

CHAPTER ONE

The use of physical, mental, and sexual torture has been around since time immemorial. Emperor Julius Caesar claimed to have killed nearly 1.2 million enemies; it is unknown how many people he had tortured in his life but what is known is that these particular victims endured incredible agony, some of which were deliberately, maimed for life rather than be, killed. Emperor Caligula sawed some of his imagined enemies in half. Some of the common punishments in ancient Babylon included the slicing off the feet, lips, and noses, blinding, disembowelling, and ripping out the heart. Ashurbanipal (668 BC - 627 BC), an Assyrian King, was quite bombastic about his brutality, exclaiming that he was going to chop up his victims' flesh and then take it with him to show it off in other countries. The payments to the king, by the governors had to be given on time usually a late payment of only one day meant a severe punishment

including being staked on a peg (Inserted inside an oiled anus) and then having the skin on the victim's back removed.

As conveyed by Andreas Fuchs, a specialist in the study of the Assyrians, "The king was the deadliest ... It was he alone who decided what would happen to the victims. The ability to make those decisions was the very essence of personal, royal power." (SPIEGEL ONLINE, By Matthias Schulz, May 15, 2009; Torture Practices of the Ancient World)

The oldest surviving legal code prescribing the use of torture to determine innocence or guilt is the Sumerian Code Ur-Nammu (Written on tablets; 2100 - 2050 BC), and the Babylonian Code of Hammurabi, of Mesopotamia.

Ancient Egyptian laws were, drafted and the Pharaohs and the bureaucrats enforced the serious cases. Breaking the law almost always meant terrible news for the victims, because the punishments for crimes were overwhelmingly severe. Prevention of crime and apprehension of criminals was the job of local officials and their version of police forces; citizens were, allowed to file complaints with the authorities. Death penalties were uncommon but when ordered were designed to be slow and quite agonizing. Ramses III ordered the impalement of a group of people who plotted against him. Tomb raiding (Grave robbery), and corruption were other crimes punishable by decapitation or drowning. Egyptian prisons consisted of deep pits and wells, primarily used to prevent escape. The inmates were debtors and deserters.

Vandalism of Ancient Egyptian temples and other places of worship resulted in the guilty party being, burned alive. This was an uncommon penalty due to Ancient Egyptians' belief that being, burned alive would rob the person of his or her body and eternal life. Other punishments include forced suicide and not being, granted a proper burial.

Non-lethal Ancient Egyptian punishments included 100 canings in addition to several bleeding cuts, reserved for those convicted of unlawful trade, fencing of stolen property, and tax evasion. In severe cases, an additional punishment may include forced exile to Nubia (Sudan) or another remote region, or enslavement. Thieves were maimed and disfigured, exiled or enslaved. Obtaining confessions through torture was a common practice. Foot whipping (Using a cane) was a common method to extract confessions. This form of torture is, called Falaka in Iran. Long-term or permanent foot damage occurs relatively quickly. Confessions were, also extracted by whippings.

According to Facts on File, 'Women who committed adultery had their noses cut off to ruin their looks so they wouldn't do it again. Most women in ancient Egypt were dealt with more harshly than men as in other ancient cultures.' "A man caught in

adultery with a married woman received a beating as a penalty, usually 1,000 strokes with a stick ... However, if a man raped a freeborn woman he was castrated."(Ancient Origins, By Mark Miller, Analysis of Skeletons Reveals Harsh Punishment in Ancient Egypt)

The Aztec Civilization in Mesoamerica (An area extending roughly from Central Mexico, to Belize, Guatemala, El Salvador and Honduras) has had a notorious reputation for being one of the most bloodthirsty human sacrificial civilizations ever. Many of us have heard tales of sacrificial victims being strapped down and having their hearts pulled out of them, skinning alive, decapitations, dismemberment, and other forms of torture, all bloodied and with no mercy from the tormentors.

The intention of the Aztec sacrifices was to honour and pay tribute to the Gods, and was, believed to be an imperative act in order to safeguard the existence of their civilization, along with the rest of humanity. Human sacrifice in Mesoamerica likely began with the Olmecs (1200 - 300 BCE; the first major civilization in the region). The Olmecs performed their ritual sacrifices atop their pyramids; the Mayas (Southeastern, Guatemala and Belize, and parts of Honduras and El Salvador) and the Toltec's (a part of Mexico) also practiced human sacrifice.

The Aztecs practiced human sacrifice at a much higher rate than the Mayas and Toltecs taking it to an unprecedented scale, terrifying visiting enemies and friends alike. Nonetheless, the scale of sacrifice was, exaggerated by the Spanish Conquistadors in order to justify their brutal genocide and the large-scale looting of gold, land, other valuable commodities, and to convert the so-called heathen savages to Christianity.

