Notes for preparing and carrying out helium suicide. Things to consider in advance, and in the moment.

See: http://www.serenebreezes.com/helium_suicide_notes.pdf

Researching peaceful and effective methods for suicide has turned out to be extraordinarily difficult. The right to control one's own body and life is heavily oppressed. Even resources purporting to support the right to self-deliverance are doing a poor job. Practical information, which can be put into use with confidence, is strongly suppressed and censored even with resources supposedly sympathetic to the problem.

Searches: inert gas asphyxiation; inert gas asphyxia, exit bag, helium suicide, nitrogen suicide

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". . . According to the U.S. Chemical Safety and Hazard Investigation Board, in humans, "breathing an oxygen deficient atmosphere can have serious and immediate effects, including unconsciousness after only one or two breaths. The exposed person has no warning and cannot sense that the oxygen level is too low. . . ."

By contrast, suddenly breathing pure inert gas causes oxygen levels in the blood to fall precipitously, and may lead to unconsciousness in only a few breaths, with no symptoms at all

https://en.wikipedia.org/wiki/Inert_gas_asphyxiation

……

Note: Five asterisks, (*****) indicates a part or supply that is needed.

Parts and supplies: helium tank; flow meter or regulator; large adjustable wrench; vinyl hose; plastic bags for helium hood; scotch tape; 1/8" elastic paracord; spring-top toggle (large enough to fit two-widths of the cord (or a double-barreled toggle); scissors.

Preparing for a helium suicide:

Method of choice: 99%+ helium gas. Drowning would work, as it should be 100% effective and very quick. Also, drowning requires much less preparation and expense. However, helium should be extremely fast, painless and the least stressful option. Any inert gas will work for this method. Unfortunately, it is very difficult to be certain that everything is exactly correct for the inert gas method of suicide because of the rampant suppression of free discussion. These notes attempt to err on the side of over preparation.

Note: Any inert gas will work. Argon will work just as well. It is also an inexpensive gas, and may be preferable to helium because dealing with the flow meter will be much less complicated. Nitrogen is a common choice. The valve for nitrogen will be different than with helium or argon; a male screw-fitting, rather than female.

***** 80 cubic foot helium tank from a welders' supply shop. The helium gas is about $65. The tank, which will likely have to be bought rather than rented, is about $200; so $265, total.

Note: 60 cu. ft. is about $50, plus about $165, for $215 total.

Went in for a 40 cu. ft. tank. Turned out that it was not in stock like they'd said. Rather than wait a day or two, took a 60 because the cost wasn't much more. While experimenting with the set-up, problems with figuring out how to get the flow rate correct resulted in a decision to bump up to 80 cu. ft. The gas cost went up just a bit, and the tank fee was only the difference for the larger bottle, so not that much more money really. Of course, now (naturally), a 40 cu. ft. tank would probably be perfectly fine. Given the importance of success without suffering, no regrets for having far, far more gas than necessary. Total cost: $45 of helium which was used in experimentation, plus $255 for the tank and helium actually used.

Note: This is a ridiculous amount of gas. Most resources call for 5 cu. ft. minimum, and recommend 10 - 20 cu. ft. as allowing an adequate cushion for unexpected factors; primarily the flow rate and not running out of gas too soon.

The 60 cu. ft. tank is about 27" tall, and about 7" diameter. (About 30 pounds with regulator and air-hose attached. The flow meter or regulator adds a small amount of width and height at the top of the cylinder. The 80 cu. ft. cylinder is also 7" diameter, 37" tall, and considerably heavier; right about 50 pounds. The 80 has a protective cap to enclose the valve. Make sure that it is not overly tightened; it can be extremely difficult to remove. Prudent to casually ask that they double-check that the cylinder is full. It will only take them a moment to put a gauge on it before bringing out. Some places can be persnickety about the transport of cylinders, but most will set it down by the door, which is where their responsibility ends. It is unlikey that they will load the cylinder themselves. The cylinder is 'tippy', but can be used on its side without issue; simply place the flow meter accordingly.

