. Around the crater, only the top of Neilun Mountain is prohibited from entering, and you cannot peep into the inside of the crater. If you want to jump, it is only a moment after



you climb over the fence (see Figure 1).



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Figure 1 Miyuanshan Crater



When jumping the crater, there are many cases where you hang on the rock shed on the way or even fall to the bottom of the volcano but cannot reach the magma area (Case 17). bruises and die within a few hours. Although it was not about Mt. Mihara, in 1948, after following Osamu Dazai, he left a suicide note saying “Take me too” and threw himself into Mt. Aso. The young man hung on a 150—

meter rock and was finally pulled. came up. In fact, according to survey data, 240 meters down from the Aso Pass, the temperature of the rock is 100 degrees and the air is 65.6 degrees. Be careful when jumping down, don't let The people on the lookout on the top of the mountain noticed.

[Transportation❖❖❖Accommodation]

From Tokyo, Yokohama, Atami, and Ito, there are boats to Oshima, and direct flights from Haneda, Chofu and direct flights. For example, to the summit of Mihara Mountain, buses or taxis are available. The accommodation is at the Oshima Hot Spring Hotel on the eighth section of Miyuan Mountain. There are also large and small hotels in Motomachi and Okada in the port, as well as farm inns. It is not bad to commit suicide after staying for a while.

[Case study 17] The

man who climbed up from the crater wall of Mt. Mihara

At about 1:00 pm on December 3, 1956, a young man (29 years old) and a woman (26 years old) both jumped off the volcano about 60 meters deep from Sanyuan Mountain. Sanyuan Mountain erupted on a large scale in January of that year, and when the two jumped off, they could see a new

crater created by the eruption of magma. The rescuers who received the news braved the unbearable heat and sulfite gas to go to rescue. The woman's leg sank into one of the three blazing lava flames. She couldn't move, and there was no possibility of rescue. The man was slightly away from the flames, covered in blood and moaning. Since he was still conscious, the rescuers carried the man with the injured leg on his back and managed to move to a safer place where the rock outcropped more than ten meters away. By this time, it was already late at night, so I turned back to the volcanic port, and it was already three fifteen.

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But when he went to rescue again early the next morning, the man had already climbed up the volcanic port by his own strength and fell there.

Unable to use his legs at all, he tore his scarf and wrapped his head and hands. He dug two holes in the volcano wall with his hands, put his knees in the

holes and climbed up. Overturning this action, he completely climbed the remaining crater wall with an inclination of about 70 degrees, and the time was around 4:00 am. Fifteen hours of deathmatch from jumping off. His face was blackened by blood coagulation, his left eye was bruised but only slightly injured, and the scarf that was placed beside him had turned yellow and shattered. The dead woman was pulled up around 11 am. The left leg and below the left knee are gone, the legs are bulging with gas, and the face and hands are unchanged.

The motive for the suicide is said to be to clean up the triangular relationship over the years.

[Check this example]

Vitality is amazing. When he was left on the rock by the rescuers, “he wanted to jump again, but then the child’s face came into view, and the belief to live came flooding up,” he said afterwards, and this kind of person has never been in the first place. It’s time to try suicide. Jumping off a cliff with an inclination of 70

and a depth of 60 meters, it was an accident that I only suffered a little injury, but it is extremely rare to jump into the lava directly into the crater, and most of them hit the rock on the way Falling to the bottom of the crater, dying from heat and gas. Enough has been said about the horrors of volcanic craters. He described the scene as he climbed the volcanic wall:

“Because of the intense heat and the sulphur fumes, my face was hot and I couldn’t breathe.” The woman touched the lava successfully and reached the purpose, but the corpse is appalling.

This story illustrates how the location of the fall and the will to die matter a lot when committing suicide in a crater.

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Complete Suicide Manual

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(6) GAS-POISONING

gas poisoning

car gas poisoning

Pain💎💎💎💎💎💎💎💎💎 Trouble💎💎💎💎💎💎💎💎💎

Death💎💎💎💎💎💎💎💎💎

Implicated💎💎💎💎💎💎💎💎💎

Impact💎💎💎💎💎💎💎💎💎 Fatality💎💎💎💎💎💎💎💎💎

Connecting a pipe from the exhaust port of the car to

the window and plugging the gap is quite time—

consuming and labor-intensive, but it can die easily

and the death is not too ugly.

gas poisoning

To avoid mistakes, let me first make it clear that it is unlikely to die so happily on city gas. Flip the gas switch in the room and then fall down, gradually falling into a coma... that's out of date. In the current city gas, because the gas company has changed the gas in the past to natural gas that does not contain carbon monoxide, which causes poisoning, poisoning and death will not occur except in some areas. LPG also does not contain carbon monoxide. Even if it is dead, it is nothing but asphyxiation due to lack of oxygen. Poisoned death and hypoxia death, the pain felt is completely different. Generally speaking, poisoning is a more comfortable way to die. Gone are the days of the 1970s when one could easily poison and commit suicide in a room. However, car emissions containing carbon monoxide are still deadly. In fact, the current "coal

"Suicide by gas" has been largely replaced by this exhaust gas.

If you want to use gas or propane gas, you can only be prepared to endure the pain worse than death, take the method of sucking the gas pipe with your mouth, filling the small room with gas, and eventually dying due to lack of oxygen.

With any luck, like a seventeen-year-old girl, she suffocated the moment the tube opened. Having said that, some homes are equipped with safety devices that automatically stop the discharge after a few hours of large discharge, and there is also the risk of explosion. Therefore, it is best not to consider gas suicide at home. If you want to die due to lack of oxygen, there is absolutely no need to fill the room with gas, just cover your head with a plastic bag. Although it may seem primitive, more than 100

people use this method to commit suicide every year. In addition to plastic bags, other methods such as suicide with drugs are more effective (Case 19). Similarly, although not poisoned to death, there are people who are filled with gas and ignited to death.

This method is simple and suitable for people who commit suicide by impulse. However, of course, the bombing has the effect of death on the spot. In fact, there are many cases of burns to the whole body and pain for several days before dying. The damage caused to the surrounding is relatively large, and it is uncertain whether it will be successfully completed. Sometimes it only causes a fire That's it, so it's not recommended.

[Preparation]

Fill the fuel tank with gasoline

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Complete Suicide Manual

To commit suicide in a car, first prepare a three to four meter long rubber tube and tape. The rubber tube should be purchased at the grocery store according to the thickness of the exhaust port. If the thickness is not correct, you can wrap several layers of tape to prevent air leakage or fall off. Then connect the rubber tube to the exhaust port, fix it firmly with tape, and then insert the rubber tube from the window, and the window seam is also tightly sealed with tape. In this way, the inside of the car becomes sealed, sit up and close the door to start the engine, then put the seat down, listen to the music played by the car stereo, and slowly walk towards the road to permanent sleep. Be sure to top up petrol. You can park your car in your own garage if your neighbors aren't paying attention, but it's better in a forest where people can't see it, and it's also a great place for a vacation spot that's out of season when people don't care. Or put on a car cover, so that even when listening to music, no one will notice the indicator light of the speaker.





When committing suicide in a room, first check whether the gas used contains carbon monoxide, and also check whether there are safety devices. The rest is whether carbon monoxide poisoning or hypoxia die, the window seam should be sealed tightly, and some tape should be pasted on the window seam and the door seam. After you are ready, you can turn on the switch and sleep. The propane gas method must lie on the floor because its specific gravity is greater than that of air. Conversely, gas is lighter than air, so it's better to have it as high as possible. Of course, having the courage to put a rubber tube in your mouth would be great. There are unexpectedly

many people who use this severance method. The writer Yasunari Kawabata also committed suicide in this way. There are also examples of stuffing his head into a gas stove and dying. The way to cover the plastic bag on the head is foolproof, and it is safe to tie a rope around the neck.

[pass]

very little pain

With increased carbon monoxide concentrations in the air, increased inhalation time, dizziness, and increased heartbeat, unconsciousness and death soon followed. This is because hemoglobin, which transports oxygen in the blood, combines with carbon monoxide at two or three hundred times the strength of oxygen to form “carbon monoxide hemoglobin” in the blood, which drastically reduces the oxygen supply to cells in the body.

Car way: The concentration of carbon monoxide in the exhaust gas is about 0.5% to 0.4%. When the concentration of carbon monoxide and hemoglobin in the blood reaches 30%, the first feeling of dizziness, headache, collapse, fatigue, judgment force is reduced. At 40 percent, nausea, inability to do what you want to do, and page 64

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Total Suicide Manual

Fatigue. When it reaches 50%, the skin turns red due to the carbon monoxide hemoglobin, and the body temperature decreases. When it reaches 60%, shortness of breath, absence, incontinence, and convulsions occur.

At 70%, breathing stopped and died soon after (see Figure 2). The poisoning suicide method in the car will cause unconsciousness in about half an hour to an hour.



◆◆◆◆◆◆◆◆◆◆◆◆◆◆◆◆

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◆◆◆◆◆◆◆

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◆◆◆◆Figure 2 The relationship between the  
concentration of carbon monoxide in the air  
and the breathing time, it will cause death in  
area A, poisoning in area B, and no effect in area C.

◆◆

◆◆

“The most beautiful way to die” should avoid defecation

Of all the suicide corpses, people say the gas suicide corpse is “the most beautiful”. Your body will be found dyed pink due to the pink color of the skin due to the blood containing carbon monoxide hemoglobin. Clothes may be disorganized when spasms occur, but that’s okay. However, incontinence often occurs. In the home of the man who died of carbon monoxide poisoning in the bathroom, there was feces in the kitchen and on the bed. Because the deceased’s rectum had no feces, it was known to be his. At that time, carbon monoxide was produced by emptying the bath water, and after defecating in the kitchen and bed, he died after going to the bathroom. In general, incontinence occurs even when conscious. People who want to show a clean body must go to the toilet beforehand.

[Attention]

Beware of explosions

The way to commit suicide in a car is because carbon monoxide is lighter than air, so the gas sometimes escapes through the cracks in the windows. It was discovered during this period, or the gasoline ran out, so I advise you to plug the window cracks tightly. Although death from poisoning is less painful, if you do not lose consciousness for a long time, headache and nausea will continue, so it is better to take sleeping pills at the same time.

The man who introduced the gas into the car, blocked the window, blocked the front window with a blanket so that no one could see inside, and then took 60 sleeping pills, was still awake, and notified the police after being found.

Although he shouted “I have the right to die!”, he was forcibly pulled out of the car. Not all modalities are slow loss of consciousness. When the room is filled with gas, special attention should be paid to the explosion. Even the flickering of the fluorescent lamp can cause an explosion. If a big explosion is caused, there will be huge damages, and there are many cases of being surrounded by gas but not dying (Case 18). Just like some people stick a note first, “Turn off the gas switch, open the doors and windows to discharge the gas, do not use electrical switches and matches due to the danger of explosion” to remind others to pay attention, and then commit suicide by gas, pay enough attention to the explosion. .

Suicide by carbon monoxide poisoning in an apartment, and keep an eye out for people living upstairs. In 1976, a 20-year-old woman committed suicide by using gas in her apartment home, but she didn't die, while a 21-year-old woman sleeping upstairs died of carbon monoxide poisoning. This is due to the light weight of carbon monoxide.