Human sacrifice was a way to pay the Gods back for creation. The Gods were, fed sacrificed human and animal flesh and blood in order to ensure the success of Aztec society. Warfare was a major supplier of human sacrificial victims. Prisoners, in particular those who showed bravado, were snagged for sacrifice. Aztec members of society also practiced self-sacrifice (Self-cutting and mutilation), and animals were used for sacrifice. The Aztec ball game, which had a ritual significance, pitted two teams of men against each other, each side tried to hit a solid rubber ball weighing 10 lbs. (4.5 kg) through a loop. According to the rules the captain or the entire losing team were, sacrificed. This game traces its origins to the Olmecs, and later spread to the Mayas, the Aztecs mastered it. Even without the possibility of sacrifice, it was quite a tough game.

"There are even some depictions of ball players playing with the heads of the losers in place of a ball. Whether this actually occurred is up to artistic speculation. The Spanish who

observed the game reported horrendous injuries to those who played it – deep bruising requiring lancing, broken bones, and even death when a player was hit in the head or by an unprotected bit by the heavy ball." (By Monica Petrus, January 9, 2014; Atlas Obscura.com: The Brutal and Bloody History of the Mesoamerican Ball Game, Where Sometimes Loss Was Death)

The Spanish Inquisition dates back to the 1230s CE by Pope Gregory IX, but was officially established in the late 1470s. Although the early Christians endured horrific persecution and torture, by the middle Ages the Catholic Church had become a very powerful religious and political force in Europe. In order to preserve its power and authority the suppression of heretics and other enemies of the sort was necessary. A person believed to have belonged to this category of people was, considered a heretic. Many Jews were, victimized in horrible attacks. Many Jews lived in special ghettos making it easier for their oppressors to execute pogroms. Some Jews found it convenient to convert to Catholicism. Even the converts were not, considered equals they were known as Marranos (Spanish for pig). Nonetheless, many were, accused of clandestinely practicing Judaism. Following the conquest of Granada in 1492, by the Spanish, Muslims found themselves the target of horrible persecution. Muslims who converted to Catholicism were known as Moriscos (Spanish for Moorish). Protestants, in particular Lutherans, became targets, and later, Spain's colonial subjects felt the wrath of the Inquisition. The, Portuguese Inquisition was formally introduced on May 23, 1536 and eventually reached its colonies.

Accusations of witchcraft, sorcery, and blasphemy could, be launched at anyone, including Catholics. The accused were usually, considered guilty as charged, he or she had to testify in his or her own defence, no attorney was provided, anyone could be brought in to testify against the defendant, and perhaps worst of all, torture was commonly used to extract confessions. Trial by Ordeal entailed the determining of guilt or innocence based on survival. Most victims were, subjected to torture or a dangerous experience such as possible drowning. Proof of innocence was, determined by survival. The idea was to leave the determination of guilt or innocence in the hands of GOD, or a higher being, Judicium Dei (The Judgement of GOD).

An excerpt from the Babylonian Code of Hammurabi pertaining to trial by ordeal states, "If anyone bring an accusation against a man, and the accused go to the river and leap into the river, if he sink in the river his accuser shall take possession of his house. But if the river proves that the accused is not guilty, and he escapes unhurt, then he who had brought the accusation shall be put to death, while he who leaped into the

river shall take possession of the house that had belonged to his accuser." (October 12, 2015; ancient-origins.net: Trial by Ordeal: A Life or Death Method of Judgement)

According to the Catholic Church, "A heretic publicly declared his beliefs (Based upon what the church considered inaccurate interpretations of the Bible) and refused to denounce them, even after being corrected by the authority. He also tried to teach his beliefs to other people. He had to be doing these things by his own free will, not under the influence of the devil." (How the Spanish Inquisition Worked, By Shanna Freeman, February 5, 2008; howstuffworks.com)

THE ANCIENT WORLD WAS RAMPANT WITH HORRIFIC METHODS OF TORTURE, USED TO EXTRACT CONFESSIONS, PUNISH, HUMILIATE, AND EXECUTE; BELOW IS A PARTIAL LIST, MORE WILL BE INCLUDED LATER IN THIS BOOK:

- **THE RACK:** The victim's ankles were, secured to one end of the device, the wrists to the other. The rack would, then be cranked during the questioning process, literally stretching the victim's limbs. The bones, ligaments, and flesh made terrifying sounds in the process. Dislocation occurred; if the procedure continued the limbs were, torn off.
- **TONGUE TEARER:** A crude scissor-like instrument that contained a screw that would tighten the blades, ripping and tearing through the victim's tongue. A device called the 'mouth opener' would, be used to forcefully open the mouth of the reluctant victim.
- **THE JUDAS CRADLE:** Was, used during the middle Ages for obtaining confessions; it was, feared across Europe. The victim was, securely restrained and then set down upon a special chair with a pyramid-shaped seat. The apex point of the chair gradually ripped through the anus or vagina. The victim endured horrific shock or death by orifice impalement.
- **THE BRAZEN BULL OR BURNING BULL:** In a literal sense, this was a hellish punishment. A bronze bull with a door in which a victim was forced, into and then securely locked was placed over a heated fire; the victim was cooked to death.
- **NECK TORTURE:** A very slow and painful punishment, the instrument used was metallic or wooden with sharp spikes secured to the victim's neck. In addition to the pain caused from the spikes, the victim was unable to eat, sleep, relax, or even lie in a comfortable position; mental torment was expected.
- **THE CHAIR TORTURE OR JUDAS CHAIR:** A device used during the middle Ages, consisting of many variations of a specially designed chair completely covered with sharp spikes (500 to 1,500 in total). The victim was strapped to the chair to ensure