Note: 'Balloon gas' may be (likely be) contaminated with 20% oxygen (what is in the air we breathe) so as to prevent its use for suicide. The stated reason will be 'worldwide helium shortage'. Be wary of balloon gas; it will probably be a helium / air mix. All grades of welders' gas should be 99%+ pure helium. 'Medical grade' gas will have the highest 'guaranteed' standard for purity, but requesting this could draw suspicion and may be difficult to source. Welders' helium should be absolutely fine and is probably what one should start with.

From "Final Exit" -- ". . . The smaller tank [4.5 cu. ft.], carefully used, is adequate for self-deliverance. . . ."

(Referring to 4.5 and 8.9 cu. ft. helium tanks. Two small tanks seems to be almost universally recommended in the few helium suicide resources found. These tanks are the 'party size' tanks. An industrial / commercial tank is what is being discussed here.) The larger industrial tank, sourced from a welders' supply shop, is being used, in part, because advice regarding **the use of 'party' tanks seems to be obsolete. Party tanks are likely to be tainted with oxygen and not fit for suicide use.**

The welders' tank uses an industry-standard CGA-580 fitting (female screw fitting, about 7/8" diameter). A flow meter or regulator is fit to the tank and exits through another fitting, in this case a tapered 1/4" 'barb' fitting. If the fitting is different, either it can be modified, or the hose can be modified (and connector if needed).

Note: When a flow meter or regulator is attached to the tank, it becomes riskier to handle. If struck with sufficient force to damage the gauge, as with a fall, there could be an 'explosion' of gas at 1,000+ PSI. Safest to both store and use horizontally. Also safest not to leave the flow meter or regulator attached when not in use.

". . . With the exception of acetylene (C^2H^2) anything sold by the cubic foot is a gas, and can be used or stored horizontally. Anything sold by weight is a liquid with a vapor space at the top for gas expansion, and needs to be placed with the valve and regulator at the highest point. . . ."

http://www.millerwelds.com/resources/communities/mboard/forum/welding-discussions/11275-laying-bottle-on-its-side

SŰA brand inert gas regulator, $45, delivered; from Amazon; sold by Mundaka Technologies. (Note: This regulator will not be used.) This was found not to be ideal as it is apparently a 'flow regulator', not a 'flow meter'. That is, it does not release the gas at measurable and reliable rate; i.e., one can't know the flow unless already having considerable experience to guestimate. More knowledge of this device might solve the problem, but it simply has not worked out.

This regulator *could* serve the purpose of 'stepping down' from the 7/8" fitting at the valve of the helium tank, to the end of the air-hose (1/4"). It would be necessary to experiment with a full tank of gas; get a feel for the flow rate; and keep notes of how long the tank lasts (total minutes). Experimenting should provide plenty of information to guestimate a flow rate sufficient to ensure peaceful death. The use of a ridiculously large tank, would allow more room for error. Ultimately, a flow meter was researched and sourced. This regulator was a $45 mistake. If research of suicide methods and techniques wasn't suppressed at every turn, this misstep could have been avoided.

https://www.amazon.com/gp/product/B01HF9ENY2

A flow rate of 10 - 15 liters per minute is what is commonly recommended. 10 liters per minute = 0.353 cu. ft. per min. 15 liter per minute = 0.53 cu. ft. per min. = 31.8 CFH (cu. ft. per hour). (Search: convert cubic feet per hour to liters per minute, or similar.)

An 80 cu. ft. tank should last not quite two hours at 15 liters per minute. 80 cu. ft. = 2,265 liters. 2,265 liters = 151 minutes with a 80 cu. ft. tank at 15 liters per minute. 15 minutes to death certain. The trick is having a sense of what 10 - 15 liters per minute is; having tested a tank and calculated approximately how long it lasts; or having a flow meter that accurately measures the gas.