However, the family of the deceased pursued the management responsibility of the parents of the suicide attempter, the apartment landlord, the police and the fire department, and filed a lawsuit with the court for 20,370,000 yen in compensation. Indoor gas suicide, you should realize that it is the easiest way to cause trouble.

If one is saved, the

complete suicide manual will cause damage to the brain nerve tissue due to hypoxia just like hanging, which may leave serious sequelae for life.

However, the phrase “severe sequelae left in one’s life” that is often said is not limited to those who committed suicide by gas. Hanging, jumping off a building, crashing a car, drugs, *etc.* all suicide methods are the same. If you want to commit suicide, this consequence should be taken for granted.

[Case study 18] Man

sentenced for attempted suicide by gas

In April 1978, a forty-seven-year-old unemployed man who lived in a townhouse in Fukuoka Prefecture attempted suicide by using gas. At about ten o’clock in the morning, he fell into hallucinatory symptoms of stimulant poisoning. He contemplates suicide because his mistress is gone, and he pulls the rubber hose from the propane bucket outside the house to the bathroom and fills the room with gas. But after a long time, he didn’t die. Two hours later, when he wanted to smoke and lit the lighter, the gas exploded. The blast caused a total of 12,400,000 yen in damages to 28 households living in town houses, nine residents were injured, and he himself was hospitalized for a month for burns.

He was indicted for “gas leakage”, and in February of the following year, the Iizuka Branch of the Fukuoka District Court charged him with “to make more serious consequences” and sentenced him to eight months in prison.

[Check this example]

This is an example of choosing suicide with a gas explosion, but if it fails and causes damage to the surroundings, it will also be sentenced. Because, leaking gas in the room itself is equivalent to “gas leakage crime”.

Article 118, Paragraph 1 of the Japanese Criminal Code stipulates: “A person who causes danger to human life, body or property by causing gas, electricity or steam to leak or flow out or block it shall be sentenced to imprisonment for not more than three years and a fine of not more than

100,000 yuan. A fine. A similar example is that in 1976, a 28-year-old company operator of an apartment in Osaka also attempted suicide by using gas indoors, causing a big explosion, burning down one house and about seven. The ten victims were prosecuted for “gas leakage” and “gross negligent fire” (the crime of causing damage to other people’s houses, *etc.* due to fire). Even if he is a suicide attempter, he cannot escape legal responsibility.

From the above example, we can also know that the propane filled for two hours at home may not die, but the two Eighteen households caused the explosion, but I was only injured for a month.

When the room was full of gas and was about to die, he lit the lighter because he wanted to smoke. It seemed that he was a fool, but in fact there were many such things.

[Case study 19] A man who committed suicide following a suicide instruction manual

In July 1983, the body of a strange man (then 46 years old) wearing swimming trunks immersed in the cold water of the bathtub, with a black plastic garbage bag over his head, a rope tied around his neck and tied to a windowsill, was discovered. Forty empty bags of the painkiller “Shades” were found in the apartment where he died.

Suicide by this method after taking medicine.

At the same time, he also found in the room the instruction manual “Suicide - The Best Way to Euthanize” (Tokuma Shoten), which was published in Japan in the same year, and attached a tape to the reference page. On page 184, as a combination of euthanasia means of suicide, four combinations are introduced: “1. Asphyxiation with analgesics and plastic bags; 3. Painkillers and hypothermia (long-term immersion in cold water); 4. Painkillers drowning. He committed suicide by choosing a combination of one and three. He was a salesperson at Korakuen Stadium, the predecessor of the Tokyo Indoor Stadium. He disappeared a year ago,

and later left his wife and children and lived an alcoholic life in a small room. The reason for the disappearance is said to be carrying a debt and was chased by the creditor and fled.

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Complete Suicide Manual

[Check cause of death]

Suicide by suffocation in a plastic bag is painful, but it is very simple like this. The painkiller “Shedros” cannot achieve a lethal dose, but the effect of the drug and the hypothermia caused by cold water are useful in reducing the respiratory function. The role of suicide manuals cannot be ignored. The original book was published in France in 1982, and soon six people were affected and committed suicide, which caused a great response and became the best-selling manual. The part that this person refers to comes from the manual of the “UK Euthanasia Society” which restricts the distribution of members, so the description is correct. Mu Yong confessed that this book also quoted some materials from the book.

What’s interesting is that he put a tape on it so that others would understand that it was “to see this part of the dead”. There are also people in France who turned the pages of the reference books and committed suicide by taking poison, and the intention of trying to attract the world’s attention through this method is clear.

[Case study 20] The

loser of the suicide experiment with plastic bags

In November 1974, an 18-year-old man was found in Kawasaki City, with a plastic bag covering his nose and mouth, and then wrapping it with a rubber band and suffocating to death. On the desk are two four-hundred-word manuscript sheets, with the results of experimenting with various suicide methods, and the title is “Experimental”.

From this, it can be seen that this young man suffocated to death by putting a plastic bag over his mouth during a suicide experiment.

His notes are as follows: “(1) Fifteen minutes after the start of the experiment, breathing accelerated, hands and feet were numb.

Twenty-five minutes later, the whole body was paralyzed, breathing tripled, and heartbeat 120 beats. If you don’t move on the bed, you can Survival for thirty minutes. (2) Brain disorder occurs in about one hour, and death occurs in about two hours. Before that, the plastic bag should be removed and the heart should be massaged.???

[Check cause of death]

It seems that suicide by using a plastic bag is a process of “suffocation -> numbness of hands and feet -> paralysis -> rapid heartbeat -> Absence” and so on until death.

So why didn’t he remove the plastic bag? The reasons that can be considered are: (1) I hurriedly wanted to take it off when I was about to suffocate, but I didn’t expect that I would soon become unconscious; (2) When I slowly lost consciousness, my body was paralyzed and I couldn’t hear it. Called into a coma. If item (2) is correct, then we keep writing about suicide by suffocation as a painful, but in fact, quite comfortable method.

However, this sense of near-death is untestable and can only be known by a doctor’s conjecture. Therefore, these “death experiments” are also extremely valuable information in medicine.

??

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????????????????

?????? pictures





Figure 3 The process and symptoms of suffocation when the air is completely isolated is somewhat different from the case of using a plastic bag (excerpted from the School of Medicine of “Standard Forensic Medicine Medical Legal System”).



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(7)

ELECTROCUTING

electric shock

electric shock

Pain💎💎💎💎💎💎💎💎💎 Trouble💎💎💎💎💎💎💎💎💎

Death💎💎💎💎💎💎💎💎💎 Implicated💎💎💎💎💎💎💎💎💎

Impact💎💎💎💎💎💎💎💎💎 Lethality💎💎💎💎💎💎💎💎💎

The downsides are the seconds of shock and the

hassle of stripping the wires; a gentler method

than generally imagined.

electric shock

Statistics from Japan's Ministry of Health and Welfare in 1991 showed that among the five suicides in 1987, 56

used the electrocution method, which is the smallest in number. Moreover, the strange thing is that there are fifty-three men, accounting for ninety-five percent of the total. It can be said that it is almost only a method of suicide used by men.

It's not because of the low overall figure. Even among the more than 100 people in the statistics, more than 90% are men.

Some people say that it may be because women are particularly afraid of electricity. The death of suicide by electrocution is caused by the sudden stop of breathing, heart stop, shock, *etc.*

Pain is really just a momentary thing. One doctor said that electrocution is one of the most comfortable ways to die. The solution is very simple. Strip one end of the wire to expose the copper wire, plug it in and touch the chest or back. For those who want to die impulsively, this is the best means. The disadvantage is that there are many attempts, but there are no special sequelae, so it is a good way to reconsider.

[Preparation]

Energize the heart

Sneaking into the substation to touch the high-voltage current part is the easiest way, but it is scary after all. Or connect a wire in your own house, attach the two terminals to your body, and sleep after installing a timer. One copper wire is attached to the chest and the other is attached to the back. If you do not want to attach it to the chest, attach it to both hands page 68

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The Complete Suicide

Manual also works on the wrist. A 16-year-old female high school student committed suicide by wrapping one wire around her right thumb and the other on her vest. But to do this, the wire should be wrapped around the left thumb, which is closer to the heart. There is also a nuclear scientist who uses a timer to commit suicide by putting one end of the electrode in his mouth and inserting the other end into the anus, but how he fell asleep without the copper wire falling out of his mouth is still a mystery, and this method is still not imitated. it is good. It is enough to stick the copper wire with tape. At this time, wetting the part in contact with the body will reduce the resistance and achieve better effect. Under normal circumstances, the

current blockage is also a factor that reduces the accuracy. You may wish to use wet absorbent cotton or gauze to hold it from the top. Salt water can be used when wetting absorbent cotton. If you can get some ointment for ECG, the resistance will be smaller. There is also an example of using a pick-up coin as an inducer. Of course, wrapping both copper wires around the chest is the surest way. Either way, what matters is getting the heart energized. The higher the voltage with a transformer, the higher the lethality. There are not many people who can still sleep in this situation, so drink some alcohol. The timer is set at the ripest time around two hours after going to bed. There are many examples of setting it at three o'clock in the morning, which should be the reason. In short, minimizing resistance and increasing voltage is the most important.

Throwing an electric heater or an electric razor into the bathtub during the bath will also conduct electricity, but the reliability is extremely low. In order to improve the conductivity, adding some salt to the hot water will be better.

[After] a

moment of piercing pain

The biggest question here is what happens to human consciousness at the moment when the current passes through? Using the timer method, if it goes smoothly according to the predetermined plan, a hundred volts of electric current will pass through the whole body a few hours after you fall asleep, immediately cause the heart to contract, lose consciousness after a few seconds, the blood circulation of the heart will stop and you will die. According to a doctor's observation: Under normal conditions, there will be instant bone-piercing pain. Because muscle relaxants are not easy to get, it is inevitable to experience muscle spasms. For example, drinking a lot of alcohol or taking sleeping pills can cause confusion, just in sleep. Enron died. At this time, although he lost consciousness, his whole body twitched. There is another way of saying that loss of consciousness is only a matter of seconds or a split second, but it takes about three minutes until the heart stops beating.

A man who regained consciousness after being electrocuted in a coma said this in terms of “instant”: “Suddenly I felt controlled by a force and I was unconscious.” So, when the current is short-circuited, will it trip? The power company believes “this is not the case”. “There doesn’t seem to be a trip so far,” said a coroner. So on this point, it seems that there is nothing to worry about. Since there are death-row prisoners who are sitting on the electric chair of 2,000 volts and still do not die immediately, is the voltage of 100 volts in the home enough? Some people will feel uneasy. However, the voltage is not the higher the better. The resistance of human skin is 1,000 ohms to 2,000 ohms in a dry state (women’s impedance is lower than men’s), and the current strength that can pass through the body in this state is only up to 1000 ohms. mA.

This intensity is the smallest current that can cause ventricular fibrillation that can stop the heart. Of course, if the skin is wet, the impedance can be reduced by one tenth. In fact, in the case of low voltage, the weak current to the heart is likely to cause ventricular fibrillation, which is dangerous. In addition, the most dangerous electrical cycle to the human body is 50 to 60 Hz, which is consistent with the cycle of household electric current.

The alternating current from the socket is more likely to cause ventricular fibrillation than the direct current. This means that a household voltage of 100 volts can completely electrocute a person as long as the heart is energized within three seconds of ventricular fibrillation. The way to die in the bathtub, the death of which is due to cardiac arrest or shock. When the brain is energized, the respiratory center is paralyzed and breathing stops, but this is rare.