immobility. Worse yet, openings in the bottom of the chair allowed for the burning of coal beneath, severely burning the victim in the process. Death occurred from a few hours to a day.

- HERETIC'S FORK: Used during the Spanish Inquisition to extract confessions, this instrument was double-pronged on both ends, was, inserted between breastbone and the throat. The victim was unable to speak or rest; severe mental confusion and turmoil often resulted in a confession.
- CHOKE PEAR OR PEAR OF ANGUISH: An instrument consisting of a pear-shaped body, predominately used for women, homosexuals, liars, and robbers, it was divided into spoon-like sections that had a cranking device which would expand the metallic protrusions that were inserted into the vagina, mouth, or anus; it mutilated the victim.
- THE TUB OR SITTING IN THE TUB: The victim was, placed in a wooden tub with his or her body completely submerged in water, except for the head. Thereafter, milk and honey was, pasted on the victim's face. It did not take long for flies and other insects to converge upon the tasty meal. Worse yet, the victim was force-fed in order to induce urination and excreting, resulting in a cesspool of filth.
- RAT TORTURE: Although there was a multitude of methods of using rats to torture humans, the victims had to be tied or restrained, rendering escape or self-defence impossible. The most common method was to set a rat atop a chosen body part of the victim. An escape-proof container was, placed over the rat. The container was then heated; with no way for the rat to escape it desperately clawed and burrowed into the victim's body (Usually the abdomen), the victim eventually died.
- IRON MAIDEN: An iron cabinet with an interior full of sharp steel spikes, used to house a human. Once Inside, the victim was, rendered immobile, resulting in multiple small-scale impaling. Furthermore, some victims were jabbed with a sharp object in the process.
- IMPALEMENT: The most notorious impaler in known history was Vlad the Impaler (Vlad Dracula (1428/1431 - 1476/77; a Romanian ruler). This form of execution involved the slow, forceful penetration of a stake, pole, spear, or a similar object into the victim. The victim was, forced to sit on a sharp, sturdy pole that was, raised vertically. Gravity (The victim's own weight) did the rest. Death could take up to three days. Historical accounts indicate that Vlad Dracula enjoyed the spectacle.
- CRUCIFIXION: Although people today associate crucifixion solely with the early days of Christianity, this practice had been used for much earlier as a form of punishment, slow execution,

humiliation (In full public view) and a deterrent for others. Extreme pain, excessive bleeding, starvation and dehydration, septic shock, and complications from the elements resulted in death. So-called ISIS has been, reported to use this method of execution.

- **GUILLOTINE:** A mechanism with a heavy blade used primarily to decapitate victims. For a long period, of time this was the most notorious and speedy form of execution, reaching its peak in a period of more than 200 years. Tens of thousands of people were, beheaded from common criminals to the rich, aristocrats, and royalty it served as a symbol of the French Revolution. King Louis XVI of France (August 23, 1754 - January 21, 1793) was executed by guillotine in the Place de la Revolution.
- **ROPE TORTURE:** This was the easiest, cheapest, and most readily available instrument of torture. The rope was, used to tie the victim's hands, feet, and/or body, oftentimes in painful positions for extended periods, of time. Ropes were, also used to immobilize victims during torture sessions.
- **THUMBSCREW:** Used throughout the middle Ages, the victim's fingers and/or toes were, placed inside a special device, used to slowly, crush the body-parts. Larger versions were, used to crush the knees, elbows, and head (Head Crusher). The Head Crusher punishment was, usually used to extract confessions.
- **SCAPHISM:** The victim was, eaten alive, placed in a hollow tree-trunk or other similar concoction and then force-fed a mixture that induced diarrhoea. Thereafter, the victim was disrobed and smothered with milk and honey. Unable to escape, the victim was also, smothered in his or her own waste, dehydrating, and eaten by insects; septic shock often occurred.
- **SAW TORTURE OR DEATH BY SAWING:** Simply put, the victim was, sawed in half, vertically or horizontally, notoriously used in Rome and to a lesser extent in Morocco, Imperial China, the Ancient Persia, and elsewhere. Most victims were, hung upside down to increase the blood flow to the head; a massive saw was, placed between, the victim's legs wherein the body would be, slowly cut in half.
- **LEAD SPRINKLER:** This instrument of torture was, filled with molten lead, boiling water or boiling oil. The contents were sprinkled over, the victim's body the eyes were a favoured target.
- **COFFIN TORTURE:** It was mainly, used during the middle Ages. The victim was, placed inside a 'coffin-like' cage; a favoured target, were people who were heavy-set. The length of time a victim was, kept inside the coffin depended on the perceived crime committed. Blasphemy and other serious crimes entailed a death sentence. The victim was set out in the blazing sun,