Note: Yes, an 80 is crazy-big, but is what wound up being used. A 40 cu. ft. tank would yield 75 minutes. A 20 cu. ft. tank, the high-end of common recommendations, would yield about 35 minutes. Figure death-certain at about fifteen minutes. Though 10 cu. ft. should be adequate if everything is perfect, given the importance of success, bumping to 40 cu. ft. seems reasonable. That there were problems with researching and experimenting in preparation for a helium suicide, there is no regret with having decided on a ridiculously large tank. If obtaining solid information were not suppressed, this would not have been necessary.

Having a sense of flow rate is critical. If the gas flows too quickly and the tank runs out, that could be a major problem. If the gas flows too slowly, that may also result in a major problem. It is with this issue that the unnecessarily difficult task of research and answering questions becomes extremely frustrating.

There is much conflicting information regarding the comparative flow rates of argon and helium. Numerous flow meters are billed as being good for both (all inert gases, but specifically mentioning helium). Yet some resources were found stating that because helium is much lighter than argon, the flow rate will be triple what the meter shows?

Given that is not necessarily 100% clear that the argon / helium flow meter scale is accurate for both gases, it would be prudent to experiment with a tank of a gas and keep notes for the total number of minutes that the tank lasts. A 60 cu. ft. tank is only $50 a refill once one has a tank. $50 is cheap insurance for the extra confidence.

***** Betooll HW9003 Argon/CO2 flow meter / regulator. $23, discounted from $35. This flow meter that is what has been settled on, though it wasn't an easy decision, nor was it the complete solution to controlling the release of gas to a known and measured rate. It is not difficult to find flow meters for argon and CO_2, which also mention being good for "inert gases", and which specifically mention helium, as this one did.

https://www.amazon.com/gp/product/B01I67VKFW

Argon / CO2 / Helium

Pressure gauge shows how much gas is left in the tank; 0 - 4,000 PSI.

Output adjustable from 10 - 60 CFH (cubic feet per hour).

Finally found one flow meter that had a scale on the tube for helium. It is at the welding shop where the helium was sourced; found it when exchanging tanks and upgrading from 60 to 80. It costs $100, with hose. F…. If only it had been seen before; or if it could have been asked about it in a way that wouldn't bring suspicion; or if it had actually been possible to freely to ask questions and get answers. $45 had been spent on the regulator that was not suitable. Plus $25 for the flow meter that is not quite right, but should work because a solution to the problem has finally been researched with apparent success. $70, non-refundable. The extra $100 **would** have been spent; better safe than sorry. The current set-up is believed to be ready to go, so am proceeding.

Do not recall the brand of the flow meter with helium on the scale. Was so frustrated to see it, did not remember to make that note. However, the tube was examined closely and confirmed to be very different than the argon scale. Helium flows at about triple the rate of argon.

Have since found a second flow meter that has a helium scale in addition to argon and CO_2. From Cyberweld; $75, discounted from $140, plus shipping. Optional hose for $20, but shortish at 6'.

http://store.cyberweld.com/smflreh2.html

It would have been much easier to source argon for the suicide. It would be an uncommon gas selection, but an equal choice to helium or nitrogen in all respects, including cost.

***** A pretty large adjustable wrench is needed to tighten the regulator to the tank; about 1 1/8" hex nut.

***** 20' vinyl tube by Proline from Lowe's for about $6. (B&K; Proline; PVC vinyl tube; clear; 3/8" OD x 1/4" ID x 20'; working PSI, 19; Lowe's Item Number: 748300)

https://www.lowes.com/pd/B-K-3-8-in-x-20-ft-Pvc-Clear-Vinyl-Tubing/1000115961

The 1/4", tapered, 'barb' fitting makes a very tight fit for the vinyl hose. It was quite a lot of effort to work it fully on. Given the low rate and pressure at which the gas will be released, a connector is probably not needed. (A screw hose-clamp would work, but would need to be very small.

Also, a 'pinch-clamp' would work. A pinch-clamp is kind of like a very stiff spring. A pair of pliers is used to squeeze the hole open enough to slip over the hose. Releasing the pliers allows the 'spring action' to work, which closes the hole back down again. Pinch-clamps are available in quite small sizes. The 1/4" vinyl has that was bought has a 3/8" outside diameter (14" ID; 3/8 OD). Pinch-clamps can be found in the specialty parts section at Lowe's, in the area where they have large draws of screws, bolts, and oddball type stuff. These clamps are often associated with automotive use.