[Condition of the

corpse] Almost no damage

Burn marks were left on the parts touched by the electrodes, but there was little damage to the corpse. skin resistance page 69

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Complete suicide

manual hours, sometimes without even a trace of burns. As if in a state of sleep, this is one of the most beautiful corpses.

[Attention]

Aim for the heart!

The target is the heart.

If you really want to die, the other parts will not work. Be sure to try to get the current to flow through the heart. If you want to use the timer to die in sleep, don't forget to fix the copper wire firmly to prevent it from falling off in the quilt. Even if it is wrapped around the body, once it falls off in sleep, it will not achieve the purpose.

When the person is already dead, but there is still electricity in the body, at this time, the person who arrives at this time is in danger of touching the body and getting electrocuted, so be careful, but there is nothing that a suicide person can do. If you don't want to cause trouble to others, put a note that says "Don't touch it, danger!"

[Case 21] A man

who committed suicide by electrocution in the toilet of a racecourse

On a certain day in April 1981 at 6:00 pm at the Zhongshan Racecourse in Funabashi City, two hours after the end of the race, the body of a man of about fifty years old, 160 cm tall, with athlete hairstyle was found. He connected the wire to the ventilating fan in the toilet and taped the other end to his chest and electrocuted to death.

The body was stiff when he found it. The deceased was wearing a new three-piece suit, a freshly starched blue straight shirt, a blue tie with white dots, a straw-yellow windbreaker, and black short leather boots, quite neat.

There were only 8-350 yen in cash, short HOPE cigarettes, a 100-yuan lighter, and a horse racing newspaper with a suicide note, but the identity of the deceased was never known. In a suicide note he left in the newspaper

with a red pen, he wrote: “I’m a bastard who lost my life for the sake of horses.

Sorry! Stupid people stay. I’m so sorry, I’m so tired! “.

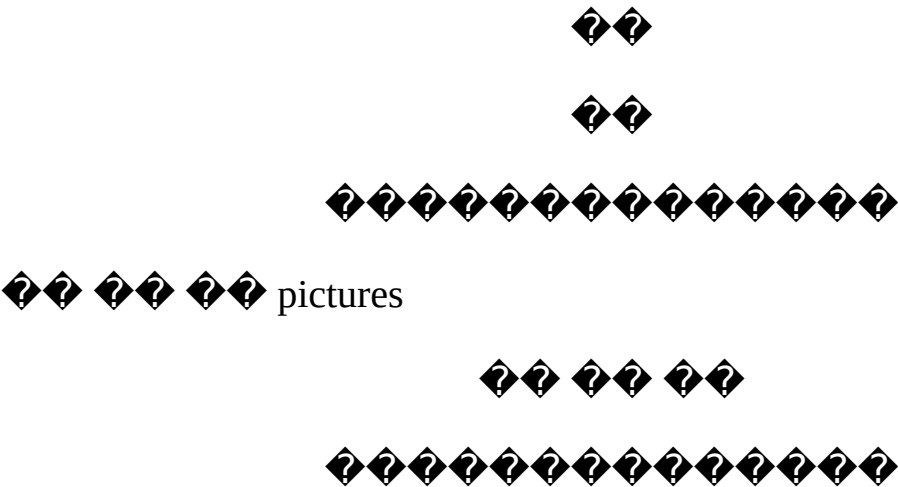


Figure 1 The energized sites and their ratios of 50 suicide cases by electrocution. A is the heart, B is the left shoulder and wrist, and C and D are the cases where the shocks were applied to other parts.

(Excerpted from “Standard Forensic Medicine Medical Legal System” Medical College)



[Check cause of death]

This is a good example of how easily suicide by electrocution can be achieved. Probably after he exposed the copper wire and attached it to his chest, and then inserted the plug into the socket at the same time as the heart was energized, causing the heart to stop. In the suicide note, “Life is a

failure for the sake of a horse” is a famous sentence, and the next day’s social section of the newspaper used this sentence as a headline to report the matter.

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Complete Suicide Manual

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[Suicide Map (4)]

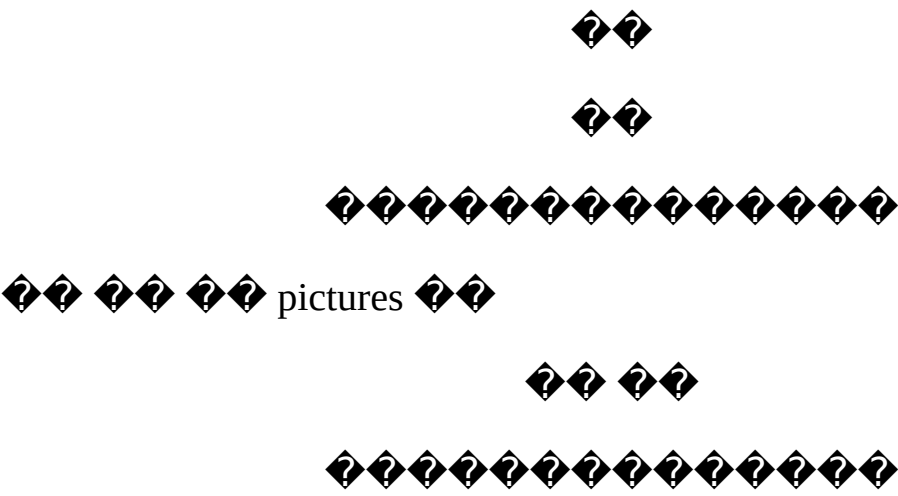
Suicide Village Kumatori Town

Between June and July of 1992, a total of



five men and women committed suicide every week in Kumatoricho, Osaka. The first unemployed teenager A-kun (17 years old) died. It was found on Thursday, June 4th. Then on the 10th (Wednesday), Mr. B (18 years old) in the construction industry, Mr. C (18 years old), a hotel attendant, on the 17th (Wednesday), and Mrs. D (22 years old), a municipal civil servant in the neighboring city, were hanged on the 25th (Thursday). suicide. On July 2 (Thursday), E, a female student at the University of Sports in town, committed suicide by stabbing herself three times in the chest. For some reason, all died on Wednesday or Thursday. The place of suicide is also very close, concentrated within a radius of 500 meters. In addition, the first three people are all bad boys who formed a mob (flying team) a year ago. The motives for the suicides are completely unknown. This series of suicides of unknown motives shook Japan. Its level of mystery is comparable to that of Mihara Mountain's "Death Guide" incident in the history of suicide in Japan. In the local area, homicide has an absolute upper hand. If it is a

homicide language, it means that there is a murderer  
who kills one person a week and kills five people in total.  
When this kind of weird suicide occurs, it will inevitably  
lead to homicide. Don't take it too seriously, though.



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Complete Suicide

Manual Figure 1 Kumagatori Town, a 30-minute train ride from  
downtown Osaka

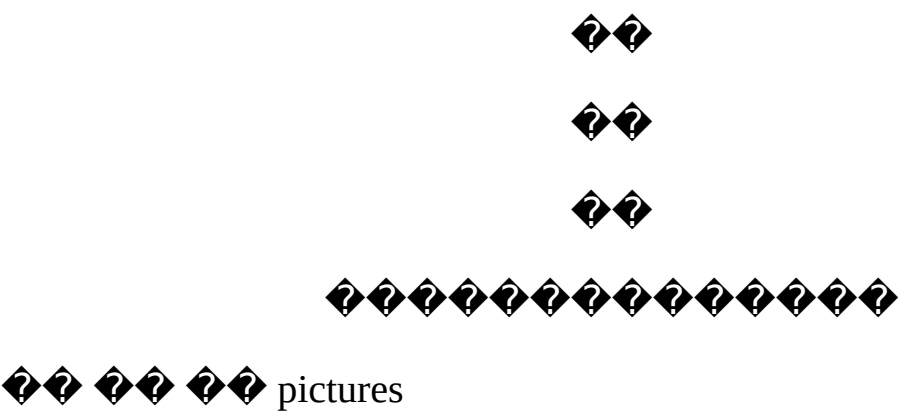




Figure 2 Map of Kumatori Town (5 or more people committed suicide at the X mark)



[place of death]

The population is said to be less than 40,000, but Kumatoricho is not a rural town. There is a large bus station building in front of the station, and the commercial street is frequented by pedestrians. However, from the station at the west end of the town, take a taxi and drive east on National Route 170 for ten minutes, and you will see the existing rural land on the right. Right around here, five people committed suicide. Get off and walk around here. There are weeds and farming huts everywhere. The suicide location is yours to choose. It is also a good idea to look up the places of death of the serial suicides beforehand. The onion hut and small warehouse where Mr. A and Mr. B committed suicide have been demolished, and the millet tree on which Mr.

D hangs has also been cut down. Only Mr. C's hanging farmhouse remains there. Summer is also a bit gloomy, and a hut with a few beams on the roof is the best place to commit suicide. The location of the suicide scene is shown in Figure 2.

[Suicide method]

To commit suicide in this town, there is no other way but to hang yourself. Hanging, or using a rope is more in line with the surrounding atmosphere. It is also interesting to tie yourself up and hang yourself, lower the rope from a high place, and imitate the mystery of the serial suicide performers. Perhaps there is a re-emergence of homicide in the local area, maybe you have also become a prominent figure in the propaganda media. It is best not to write a suicide note, then add more mystery.

[Transportation❖❖❖Accommodation]


From Osaka, take the JR Ring Line to Higashi Tennoji, then change to the Hanwa Line, it will take 30 minutes to arrive

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## Complete Suicide Manual

### Kumatoricho

Station. There are no accommodation facilities in Kumatori Town, so those who arrive at night, or who plan to take a rest overnight before committing suicide, can go to HOTEL  NEW yutaka in Izumisano City, which is only five minutes away from the station. This is a recently built high—end hotel, and the interior decoration is also very good. The single room is 6, 800 yen, and the double room is 14, 000 yen, which is a reasonable price. If you arrive at Kumatoricho rashly, you will be confused about the geographical environment. It is best to arrive the day before, check the environment in advance and stay in this hotel, carefully consider the method and decide the location, and then commit suicide the next day.

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(8)

DROWNING

throw water

throw water

Pain◆◆◆◆◆◆◆◆◆◆

Trouble◆◆◆◆◆◆◆◆◆◆

Death◆◆◆◆◆◆◆◆◆◆

Implicated◆◆◆◆◆◆◆◆◆◆

Impact◆◆◆◆◆◆◆◆◆◆

Fatality◆◆◆◆◆◆◆◆◆◆

It can be done anywhere as long as there is  
water. But the moment of suffocation is very  
painful, and the death is also very tragic.

Overall, it's not a good way to commit suicide.

throw water

Is it possible that some people mistakenly think that people who are good at swimming will not commit suicide by throwing water? No matter how good your swimming skills are, you will drown inexplicably because of “some effect” as will be explained below. So far, not many master swimmers have drowned.