facing hunger, dehydration, prolonged immobility, and being eaten alive by animals and insects. Most cages were about the size of a human. However, some unlucky victims were, placed in coffins that were too small for their bodies, increasing the pain and discomfort.

- CROCODILE SHEARS: The overwhelming purpose of this form of punishment was to mutilate any person who attempted to kill the king. The instrument used was a red-hot iron pincer crudely shaped like the head, jaws, and teeth of a crocodile. The interior consisted of numerous spikes on both ends; the appendages were, torn from the body.
- THE BREAST RIPPER: Exclusively for women, the instrument was a metal claw, usually red hot, that pierced the victim's breasts with harp spikes, designed to induce blood loss, and to rip and tear flesh. The helpless victim was, tied to a wall, while her tormentor clawed away at her breasts. This form of punishment was designed to, scar the breasts of unmarried mothers and mutilate women found guilty of heresy, adultery, and other serious crimes.
- REPUBLICAN MARRIAGE: Practiced primarily during the French Revolution involving the tying together of a nude couple and then tossing them into an icy body of water to drown. If no water was available, the couple was, stabbed with swords and bayonets, a favoured method used on priests and nuns.
- THE BREAKING WHEEL OR CATHERINE WHEEL: Used as a form of capital punishment during the middle Ages, reserved for hated criminals. The victim's limbs were, secured to the spokes of a large wooden wheel which, was slowly turned as the tormentor was smashing the victim's limbs with an iron hammer. As expected, limbs were broken, thereafter, the victim was left to die or worse yet, was tied on the top of a pole where he or she would be eaten alive by birds of prey. Sometimes the victim survived the ordeal for several days the lucky ones received a deathblow (A mercy blow) to end their suffering.
- WOODEN HORSE OR SPANISH DONKEY OR CAVELETTO SQUARCIAPALLE: Was used during the Spanish Inquisition consisted of two variations. The nude victim was, placed and then securely strapped onto a donkey-like contraption, a vertical wooden board with a sharp V-shaped wedge on top of it, along with short metallic spike on the top and sides. Weights would, then be added unto the victim increasing the pressure on his or her body and the force of the sharp metallic spike's penetration into the flesh. Sadly, a similar torture was, used generations later, during the American Civil War.

As conveyed by Milton Asbury Ryan, Co. G, 8th MS Regiment, "There were some of our poor boys, for little infraction of the

prison rules, riding what they called Morgan's mule every day. That was, one mule that did the worst standing stock, still. He was, built after the pattern of those used by carpenters. He was about fifteen feet high; the legs were nailed to the scantling so one of the sharp edges was turned up, which made it very painful and uncomfortable to the poor fellow especially when he had to be ridden bareback, sometimes with heavy weights fastened to his feet and sometimes with a large beef bone in each hand. This performance was, carried out under the watchful eyes of a guard with a loaded gun, and was, kept up for several days, each ride lasting two hours each day unless the fellow fainted and fell off from pain and exhaustion. Very few were able to walk after this hellish Yankee torture but had to be supported to their barracks." (Wooden Horse Device, Wikipedia the Free Encyclopaedia)

- **BURNED AT THE STAKE OR DEATH BY FIRE:** This was one of the most painful methods, of execution; the victim was probably, accused of heresy or, witchcraft. It was always, performed in public a stake was, erected at the designated location of the burning. A pile of straw and wood reaching about the height of the accused was, placed in the burning site. A pathway was, cleared for the victim to be, taken to the burning site. The accused was naked and smeared with sulphur. Once there, he or she would, be securely tied onto a stake with ropes and chains. Thereafter, the pile was, put on fire from all sides at the same time. In unusual cases gunpowder was be placed around the accused or a mortal blow would be, given in order to shorten the suffering, and yet in rare and extraordinary cases, the accused was, strangled to death before the body was, burned. In France, about the year 1520, fires for the execution of witches blazed in almost every town. Danaeus, in his 'Dialogues of Witches', says that, "They were so numerous that it would be next to impossible to tell the number of them. So deep was the thralldom of the human mind that the friends and relatives of the accused parties looked on and approved." (By Greg Layden, December 2, 2012; Science Blogs.com: How Many People Were Killed as Witches in Europe from 1200 to the Present?)
- **HANGED, DRAWN, AND QUARTERED:** This was a penalty for high treason begun in the 13th Century during the reign of King Henry III, and became statutory law in mid-14th century. The victim was, hanged, dragged and quartered in public; secured to a hurdle or wooden panel, to the place of execution. Hanging would last until near-death, what followed was disembowelment and castration, the entrails and genitalia were burned in full view of the victim.
- **THE STRAPPADO OR CORDA:** Used during the Middle Ages against heretics, witches, and the like, entailed the tying of the

victim's hands and feet behind his or her back hanged by a rope fastened to the wrists, commonly dislocating the shoulders; weights were sometimes added onto the victim to increase the pain. The routine occurred in short periods, of time with a rest otherwise, death would occur.