Note: After experimenting with a simulation of the set-up, the length of the hose was shortened to 12'.

Note: There was a choice of hoses. Another option was a stiffer plastic that didn't seem very pliable. Another was a heavy-duty rubber hose, with some type of 'reinforcement' in its construction. It was inexpensive, but seemed . . . just 'too', as in too much; more than heavy-duty enough.

***** Clear 15 gallon trash bags (two). (Note: 'Clear' may not mean 'see through'.)

***** Scotch tape.

***** 1/8" elastic cord (paracord). 10' or 20'. (1/4" or 3/8" will work also.)

https://www.amazon.com/gp/product/B00HAMI6R0

***** Spring-stop toggle (8mm; .31"; 3/8") (cord lock toggle) (A larger toggle will be needed if using a large diameter cord. The larger toggles seem at least a bit harder to find.)

https://www.amazon.com/gp/product/B01FH9DYU6

***** Scissors.

***** Clear packaging tape.

***** Bag or other covering for the helium tank (if needed).

Note: Numerous resources recommend "oven bags", such as Reynolds brand oven bags; "turkey size"; 19" x 23.5". (These bags are pretty thin; doubling might be prudent.) There are resources that call for a larger bag, about 22", x 36".

("Final Exit") ". . . The ideal size of the bag for deliverance without the use of helium is 19" by 23". For the helium gas technique a larger bag is better, something like 22" by 36", to allow more gas to accumulate. . . ."

A 15 gallon trash bag, prepared, seems to yield a finished product about 16" x 16". This seems fairly large, and at least as large as available photographs of helium suicides show.

Up to about a 30 gallon bag is probably reasonable. Larger than that may be too big. The inflated bag needs to be safe from being somehow pulled out of position or even punctured. The location of the event needs to be considered; the possibility of 'slumping' and how that might affect the position of the bag as a result of movement, or if the bag might hit anything that could cause a puncture. A larger bag is probably more likely to be available in a heavy-duty weight / thickness, perhaps up to 2 mil. It has been decided that the 15 gallon bag, doubled, though thin and light-duty, will be adequate to the need, and not invite complications from possibly being over-sized.

Note: The 'clear' bags that have been selected are definitely not 'see through', though a lot of light does come in. (Very light-duty bags, probably not good choices, are probably more likely to be see-through. Given that eyes will probably be closed when the bag is brought down around the neck, and the speed with which unconsciousness should arrive, a black bag would be fine unless there is a mental barrier to that. There may be more options if bag color is not a problem. That said, it shouldn't be too, too hard to find bags that fit the bill in clear or white.

It might be prudent to prepare two or three helium hoods; one just for experimenting and preparing, and two for the event itself just in case there is a problem with the hood in the moment. There is essentially no expense to this, and the hood is easily and quickly made.

To be safe, double-up bags by sliding one bag inside another and loosely securing with scotch tape. Then fully secure with additional scotch tape. (This will be plenty adequate, and packaging tape could be difficult to work with.) Note: A 'clear' trash bag does not necessarily mean 'see-through'.

Cut a sufficient length of the elastic cord to encircle the bag. After trimming, this bag has a length of elastic 46" long. Figure two helium hoods for a 10' length of paracord; starting with 5' each and then trimming some excess. Begin to fold-over the open ends of the doubled-bag about 1/2"; at the same time tucking in the elastic cord; and tack-down with scotch tape. Continue the process all the way around. When reaching the starting point, carefully use scissors to snip an exit for each end of the elastic cord. Be sure to fully secure the area of the snip with tape. With the end of the bag folded up, and the elastic cord in place in the channel that this creates, use additional scotch tape to fully secure the seal / seam all the way around. Add the spring-top toggle.