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### The Complete Suicide

Manual Drowning in water is mostly suffocation. Because you have to experience breathing difficulties and suffocation for a few seconds, it cannot be considered a suicide. Despite this, this ancient and interesting means of suicide has been used both in ancient and modern times and at home and abroad. This can also be known from the use of the ancient Greek poetess. Currently in Japan, the elderly and women are particularly fond of this method, and the overall utilization rate has declined, but it is still in the top five according to the annual statistics of the method used. The success rate is also as high as 80%, no wonder it is very attractive. Basically, drowning or drowning is not limited to seas, lakes, rivers, and ponds, as long as there is “water”, there is no need to immerse the whole body in water.

There were also many people who drowned in the ditch after being drunk, and there was even a “drowned in the mountains” who was lying drunk on the mountain trail, and a heavy rain caused his lungs to flood into the water. There are also examples of suicide by sticking the head into the washbasin or washing machine. Tamagawa Josui, famous for his suicide by throwing himself into the water, a self-defense team member drowned in only forty centimeters of water.

[Preparation]

bound body

The practice of binding the body is a bit primitive, but it is a very effective means. If you tie your feet and then tie your hands behind your back, if you jump into the water with a puff of air, you will drown no matter how good your swimming skills are. (Of course, the smarter ones can float on their backs even in this case.)

However, it is difficult to bind hands and feet alone. Here's a method that anyone can do, first tie the feet, then tie the left hand (dominant hand or opposite hand) to the left thigh and jump in. If the boat is rowed into the deep sea or the center of the lake and jumped in, it will sink very quickly. At this time, putting rocks and the like in the pocket can accelerate the drowning. If you feel tired after drinking alcohol, you will easily lose your sense of balance. To die simply and conveniently, go into the water with the car, and you won't be saved unless you try to climb out of the car. The easier way is to take a large passenger ship, jump into the water halfway, and you will be drowned by the vortex of the current caused by the ship. It is said that half of the bodies recovered in the Seto Inland Sea are due to this. Seas and lakes are ideal for jumping into or diving into the water. When you choose, you should choose The sparsely populated lake's turbulent coast, of course, chooses the time when it is not easy to be found at night.

OK in the bathroom

Dying in the bathroom is also easy. Fill the bathtub with water, bind your feet, and then tie your hands upside down Just stick your head into the water, and a certain housewife used this method to successfully commit suicide.

A more special method is to fill the fixed gasoline barrel with water, and if the water is entered from the head, it will Can drown from being unable to escape.

In addition, as a particularly suitable place for drowning, it is the eddy current of Naruto in the Seto Inland Sea. When swimming toward the



whirlpool, it may be pushed out, but once it is involved in the whirlpool, it will never come out again, and the fatality rate is 100%.

The best season is winter. When the water temperature is low, or death from shock or heart palsy occurs, fatigue occurs quickly, so it can die peacefully. In other words, there are cases in which it is not drowning, but “hypothermia”, that is, freezing to death. If you want to freeze to death, you must drink some alcohol or sleeping pills.

[After] This

is how a master swimmer drowns

Now let's introduce the method of suicide by throwing water for people who can swim. It is best to start at night, and if you keep swimming forward, you will swim to the deep sea with the current. It doesn't take long to get tired but can't stop. The waves in the open sea were very large, the number of drinking water increased, and the water in the trachea was choking badly. In the process of repeatedly drinking, spitting, and choking, water also enters the ear tube that connects the mouth and the ear, which is the key. Some people say, “The ear has a tympanic membrane, and the water should flow into the trisemicircular canal.” But page 74

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Water is still flowing from the mouth.



   pictures





Figure 1 The process of drowning when the patient is thrown into the water: First, due to the sudden irritation of the skin, he will take a deep breath (Phase I), and then he will stop breathing for 30 seconds to 1 minute (Phase II). Soon after, due to the increase of carbon dioxide in the blood, there will be intense spasmodic inhalation and exhalation for 1 to 3 minutes (stage III), and then lose consciousness for about 1 minute (stage IV), sinking to death (stage V) Expect) . (Excerpted from “Little Forensic Medicine Book” by Jin Fangtang)



Water flowing into the ear canal produces a piston motion that causes hemorrhage of the portion covering the third semicircular canal, causing dysfunction of the third semicircular canal through acute poor circulation. When this function is damaged, the sense of balance is lost, and it is difficult to distinguish up, down, left, right, and front. The more you want to inhale, the more water will enter the trachea, which will cause spasms in the throat, and finally stop breathing, lose consciousness and sink to the bottom of the water. This is roughly the case with swimmers who drown. In the process of reaching unconsciousness, most of them are not caused by suffocation by drinking a lot of water, but by drawing water into the trachea in the middle of choking. In this way, even if you are a master swimmer,

you will have confidence in committing suicide by throwing water. And it's been said that when you're about to lose consciousness, memories of the past come to light with lightning clarity, like the wondrous experience described in the Hanging and Jumping program. After losing consciousness, he first exhales in the water, and then inhales the water into his lungs, and his breathing stops and he dies. It takes about one to three minutes from the onset of choking to loss of consciousness, four to five minutes for fresh water, eight to twelve minutes for sea water, and twenty minutes to half an hour for cardiac arrest. Having said that, being in the water for more than two minutes is hard to save.

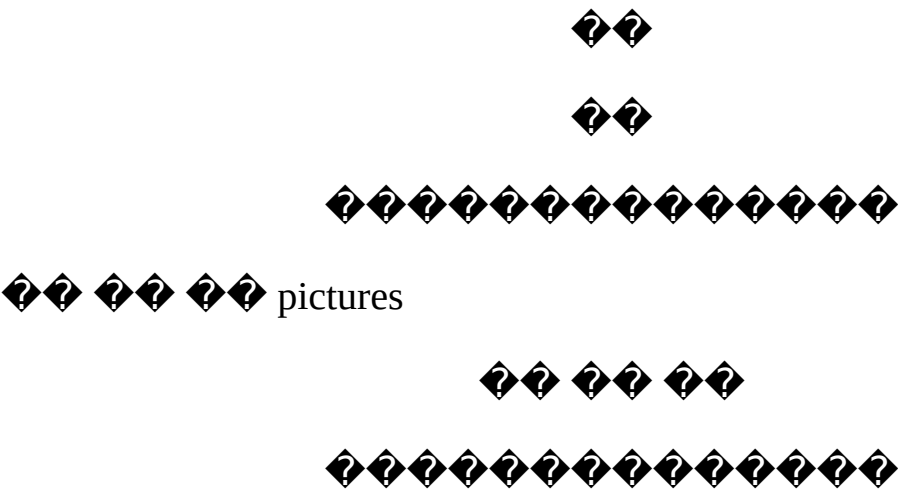


Figure 2 The relationship between the number of days that the drowning body floats and the water temperature (from “Modern Forensic Medicine” Jin Yuan Publishing)

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[Body Condition] Can you be Lola Palma? (Note: The heroine of Laura Palmer TV series “Twin Peaks”) After a few days, the body and face were so swollen that even the parents could not be identified (specialized) page 75

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## The complete suicide

booklet industry describes it as “giant-like”), showing skin peeling, scrotum inflated like a balloon, moss growing on body, sometimes being bitten by sharks on hands and feet, leaving scars cut by boat propellers, and flesh being eaten by fish and crabs Waiting for the miserable eating. Of the corpses that once sank to the bottom, 20 to 30 percent would soon come to the surface. Carcasses salvaged on land will spit out large numbers of vesicles from the mouth and nose. If the corpse does not surface quickly, it will be two or three days in summer and two or three months in winter, and it will surface due to the putrefaction gas produced in the body (refer to Figure 2). The buoyancy of the decaying gas is so great that even the corpse with a weight of nearly ten kilograms floated up. However, the sinking depth is more than 30 to 40 meters. Due to the low temperature of the water, the decaying gas cannot accumulate, and the water pressure compresses the gas. Most of the dead bodies will not float up.

Besides, Cape Ashizuri, the southernmost point of Shikoku, is a suicide spot where corpses never float. “The body refuses to be found” might as well choose a place with deep water, such as Cape Ashizuri.

[Note] People

who can't swim are more advantageous

When plunged into the sea and lake, never be seen. Especially when jumping into the sea, it will cause the dispatch of the coastal rescue force that costs a lot. People who can swim can also commit suicide in this way, but it is undeniable that this method is suitable for those who “can't swim” and the elderly. In fact, men in their twenties and thirties rarely commit suicide by throwing water. Although I made up my mind and jumped into the water, I still had to swim a few times. There are many examples of being caught in the process of thumping. Those who can swim should choose other methods.

[Case 22] An

actress who buried her head in the toilet and drowned

In 1944, a star who was once a Hollywood movie star buried his head in the toilet and drowned. She was born in Mexico in 1908 and aspired to be a famous actress. She left Mexico City at the age of ten and came to Hollywood to play the heroine in the movie *Goose*. Later, he climbed to the throne of famous actors, interacted with many famous actors, and lived an extravagant life. Due to her willful and jealous character, divorces and scandals arose. Because of these scandals, her reputation declined, soon to the point of an R-rated comedy movie.

But she can't forget the glorious past, living a luxurious life with unrepayable debts. In the end, she was pregnant with a young actor's child and was asked to be aborted by the other party. Extremely disheartened, she felt that "it would be better to die than to live by aborting the child." Determined to commit suicide, she invited many friends to her lavish banquet with dozens of large candles on credit, and that night took a palm of her hand of sleeping pills to bed. But in the middle of the night, he vomited and failed to breathe. In extreme pain, he climbed to the bathroom, stuck his face into the toilet, and drowned. She became a corpse, although she no longer had the appearance of a beauty on the screen, but her face was peaceful.

Her last words were: "I'm too tired of life and tired of competition. Although I've wanted to compete since I was a child."

[Check cause of death]

That little bit of water in a toilet can kill a person. This is an example of how people can drown there. At the same time, this example also allows us to see a typical failure example of suicide with drugs.

Even so, it's too much for an actress who is devastated to spend her life in the toilet.

[Case 23] Near—

death experience before imminent drowning

A seventeen-year-old girl in the United States went swimming in a lake with her brother one day. There are many young people in the lake page 76

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## Complete Suicide

Manual was swimming, and someone shouted, "Swim to the other side!", so everyone started to swim to the other side. The girl had crossed many times, only to be nearly drowned. The girl was rescued, and later she talked about the scene: "I was half-submerged and half-floated. Suddenly there was a feeling that I was separated from my body, sitting alone in a void. I was there. I didn't move, but my body was floating in the water three or four feet in front. I saw my body from the right diagonally behind. Even when my body was some distance away, I felt that I had a whole body. The body...the mood is very relaxed, as if it has become a feather."

[Check this example]

This isn't suicide, but it talks about a near-death experience that happens when you're about to drown. Consciousness Disengage from the body and watch your soul disengage, the body becomes a feathery light experience.

Moreover, no matter how many times a master swimmer has crossed the lake, sometimes he will drowned because of" is worth noting.

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(9) SELF-BURNING

self-immolation

self-immolation

Pain💎💎💎💎💎💎💎💎💎 Trouble💎💎💎💎💎💎💎💎💎

Death💎💎💎💎💎💎💎💎💎

Implicated💎💎💎💎💎💎💎💎💎

Impact💎💎💎💎💎💎💎💎💎 Lethality💎💎💎💎💎💎💎💎💎

The impact is the strongest, it can definitely be fatal, and there  
is also the possibility of leaving a name in history. However, the  
pain is also the most intense, and the death is tragic.

self-immolation

Self-immolation is painful. The skin was 100% burned but did not die  
immediately and was taken to the hospital.