- **SEWN INTO A DONKEY:** This was an Ancient Roman torture entailing the killing and disembowelling of a donkey and then a naked victim was stuffed into the, donkey's abdomen. Thereafter, the abdomen was sewn shut except for a small space for the head of the victim to be exposed, prolonging the suffering. Worse yet the donkey was placed the sun's rays resulting in the carcass to decompose and the, victim to fry. Soon, flies, maggots, other tiny creatures, and vultures would begin to eat the rotting flesh; the victim, unable to defend him, or her-self was also another convenient target.
- **Buried Alive:** This was an Ancient Roman punishment where, vestal virgins that broke their vows of chastity were buried alive. Sometimes, the victim was, ordered to dig his own plot, thereafter a sharp object was, penetrated into his body.
- **FED TO WILD HOGS:** A punishment practiced in Heliopolis, Egypt during Roman rule. The virgins that were, punished by this method would, first be passed around to gladiators. They would guarantee that the women had their virginity broken. Then the virgin, would be publicly disrobed and disembowelled. Barley was, stuffed inside the empty cavity and then she was sewn shut. Finally, the victim was, given to wild boars that tore her apart.
- **PUBLIC CASTRATION:** In, Ancient Rome, it was commonly, permitted for a person of higher social rank to violate the sexual rights of an inferior. Naturally, under this system, the emperor could violate the rights of virtually anyone. Many people were unable to climb up the social ladder, deeming them potential victims of those above them for life. A common citizen that tried to enter an unwilling, soldier was, publicly castrated. If the soldier were a willing partner, he was, disembowelled.
- **PREVENTION OF URINATION:** Emperor Tiberius (November 16, 42 BC - March 16, 37 CE) was a cruel and feared Roman emperor who enjoyed inflicting torture on others, especially his perceived enemies. One method of punishment involved a bit of deceit, he would allow his enemies to drink wine with him. Thereafter, he would order the closing of the tip of the targeted person's penis thereby preventing urination. The Egyptian dictator Gamal Abdul Nasser (January 15, 1918 - September 28, 1970) had an unknown number of political prisoners' penises closed; wine drinking did not precede this version of the punishment.

- SKINNING: This involved the removal of skin from the victim. It was common for victims to pass out several times during the process. The skin was usually, removed in pieces and not in its entirety, unless a trophy was offered for doing so. Tormentors devised a plan to skin the victim upside down; the increased blood-flow to the brain helped to maintain consciousness. A knife or other sharp object was, used for the procedure. The strips of skin were, tossed into a fire given to animals, or shown to the victim. In rare instances the victim, was crucified upside down and skinned.

Throughout history, there have been numerous cases of large-scale atrocities and torturing of large groups of people in the name of conquest, racism, nationalism, retribution, fear, persecution, the blame game, religion, or because of some form or another of hatred. In the summer of 64, CE Rome was, beset by a terrible fire that burned for six days and seven nights destroying most of the city. Many of the citizens accused Emperor Nero (December 15, 37 CE - June 9, 68 CE) of deliberately starting the fire. Nero, along with Caligula was likely the most sadistic and mentally ill Roman emperors. Nero was feared and despised, and did not seem to care about the fate of his citizens.

Fearing a dangerous reprisal, a scapegoat was, needed. Nero conveniently decided to lay blame for the fire on a newly formed religious group that would later be, known as Christians. They were a minority whose beliefs called for the rejection of all Roman Gods. Nero ordered the arrest of a small group of Christians who were, forced under torture, to implicate others from among their religion for starting the fire. These early defenceless Christians became an easy target for revenge. Many members were, apprehended and tortured to death.

Caligula was not a good-looking person. Only a few months after becoming emperor he became very ill, almost dying. Caligula believed that someone had tried to poison him; this belief along with his serious illness which is thought to have affected his mental state, appeared to have initiated his reign of injustice, cruelty, sadism, debauchery, killings, and terror; as Roman emperor he had virtually unlimited power and almost no accountability. He attempted to appoint his horse Incitatus as priest and consul, going as far as having a large marble stable built for it and filled it with extravagant furniture.

