

## WILL THE UNIVERSE COMMIT SUICIDE?

This Free E-Book is brought to you by [Natural-Aging.com](http://Natural-Aging.com).

**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

## WILL THE UNIVERSE COMMIT SUICIDE?

By ARTHUR ZULU

### WILL THE UNIVERSE COMMIT SUICIDE? by ARTHUR ZULU

Author: Arthur Zulu

Contact Author: [mailto: controversialwriter@yahoo.com](mailto:controversialwriter@yahoo.com)

Copyright: Copyright © Arthur Zulu 2002

Word Count: 606

Web Address: <http://www.1stbooks.com/bookview/10975>

Publishing Guidelines: Permission is granted to publish this article electronically or in print as long as the bylines are included. A courtesy copy of your publication would be appreciated.

## WILL THE UNIVERSE COMMIT SUICIDE?

By Arthur Zulu

Once upon a time, there lived a madman who wanted to die a horrible death. He thought of two options for the final exit. Option one: Make a gigantic camp fire hotter than the sun and jump into it. Option two: Dive into a sub zero degree ice and bury himself with glacier. Either of the choices seemed appealing to him.

But hold on, before you think that this is a folk story from Mars. The story may soon play out, say some school of thought, who believe it is the world's fate.

Only that the characterization is wrong. Because the madman is not the human race but the universe. And mankind has no choice. The universe will decide which is a better choice—fire or ice. Either choice is period for life.

How did we come to have such destiny?

## WILL THE UNIVERSE COMMIT SUICIDE?

It is because of how the universe started, they say. And how did the universe begin?

Scientists believe that in the beginning, space was one small dense point. Then suddenly this singularity expanded at a terrifying speed, spewing out gigantic stars and galaxies, and has continued to race to Heaven knows only where, ever after.

As to how life eventually began, well, this is biology made easy. Out of this non-living world, someday a micro-organism sprang out of one warm chemical soup in the ocean. And by some kind of clever maneuvering, yielded the abundant variety of living species today, including man. Interesting story.

Now, it does not matter whether you believe this story or not. Or whether you even fully understand. In fact you are not supposed to understand it. So, the ignorant you are, the better.

You know that these things happened billions of years ago. And in those times, before man learnt to write, things happened spontaneously. Just like that, without any outside help.

They are not called miracles because scientists don't live in a world of miracles. Call one the Big Bang, and the other, Evolution. That would suffice.

The scientists are, therefore, saying that the world would end just the why it began. In this case it may either be a bang, or murmur.

Take the first scenario -- the inflation theory. If the universe began by expansion, and has since been stretching out, the believe is that someday, the universe will stretch itself out. And by that time, gases sustaining it would have been sucked out, and the universe will grow dark, cold and unbearable.

The man on earth will not find it funny. Without sun, the vegetation will die, and man starving from hunger and air, unused to such conditions, will start dropping dead, leaving the dogs to keep watch.

But they would not even be able to play the watchdog for they would follow their masters soon. Maybe a few polar animals used to surviving in sub zero temperatures may tarry for a while. And follow later.

The second scenario is the deflation theory. Some imagine that one day, the universe will stop its expansion to outer space, and race back to where it began -- collapse on itself!

Now, imagine all the billion stars and galaxies colliding unto themselves, and try to figure out how big the fire will be.

## WILL THE UNIVERSE COMMIT SUICIDE?

The fiery furnace will just lick the earth's water in nanoseconds, and life will vanish in the great conflagration.

So, life may go either way say scientists -- what a frightening prospect! And it will happen on the day that the natural forces decide to go mad. And when the universe goes bonkers, not even our planet can save us.

In fact, stars have been exploding and colliding with one another in bizarre space, and no news is made of it. And that is because no lives are involved. But on the day that the earth will freeze or explode in fire, there will be funeral songs and the death drums would sound.

There are funerals, though, when there are survivors. On this day, however, there will be no survivors to compose elegies, or sound funeral drums.

Take comfort though. That day may be long in coming.