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There are many cases

where the Complete Suicide Manual has tossed for a long time before dying. The sequelae of not dying are more tragic than any other means of suicide. I would never advise anyone who wants to die in an ordinary way.

However, if you want to sue the society and die, there is no other way as tragic as self-immolation! A monk who died opposing the government in the Vietnam War, a student who recently committed suicide for the anti-government movement in South Korea, and a Kamazaki Kyokai cadre who fought for better treatment of the grassroots working class in Japan, all committed suicide by self-immolation.

society's attention. Yes, the image of shouting his own ideas surrounded by flames is truly influential. Self-immolation is the best way to show a strong will and a determination to die. In 1986, seven female members who followed the late leader of the "Friends of Truth Church" and committed suicide en masse also committed suicide by setting themselves on fire. Some people may think that there will not be too many people who commit suicide by self-immolation, but the number is increasing year by year. Currently, there are about 700 people a year, which is much more than suicide by electrocution. According to the current medical diagnostic standards, one third of all suicides are considered to be mentally ill in the "narrow sense", and among those who attempt to commit suicide by self-immolation, the majority are considered mentally ill.

[Preparation]

Five liters is a safe zone

Needless to say, it's gasoline or kerosene, but how many liters do you pour?

Twenty percent of the skin burns on the whole body have caused a great blow to the whole body, but in order to die, the only way is to fill the whole body with gasoline. Although two or three liters of kerosene are used as an example, but to be on the safe side, prepare at least five liters.



Gasoline and kerosene can be poured bit by bit, and clothes are flammable, so they can be soaked. If kerosene gets into your eyes, it hurts so much that you can't open your eyes, but you can't commit suicide by thinking too much about it. If you are afraid of fire, put a flame retardant carpet underneath, so that even if you lie down in the room and burn Nor will it cause a fire.

There are also forty-eight-year-old housewives who got into the incinerator and committed suicide after dousing them with gasoline, but there is no such thing at all.

Necessary, but become a good material for women's weekly magazine.

After dousing the gasoline, you can light the fire of fate with a lighter or a match. the person who intends to make a statement Keep it firmly in your mind in advance, so as not to panic and forget it.

There is also the method of pouring gasoline in the room and burning the house to death. Many people use it. In this case, it is better to choose a less painful method, so that people can see that burning is the biggest characteristic of self-immolation and suicide.

[Passing] A

three-meter-high pillar of fire emerges

The flames were much stronger than expected. Once gasoline and kerosene are ignited, they will make a noise and a flame of two or three meters high will suddenly rise. The body shrouded in flames will experience severe pain and burning sensation, and will roll on the ground as it is unbearable, surrounded by the stench of burning flesh. But generally the perception is still clear. The trachea was scalded from the inhalation of hot air, but the sound was still able to come out.

When the clothes are burnt clean, the fire will go out, but some people can still stand on their own strength There, keep shouting (Case 24).

After the fire is put out, if more than one third of the skin is necrotic, 50% of the people will die, and if more than two thirds of the skin is necrotic, they will die almost without exception. The time to arrive at death varies. When the skin of the whole body is burnt like charcoal, he will die on the spot. After the fire is extinguished, he will be taken to the hospital by ambulance. . Some of them finally died after half a day or a day, and even after five or ten days. An 82-year-old American woman who set herself on fire while chanting “oppose the Vietnam War” lived sane for ten days. Her fault was probably due to the use of alcohol-based detergents that did not burn well. The causes of death caused by suicide by burning oneself include shock, hypoxia and thermal coagulation of vital organs caused by high fever.

[Condition of the corpse]

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is torn apart and bloody, and the tragic state of the corpse is second only to suicide by lying on the rails After pouring more than five liters of gasoline and lighting the fire, when no one put out the fire, part or all of the surface of the skin is carbonized, and the hair is completely burned. The skin peeled off, revealing red flesh. Originally the human body is basically formed of water, so even if the skin is carbonized, the meat is difficult to burn. The posture at this time is characterized by a boxing posture due to muscle contraction. Blisters appear on the skin that is not yet necrotic, and the color changes from yellow to dark brown, and finally to black. The cornea is cloudy and the tongue sticks out more often.

[Attention]

Don't fall into the hell of “scar tumor”!

The most terrifying thing is to leave a life, but continue to live with burn marks on the face or body. A woman poured kerosene and lit a match but

attempted suicide. After three years of living in a hospital bed, her body was covered with blemishes. Although she had undergone five cosmetic surgeries, the blemishes had not been eliminated. She lost her lips and had no mouth.

Can't expand.

Moreover, compared with other cases of suicide attempters who attempted suicide again, self-immolation suicide may be due to the use of extreme means to recover from the near-death state, and the reason for getting emotional balance is less likely to want to commit suicide again, but skin grafting is less likely. There will be a huge cost of treatment.

In order not to get this far, so pour at least five liters of gasoline, and if someone comes to put out the fire around you, you shout, "Don't come near!" The man killed the woman (24 years old) who killed him, ran to the top of the tenth floor of his alma mater university, poured gasoline on it, and committed suicide by jumping off the building. However, there is absolutely no need to do this. Self-immolation is a suicide method with a high fatality rate.

All in all, self-immolation is a painful suicide method. Remember, however, that there is no immediate death. Everyone has their own preferences for the method of death. If a person dies quietly, I advise you to use another method. However, if you think you've passed your life in obscurity, but you're going to die with a bang, it's up to you.

[Case study 24] Korean

youth who set himself on fire to demand improved working conditions

In November 1970, a young tailor (then 22 years old) who was working under poor labor conditions set himself on fire at the Seoul Peace Market, demanding improved labor conditions. Before that, he had been engaged in the movement to improve the working conditions, and he suffered setbacks. On November 3, he forcibly launched the blocked demonstration in the Peace Market. When the troops clashed fiercely, he appeared at the market later than his comrades and asked them to "lit a match and throw it at me".

When the match was thrown at him, his whole body instantly became a pillar of fire. Then he turned into a fireball again. He sucked the flames and squeezed into the crowd, shouting: “Abide by the Basic Law of Labor! We are not machines! Give me Sunday! Oppose the cruel drive of workers!”, and finally collapsed with a scream. But he stood up again with difficulty and shouted,

“Don’t let me die in vain!”. Eyes and nose were burnt and blurred. He fell unconscious and his gang put out the fire three minutes later.

When he was sent to the medical center, he muttered, “I’m a little hungry!”, nine hours later, at ten o’clock at night, he died.

His self-immolation suicide, later named the “Manifesto of Man”, is still circulating today.

[Check cause of death]

Although the fire was extinguished three minutes after being unconscious, and severe burns died nine hours later, it was possible to keep shouting, and to stand up and shout if you had the strength to fall once. It varies from person to person, of course, and when he turns into a ball of fire, his sanity might be terrifying if it weren’t for the heat.

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is very awake.

This is arguably the most effective example of self-immolation suicide. His suicide did have a great effect, and it was fulfilled for him who died.

[Case study 25]

Secondary school girl who set herself on fire because of infatuation

There was a twelve-year-old middle school girl who set herself on fire in the courtyard of her uncle's house. Her parents divorced shortly after her birth and lost her mother. She was raised by her grandmother, and she changed schools twice in elementary and middle school due to her father's work. She grew up in a very complicated family environment. Her parents divorced because her mother had a sexual relationship with her uncle. However, the reasons that prompted her to take the road of suicide are more complicated. She herself has a sexual relationship with her grandfather and father. She was still in the first year of middle school, and she had been absent from school for a long time two months before the summer vacation. Finally, one day just after noon, she went to the backyard of her uncle's house, the cause of her parents' divorce, poured gasoline all over her body, and committed suicide. At school she often played volleyball, giving the impression that she looked just like a normal student.

[Check cause of death]

The self-immolation of a twelve-year-old girl is a shocking example, but the place of death should be noted first.

Her hatred for her uncle may be quite large, so going to the backyard of her uncle's house to turn into a fireball is also very effective in arousing the idea of revenge. It's even more surprising that a twelve-year-old girl has sex with her grandfather and father. It's terrifying! She herself probably felt that she committed suicide in order to vent her fear, resentment, and desperation. Methods such as jumping off buildings and crashing cars were too inconspicuous. In this case, self-immolation is the most appropriate. However, she missed school two months before the summer vacation, that is to say, she only went to school in the two months of April and May, so what happened when she changed schools twice during this period?

I still can't figure it out from the data, could it be that there are more complicated secrets!?

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(10) FREEZING

freeze to death

Snow mountain freezes to death

Pain💎💎💎💎💎💎💎💎💎 Trouble💎💎💎💎💎💎💎💎💎

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Death💎💎💎💎💎💎💎💎💎 Implicated💎💎💎💎💎💎💎💎💎

Impact💎💎💎💎💎💎💎💎💎 Lethality💎💎💎💎💎💎💎💎💎

If you can find a good spot, it's easy. However, it should be noted that after a large-scale search, it is possible to attempt suicide, but the hands and feet have been frozen and must be amputated.

freeze to death

Freezing to death is as comfortable as hanging. Saying this kind of thing is afraid that its authenticity will be doubted, but this is what the survivors said, so I have to believe it. Even so, there are definitely a small number of people who use freezing to death as a means of suicide, and they are also classified in the "other" category in statistics, perhaps because it is too troublesome to go to the snowy mountains on purpose. But freezing to death is not a phenomenon that only occurs in snow-capped mountains and cold areas. As long as the conditions are complete, some people freeze to death in the room. Of course, the temperature does not necessarily have to be below freezing. Reports indicate that in fact a dozen people freeze to death every year in Tokyo, and others in warmer places. Newspapers often report that homeless people freeze to death. For homeless people in Tokyo and Osaka, how to survive the cold winter is a very practical wish. After a long time, it is still a big truth. After all, no one wants to freeze to death in the room, and I have never heard of suicide in the room.

In the U.S., someone committed suicide by freezing to death in a refrigerator, which can only be regarded as an exception. If you want to freeze to death, although it is troublesome, it is better to go to the snow-capped mountains. There are many advantages of this method, which can make up for

What about those troubles!? More details will follow, such as no damage to the corpse, less pain, *etc.*

A person's tolerance to cold is an important factor, so this means of suicide is not suitable for people who are not afraid of cold.

[Preparation]

Select the leisure spot on the mountain as the target!

To go to the snow-capped mountains, first buy a guidebook for the cold mountain recreation area to find out. Anyone without mountaineering experience or physical strength can go to places that are cold enough to freeze to death. When you go skiing, go to places that people rarely visit. Even next to the ski practice area, you might find a suitable place. Of course, people who like to climb can be very thoughtful in deciding the route and location. Things to bring: There are pharmacy sedatives, pain relievers and other drugs to stabilize your mood and sleep, as well as alcohol. Although drinking alcohol can raise the body temperature, it is also allowed to drink to overcome the pain. Anyway, it is difficult to resist the cold outside in the snow. If you take off your clothes, you can die in one night, but it is difficult, so at least find a place to squat for two or three days, if you can fall asleep, it will be even better.