Caligula's first response to his paranoia was to order the killing or exiling of loved ones. Following his illness, many Roman citizens believed that he was crazy; he is, believed to have suffered from seizures. "I don't care if they respect me so long as they fear me." (Widely quoted)

Caligula loved having people publicly beaten. He once man strapped down and had him brutally beaten with chains for three months, and he had him taken out into the street in full view of passersby and onlookers to see. One of his favoured instruments of torture was the saw. He had a specially designed blade made for cutting a person along the spinal cord from the chest to the crotch in one pounce. The rush of blood to the brain meant that the victim was conscious throughout the ordeal, unlikely to fall into unconsciousness until near death.

Caligula was a sexual sadist, to say the least. He enjoyed slowly gnawing on the testicles of his tied down victims, who were upside down. He also enjoyed having 'criminals' tossed into an arena (Circus Maximus) where they would be mauled and eaten alive by beasts, especially lions. In one unlikely event, the criminals were somehow able to escape before the beasts were, let out. Not one for mercy and intent on amusing himself, Caligula had members of the audience snagged from their seats and tossed into the arena.

Caligula thought he was, a living God, an important factor that led to his downfall. In addition, he had the faces of statues of Roman deities removed and replaced with his own face. Some sources state that Caligula had public sex with his sisters, others claim otherwise.

One of the last straws that led to Caligula's end was the public execution of an entire family. The debacle began when a man had the audacity to publicly, insult Caligula, to his face. Caligula had the man tied down and then brutally beaten with chains. However, this was not enough to satiate Caligula's appetite. He ordered his guards to apprehend members of the victim's family, including the children to be publicly, executed. Even the calloused Romans who saw acts of barbarity on a regular basis were shocked and disgusted, to the point of starting a revolt. Nonetheless, a 12 year-old Virgin was the last living member of the family. However, according to Roman law a Virgin cannot not, be executed. Caligula solved this problem by ordering the executioner to rape and then strangle, the helpless girl.

Being a gladiator in Ancient Rome could be the most terrifying occupation. Many of the gladiators were prisoners or convicted persons. Fights in the coliseums could consist of two armed men fighting each other, an armed man versus a ferocious beast, an unarmed man or woman versus a ferocious beast, or two beasts or a large group of beasts sent into the arena to fight each other, or to attack a group of unarmed people. There were also mock and real sea battles in which the arena was, filled with water.

On rare occasions, a gladiator was able to commit suicide before a match. Seneca the Elder (54 B.C. - 39 C.E.; A wealthy Roman writer, play-right, and philosopher during the earlier period of the Roman Empire), believed that suicide is morally permissible if the person is destitute, crippled, terminally ill, insane, or living under extraordinarily cruel conditions under the control of a tyrant. He gives one such example of a Germanic slave who committed suicide following years of horrible abuse and living in perpetual fear.

"In a training academy for gladiators who work with wild beasts, a German slave, while preparing for the morning exhibition, withdrew in order to relieve himself - the only thing he was allowed to do in secret and without the presence of a guard. While so engaged, he seized the stick of wood tipped with a sponge, devoted to the vilest uses {Defecation, the Ancient Roman version of re-useable toilet paper}, and stuffed it down his throat. Thus, he blocked up his windpipe and choked the breath from his body ... What a brave fellow. He surely deserved to be allowed to choose his fate." (alphahistory.com: 64 AD: Suicide by toilet brush)

Vlad Dracula (1428/1431 - 1476/77; Vlad the Impaler or Tepes, Dracula, Son of the Devil, Prince of Walachia, Prince Vlad IV), enjoyed drinking the blood of his killed or dying victims. Shockingly when, Vlad was barely into his teens his father, Vlad Dracul, sent him and his brother Radule to be prisoners for life, in order to avert any chance of the brothers initiating a war with the Ottoman Turks. Expectedly, Vlad hated his father and the Turkish sultan; he and his brother were often in chains, quite a shocking predicament for two boys who were once princes of Romania.

Vlad and Radule feigned a friendship and admiration of the sultan. As a result, the sultan took them under his wing, granting them a military upbringing; Vlad would later use this knowledge against the Turks and other enemies, the Sultan brought them along to witness public executions, and almost certainly acts of cruelty. This is likely when Vlad's sadistic inclinations began.

At 19 years of age Vlad was, released by the sultan. Upon returning to Romania Vlad became a dictatorial tyrant, transforming Transylvania into a Gothic-like fortress. To ensure total submission of his will he used terror, torture, and cruelty upon anyone he perceived as an enemy. His citizens feared him so much. Although he placed a treasured golden goblet in every single one of his districts, unguarded round-the-clock; not a single treasured goblet was stolen. No citizen spoke out against him and there was virtually no crime in the territory under his control. He impaled people, including children and

babies for no reason whatsoever, believing they were of no use to anyone. The order, to kill someone was frequently given on impulse, hanging dead bodies from trees, walls rooftops, in town squares. In Bresov Transylvania, the city of his residence an estimated 30,000 were impaled and more than 40,000 were impaled in a two-year period in the whole of Transylvania. From this, we can deduce that tens of thousands of people may have been, impaled.

