SOCIETY, SHUMAN EXPERIENCE

Robert Kastenbaum and Christopher M. Moreman



Death, Society, and Human Experience

Providing an overview of the myriad ways that we are touched by death and dying, both as an individual and as a member of society, this book will help readers understand our relationship with death. Kastenbaum and Moreman examine the various ways that individual and societal attitudes influence both how and when we die and how we live and deal with the knowledge of death and loss. This landmark text draws on contributions from the social and behavioral sciences as well as the humanities, including history, religion, philosophy, literature, and the arts, to provide thorough coverage of understanding death and the dying process. *Death, Society, and Human Experience* was originally written by Robert Kastenbaum, a renowned scholar who developed one of the world's first death education courses. Christopher Moreman, who has worked in the field of death studies for almost two decades, specializing in afterlife beliefs and experiences, and the ways that these might affect how we live our lives, has updated this edition.

Robert Kastenbaum (1932–2013) was Professor of Communications at Arizona State University. His other books include *The Psychology of Death* (1972, 1990, 2000); *Dorian, Graying: Is Youth the Only Thing Worth Having?* (1995); and *On Our Way: The Final Passage through Life and Death* (2004).

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NEW TO THIS EDITION

- Physician-assisted dying has been legalized in a number of states, with more likely to follow.
- Green, natural burial has increased in popularity, as has the choice of cremation over burial in many parts of the country.
- Social media has introduced new options for mourning and memorialization, and poses new questions about grief, attachment, and legacy.
- LGBT issues outside of HIV/AIDS-related death has begun to receive more attention from researchers, though still more work is needed.
- Expanded discussion of multi-cultural perspectives on death, dying, and the afterlife are added.
- Perspectives on assisted-dying, palliative care, and a good death are all nuanced by reference to a range of religious perspectives.
- Cloning as it relates both to organ donation and the potential for personal bodily immortality no longer appears relegated to science fiction.
- Expanded questions offered "For Further Thought" at the end of each chapter.

Robert Kastenbaum died at his home, under hospice care, on July 24, 2013. His obituary, which details not only his great influence on the study of death and dying, but also his personal interests outside of this as well, can be read here: www.legacy.com/obituaries/azcentral/obituary.aspx?pid=166138491. It is with great humility that I (Chris) assume responsibility for updating Robert's long-lived textbook, the first of its kind ever written when the first edition appeared in 1977. Throughout the text, I have made an effort to keep Robert's voice alive as he often references his own personal experience and expertise. When the first person is used, I (Chris) have made sure to mention whether it is Robert or Chris doing the talking. In some cases where I'm in total agreement with some sentiment, or if I've also shared the same kind of experience as Robert did, then I use the first person plural, we. I hope that this convention will not only allow Robert to keep expressing his view, but will also allow for an ongoing conversation to develop as I enter into the text as well. I hope that you, the readers, will also engage in this conversation with us and, especially, with your instructor and with your peers, your friends, and your family.

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Death, Society, and Human Experience

Robert Kastenbaum and Christopher M. Moreman



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Contents

1	AS WE THINK ABOUT DEATH	1
	A History of Death 3	
	Not Thinking about Death: A Failed Experiment 5	
	Your Self-Inventory of Attitudes, Beliefs, and Feelings 6	
	Some Answers—and the Questions They Raise 12	
	Man is Mortal: But What Does That Have to Do with Me? 15	
	Anxiety, Denial, and Acceptance: Three Core Concepts 17	
	Studies and Theories of Death Anxiety 17	
	Major Findings From Self-Reports of Death Anxiety 18	
	Theoretical Perspectives on Death Anxiety 22	
	Accepting and Denying Death 25	
	Summary 29	
	Glossary 30	
	For Further Thought 31	
	References 31	
2	WHAT IS DEATH? WHAT DOES DEATH MEAN?	35
	Ideas About the Nature and Meaning of Death 37	
	Death as Observed, Proclaimed, and Imagined 38	
	Biomedical Approaches to the Definition of Death 41	
	Event Versus State 45	
	Interpretations of the Death State 46	
	Conditions That Resemble Death 50	
	Death as a Person 52	
	Conditions That Death Resembles 55	
	The Undead 57	
	Death as an Agent of Personal, Political, and Social Change 60	
	Summary 65	
	Glossary 66	