Frozen to death in the room to choose the coldest winter

If you really want to die in your room, you have to choose a day in the middle of winter, and you also need to look at the weather forecast and choose the coldest night. In addition, some preparations must be made to cool the body: watering the body naked, then facing the fans and air conditioners, with windows and refrigerators open. Also fasting, sleep deprivation and fatigue, otherwise it is also difficult to achieve. If you drink some alcohol in advance, it will dilate the blood vessels on the surface of the body, which can quickly reduce the body temperature and has the effect of urging death. Of course, some patience is also required, which is also to wait for the patience before sleepiness comes. Ways to freeze to death on the street: Go to secluded parks, clearings, and woods at night with soaked clothes. In order to avoid people's suspicion, it is also acceptable to bring a water bottle to drizzle on when you decide on a good location. choose as much as possible

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## The complete suicide

manual chooses a concrete floor with faster heat dissipation, but the most important thing is not to let people see it.

There are examples of freezing to death within a day when the temperature is five degrees, no wind, half-naked, and fasting; there are also examples of drunken night returners freezing to death on the road at nights with a minimum temperature of five degrees. In water, the danger of freezing to death is high when the temperature is 15 degrees. If it is 5 degrees, it will die after soaking for a few hours, and such water temperature may sometimes cause the heart to stop in an instant. The 43-year-old housewife who sent a suicide warning letter to the editorial department of the newspaper and magazine, in Muroran City in the middle of winter, froze to death sitting in a park pool by the road.

[After]

“Sweet Trance”

Whether it’s diving into a snowdrift or stripping naked in a room, the process of death is the same.

At the beginning, the whole body is frozen and shivering, and when the rectal body temperature reaches 35

degrees, there will be fatigue, fatigue and drowsiness. The famous slang phrase “you’ll die if you sleep!” even children say refers to this situation. When the body temperature drops to thirty-three or thirty-four degrees, the power of thinking gradually weakens, and the consciousness becomes blurred, and it will be enveloped by a

“sweet trance”. At thirty to twenty-three degrees, he loses consciousness until death. When it falls below 25 degrees, it cannot be rescued, so it is much more refreshing than expected. In response to this luscious trance, a survivor of freezing to death said: “With the shortness of breath there is a... “Thousands of brilliant rays of light shone before her eyes, and the roar of thousands of cannons rang in her ears. The feet felt a sharp pain, as if

running on a mountain of needles, and soon drowsiness appeared. A kind of calming Her tiredness kept coming, and she seemed to be freed from the worries and disasters of the world. The air was fresh, like a spring breeze, and the beautiful music was ringing in her ears again. Leaning on the soft fur pillow for a nap At that time, all kinds of colored lights flashed again, and soon he became unconscious, and he regained consciousness after being rescued. Some survivors also said, I had a dream of dancing wildly at a grand banquet. Based on the above experience, it can be said that Like suicide by jumping off a building, freezing to death is also a kind of cold in addition to the initial stage

Other than that, there are absolutely no painful methods of suicide.

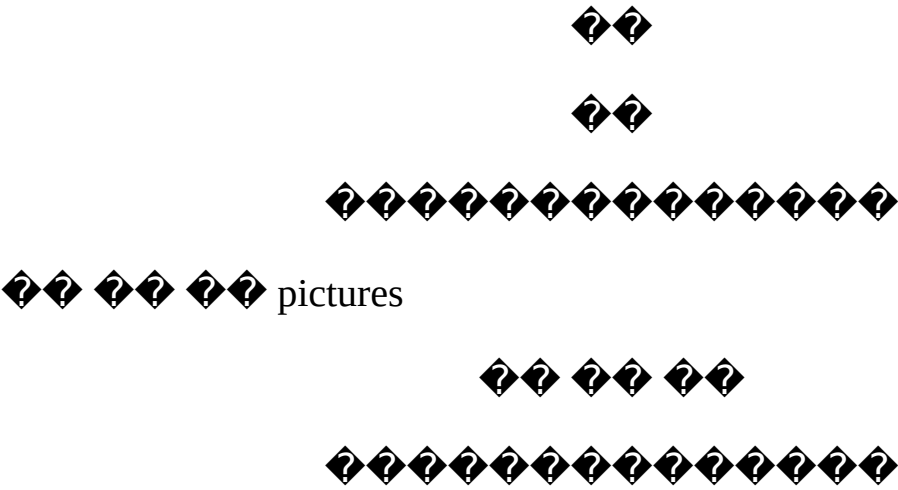


Figure 1 The relationship between rectal body temperature, maximum blood pressure and physical condition (from “Modern Forensic Medicine” Jinyuan Publishing)

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[Body condition]

Is it really “the most beautiful”?

The corpses frozen to death in the snow-capped mountains are sometimes described as “the most beautiful way to die”, like those killed by gas, but this varies according to the time of discovery. If the corpse is frozen due to snow, the skin will appear translucent white due to the loss of blood. However, when Haruyuki melted, the corpse rotted away. The corpse is red because oxygen combines with the hemoglobin in the blood to become pink oxidized hemoglobin. In places such as snow-capped mountains, sometimes the tips of hands and toes will be frostbitten and edema may appear. sometimes happens

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Complete Suicide

Manual Deranged, undressed and found by someone. It is not uncommon for corpses to be torn apart by wild animals (Case 26). Therefore, it cannot be said that it is very beautiful.

[Attention]

will be found!

No matter where you die, the most important thing is not to find out halfway. In the snow-capped mountains, in case the hands and feet are partially frozen and rescued, they need to be cut off and become a person without hands and feet.

However, necrosis does not occur when the temperature is below freezing. In addition, on the occasion of suicide in the snow-capped mountains, huge search fees are required for family members and friends to search for it after they find it.

Therefore, do some tricks in advance, do not leave a suicide note indicating whereabouts, and go out to record and call as usual.

If you really want to commit suicide, it is better to go to the snow-capped mountains. If you freeze to death in a room or by the roadside, you must have all the conditions and be difficult to find, which is quite difficult.

??

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???? pictures

?? ?? ??

????????????????

??? Picture 2 Near Mount Kuroyama.

??

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[Case study 26] Female

playwright who froze to death in snowy mountains

In June 1981, the female body was discovered at the 5th station of Kurodake, Daisetsuzan, Ishikari Mountains, central Hokkaido, in a primeval forest about 300 meters above the mountain.

The female writer was Keiko Sugie (47 years old at the time), who had participated in the production of the film “Seven Criminals”. Bones were scattered everywhere, only the skull, right thigh and calf were found. In this area in winter, wild animals such as foxes and voles are frequented, and there are traces of being bitten by animals. Probably enjoyed by these animals in winter! Near the corpse was a bottle of sleeping pills with the rest of the pills inside. The estimated dose of sleeping pills was not lethal. There is also a large bottle of whisky in the bag, and there is about 80% left.

The date of the ticket found from her belongings was October 24, 1980, the year before. It is believed that she came to the sparsely populated Daxue Mountain in winter from Tokyo, where she lived, walked from the station into the virgin forest, took sleeping pills and froze to death after falling asleep. Sugie Keiko started writing plays about five years ago, and was very troubled about not being able to stand out, and at the same time, panic about her growing age. Although there were several lines of scribbled handwriting on the manuscript that was left behind, it was impossible to read due to soaking in ink. As a result, her motive for suicide was never clear.

[Check cause of death]

This is a typical snow-capped mountain suicide who fell asleep in the snow after taking sleeping pills in the mountain area. However, the remains are appalling and not the most beautiful. Suicide in the snow-capped mountains, after ten months, the corpse will become a bone, and we must also pay attention to the attack of wild animals. In addition, when the snow mountain freezes to death and commits suicide, it is necessary to do some on-the-spot investigations in advance. Sugie himself wrote the script of “Saturday Theater” (Asahi TV), which has become a posthumous work, with Hokkaido as the background, so he made a lot of local work. investigating.

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The Complete Suicide

Handbook If you're having too much trouble choosing where to kill yourself, I'd urge you to take the same route as hers. In order to be cautious, I will introduce the method of going to Kurodake. First, go to Asahikawa, and then take a two-hour ride from Asahikawa to Sounkyo Onsen. Then take the cable car, turn to the ski trail at the place where you change to the cable car, and enter the virgin forest (see Figure 2). To imitate the way she died, buy some of the sleeping pills and sedatives that are commercially available in the chapter on drugs, and a large bottle of wine is also a good

idea. Even if the body is scattered, it will at least die completely before it is scattered.

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(11) SPECIAL

CASES

other means of suicide

other means of suicide

There are many other methods of suicide besides the ones

mentioned above. For example, a gun that is not easy to obtain and has

not been introduced to commit suicide anyway. Films and TV shows that the gun is aimed at the glabella or temple and the trigger is pulled, as if it were a typical method of suicide by gun. However, this practice of pulling the trigger is not recommended. Since the skull is much harder than imagined, if the angle is not right, the bullet may fly.

Even if it is shot in, the bullet will split, and the fragments will hit the brain in the skull, and then turn around from the eye or the other side. Wear out a situation that ends in an attempt. To use a gun, it is correct to hold it in the mouth and penetrate the medulla oblongata of the back of the brain. In this chapter, let's study these other suicide methods based on case studies.

[Case study 27] A sister

who committed suicide by starvation in Toei Shinmura, Adachi Ward, Tokyo

In August 1985, the decomposing bodies of two women were found in a room in Toei New Village, Adachi Ward, Tokyo. This is a pair of sisters, aged twenty-five and twenty-three, who died of starvation. The presumption of death was from the end of 1984 to around February 1985. Next to the body, there is an old envelope with the words “Death for you to see” written by my sister.

starve

Pain? ? ? ? ? ? ? ? ? ? Trouble? ? ? ? ? ? ? ? ? ?

Death 

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Implicated  Impact 

Lethality◆◆◆◆◆◆◆◆◆◆

The elder sister is running around to pay for the medical expenses of her mother and younger sister and the debt left by her father. Her positive and serious work attitude has also been praised in the workplace, but her monthly salary of 110,000 yen cannot be repaid, so she has to take out a loan. Soon the loan amount reached 3 million yen, and the call for debt collection also reached the workplace. Even so, my sister is still working diligently. My elder sister moved to this new village with her parents and younger sister in 1965. Her mother was sick and her father was away from work for many years, so she received a monthly living allowance of 110,000 yen. My younger sister, who was originally a little schizophrenic, was often bullied after she went to high school and often didn't go to school. While taking care of her mother's illness, her older sister encouraged her younger sister, and she also entered a commercial high school. However, when he was in the third year of high school, his father came back with a large debt and died of cancer the following year. At this time, my sister developed hyperthyroidism again, and her living allowance was cancelled because of her inauguration.

My mother finally died in 1983. However, relatives disagreed with her to take back the ashes. From about this time onwards, the older sister also became bored with life. She placed garbage bags at random on the balcony and kept calling to collect debts. She started absenteeism in June 1984 and was finally fired in September. And in September, the electricity and gas were cut off for not paying on time, and in January of the following year, the running water was also cut off. The debt collectors came to the door for several days, and the two had to pretend not to take out the garbage.

In October, I went to the neighbors to ask for something to eat. After a while, the neighbors came to them worriedly, but they replied, "Leave us alone!". In fact, at this time, the suicidal idea may have been determined. There are local welfare offices near Sinchon, but they never talked about anything.

Probably after the younger sister died first, the elder sister died. In the spring, due to the breeding of flies and the smell of the sky, the younger sister was wearing a T-shirt and trousers and snuggled up on her sister,



while her sister was naked and covered a cardigan for some reason, but her lower body was naked. The room was full of rubbish, futons and clothes, including some magazines such as “Seventeen” and novels by Akagawa Jiro. On the wall are large posters of Yuko Oshima and the fantasy manga “Cotton Kunisei”.

