

Suicide and the Military

There are two substantial issues facing the American military and veteran community today. The first, a logical and narratively unified reaction to years of hero-worship, is a backlash against the impulse to thank soldiers for their service – a tendency, made explicit in recent media pieces, to vilify veterans and stigmatize them as prone to violence, hatred, racism, bigotry, and murder. The second issue is less dangerous than the first in absolute terms, but based on real statistics and empirical evidence: a growing problem with suicide.

This topic has been examined under a microscope. 22 soldiers and veterans die per day in America by their own hand, victims of some unknowable, tragically preventable plague. Especially tragic given the notion that a person who has cheated death should have some sort of inherent attachment to life. We believe that a man, having avoided bombs, bullets, and grenades from determined foes as variable as the enemies we've faced over the last seventy years, should have a higher reason to live. We believe that a soldier-veteran, ennobled by the experience of having come close to an end to their existence, should far more than others be eager to embrace the world, to love life. We imagine that we, in our dull day to day lives, which include regret, and trifle, and petty annoyances, have got it bad, and that veterans have seen clear through to some transcendent truth. Like a sunset over the water after a thunderstorm, with rays of light reaching up into the heaven, and beyond ourselves. Like encountering a known limitation, and moving beyond it.



Of course veterans are people like everyone else. Different in the sense that they've made a choice many non-veterans think – wrongly – that they're incapable of making, fed on a steady

diet of propaganda from movies, books, comics, video games, and history. Think, then, how disappointing it must be for a servicemember – a soldier, marine, airman, sailor, or coastguardsman (what do they call themselves?) – to discover that they won't see war? Or, having seen it, that there's no transcendent truth behind a dead face – friend or foe? Imagine that every meaningful assumption you'd made about the order of things was up-ended – good, generous, industrious and clever people died or were thwarted, while bad people, lazy and unscrupulous people profited and prospered? How would you feel, to know that life and death meant nothing?

I'm laying aside the question of faith in a higher power, and refraining from offering my own thoughts on the subject because a great many different ideas have occurred simultaneously in war on the topic of who believed what about which God, and praying to each of them seems to have had about the same effect (which is to say, nothing). Also, men of faith have taken their own lives, and agnostics and atheists have done the same, and out of respect for their service to God and Country, I should like to imagine that their lives are better or easier now.

During my time in the military, I came to believe that one reason there were so many suicides – apart from the proportional wealth of toxic leaders I encountered who likely did much to encourage their soldiers to take their own lives – was that it's the single area over which the military has absolutely no jurisdiction. Each individual is instructed from the earliest moments in training that authority is violence, and violence is authority, and who can do the greatest harm to whom determines rank. A salute isn't just a gesture of respect, it's an acknowledgement of hierarchy. One person must awake at four in the morning to clean an area so that another person can walk over it with dirty boots. Infractions are punished. Individuality is punished. Thoughts are punished. Feelings are punished.

But suicide can't be punished. Threats of suicide and suicide attempts are taken seriously by military units – very seriously – with the offending soldier often being carted out to behavior health and instantly transformed into a walking pariah, at least to the extent to which that soldier is still allowed to be a part of their unit. The impulse or desire to commit suicide, vocalized, is the worst type of offense possible – likely because it undermines the possibility of corrective violence, which is the military's only organizational / institutional ability to correct misbehavior. For a toxic leader, who relies only on the threat of violence, suicide must be an evil. For a good or scrupulous leader, suicide is an unparalleled catastrophe.

Some people are afflicted with medical conditions that prevent them from taking any joy in life, or the world. Depression – suicidal depression – is a real condition. For these people, sights and smells and sentiments from which reasonable people would take pleasure offer nothing instead. These people require help – medical assistance, psychiatric guidance – and should be in places, surrounded by professionals who are capable of giving them said help. I've had brushes with depression in my own life, had my share of beautiful summer evenings that unaccountably tasted like ash – enough to know that people who must live with depression, with existential crisis, on a daily, hourly basis are truly cursed.

But this is different. These active duty military service members are killing themselves not because of a biochemical predisposition toward self-murder, but as an alternative to a torture that must feel infinitely worse than the idea of painlessness.

Veteran suicide, meanwhile, points at a similar but more diffuse problem – the problem of finding suitable engagement for veterans habituated to being employed, accustomed to using themselves in a way that creates meaning and value for their societies (but unable to do that in the context of the

military any more, for a variety of reasons). Society itself becomes the problem for which the only solution is painless release – a society where service members are allowed to transition out without having jobs ready for them, or livelihoods assured.

So long as the military has toxic leadership, and a promotion system that encourages toxicity, many service members will take their own lives. So long as society does not have adequate room for veterans who wish nothing more than a steady pay check and some sort of useful employment, veterans will take their own lives. Perhaps the answer to the scourge is not to vilify the preventable suicides – but vilify the systems that make them possible in the first place. Otherwise, the prudent solution could be to stop vilifying suicide in the first place – make it an acceptable option in the event that a person's life is truly unbearable. Of course, the system of financial servitude we live in could not bear such a situation – it would quickly collapse.