	For Further Thought 66 References 67	
3	DENIAL OR ADAPTATION: THE DEATH SYSTEM	71
	A World Without Death 75	
	Basic Characteristics of the Death System 77	
	Components of the Death System 78	
	Functions of the Death System 81	
	Disasters and the Death System 91	
	How our Death System Has Been Changing—and the "Deathniks" Who are Making a Difference 98	
	Causes of Death: Yesterday, Today, and Tomorrow 101	
	Basic Terms and Concepts 102	
	Summary 105 Glossary 106 For Further Thought 107 References 107	
4	DYING: TRANSITION FROM LIFE	111
	"Dying": Primped and Medicalized 112	
	The Moment of Death: Is it Vanishing? 112	
	What Is Dying, and When Does it Begin? 115	
	Trajectories of Dying: From Beginning to End 119	
	Guarded Feelings, Subtle Communications 125	
	Individuality and Universality in the Experience of Dying 130	
	Theoretical Models of the Dying Process 133	
	Summary 143 Glossary 144 For Further Thought 144 References 145	
E	HOSPICE AND PALLIATIVE CARE	149
J		147
	Hospice: A New Flowering from Ancient Roots 151 Standards of Care for the Terminally Ill 154	
	The Hospice in Action 156	
	1 100 1 100 p 100 11 1 1 1 1 1 1 1 1 1 1	

Relief of Pain and Suffering 162	
Hospice Access, Decision Making, and Challenges 166	
Dame Cicely Saunders's Reflections on Hospice 170	
Summary 173 Glossary 174 For Further Thought 174 References 175	
6 END-OF-LIFE ISSUES AND DECISIONS	179
From Description to Decision Making 180	
Who Should Participate in End-of-Life Decisions? 180	
The Living Will and Its Impact 181	
Right-to-Die Decisions That We Can Make 182	
A Right Not To Die? The Cryonics Alternative 189	
Organ Donation 192	
Funeral-Related Decisions 195	
Summary 197 Glossary 198 For Further Thought 199 References 199	
7 SUICIDE	203
What Do the Statistics Tell Us? 205	
What About Suicide Attempts? 208	
Four Problem Areas 209	
Some Cultural Meanings of Suicide 221	
A Powerful Sociological Theory of Suicide 224	
Some Individual Meanings of Suicide 226	
Facts and Myths about Suicide 231	
Suicide Prevention 232	
Emerging Issues and Challenges 235	
Summary 238 Glossary 239 For Further Thought 240 References 240	

8	AND ACCIDENT AND ACCIDENT	247
	Murder 251	
	Terrorism 261	
	9/11 and Its Consequences 266	
	Accident and Disaster 271	
	Summary 276 Glossary 277 For Further Thought 278	
	References 278	
9	EUTHANASIA, ASSISTED DEATH, ABORTION, AND THE RIGHT TO DIE	283
	"I Swear by Apollo the Healer": What Happened to the Hippocratic Oath? 285	
	Key Terms and Concepts 287	
	Our Changing Attitudes Toward a Right to Die 292	
	The Right-to-Die Dilemma: Case Examples 293	
	Terri Schiavo: Who Decides? 298	
	A Slippery Slope or the Power of Hope: The Case of Jahi McMath 302	
	Dr. Kevorkian and the Assisted-Suicide Movement 302	
	Assisted Death in the United States 308	
	Induced Abortion 311	
	Summary 314	
	Glossary 315	
	For Further Thought 315 References 316	
10	DEATH IN THE WORLD OF CHILDHOOD	321
	Respecting the Child's Concern and Curiosity 322	
	Adult Assumptions about Children and Death 323	
	Children Do Think about Death 324	
	Research Case Histories 328	
	Concepts and Fears: Developing Through Experience 332	
	How Do Children Cope with Bereavement? 342	
	The Dying Child 347	
	Sharing the Child's Death Concerns: A Few Guidelines 352	
	The "Right" to Decide: Should the Child's Voice be Heard? 353	