Excepting the addition of the hose to the helium hood, the bag can now be snugged around the forehead; then filled with helium; and then quickly and easily adjusted snug to the neck when pulled down. Excess gas should be able to escape, else the bag could fail due to pressure buildup. Excess helium should be able to escape from the bottom of the bag. Also, CO_2 needs to be able to fall and escape. CO_2 build-up would create a major problem. The helium hood should fit towards 'snug'. (Clear pictures, videos, and descriptions are ridiculously hard to come by.) Helium escapes very easily. If the hood is much looser than 'snug', it may be too loose because helium, though it rises, escapes easily. Not much more space is needed than the small gap created by the hose running into the bag. The area around where the hose enters is where the adjustment of 'too loose' or 'too snug' should be made.

Using up a test tank has clearly shown that helium escapes very easily through the smallest of spaces. If there is noticeable space for helium to escape, the bag is probably not tight enough. Using a round object approximately the size of the neck, about 5" - 6", practice this while experimenting with a full tank. Get another full tank for the actual event. This 'insurance' adds only a very modest cost. Testing a full tank has indicated that just the 'bulge' from the hose going into the bag is plenty generous.

Position and test-fit where the air-hose should come into the bag. Think about the position of the hose in relation to the tank. Also consider ease of use and comfort during use. Use a good sticky packaging tape to secure the hose inside the bag; running it inside about 8". The hose will not have much weight to it; just check how everything fits.

Note: <u>Practice this.</u> Start with all air scrunched out of the bag; fill with helium (or pretend); fit around fore-head. At this point everything is under control; step-by-step. Fully exhale, but do not rush. Then pull the bag down around the neck; slide the toggle up until the fit is snug around the neck; and take a deep, largish breath of pure helium. Unconsciousness should come very quickly at this point, within a few breaths. Do not rush through any step. Practicing will prevent most any mistake or problem that could happen in the moment.

The set-up is ready to go. Depending on the location of the suicide, transport will need to be considered. Perhaps a house, apartment, or car is to be avoided. The home may be considered a 'crime scene' for some amount of time. People coming through are unlikely to take the slightest care; bulls in the china shop may not be desirable. A vehicle may be impounded and made difficult for someone to recover. There may be some modest amount of mess. Who will discover the body, and how long will that take?

Outdoors could be ideal, but possibly not practical unless driving to a remote enough location. Consider that if a vehicle is found near the scene that it may be impounded.

A motel may be deemed the best choice; a location that solves numerous potential problems. Bringing the tank into a motel will require a bag large enough for it to be hidden. Transporting the tank to a room without notice does need to be worked out in advance. The 60 cu. ft. tank is pretty long for most bags.

Test the flow rate. Most resources agree on 10 - 15 liters per minute (2 1/2 - 4 gallons).

While testing, a reading of 10 CFH on the argon scale, which would actually be about 30 CFH for helium, it didn't feel like much gas was running. No doubt it is correct, but it just seems like so little. A giant tank eliminates the stress of hoping all will go well.

Wikibooks; failure analysis. These case studies of failed suicides indicate that a breathing environment contaminated with oxygen, i.e. not breathing pure helium, is a major source of significant problems.

https://en.wikibooks.org/wiki/Suicide/Suffocation/Helium#Reports_of_failures:analysis_of_the_causes.2Cand_insights_of_how_to_avoid_it

A continuous flow of helium is said (?) to 'wash away' expired gas (CO_2) (exiting bottom of bag), preventing the brain from hitting the panic button (hypercapnic alarm response; hypercapnia). Thus, keeping the flow low enough that the gas won't be used up too quickly, and keeping the flow high enough to prevent suffering, or even a failed suicide, is a major consideration and problem.

All of this is something that one rightfully should be able to look up or ask about. Is any great amount of helium is needed at all; i.e., if filling a largish bag with helium; expelling as much air as possible; and then taking the next breaths from within the bag - will enough CO_2 be created that additional helium is really needed to offset the CO_2? Is a largish bag of helium sufficient that it could be considered 'rebreathable', that a largish bag of helium is by itself all that would be needed, the rest of the tank would be overkill? Unlike regular air, breathing pure helium does not create CO_2.