Copyright © 2002, all rights reserved

About the Author:

ARTHUR ZULU, The Most Controversial Writer in the World, is the author of the best – selling book, HOW TO WRITE A BEST–SELLER. Download your copy and FREE excerpt at : <http://www.1stbooks.com/bookview/10975>.  
For FREE writing helps, [mailto : controversialwriter@yahoo.com](mailto:controversialwriter@yahoo.com)

ARTHUR ZULU, The Most Controversial Writer in the World, is the author of the best - selling book, HOW TO WRITE A BEST–SELLER.

### **Depression And Suicide**

**By "Dr. Isaac Schumann"**

Eighteen year old Catherine had everything: the most supportive family, a loving boyfriend, awesome set of friends and a comfortable life. But all of these things took a backseat when she was diagnosed with depression. From the bubbly chatterbox that she was, she morphed into a melancholic girl who had nothing in mind but to kill herself. "There is nothing left to live for. I'm worthless and hopeless." That statement ran in her head over and over again. She wanted to jump off the bridge or drink formaldehyde on a whim.

She was suicidal.

It took a lot of trips to the doctor and support from her family and friends before Catherine bounced

## WILL THE UNIVERSE COMMIT SUICIDE?

back to normalcy. Now, the melancholia and suicidal thoughts are gone. She has just finished college and is about to start her dream job.

Suicide is defined as the act of killing oneself intentionally. It stems from severe depression, an illness that intervenes with the mental, physical and emotional aspect of a person.

The majority of depressed people do not actually die from suicide. But depression does trigger a higher suicidal risk. New data has reported that two percent of depressed people who have received treatment for depression in an outpatient scenario might die by suicide. Four percent of those who were treated in an inpatient hospital setting might also die by the same method. Those who have suicidal attempts before are also likely to die by suicide later on. Another research shows that 7 percent of men with a history of depression will eventually kill themselves whereas only 1 percent of women with history of depression will do.

Those who have had mood disorders commit suicide. The clinically depressed younger ones often turn to substance abuse to kill themselves.

The most common method of suicide is by the use of firearms, as it makes up the 60 percent of suicides. From a study of the National Institute of Mental Health, about 80 percent of white males commit suicide by shooting themselves. This pushes the resolve that a firearm must be removed from the home if a family member is discovered to be at risk for suicide.

The next most common method for men is hanging whereas drug overdose or self-poisoning is the second most common suicidal method for the women.

Other than depression, there are other risk factors for suicide:

1. Impulsivity. There are people out who do things on a whim. If one has a gun in hand, he might shoot himself out of an impulse.
2. Traumatic life events. A death of a loved one, financial rut or other adversity might compel a person to kill him or herself.
3. History of suicide in the family. There is such a thing as "suicide contagion" in which a person is exposed to suicides and suicidal attempts often. This can become a risk factor for killing oneself.
4. Family violence If one is physically or sexually abused, he or she might turn to suicide to end the ordeal.
5. Suicide attempt before He has done it before, why not do it again?
6. Alcohol and drug abuse An alcoholic or drug addict will reach a point when he will have no qualms on killing himself.

## WILL THE UNIVERSE COMMIT SUICIDE?

Depression is a problem that has to be uprooted to keep suicidal thoughts at bay. If a person is suicidal, it is a must that he receives professional treatment. Usually, those who are thinking of killing themselves do not know they need help.

Preventing suicide is no easy feat, either. It is in this light that a broad and extensive suicide prevention program must be established. These programs must zero in on the treatment of depression and drug abuse. Before being launched to the public, they must be scientifically assessed and tested first for effectiveness and safety. They must also be extensive and complex enough so that the effects will last a long time and eventually banish all suicidal thoughts. They must also be carried out according to the age, culture and gender of the suicidal patients.

Depression and suicide do go together, but if one works hard to combat depression thoughts of suicide will be banished.

Dr. Isaac Schumann brings to you a life time of experience in the mental health field



This Free E-Book has been brought to you by [Natural-Aging.com](http://Natural-Aging.com).

**[100% Effective Natural Hormone Treatment](#)**  
**Menopause, Andropause And Other Hormone Imbalances**

**Impair Healthy Healing In People Over The Age Of 30!**