	Summary 354 Glossary 356	
	For Further Thought 356 References 357	
11	BEREAVEMENT, GRIEF, AND MOURNING	363
	Some Responses to Loss 364	
	Defining Our Terms: Bereavement, Grief, Mourning 366	
	Cultural Variations in Mourning 371	
	What Kind of Grief? 374	
	Theories of Grief 376	
	How do People Recover from Grief? 382	
	Bereavement in Later Life 389	
	Are Bereaved People at Higher Risk for Death? 390	
	How Well Do We Support the Bereaved? 391	
	Meaningful Help for Bereaved People 392	
	Widows in Third World Nations 395	
	On the Future of Grieving and Mourning 396	
	Summary 398	
	Glossary 399	
	For Further Thought 399 References 400	
10	THE SHAFF ALL DROGGES	407
12	THE FUNERAL PROCESS	407
	Some Responses to the Dead 408	
	What Do Funerals Mean to Us? 411	
	From Dead Body to Living Memory: A Process Approach 413	
	Making Death "Legal" 422	
	What Does the Funeral Process Accomplish? 423	
	Memories of Our People: Cemeteries in the United States 429	
	The Place of the Dead in Society: Yesterday and Today 432	
	The Funeral Director's Perspective 438	
	Improving the Funeral Process 440	
	Spontaneous Memorialization in Response to Violent Death 443	
	Integrity and Abuse in the Funeral and Memorial Process 444	

Summary 446

	Glossary 447 For Further Thought 447	
	References 448	
13	DO WE SURVIVE DEATH?	453
	Concept of Survival in Historical Perspective 454	
	Heavens and Hells 459	
	The Desert Religions and Their One God 459	
	What Other People Believe Today 462	
	Does Survival Have to be Proved—And, If So, How? 465	
	When Spiritism Was in Flower 470	
	Near-Death Experiences: Evidence for Survival? 473	
	Should We Survive Death? 478	
	But What Kind of Survival? 479	
	Assisted and Symbolic Survival 480	
	The Suicide–Survival Connection 483	
	Summary 484	
	Glossary 485	
	For Further Thought 486 References 486	
	HOW CAN WE HELD CAREONING AND DEATH EDUCATION	401
14	HOW CAN WE HELP? CAREGIVING AND DEATH EDUCATION	491
	"Compassionate Fatigue": Burnout and the Health-Care Provider 493	
	Death Educators and Counselors: The "Border Patrol" 497	
	Death Education and Counseling: The Current Scene 501	
	Counseling and the Counselors 503	
	How We All Can Help 505	
	Summary 507 Glossary 508	
	For Further Thought 508	
	References 509	
15	GOOD LIFE, GOOD DEATH? TRYING TO MAKE SENSE OF IT ALL	513
-	The Space between Bad and Good Deaths 515	
	A Father Dies: A Mission Begins 516	
	A Shift in the Meaning of Life and Death? 517	

Good Death and the State of End-of-Life Care 519

Are we Live or on Tape? The Life-and-Death Challenges of Virtual Reality 520

Utopia: A Better Death in a Better Place? 522

Religious Understandings of a Good Death 526

"The Good Death": Fantasy or Reality? 527

Extinction: Death of Life or Death of Death? 531

From Good Life to Good Death: A Personal Statement 534

Summary 535

Glossary 536

For Further Thought . . . 536

References 537

Photo Credits 539 Index 541 Is death our greatest fear, as many observers have concluded? Perhaps they should have added, "That's why it can be such a thrill to dance at the edge of existence."



CHAPTER

As We Think About Death

Union General John Sedgwick was killed during the battle of Spotsylvania on May 8, 1864, while watching Confederate troops. His last words were, "They couldn't hit an elephant at this dist"

—quoted by John Richard Stephens (2006, p. 161)

One man was stretchered away after he was hit in the back by a bull with its horn and another man who had tripped had a lucky escape when the animal simply tripped over him . . . "You're not even thinking. You're just sprinting. The elation at the end of it. You're just ecstatic," said a 23-year-old accountant from Adelaide, Australia, Jim Atkinson

-CNN (2004)

"His brow was perfectly calm. No scowl disfigured his happy face, which signifies he died an easy death, no sins of this world to harrow his soul as it gently passed away to distant and far happier realms."