[Check cause of death]

This is staggering misfortune. The method of starvation is only chosen after the suffering of life chosen. Because they were so exhausted that they didn't even have the strength to commit suicide.

Although there are great differences between people, as long as you don't drink water, you will die in one to two weeks, and if you drink only water, you will starve to death in thirty to forty days. The amount of energy stored was also a big factor. The sisters were obese and probably took longer than the average person to die.

Each family of four has its own misfortune, but the misfortune of my sister is even more tragic. Her mother's illness, her father's debt, her sister's bullying and illness, all the misfortunes are on her shoulders. No matter how hard you try, you won't be rewarded. Rather, the harder you work, the worse it gets. Her whole life seemed to be at the crossroads of suicide or not. Of course, if she wanted to live, it was possible, but she refused help and chose death.

Faced with this kind of life, are there still people who say such stupid things as “there will be good things in life”, “you can do anything you want to die”, “suicide is for the weak”, etc.? I’m afraid she’s speechless about her “death for you to see”

sentence.

quicksand

Pain  Trouble 

Death  Implicated 

Shock  Lethality 

[Case Study 28]

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# Complete Suicide Manual

# Man who committed suicide in Tottori Sand Dunes

In November 1988, the skeleton of a man was found in the sand dunes of Tottori. After one o'clock in the afternoon, a local old man was walking in a place far away from the tourist route where there was almost no shadow, and found a skull with a slightly exposed sand surface. Corpse in the sand pit.

This man was a missing person who had lost love and illness in 1974, or 14 years ago, and was 32 years old at the time. One night he came to the sand dune, dug a hole about one meter deep in the slope of the sand dune with a shovel, squatted in and piled sand on himself with both hands, and then burrowed his head against the sand and suffocated to death.

“The search was in vain,” read the suicide note his parents received after his disappearance.

[Check cause of death]

This is a radical example of what is done by a man determined to erase himself from society. Tottori Sand Dunes is a secret place in Japan as famous as the sea of trees, but it is extremely painful to bury oneself alive in the quicksand of suffocation. Undiscovered for fourteen years, his purpose can be said to have been achieved, but it is not a recommended method.

Because there are still many ways to commit suicide without the body being found.

Bear

Pain 10 Trouble 10

Death 10 Implicated 10

Impact 10 Lethality 10

[Case study 29] Female

killed by bear cub

In February 1989, around seven o'clock in the evening, a sixty-seven-year-old housewife ran to the twelve-branch garden of the Aso Bear Ranch in Ahua Town, Kumamoto Prefecture, about an hour and a half away from home, and jumped to the cubs in the garden.

Shed committed suicide. The breeder who heard the loud "pop dong" rushed over, only to see the bear shed 2.5 meters below the fence, with 68 bears huddled together, like a small black mountain. After the bear was dispersed with a fire extinguisher, a human body emerged from the white powder. The corpse had been torn apart by the cub, the internal organs had completely disappeared, a large hole had been opened from the stomach to the intestines, and there were several bite marks on the whole body, including the hands and feet.

Clothes were torn to shreds, as if naked. She is a devout Buddhist, and she used to talk about "I will fall into the world of demons", "people die but their souls live forever" and so on. When he left home after noon, he said, "Tell me to go to that world." He also left a suicide note for her husband, and her neighbors thought she was an odd person. Some people said that the woman once said, "I want to be eaten by tigers", and also thought of bears.

The tiger cage next to the shed, but since he could not enter the iron fence, he jumped into the bear shed.

[Check cause of death]

Suicide by being eaten by animals is an unexpected method. However, from the perspective of motivation, there is a bit of religious flavor, and the method of death is too detached from reality, and cannot be used as a reference for suicide methods. Moreover, this method is very painful, the corpse is terrible, and the reliability of death is not high, so I do not want to persuade people to use it.

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death device

Pain💎💎💎💎💎💎💎💎💎💎 Trouble💎💎💎💎💎💎💎💎💎💎

Death💎💎💎💎💎💎💎💎💎💎 Implicated💎💎💎💎💎💎💎💎💎💎

Impact💎💎💎💎💎💎💎💎💎💎 Lethality💎💎💎💎💎💎💎💎💎💎

[Case Study 30]

American Woman Who Died Using Suicide Device

American pathologist Dr. Jack Gabriel is known for developing unique “suicide devices”. This device is a 30-centimeter-high design that contains physiological saline solution and pantothal potassium chloride in three bottles that are hung upside down.

Pentosa is a narcotic used in the operation, and potassium chloride is a strong drug used in poisoning. Its structure is that after the suicide volunteer presses the button, the timer starts, and the salt water automatically changes to pentosa. After one minute, potassium chloride begins to flow into the body. Using this device to commit suicide in June 1990 was American housewife Janette Adkins (54 at the time). When she was diagnosed with early-onset dementia in 1989 and was planning to kill herself, she heard about Dr. Gaborkan’s suicide device and got in touch. Dr. Gaborkan

prepared a white German Volkswagen minivan and searched for a camper-only park suitable for suicide. In June 1990, she and the Dr. drove to the park in the car. She hid behind the car. The Dr. first inserted the needle into the IV and injected the saline solution. When the Dr. adjusted the flow rate, Janette pressed the button. button, the infusion changed to pentoza, twenty seconds later she fell asleep, then pentoza switched to potassium chloride, after forty seconds her face turned red, and after another thirty seconds it turned blue, and soon appeared red spots. The electrocardiogram was completely straight after five minutes and thirty seconds. In fact, her heart had stopped beating before that. Janette, an English teacher and a serious woman with a penchant for classical music, is thought to have made her an unbearable Alzheimer's disease.

[Check cause of death]

This incident is the “assisted suicide incident” in the great debate about the autonomy of dying with dignity in the United States.

In front of you, if you really want to die completely and safely, you have to rely on the help of Dr. Gaborkan to commit suicide, otherwise there is no other way. He also used this device to make two women commit suicide in October 1991, and he received an endless stream of consultations. He was able to use the device because the state of Michigan, where he lives, does not punish assisted suicide. In Japan, the criminal law clearly defines the crime of assisting suicide. So Garnett went from Oregon to Michigan on purpose.

There is no pain other than needle sticks, and you can die in sleep. Whether others see it or not, if you don't want to die in your own room and want to go to the United States, you may as well get in touch. However, it is not known whether he will use the device for someone who is not afflicted by the disease.

Japan also has a Death with Dignity Association, but it only recognizes patients suffering from terminal cancer who cannot be cured by current medical technology, and is unwilling to use passive euthanasia that prolongs life in vain, and opposes suicide in general.

The contact points for the Japan Society for Death with Dignity are as follows: Postal code 113 Tokyo Metropolitan Transportation Kyoto Hongo

2-29-1 Watanabe Building 2nd Floor Tel:

03-3818-6563

[Case Study 31] Man

who committed suicide by gas poisoning while trying to defraud life insurance In October 1971, a fifty-six-year-old man was found using gas in a room of an apartment complex.

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suicide.

According to the investigation, the man joined the insurance of three companies including Yasuda Life, First Life, and Hundred Life from May to July, two years before his suicide. 70,000 to 6,200,000 yen. Before his death, he said to people, "I'm going to leave insurance money for my children to die."

She was ashamed and distressed for causing great misfortune, and she was separated from her family when she committed suicide.

While working for a real estate company, he also doubles as a bowling night policeman and a life insurance company.

The salesman even borrowed money from relatives and friends to pay insurance premiums totaling 5.5 million yen.

According to his colleagues at the real estate company, he is usually honest and not like a member who does that kind of thing.

[Check cause of death]

If it is suicide by using ordinary gas, people who want to commit suicide should also know a little about life insurance, so I will introduce this example. Life insurance benefits, even if your cause of death is suicide, will not be paid until one year later. Also, the earlier you receive the insurance benefits, the better, so it is better to die immediately after a year after signing the contract. However, considering all this and committing suicide, I am afraid that there is no one other than this man.

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Suicide Statistics

The previous information is of great

reference value for understanding what means to use and where to commit suicide, so it is briefly described here. The first is the data classified by method. How did the suicides so far die?

??

??

?? 1950 1960 1970 1980 1991 ???? 6641 6560

7542 10968 11313 ???? 4540 8135 2211 1335 1360

???? 152 281 562 1365 2119 ???? 39 834 1693 2342

1251 ???? 2619 2029 1762 1543 1342 ???? — 1816

1142 1166 865 ???? 2320 488 816 1823 1625

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Total Suicide

Manuals 16311 20143 15728 20542 19875

??? Figure 1 Statistics of various suicide methods

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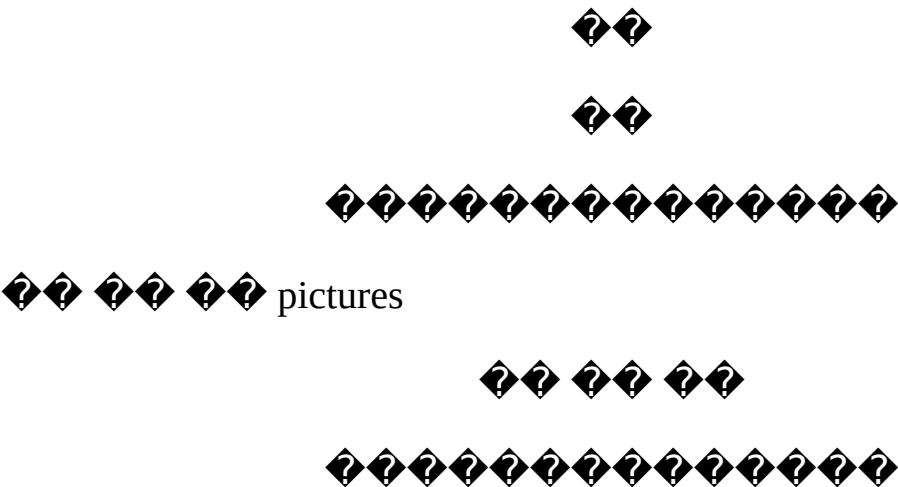
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??? The first place is hanging, followed by jumping



from a car. , with a disparate advantage to  
come out on top. Followed by 2, 19 people  
who “jumped from a height”, 3rd were 1, 360  
people who “jumped from a high place” (drowning),  
1, 34 people who “drowned (drowned)” Two, the fifth  
is “gas or vapor” one, two and five. Further down  
are the 865 people who jumped the volcano, the 783  
people who suffered from “heat injury (self-immolation)”, and the 616  
people who suffered from  
“blade and sharp weapons” (i.e. cutting wrists, etc.).  
Electric shocks were exceptionally rare, at five.  
sixteen people. Hanging had ceded the first place to  
Poison from 1955 to 1960, but in 1980 it rose to the  
10,000 mark, and the first place was rock solid.  
Jumping off the building also broke through the  
2,000-person mark in 1986 when the popular singer  
Okada Yukiko jumped off. The following year, it rose  
to the second place and never less than 2,000  
people, and stabilized. Taking poisoning once rose  
to the first place with the suicide wave of sleeping  
pills, which peaked in 1960, and then declined, but

for some reason it rose again to more than 2,000 people between 1985 and 1987, but At present, there is a slight downward trend due to the increasingly strict drug management. In 1960, there were only more than 2,000 suicides, but now it has dropped to about 1,400. When natural gas became popular around 1975, there was a record of 3,000 people. Since the city gas has been converted to natural gas without carbon monoxide, there are only about 1,000 people who use vehicle emissions. The ranking order has remained largely unchanged. Please refer to Figure 2 for the changes in suicide methods between men and women.