In addition to wide-scale impalement Vlad had limbs amputated, sliced off ears and noses, boiled people to death, mutilated genitalia, skinning alive, exposure to the elements, and threw people to beasts, Vlad was killed by the Turks and other enemies at the age of forty five.

Ivan IV Vasilyevich (September 3, 1530 - March 28, 1584), widely known as Ivan the Terrible, became the leader of Russia at age three, was later crowned 'Tsar of all Russians' at the age of seventeen. He conquered much territory during his reign. As a child, he witnessed acts of cruelty, brutality, and deceit, paving the way for his becoming a ruthless tyrant. During childhood, he apparently amused himself by tossing animals off roofs. In early adulthood, he showed signs of upcoming trouble, a heavy drinker wandering through Moscow with a band of young hoodlums, drinking up a storm, harassing old people, and raping women. He made his rape victims disappear by hanging or strangling them, burying them alive or having them thrown to the bears. He enjoyed robbing peasants and hunting animals for fun. For years, he had been a prolific reader of religious and historical books.

During his twenties Ivan began to feel hostility towards his advisers, the government, and the Boyars (The highest-ranking members of the feudal Bulgarian, Kievan, Moscovian, Wallachian, Moldavian, afterward the Romanian nobility). He began to order attacks upon Boyars, merchants, and everyday citizens, killing some and confiscating the lands of others. He became quite unstable following the death of his first wife, Anastasia Romanovna Zakharyina-Yurieva (1530 - August 7, 1560).

Ivan participated in murders and massacres, burning and destroying Novograd, based on dubious accusations of treasons. He tortured many of its inhabitants, killing thousands of its residents. There were cases of men, women, and children tied and then roasted alive, the Archbishop was, sewn up in a bearskin and then given to a pack of wild dogs. Men were strapped to sleighs and then pushed into the icy waters of the Volkhov River. Worse yet, he ordered their wives and children to have their arms and legs chained and thrown from a Platform. The Tsar's nobles and soldiers travelled in the river armed with

spears, axes, lances, and hooks, attacking any person who came up for air.

According to a German mercenary, "Mounting a horse and brandishing a spear, he charged in and ran people through while his son watched the entertainment..." (Ivan the Terrible: Facts and Details). Not surprisingly, Novograd was, permanently scarred Pskov would later endure a similar turmoil.

Ivan participated in the murder of a high official of the church, Metropolitan Filip. Filip had rightfully criticized Ivan's reign of terror. Ivan enjoyed torturing people based on descriptions of hell in the Bible. Ironically, Ivan is, reported to have prayed for his victims before brutally killing them. His treasurer, Nikita Funikov, was, boiled alive in a cauldron. His councillor, Ivan Viskovaty, was, lynched and Ivan's associates hacked off pieces of his. One Boyar was, strapped to a barrel of gunpowder and then blown into pieces.

Anyone who irritated Ivan was beaten and bludgeoned; he carried a specially designed staff for this purpose. He had peasant women used as target practice by members of the Oprichnina these were members of an organization formed by Ivan to govern part of Russia from 1565 to 1572. In 1581, Ivan killed his son in a fit of rage; he never recovered from the ordeal, later becoming addicted to mercury and dying from it in the process.

"Ivan had always had quite a good relationship with his eldest son, and young Ivan had proved himself at Novgorod. On November 19, 1581, Ivan became angry with his son's pregnant wife, because of the clothes she wore, and beat her up. As a result, she miscarried. His son argued with his father about this beating. In a sudden fit of rage, Ivan the Terrible raised his iron-tipped staff and struck his son a mortal blow to the head. The Prince lay in a coma for several days before succumbing to his festering wound. Ivan IV was overcome by extreme grief, knocking his head against his son's coffin." (madmonarchs.com via Ivan the Terrible: Facts and Details)

Perhaps the slow torture that took the most work and callous administrator/s was Lingchi, banned in China in 1905. How any human being could inflict this extraordinary cruelty and sadism against another human being or an animal is beyond comprehension. Also known as 'Slow Slicing' or 'Death by One Thousand Cuts', the procedure involved the removal by knife or other specialized instrument of small, non-deadly pieces of flesh from the victim's body. Note that the eyes, ears, and genitals were not off limits.

The torturers were, trained making sure that the victim would not quickly bleed to death; the idea was to prolong suffering while the victim was still reticent of what was

happening to his or her body. The victim was, completely helpless the body was, securely tied to a makeshift pole or stake. The procedure was, done in public. If the victim survived the ordeal, a deadly cut to the throat or puncture of the heart were, made. Some victims survived to the end.