—U.S. Civil War Confederate soldier, quoted by Drew Gilpin Faust (2008, p. 21)

In the land of the Uttarakurus grows the magic Jambu tree, whose fruit has the property of conferring immunity from illness and old age, and, by means of this fruit, they lengthen their lives to a thousand years or even, in some accounts, to eleven thousand years . . . among other things, their realm includes landscapes of precious stones and trees from whose branches grow beautiful maidens.

—Gerald J. Gruman (2003, p. 33)

*

but not here, not now, and surely not for us. We wake to a familiar world each day. We splash water on the same face we rinsed yesterday. We talk with people whose faces are familiar. We see so much of what we have seen many times before. It is so comforting ... this ongoingness of daily life. Why disturb this pattern? Why think of death? Why make each other anxious? And why do anything that would increase our risk? Here are a few quick, if perhaps not entirely satisfying answers:

- General Sedgwick led an eventful life, but is remembered now for his inadvertently famous last words. Did he deny his immediate danger to set a bold example for his troops, to cover up his own fear, or perhaps just because he would not think of taking advice from a junior officer? Denial of vulnerability can be a fatal gesture.
- Who can resist the opportunity to be scared out of their wits on a diabolical rollercoaster or gored and trampled by a bull? Each year so many people crowd into the northern Spanish town of Pamplona that they become almost as much a menace to each other as the six bulls who rush down cobblestone streets. (Fifteen have died and hundreds have been injured since the first bull run in 1911.) The "ecstasy" of outrunning death is hard to understand for those who organize themselves around the avoidance of mortal anxiety. Our friend "Anonymous" tries out the biggest and baddest rollercoasters, and does it over and over again. It's the thrill of terror and the joy of survival (see edge theory, this chapter).
- In mid-nineteenth-century United States, people thought often and intensely about death. No family was secure from the threat of virulent epidemics and lethal infections, especially during or after childbirth. Fortunately, they knew how they were supposed to think about death. Guidebooks for Christian living and dying were relied on by many families. The Civil War brought death on an unprecedented scale and in horrifying forms. The loss of young lives was devastating to families on both sides of the conflict. What made these losses all the more

- unbearable was the fact that sons, brothers, husbands, and fathers had died far from home, bereft of comfort and spiritual ministry, and possibly in a despairing state of mind. The Confederate soldier quoted by Faust at the beginning of this chapter was providing a welcome service when he described his cousin's death in such positive terms in a condolence letter. It was best if his relatives could be made to believe that their young man had ended his life at peace with himself and God. How people died reflected on how they had lived and hinted at what would be their estate in the afterlife (see also the *good death* in Chapter 15).
- Through the centuries, most people died before what we now would consider to be midlife. Many did not even survive childhood. Perhaps this is one reason why the folklore of ancient times is filled with stories about fortunate people who lived so long that they hardly needed to think about death. The Uttarakurus were supposed to live in the far north of India, but similar tales flourished in Greek, Persian, Teutonic, Hindu, and Japanese lore, among others. One of the oldest Hebrew legends speaks of the River of Immortality, which some scholars believe provided the background for Christ being identified with the Fountain of Life. The idea that in a faraway place there were refreshing waters that could extend life and perhaps also renew youth was still credible enough to gain funding for Ponce de Leon's expedition to Florida (although skeptics suggest it was gold lust all the way). Fear of dying could be attributed to the prevailing short life expectancy. If only we could do something about death, we wouldn't have to be thinking about it so often!

Some families today cherish fading photographs of relatives who died years ago of pneumonia, tuberculosis, cholera, typhoid, scarlet fever, infantile paralysis, and other widespread diseases. One hoped to survive the diseases that threatened children and young adults. One hoped for the chance to realize personal dreams for a good life. Perspectives have changed about what to do when life isn't good. There are now increasing demands for release from



Sanitation workers are just doing their job, but anthropologist (and fellow employee) Robin Nagel observes many people anxiously associate the disposal of trash with their own mortality in a throw-away society that has difficulty in facing the realities of impermanence and death.

life when the quality of that life has been reduced by painful or incapacitating illness. Death, once the problem, is being regarded as the answer by a growing number of people.