◆◆◆Figure 2 Statistics on the number of people by different suicide methods

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◆◆◆The most striking difference between men and women is to throw water and plastic bags that women often use. The first is suicide by throwing water. The majority of men who commit suicide is the same all over the world. No matter which method of suicide is used, it is basically three to two to two to one, and the majority of men are men. However, why is it that women committed suicide by drowning in Japan since ancient times? No matter if the total number of suicides by drowning is more or less in a year, men commit suicide only two-thirds of women. There are only one or two hundred suicides per year by suffocation with plastic bags, but most of them are used by women, and the reason is completely unclear. It is also

mentioned in the text that men use electrocution to commit suicide in surprisingly many ways. There are only more than 100 suicides by electrocution every year, among which female suicides are only more than 10 per year, and men never fall below 90% of all suicides. This is also an unsolved “mystery” among experts. Of course, some people say that the woman lacks electrical knowledge, but the reason is unclear.

◆◆◆ Jumping from a building is very influential to teenage women. No matter what age group, hanging is definitely the majority, but most of them are women in their teens and twenties. Since 1986, jumping from a building has surpassed hanging. Especially among the teens. In 1990, 74 people jumped from the building and 31 people were hanged. In 1986, it was 162 to 78, with more than one jumping off the building. times more. In 1985, only fifty-two teenage girls committed suicide by jumping off buildings. There is no denying that this is because of the influence of Okada Yukiko who committed suicide by jumping off the building. The influence she

has left on the history of suicide in Japan is immeasurable.

In the past, as an example of exceeding the number of hangings, in 1960, when sleeping pills were at their peak, the number of people in their teens and twenties was one to three to one, and the number of suicides for sleeping pills reached three to eighty-eighty-nine. so many people.

However, barring this exception, hanging is always in first place regardless of age group.

It is said that handgun suicide ranks first in the United States, of course, because it is easy to get a handgun. However, in other countries including the United States, hanging is widely used, which means that hanging as a means of suicide is the most popular.





closed in Tokyo, and the situation of more than 2,000 suicides handled by the ambulance department for six years is sorted out. The order of the number of suicides (including the attempted ones) is Tuesday (15.3%), Monday (14.9%), Friday (14.5%), Sunday (13%), Saturday (13.8%). In a certain district in Tokyo, the survey results showed the most on Thursdays, and the least on Wednesdays and Sundays. Judging from the successful suicide, Wednesday is the least. More than 100 years ago, the French sociologist Gaiercaibao made statistics showing that there are more Tuesdays and Thursdays and fewer Fridays to Sundays. It's all the same that there are fewer Sundays, the other days aren't much different.

◆◆◆ There are more suicides at night than during the day So, from the perspective of time, when do the most suicides occur? According to an analysis of the data of 8,000 people handled by the Tokyo Observatory Medical Center in the three years since 1955, the most at night is from 21 to 24 o'clock,

and the least in the early morning. The popular sleeping pill suicides at that time accounted for 36% from 21 to 24, and 56% from 21 to 3. The most attempted surveys in Kamakura were also at night, with fewer in the early morning and during the day. A survey conducted in Jindu by dividing the six hours of a day into four sections shows that the most successful ones are

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Between 12 and 18 o'clock (32.1%) and between 0 and 6 o'clock (27.4%), less than 18 o'clock to 24 o'clock (19.0%) and 6 o'clock to 12 o'clock (21.4%). However, among those who failed, it was from 18 to 24, accounting for 31.0%, followed by 29.4% from 12 to 18.

The findings of these surveys show inconsistent results, so generalizations cannot be made, but suicide is at least plausible at night and in the morning. However, the order of the survey conducted in Niigata Prefecture is 0-6:00 (29.4%),



12-18:00 (23.5%), 18-24 (21.5%) 6%), 6-12 o'clock (17.6%). From six to twelve o'clock, it's less, and it's roughly the same. It's difficult to analyze other results. In rural areas where elderly people commit suicide more often, the timing of suicide can be said to be different from that in urban areas.

[Ranking about suicide]

◆◆◆ Suicide is twice as high as homicide

So, are suicides increasing? According to

Figure 4, after the war, there were two peaks from 1955 to 1958 and from 1983 to 1986, with more than 20,000 deaths in one year. It has been decreasing, and in 1992 it has only slightly recovered. However, the reason for the increase in 1983 is thought to be due to microfinance, and in 1986 it was influenced by Yukiko Okada. On the whole, it is generally fluctuated by the standard of 20,000 people. This is 1.5 to 2.0 times the number of traffic accidents and 2.5 times the number of homicides.

◆◆◆ Suicide ranks among the top among the 20-30 year olds

In terms of causes of death, suicide has taken the seventh place after cancer, heart disease, cerebral hemorrhage, pneumonia, bronchitis, accidents, and aging in the past decade. In the post-war period, many people died of tuberculosis and gastroenteritis, so the order is still later. However, looking at age groups, suicide has been recorded in recent years as the first or second place behind accidents or cancer among those in their twenties and thirties. At the age of fifteen to nineteen, forty to forty-four, it is also in third place. Among the elderly with a high suicide rate, the ranking of suicide decreases with age. According to the Ministry of Health and Welfare's Statistics and Information Department, "Just looking at the numbers, the elderly are the majority of suicides.

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may not be correct." That's why. Cancer in the first place has more than 10,000 deaths in

the 40s, but as people reach their 50s, 60s, and 70s, the number of deaths is 20,000, 40,000, and 60,000. Increases everywhere. At the same time, the ranking order of suicide is fifth, sixth and seventh. Specifically, judging from the figures in 1991, 962 people committed suicide between the ages of 20 and 24, and the death rate per 100,000 people in this age group was 10.4%, ranking in the second. The number of people aged 70 to 74 is 1,188, and the mortality rate is 30.5%, ranking ninth. Indeed, the suicide index is high in proportion to the population. However, if one were to ask who is the most deadly person by suicide, this order is an important answer. It can be said that the young generation from 10 to 30 years old died by suicide the most.





 pictures























Figure 4 Statistics of suicide mortality



## [Comparison of International Suicide Rankings]

❓❓❓ Incomprehensible suicide country - Which country has the most suicides in Hungary?

Even in Japan's statistical method, the

Ministry of Health and Welfare and the

National Police Agency differ by more than

1,000 out of 20,000 people. It is not necessary to compare by country, but it is an interesting issue, so it is necessary to compare.

According to the latest data from WHO

(World Health Organization), the suicide

death rate (the number of suicide deaths per

10 million people), Hungary, which is well—

known as a suicide country, ranks first,

accounting for 39.9% (survey in 1990). ). Men alone account for a staggering 59.9 per cent. The following are 33.2% in Sri Lanka (1986), 28.5% in Finland (1989), 24.1% in Denmark (1990), 2 in Austria 3.6% (1990), 21.8% in the former Soviet Union (1990), 21.9% in Switzerland (1990). On the contrary, Greece has very few, only 3.8%

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(1989), it can be said to be terribly rare. The others are 6.8% in Israel (1988), 7.4% in Argentina (1987), 8.1% in the UK (1990), 8.8% in Portugal (1990), 8.9% in Puerto Rico (1989), 10.2% in the Netherlands (1989), 10.5% in Hong Kong (1989) )Wait. All in all, statistics are a bit ambiguous and don't need to be delved into. Among the major countries, Japan is 16.4% (1990), the United States is 12.4% (1988), France is 20.9% (1989), China It is 17.1% (in 1989), and it is a feature that there are more

female suicides in China. Canada was 13.3% (1989).

Japan, known as a “suicide country” after jumping to the top during the second peak of sleeping pill suicides, is currently in the middle.

◆◆◆ It is also interesting that the suicide methods adopted by different countries are different in the United States, which committed suicide by gun, and Germany, which committed suicide by hanging.

According to the current statement, the United States shoots, Italy, which owns the water capital Venice, throws water, and Germany has its own characteristics of hanging.

According to recent data, the suicide rate in the United States due to guns and explosives is 47.1%, which is indeed quite a lot. The following is poisoning. Gas is 20.8%, hanging is 20.5%, and other means are considerably less. In Italy, Switzerland, Canada, Australia, gun suicides are said to be the most frequent. According to the 1969 data from West Germany, hanging accounted for the absolute majority, 39% of the total. The following is poisoning. Sleeping pills are 23%, gas is 13%, and water is 9%.

Of course, there are also regional differences. Berlin has the most gas, and Hamburg has the most sleeping pills. The similarity with Japan is that jumping from the building only accounts for 5%. Also in Sweden and Denmark, hanging is the most common. Data from England and Wales in the United Kingdom in 1965 showed that men accounted for three or four percent of the gas, followed by sedatives. 25% of anesthetics, 13% of hanging. Forty-nine percent of women's drugs and 33 percent of gas, I don't know why these two are surprisingly high, other methods are in single digits. France is medicine. According to the data of 1966 and 1970, the first place is medicine, the second place is sharp blade, and the third place is gas. Women use drugs especially. India is also a drug. 1966

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According to the statistics of the year, although the number of samples was only 912, the order was 46%

for drugs, 22% for water injection, and 14% for hanging.

In Nigeria, Africa, according to the data published in 1962, up to 50% were hanged. The following order is guns, poisons, and sharp knives. The above situation seems to reflect various national conditions.

◆◆◆ A stunning view that makes people think of life and death

- Golden Gate Bridge, like Japan, of course there are also suicide spots overseas. The most famous is the Golden Gate Bridge in San Francisco. As many suicidal people say that they did not come for the purpose of suicide, but witnessing the stunning scenery that makes people think of suicide is pure atmosphere. A certain seventy-year-old man jumped off after leaving a suicide note, “Why did you create such a landscape that is easy to commit suicide?” Similarly, Nicaragua Falls in the United States is also known as a suicide destination. The Thames River in the United Kingdom and the Ganges River in India were once known as suicide resorts. In Japan, it is probably Kegon Falls.

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postscript

In the preface, I wrote an exaggerated opening remark like “about modern society and suicide”, but in fact it is indeed a bit exaggerated. The original reason for writing this book was just because I was tired of the idea that “you can’t commit suicide”, which has no basis in any way of thinking, but it was very simply trusted by the public. Elementary school teachers use “importance of life” as a topic to ask students to write essays everywhere; people who commit suicide are casually said to have weak willpower, and so on. A society where the words “Live strong” are so easily uttered is not only breathless but also painful to live. Therefore, let this book circulate, create the option of “you can also seek death when you have to do it”, and hope to open up a vent in a closed and dying society, so that the air can circulate and make life easier. This is my real purpose. . I’m not expounding on such a boring thing as

“everyone will commit suicide!”

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manual is comfortable, if you want to die, you have to die freely, life should be like that.

Here, I would like to express my gratitude to Misa Ochiai who is in charge of editing, Seichi Suzumoto who is in charge of art design, and Sara who is in charge of illustration.

Dashiro Kaznoli, with deep gratitude.

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