(Final Exit; p. 146) ". . . He had simply held the bag with the opening downwards while he filled it with helium (which is lighter than air and rises), then carried it away from the source of the gas and put it over his head. It demonstrates that no direct connection between the plastic bag and the gas bottle is essential. And that a large amount of helium is not really required. . . ."

(Final Exit; p. 143) ". . . All that is needed is enough helium for a few minutes until the breathing ceases. Once the bag is fixed around the neck with an average seal, the gas isn't going to go anywhere. **The same gas can repeatedly be breathed in and out.** A bag full of helium, exhale fully before putting it on, then swifly secure it around the neck. . . ."

Once the tank is paid for, helium is not expensive. It is definitely worth using up an entire tank to become as comfortable as possible with the flow rate, the amount of time an entire tank will last, and testing the entire set-up. Unconsciousness should occur in about fifteen seconds if the lungs are emptied and pure helium is then inhaled. However, death-certain will take about fifteen minutes; best to figure for thirty minutes.

Regulator (NOT used):

Close the 'valve' on the regulator as much as possible (turn to the right). Then ease the valve of the tank open just a tad. This will need considerable experimentation and a check of how many minutes a tank will last. If the valve is opened very much at all, gas will be released at far too fast a rate. If closing it down to too low a flow, the helium supply may be inadequate.

Flow meter:

Note: Regardless of the gauge, and of certitude that calculations and assumptions are correct, experimentation by using up an entire test tank might be prudent.

Needed flow: 10 - 15 LPM, which is ~30 CFH

http://www.traditionaloven.com/tutorials/flow-rate/convert-ft3-cubic-foot-per-hour-to-l-liter-per-minute.html

.5 cu ft. = 0.53 cu. ft. min. // 30 cu. ft. hr. = 14.16 LPM (liters per minute).

http://www.traditionaloven.com/conversions_of_measures/flow_rate_converter.html

Note: If using a flow meter with an argon scale on the tube:

15 LPM of argon = ~45 LPM of helium

". . . The correction factors you need are on this web site.
http://mpbflowmeters.com/downloads/MPB_Industries_Useful_Conversions.pdf

Air = 1
Nitrogen = 1 / 0.98= 1.02
Oxygen = 1 / 1.05 = 0.952
Argon = 1 / 1.18 = 0.8475
Helium = 1 / 0.37 = 2.70

These numbers apply to flow rates measured with a floating-ball type flow meter, not an orifice-type flow meter.

So for a floating ball type gas flow meter... Imagine you had water in the flow-meter tube but no flow, the ball would likely float to the top because the density of the water is higher than that of the ball. Thus, it logically follows that a fixed flow rate, a denser gas in the tube will push the ball up higher.

e.g. Oxygen density = 1.105 and Argon density = 1.38[*sic*] Thus with the same flow rate of each gas, argon's higher density will push the ball higher - indicating a higher apparent flow rate than oxygen.

The correction factor Air to Oxygen is 1/1.05 = 0.952. i.e. 0.952 unit volume flow rate of oxygen will raise the ball to the same height as 1.0 unit volume flow of air.

The correction factor Air to Argon is 1/1.18 = 0.8475
i.e. 0.8475 unit volume flow rate of argon will raise the ball to the same height as 1.0 unit volume flow of air.

Thus a floating ball meter calibrated for oxygen, when fed with the same flow rate of argon, with show an apparently higher flow rate of 0.952/0.8475 = 1.123.

[i.e., argon scale with helium (2.7 / .8475 = 3.19). Thus, helium flows at about 3X the rate that the argon scale will show. **? ? ?**]

The other way to think of this is that you have to reduce the argon flow rate by 0.8475/0.962 = 0.89X for the graduations on the oxygen flow meter to read correctly for argon.