In this chapter we begin our exploration of thoughts, knowledge, attitudes, and feelings about death. We will consider many world societies, although our focus is on the United States. It is not enough, though, to attend only to the way other people think about death; therefore, this chapter also provides the opportunity to take stock of our own dealings with mortality. First, we gather around the campfire and spare a few thoughts for our ancestors.

A HISTORY OF DEATH

We have already touched a little on the history of death. In fact, one might grumble that all of history is just death warmed over. The people who did those things, or had those things done to them—their lives, no matter how lively, have been absorbed into yesteryear. Grumbles aside, the history of death is so interwoven with life that scholars have hesitated to take it on. Try to encompass life and death in the big picture, leaving nothing out and placing everything in balanced perspective. Good luck with

that! Therefore, in this book we offer historical perspectives in many specific areas, e.g., hospice care, euthanasia, terrorism, and afterlife beliefs. One scholar stands out, however, for his effort to identify basic themes in attitudes toward death over an extended period. Phillipe Aries had already made substantial contributions to the history of family life (1987) and the social construction of childhood (1962). Aries' influential work (1981) energized the study of death from a historical perspective. He attempted to reconstruct the history of European death attitudes, focusing on approximately a thousand years after the introduction of Christianity up to the present time. He drew most of his observations from burial practices and rituals surrounding the end of life. Aries' book is a treasure of information regarding how our ancestors lived with death.

What does Aries extract from this daunting mass of observations? Four psychological themes and their variations: awareness of the individual; the defense of society against untamed nature; the belief in an afterlife; and belief in the existence of evil. These themes have unfolded through the centuries.

Death was primarily a community event in the earliest human societies. The community or tribe could be seriously weakened by the loss of its members, and the survivors feared even more for their

lives. Nature was dangerous, so the death of the individual was relatively "tame." How the community would keep itself strong and viable was the challenge.

Ritualization was a way of protecting fragile human society from the uncontrollable perils of nature and malevolent gods. Death and the dead had to be dealt with constantly. Much of the danger resided in potential harm from the dead, who might return with a vengeance. The dead as well as death were tamed by requiring them to return only under specified occasions and conditions. Mostly, the early Christian dead were assigned the role of peaceful sleepers. Speak not ill of them.

About a thousand years into the Christian era, a darker shadow fell over prevailing attitudes: the death of the self became the most intense concern. People became more aware of themselves as individuals. This was associated with a heightened sense of vulnerability. It was their very own life, their very own soul that was at stake. And there was a lot more to life. The quality of life was improving, so people were reluctant to surrender the pleasures of earthly life unless postmortem bliss was assured. The hour of death became the most important hour of life. The Ave Maria became a fervent prayer for a good death. Death was no longer simply a natural part of life: it was make-or-break with individual destiny. This transformation became evidence in burial practices: the body and face were now covered and concealed, taken out of nature.

Next came what might be called twisted death. Rationalism and science were contributing to an increasingly progressive and sophisticated worldview; however, at the same time, death became more entwined with both violence and sexuality. In other words, death had become strange, alien, and sometimes perverted.

Furthermore, a specific dark fear becomes "viral" throughout the world: being buried alive. Horror is on the loose as people recoil but are fascinated at the image of life and death so closely mingled, perhaps with forbidden sexuality as a terrifying temptation. Sex and death would remain strange bedfellows as a cross-cultural theme still having its say.

Attitude change did not stop at this point. Next into prominence came the death of the other. This took place within the context of widespread

technological advances and the growing importance of family life and privacy. People lived more as members of a tight-knit family than as cogs in the larger society. Death had become more personal individual grief breaking through communal ritual. "What the survivors mourned was no longer the fact of dying but the physical separation from the deceased" (Aries, 1981, p. 610). Death now was neither tame nor wild. It could be viewed as a beautiful adventure. This social reconstruction of death was made possible by the dismissal of purgatory, Hell, and an eternity of suffering. Death was revisioned as a guilt-free trip. One could therefore contemplate the mysteries and wondrous transformations rather than tremble at the threshold of damnation. Best of all, death meant reunion with loved ones. Heaven had been improved with an extreme makeover that promised reunion with loved ones, a projection of the earthly good life into a forever space.

