Staying alive活着

Why suicide自杀 is falling降低 around the world, and how to bringdown降低 the numbers down further still更进一步

1. “You know,” says a trader交易员 in “Margin Call追加保证量/**黑心交易员的告白-商海通牒movie**”, a film about the crash危机 of 2008, as he stands high on a building above Wall Street, “the feeling that people experience when they stand on the edge边缘 like this isn’t the fear of falling—it’s the fear that they might jump.” Suicide fascinates着迷 us. It is at once立即 appalling令人糟糕appalling condition and yet但是, in the darkest places in our minds, appealing吸引人的. It is the most damaging破坏的 sort种 of death. A child’s suicide is a parent’s worst nightmare噩梦, and a parent’s marks标记/赋予某人特征 their children for life. It is a manifestation表现 not just不仅 of individual个人的 anguish悲痛 but also而且 of a collective集体的 failure: if society is too painful to太而不能 live in, perhaps we are all culpable责备.

交易员 黑心交易员的告白-商海通牒 追加保证量 骇人听闻的，terrible **Leave a mark留下深刻的印记**

1. The suicide rate率 in America is up上升 by了，幅度 18% since 2000. This is not merely仅仅 a tragedy悲剧; it matters politically政治, too. The rise is largely主要的，大体上 among在。。中 white, middle-aged, poorly低 educated men in areas that were left behind落在 by booms繁荣 and crushed压碎 by busts破产. Their deaths are a symptom症状 of troubles to which some see President Donald Trump as the answer. Those troubles should not be ignored.

Crush压坏；彻底击败；go bust破产 征兆

1. Nonetheless=but, beyond America’s gloomy昏暗，前途暗淡 trend趋势 is a more optimistic乐观的 story: that at a global level全球, suicide is down by 29% since 2000. As a result, 2.8m lives have been saved in that time—three times as many数量 as have been killed in battle. There is no one reason. It is happening at different rates among different groups in different places. But the decline is particularly尤其 notable值得注意 among three sets 一伙人of people.

**This river is three times as long as that one.**

1. One is young women in China and India. In most of the world, older people kill themselves more often than the young, and men more than women. But in China and India, young women have been unusually不寻常 prone be很肯能 不好的事 to suiciden. **That is decreasingly不断减少 the case**. Another group is middle-aged men in Russia. After the collapse崩溃 of the Soviet Union, alcoholism酗酒 and suicide rocketed v 急剧上升 among them. Both have now receded下降. A third category种类 is old people all around the world. The suicide rate among the elderly n复数 一类人，老年人 remains, on average平均, higher than among the rest of the population, but has also fallen faster since 2000 than among other groups.
2. Why are these people now less很少 likely to可能做什么 take their own lives自杀? Urbanisation城市化 and greater freedom have helped. Accounts叙述 of those who attempt尝试 suicide, and of the relatives亲戚 of those who succeed成功自杀, suggest表明 that many young Asian women **were driven被逼到 to the wall（走投无路）** despair绝望 by violent husbands and overbearing傲慢的 in-laws岳父. As people move to cities and the grip握紧/控制 of tradition传统 loosens政策法规宽松, women have more choice about whom they marry or live with, making life more bearable可忍受的. Leaving the village helps in another way, too. Because farming农耕 involves包括 killing things, rural农村 folk人们 are likelier更可能 to have the means工具收段 to kill themselves—guns, pesticides杀虫剂—to hand.

Be driven to the wall 姻亲

1. Social stability is also a factor. In the turbulence混乱 that followed the collapse of the Soviet Union, many middle-aged people saw their sources来源 of income and status地位 collapse崩溃. Unemployed失业 people kill themselves at around two-and-a-half2.5倍 times the rate of those in work. The financial crash of 2007-08 and the resulting recessions衰退 are reckoned被认为 to have caused导致 an extra 10,000 or so suicides in America and western Europe. As crises危机 recede下降 and employment rises, so suicide tends往往会 to ebb退潮/减少. And falling poverty贫困 rates among the old, which have declined下降 faster than among other groups globally全球, are reckoned to have contributed导致 to the drop下降 in the number of elderly suicides.
2. But the decline is not just the consequence结果 of big social trends趋势. Policy plays a role政策也起作用, too. When Mikhail Gorbachev restricted限制 the production生产 and distribution 分配of booze酒 in the mid-1980s, both drinking and suicide fell sharply大幅度下降. The collapse of the Soviet Union swept+去除 those regulations aside, and both drinking and suicide shot up shoot up急速上升 again. Restrictions限制 introduced引入 by Vladimir Putin in 2005 are reckoned被认为 to have contributed导致 to the recent decline.

酗酒 sweep sth away/aside迅速去除

Governments can also help limit the consequences结果 of social and economic turbulence动乱. Active    labour-market劳动力市场 policies, which help re-train再培训 jobless workers and ease慢慢回到 them back into work, prevent预防 many suicides. And spending花销 on health services公共机构, especially 尤其those that most benefit有益于 the old and sick, can make a big difference区别: fear of chronic慢性 pain is one of the things that leads导致 people to seek迅速走出 a quick way out. The remarkable显著的 recent最近 fall下降 in suicide among elderly Britons英国人 may have happened in part because Britain’s palliative姑息治疗-care system is the best in the world.

姑息治疗