[i.e., argon scale with helium (.8475 / 2.7 = .314] Thus, helium flows at about 3X the rate that the argon scale will show. **? ? ?** Thus 10 CFH helium on argon scale = 14 LPM. **? ? ?**]

Here's a real example.
e.g. My medical oxygen flow meter reads 0 to 15 liters per minute.
Conversion Factor: 1 liter/minute = 2.12 cubic feet per hour

Thus my flow meter reads 0 to 15 x 2.12 or 0 to 31.8 cubic feet per hour. However, now I need to correct for the fact that I have changed from oxygen to argon gas. The 0 to 31.8 cubic feet per hour becomes 0 to 0.89 x 31.8 = 0 to 28.3 cubic feet per hour. . . ."

[i.e., ? ? ?]

http://weldingweb.com/archive/index.php/t-34778.html

Consider 'conversion factor', as regards 'inlet pressure and pressure correction factor': ". . . Example: If you are using a 25 psig calibrated L-33 flowmeter from 50psig pipeline and you are rading 40 cfh from the flowmeter scale, the actual flow rate is 40 x 1.28 = 51.2 cfh. . . ." What does this mean? Is it at all relevant? Probably not for the project at hand.

http://www.esabna.com/eu/literature/gas/valves-flowmeters/15-333-__flowmeters_l33.pdf

Finally settled on giving up calculating and hoping and wondering. Set the flow rate to 20 CFH. With an 80 cu. ft. tank, argon would last for four hours. Because helium will escape at about triple that rate, 60 CFH, fuck it; that's something over an hour, more than enough.

While testing, a reading of 10 CFH on the argon scale, which would actually be about 30 CFH for helium, it didn't feel like much gas was running. No doubt it is correct, but it just seems like so little. A giant tank eliminates the stress of hoping all will go well.

Carrying out the suicide:

("Final Exit") ". . . In some cases, as the person dies from the effects of close-contact helium, there is some bodily twitching. This can be avoided by taking anticonvulsant drugs - two Valium . . . an hour beforehand. . . ."

If available, consider setting aside a few Valium, and/or several pain pills. Without taking enough to affect judgment and decisions, it might be beneficial to help ensure a calmness in the moment. The Valium may reduce body twitching, if it occurs, though proper positioning should eliminate the risk of serious complication caused by movement.

Example suicide location: Small motel, with suicide planned to take place in the bathroom; keeping things as 'neat and tidy' as possible. Consider taping a note to a chair, warning of a helium suicide in the bathroom, and putting the chair very close to the door so that it will open only enough to expose the note. (The maid may only understand Spanish.)

Advertencia. Suicidio helilum dentro.

Warning. Helium suicide inside.

80 cu. ft. tank.

Allow the room to air.

Also, consider somewhat opening a window. How much gas is this in a motel room? A fair bit of helium will likely escape pretty easily with the addition of just a little ventilation. Also, 80 cu. ft. in a room is not much. A 10' x 20' room, with an 8' ceiling, is 1,600 cubic feet. The note is more to give a kind warning to the maid than anything else.

To minimize the possibility of interrupting the event if there is body twitching during the process, situate the suicide in the bathroom. It should be considered in advance that after consciousness is lost there will be no possibility of inadvertently pulling on the bag or the hose, and that there is no possibility of knocking over the tank (which in this case is very 'tippy'). Operating the tank horizontally eliminates the possibility of it being knocked over. Using a helium tank on its side is not a problem with helium. Position the flow meter accordingly.

The bathtub is probably the best place to be. What little 'mess' there is will be completely contained. After the body is removed, clean-up will be trivial. Also, using the bathtub allows one to position themselves in a way that they cannot slump over and alter the positioning of the bag. If there is any body-twitching during the event, movement should be contained by the tub, again protecting the integrity of the placement of the bag.

Use of the bathtub also limits 'damage' that might be claimed by motel management. Many people will see this as an excuse and opportunity to cash in. There will be no damage to the room. Clean up will literally take a couple of minutes. (Unless police and other first responders trash the place just because.)

Numerous resources suggest sitting in an 'easy chair', something where a person can lean back a bit and 'settle in'. With the right chair, this may be a fine idea (consider the possibility of a moderate amount of mess). However, if the 'right chair' isn't available, 'next best' may not be advisable. Movement during the event should be considered. The bag must not be moved out of position due to movement after consciousness is lost.