Next? The invisible death made its impact in the nineteenth century and continues its dominance today. It does not revoke the death of the other, but takes us to a different place in the mind. "Death became dirty, and then it became medicalized" (p. 612). Why? Because "success" had become everything. The opposite of absolute success was absolute failure, and that was the new role assigned to death. This meant that it was a kindness to protect people from knowledge of their imminent death: enter denial! Avoidance, misrepresentation, and denial had an effect that could hardly have been more unthinkable in earlier eras. It was spiritual deprivation—deprived of the opportunity for that transformative deathbed moment. Distracted from their own final passage and shorn of interpersonal support and communal ritual, people now died neither in grace nor in peril of damnation. If death were no longer an evil, it was no longer a sacred passage either. It was just, well, failure of the machine.

Aries offers many examples in support of his conclusions. His book is little short of a revelation for those who have never attended to the connection between our social constructions and how we live and die. Nevertheless, Aries' conclusions have not escaped challenge. It is possible to read history in more than one way. Perhaps he emphasized one source of data too much while ignoring others.

In any event, he does not delve into the history of death attitudes and practices in Africa, Asia, and the Pacific Islands. A fair assessment is that Aries has made a remarkable contribution for one scholar as he pioneered a vast and neglected realm of human experience.

For a brief, intensive immersion in the history of death, a top recommendation is Barbara W. Tuchman's (1978) authoritative and richly illustrated A Distant Mirror: The Calamitous 14th Century. Here we find death raw, up close, and personal, and in command of town and country, crown and church. Another informative read is John R. Hall's (2009) Apocalypse. He traces the history of doom-saying from antiquity to the twenty-first century. If you have ever wondered about the end of the world, here is the opportunity to catch up with what others have been imagining through the centuries. Many entries on specific historical developments are offered in the encyclopedias listed at the end of this chapter. Our books, Beyond the Threshold: Afterlife Beliefs and Experiences in World Religions (Moreman, 2017), which offers an overview of afterlife beliefs from a wide range of major religious traditions and also explores the purported evidence for an afterlife from individual experiences, and On Our Way: The Final Passage Through Life and Death (Kastenbaum, 2004), are both excellent resources to consult.

Philosophers were most active in pondering death when abstract thought burst through with unprecedented enthusiasm during the Golden Age of Greek antiquity. Socrates himself suggested that all philosophy was ultimately geared towards death. What is the world made of? What is really real, and what is illusion? How do we know anything, and how do we know that we know it? What is the good? And what are we to make of this limited run on Earth? For a reliable overview of the current state of philosophical discourses surrounding death, see Stephen Luper's Cambridge Companion to Life and Death (2014), and also Luper's own text on The Philosophy of Death (2009). As a challenging sample of early philosophical thought, here is what one maverick passed along:

So death, the most terrifying of ills, is nothing to us, since so long as we exist, death is not with us, but when death comes, then we do not exist. It does not

then concern either the living or the dead, since for the former it is not and the latter are no more. (Epicurus, third century B.C.)

Neither the living nor the dead should be concerned about death. Instead, we should cultivate a pleasurable life of learning and friendship. Epicurus illustrated this approach by creating a garden community that welcomed people of all backgrounds who wanted to live here and now in a peaceful and friendly manner. It is said that, remarkably, this community endured for 500 years. Is that a philosophy we should live by—are we entitled too, or are we condemned to worry about our mortal endings?

NOT THINKING ABOUT DEATH: A FAILED EXPERIMENT

As a society, we have tried not thinking about death. Most of us completed our school days without being exposed to substantial readings and discussions about dying, death, grief, and suicide. Who would have taught us, anyway? Our teachers were products of the same never-say-die society. Death did surface sporadically as an event remote from our own experiences. For example, X many gunmen murdered each other in a famous shoot-out. Some king or other died and somebody else grabbed the throne on a date we might need to remember for the exam. Occasionally, interesting people died or people died in interesting ways; otherwise, death had little to do with us.

Students who persevered to a graduate degree received only further lessons in death avoidance. Nurses, physicians, psychologists, social workers, and others who would be relied on to provide human services were not helped to understand their own death-related feelings, let alone anybody else's. During these long years, even clergy often felt unprepared to cope with the death-related situations they would face. Few of their instructors had themselves mastered the art of ministering to the dying.