Lingchi punishment was supposed to extend into the victim's afterlife; it was, believed that he or she would not be complete after death. According to Sir Henry Norman in his book 'The People and Politics of the Far East', the executioner sliced off pieces by, "Grasping handfuls from the fleshy parts of the body, such as the thighs and the breasts... then the limbs are cut off piecemeal at the wrists and the ankles, the elbows and knees, the shoulders and hip. Finally the victim is stabbed in the heart and his head cut off." (By Meghan, October 23, 2014; cvltnation.com: One Thousand Cuts ... Terrifying Ancient Chinese Torture and Execution Methods)

The Chinese also used flaying (Removal of the skin) as a form of punishment. A sharp instrument was used to remove the dermis (Lower or inner layer of the two main layers of sheets that make up the skin); the skin of the face was removed fully intact. Zhu Yuanzhang (October 21, 1328 CE - June 24, 1398) the Hongwu Emperor, is said to have had 5000 women flayed in 1396 CE. As a strong deterrent to perceived or potential enemies of the state, the skins were, displayed in full view.

Bamboo torture was, used in China and India. It was also used by, the Japanese Military against American POWs. It took minimal work for the tormentors. All they had to do was strap a victim above a bamboo shoot. Bamboo grows extraordinarily fast the initial wound would be a painful puncture to the skin, soon thereafter full penetration of the body, the end result was impalement.

During the American Civil War (1861 - 1865), some of the punishments meted out to POWs, and for insubordination or infractions of the rules were quite brutal. 'Bucking and Gagging', involved forcing a soldier to sit in dirt and keep his knees at the level of his chest. His hands were, tied to his shins, a stick or a rod was shoved over the victim's arms, under his knees, he was gagged, and left there for a prescribed number of hours. Another punishment entailed the tying of a soldier up by his thumbs for hours. The following is a narrative given by Frank Wilkeson, an enlisted soldier in the Potomac who served from 1863 until the end of the Civil War.

"One punishment much affected in the light artillery was called 'tying on the spare wheel.' Springing upward and rearward from the center rail of every cassion was a fifth axel and on it was a spare wheel. A soldier who had been insubordinate was, taken to the spare wheel and made to step upon it. His legs

were, drawn apart until they spanned three spokes. His arms were, stretched until there were three or four spokes between his hands. Then the feet and hands were firmly bound to the felloes of the wheel. If the soldier was to be, punished moderately then he was, left bound in an upright position on the wheel for five, or six hours. If the punishment was to be severe, the ponderous wheel was, given a quarter turn after the soldier had been lashed to it, which changed the position of the man from upright to horizontal. Then the prisoner had to exert all his strength to keep his weight from pulling heavily and cuttingly on the cords that bound his upper arm and leg to the wheel." (By Robert Bateman, November 14, 2013; esquire.com: Crime and Punishment in the Civil War)

During the American Civil War Andersonville Prison, also known as Camp Sumter, became a residence for some of the most unlucky POWs in the war, a Confederate camp that opened during the last year of the war. Although the war's prison camps were for the most part decrepit, Andersonville was the worst of the worst. Nearly 13,000 of the 45,000 Union Soldiers died in this camp as a result, of starvation, filth, vermin, neglect, mental turmoil and apathy. In modern terminology, Andersonville would, clearly be labelled a concentration camp. Prisoners scrounged for and ate vermin, others insulted and jeered the guards hoping that they would be shot dead, to end their unimaginable pain and agony. Horrible photos of POWs at Andersonville indicate mass starvation at an unprecedented level. The deliberate withholding of food resulted in a plethora of illnesses, oftentimes leading to death. What follows is a horrifying and sad testimonial of the Andersonville tragedy by Sergeant Clark N. Thorp.

"I have seen men, by the hundred, standing huddled together for mutual warmth and support (you could not fall very well with men on every side standing tight to you) but these men were weakened by disease and starvation, and during the night many would have to lie down and, in the morning, if it had rained hard you would approach a man who looked like a pile of sand, the heavy rain having thrown sand over his prostrate body. Many of them would be dead in the morning and would be carried out to the dead-house by their comrades ..." (By Lea Rose Emergey; ranker.com: Torture Techniques from Anderson Prison, The Scariest Place in the Civil War)

BELOW ARE SOME OF THE PUNISHMENTS THAT WERE, METED OUT IN ANDERSONVILLE PRISON:

- THE SWEAT BOX: Has, been described by many of its victims as being much worse than a sauna, suffocation by steam. Unruly prisoners were placed inside, the sweatbox. Some were unable to

Thank You for previewing this eBook

You can read the full version of this eBook in different formats:

- HTML (Free /Available to everyone)
- PDF / TXT (Available to V.I.P. members. Free Standard members can access up to 5 PDF/TXT eBooks per month each month)
- Epub & Mobipocket (Exclusive to V.I.P. members)

To download this full book, simply select the format you desire below