Taking care not to rush, set the flow rate of the gas. The exact setting should be tested and determined in advance. Scrunch the bag empty of air and place around the forehead. The bag will begin to fill; monitor the rate. When the bag is full (which can be checked in the bathroom mirror, or with a hand mirror), get into position for the final exit. Calmly exhale as much air as possible. Be sure to contract the diaphragm a bit, but don't overly strain. Pull the bag down around the neck; adjust the fitting of the toggle as practiced; and gently take in a large (but not ridiculous) and filling breath of helium. Unconsciousness may occur as quickly as about three-breaths, or about fifteen-seconds. Hopefully, death will come uneventfully shortly after unconsciousness (perhaps ten minutes). If still conscious after two minutes or so, there is a problem with the presence of oxygen; the gas; the connections; or the bag. Stop - and reassess.

". . . When breathing pure helium inside a plastic bag, unconsciousness follows after about 5 breaths. In 62 cases where "time to unconsciousness" was reported, the average was 35 seconds (range 10-120 seconds). Death will often follow in about 10 minutes, sometimes as quickly as 5 minutes. Elapsed "time to death" was reported in 108 cases. The average was 13 minutes (range was 2 to 40 minutes)."

https://en.wikibooks.org/wiki/Suicide/Suffocation/Helium

Other preparations:

In the room, or whatever location used, leave a short note with name, (possibly SSN), address, and contact information for the person that will handle your 'estate'.

Consider mailing or arranging to leave notes or letters to others.

Consider leaving a will for the person that will settle affairs. Consider also, leaving them, or sending them, phone, keys, documents, and anything else that may help them settle things. Assume that the police will seize everything they can get their hands on. If it is important, send it to, or leave it with, someone trusted.

If renting, consider timing for earlier in the month. If property is packed up and ready to go, the person responsible for winding things down should be able to do so quickly and easily, another reason to have a will.

If using a credit card at a motel, considering canceling the card after checking in. There will likely be fees and charges subsequent to the event; if they have the CC information at hand, there might be great temptation to simply run up the maximum charge possible, potentially far in excess of reasonable. If forced to approach the estate for money, they will also have to at least make a pretense of justifying / documenting charges.

Note: Closing a credit card almost immediately after getting a room may be noticed and acted upon. This would be a reason against closing the card.

Alternate methods for certain suicide:

Drowning would involve some suffering, but should be fast and certain if care is taken to eliminate the possibility of discovery. (Fresh water preferred. Evidently suffering is markedly increased in saltwater.)

Creating H_2S gas seems to merit consideration, especially if creating more-than-enough gas. Again, unwarranted suppression of information for making an educated decision is problematic.

It is amazing that a lot more people don't go on 'rampages' than actually do.

Additional notes:

This scenario should be common and perfectly acceptable.

http://www.npr.org/sections/health-shots/2014/06/23/323330486/how-a-womans-plan-to-kill-herself-helped-her-family-grieve

"Five Last Acts: The exit path." It would be nice to see greater specificity and detail. Moderate recommendation, but a 'must have'. 120 page section on "Helium & inert gas [*sic*], plus additional notes and comments in appendices. Overpriced at $42 on Amazon; probably because it is self-published through Amazon's CreateSpace. Second-edition (2010) > 2015 edition; Chris Docker.

https://www.amazon.com/gp/product/1512176443

"The Final Exit" // Derek Humphry // Delta Trade // 2002 - third-edition. // $14, paperback. // Not recommended. The U.S. edition does not include any of the information on helium. On Amazon, the "Look Inside" search feature shows the text of the U.K. edition. Helium information in the U.K. edition useful. It is entirely suppressed in the U.S. edition.

https://www.amazon.com/gp/product/0385336535

"The Peaceful Pill" // Dr. Philip Nitsehke and Dr. Fiona Stewart. // 2016 edition. // $53 // Check out Amazon previews; seems expensive; not particularly recommended.

Video demonstrating helium-balloon technique is available from "Ergo!". (Amazon. ~$20) (Have not seen this.)

THE END.