The media also cooperated. Nobody died. Nobody had cancer. Lucky "Nobody"! Instead, people would "pass away" after a "long illness." Deaths associated with crime and violence received lavish attention, then as now, but silence had settled over the deaths of everyday people. When a movie script called for a deathbed scene, Hollywood would offer a sentimental and sanitized version. A typical example occurs in Till the Clouds Go By (1946), a film that purported to be the biography of songwriter Jerome Kern. A dying man tries to communicate to a friend his realization that this will be the last time they see each other, but the visitor obeys the Hollywood dictum of avoidance and pretense. As a result, the friends never actually connect, never offer significant words of parting to each other. A physician then enters the room and nods gravely to the friend, who immediately departs. Another mortal lesson from Hollywood: The moment of death belongs to the doctor, not to the dying person and the bereaved. Audiences today see this scene as shallow and deceptive. One student spoke for many others in complaining, "It was as phony as can be-what a terrible way to end a relationship!" A new question has arisen, though: Does the fascination with grisly corpses and mangled body parts on television programs such as CSI literally depersonalize death? In "Dead," an episode of Viceland's documentary series, Balls Deep, Thomas Morton remarks on how much easier the autopsy becomes the more parts of the body are removed and the less the remaining masses of flesh resemble a person. Is immersion in gory details just another maneuver to avoid emotional confrontation with the death of a person?

Not thinking about death was a failure. People continued to die, and how they died became an increasing source of concern. Survivors continued to grieve, often feeling a lack of understanding and support from others. Suicide rates doubled, then tripled, among the young, and remained exceptionally high among older adults. Scattered voices warned us that in attempting to evade the reality of death, we were falsifying the totality of our lives. Who were we kidding? Neither an individual nor a society could face its challenges wisely without coming to terms with mortality.

It is still difficult to think about death, especially when our own lives and relationships are involved. Nevertheless, enforced silence and frantic evasion seem to be less pervasive. There is an increasing readiness to listen and communicate.

Listening and Communicating

More physicians are now listening and communicating. Patients and family members feel more empowered to express their concerns, needs, and wishes. Physicians feel more compelled to take these concerns, needs, and wishes into account.

Some people have a ready-made answer that dismisses open discussion of death: "There's nothing to think about. When your number's up, it's up." This idea goes back a long way. The Ancient Greeks spoke of the Three Fates—Clothos, Lachesis, and Atropos—minor divinities that spun, measured, and cut the string of each person's life. It is part of that general view of life known as fatalism. Outcomes are determined in advance. There's nothing we can do to affect the outcomes, so why bother? There is something to be said for respecting the limits of human knowledge and efficacy. But there is also something to be said for doing what we can to reduce suffering and risk within our limits. The person who is quick to introduce a fatalistic statement often is attempting to end the discussion before it really begins. It is what communication experts call a silencer.

Fatalistic attitudes in today's world are perhaps more dangerous than ever. As we will see, many deaths in the United States can be attributed to lifestyle. Our attitudes, choices, and actions contribute to many other deaths across the entire life span. Ironically, it is the belief that there is no use in thinking about death and taking life-protective measures that increase the probability of an avoidable death.

YOUR SELF-INVENTORY OF ATTITUDES, BELIEFS, AND FEELINGS

We have touched briefly on a few of the deathrelated questions and beliefs that are current in our society. Perhaps some of your own thoughts and feelings have come to mind. One of the most beneficial things you can do for yourself at this point is to take stock of your present experiences, attitudes, beliefs, and feelings. This will give you not only a personal data baseline but will also contribute further to your appreciation of the ways in which other people view death.

Before reading further, please begin sampling your personal experiences with death by completing Self-Inventories 1–4. Try to notice what thoughts and feelings come to mind as you answer these questions. Which questions make you angry? Which questions would you prefer not to answer? Which questions seem foolish, or make you want to laugh? Observing your own responses is part of the self-monitoring process that has been found invaluable by many of the people who work systematically with death-related issues.

Each of the inventories takes a distinctive perspective. We begin with your knowledge base, sampling the information you have acquired regarding various facets of death. This is followed by exploring your attitudes and beliefs. We then move on to your personal experiences with death. Finally, we look at the feelings that are stirred in you by dying, death, and grief. Our total view of death comprises knowledge, attitudes, experiences, and feelings-and it is useful to identify each of these components accurately. For example, if I fail to distinguish between my personal feelings and my actual knowledge of a death-related topic, I thereby reduce my ability to make wise decisions and take effective actions.

Please complete the Self-Inventories now.

Inventory 1

Your Knowledge Base Fill in the blanks or select alternative answers as accurately as you can. If you are not sure of the answer, offer your best guess.		
Which of the following species has the longest verified life span? a. Bat	A person born in the United States a century ago had an average life expectancy (ALE) of about years.	
b. Cat c. Lobster d. Queen termite	A person born in the United States today has an ALE of about years.	
2. Most baby boomers:	7. In the nation of, ALE dropped from 69 in 1987 to only 41 in 2002. Why?	
a. Do not believe in Heavenb. Believe in Heaven, but not in ghosts	8. There is a new entry among the ten leading causes of death in the United States. This is	
c. Believe in Heaven, but do not expect to go there d. Believe in Heaven, and expect to go	9. What is the leading cause of fatal accidental injuries in the United States?	
there 3. How many deaths are there in the United States each year?	10. A seriously ill person is in the hospital and not expected to recover. How much time is this person likely to spend alone each 24-hour day?	

11. Homicide rates in the United States have been consistently highest in:	17. Palliative care most often has relief from as its top priority.		
New England Mountain states	18. In the United States, cremation is now chosen by about one person in		
Southern states West north central states 12. Does your state recognize an advance directive for end-of-life medical care as a legal and	19. Near-death experience reports have several key elements in common. How many can you name?		
enforceable document? Yes No 13. A suicide attempt is most likely to result in death	20. Jack Kevorkian, M.D., "assisted" in the death of more than 100 people. How many of these people were terminally ill?		
when made by a/an: a. Young woman b. Young man c. Elderly woman d. Elderly man	21. "Periodic mass extinctions" have totally eliminated many species and taken a tremendous toll of life. The three most recent mass die-offs are thought to have been caused by		
14. Cryonic suspension is a technique that is intended to preserve a body in a hypothermic (low-temperature) state until a cure is discovered for the fatal condition. How many	 22. The Harvard Criteria offered an influential guide to the diagnosis of 23 is the philosopher who turned 		
people have actually been placed in cryonic suspension, and how many revived?	down the opportunity to escape his unjust execution, and instead used the occasion to explain to his friends why death should not be feared.		
16. The number of states that have legalized physician-assisted death is	24. PTSD has been receiving increased media attention lately. What is it?		
Answers to self-inventory questions are found la	ater in this chapter. Not going to peek, are you?		
inven	tory 2		
My Attitudes and Beliefs			
Select the answer that most accurately represents your belief.			
I believe in some form of life after death: Yes, definitely	2. I believe that you die when your number comes up. It's in the hands of fate.		
Yes, but not quite sure No, but not quite sure No. definitely	Yes, definitely Yes, but not quite sure		

No, but not quite sure No, definitely 3. I believe that taking one's own Never justified	Tend to agree
Justified when terminally il Justified whenever life no le worth living	
4. I believe that taking another possible of the Never justified Justified in defense of your Justified when that person terrible crime	Tend to agree Tend to disagree own life No. disagree
5. I believe that dying people sho Told the truth about their Kept hopeful by sparing the	room with internal bleeding that is likely to prove fatal. This person is 82 years of age and has an Alzheimer's disease-type dementia. What type of response would you recommend
Depends upon the person circumstances	Limited attempt at rescue All-out attempt at rescue
6. In thinking about my own old prefer: To die before I grow old To live as long as I can To discover what challeng opportunities old age will	12. You have been taken to the emergency room with internal bleeding that is likely to prove fatal. You are now 82 years of age and have an Alzheimer's disease-type dementia. What type of response would you hope you receive from
7. To me, the possibility of nuclear accidents that might destroy nuclear that has been of:	r warfare or Comfort only
No concern Little concern Some concern Major concern	13. Another round of chemotherapy has failed for a woman with advanced breast cancer. The doctor suggests a new round of
8. To me, the possibility of environments catastrophes that might destroon Earth has been of:	
No concern Little concern Some concern	
9. Drivers and passengers should wear seat belts.	pe required to