

e-Deliverance

A PEACEFUL DEATH IS EVERYBODY'S RIGHT

April 2019

An Exit International publication • www.exitinternational.net

SARCO GOES TO VENICE GLOBAL LAUNCH AT VENICE DESIGN 2019

In January this year, Exit Founder Dr Philip Nitschke & Dutch Industrial Designer, Alexander Bannink, received an invitation to exhibit Sarco at Venice Design 2019. VD will be held at the baroque Palazzo Michiel dalle Colonne on the Grand Canal (sestiere of Cannaregio) in Venice. All Exit members are invited.

The global unveiling of Sarco will take place on Thursday 9 May. Venice Design is hosted by the non-profit European Cultural Centre and runs alongside the Venice Biennale, the world's preeminent art fair.

Exit is very pleased and quite honoured a) to be recognised for the Sarco project and b) to receive sponsorship for this important 6-month exhibition from the Inti Raymi Foundation in Austin, Texas in the US and also via a private, philanthropic fund based in Sydney, Australia. (The principal cost of the Sarco project has been borne from bequests received by Exit.)

The Sarco is currently nearing completion after almost six-months of round-the-clock printing at the Maak 3D innovation precinct in Haarlem in the Netherlands.

Over this period there has been much research and development of the materials, design and the printing process. After all, this Sarco is the first to be created in full size and fully 3D-printed in biodegradable plastic. Already, Sarco has been invited to be exhibited in Germany in 2020.

In terms of its actual use, while Sarco 1.0 is in Venice, Philip and Alex will be hard at work with the production of Sarco 2.0. It is envisaged that this second Sarco will be the one that will be used in Switzerland in 2020.

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Welcome to the Future of the Sarco

SARCO GOES TO VENICE CONT

Sarco Mechanics: how it works?

The capsule of Sarco provides for a rapid decrease in oxygen level while maintaining a low level of CO₂. On activation, liquid nitrogen causes the oxygen level to drop silently to less than 1.5% in less than a minute. On inspiration, a sense of serene euphoria is followed quickly by loss of consciousness and peaceful death.

The Collaboration

When Philip left his home in Australia for a new working life in the Netherlands, his network brought him into contact with Dutch designer, Alexander Bannink. The Sarco represents a nexus between the design aesthetics of modern transportation with the brief's requirement of delivering the ultimate endgame: a peaceful, elegant and stylish death at a time and place of one's choosing.

The Build

Sarco is 3D-printed in sections beginning with the frame: much like building a car. The robotized printer functions 24/7, systematically manufacturing the main structure, body panels, and details components. Hands-on production comes only at the end of the print run.

The design software that underpins Sarco can be altered to accommodate bespoke client size and style specifications. The 1:1 scale Sarco was printed over a period of 6 months.

The Concept

What if we had more than mere dignity to look forward to on our last day on this planet?

What if we dared to imagine that our last day might also be one of our most exciting?

Far from shrouding dying behind a grim, dark curtain, Sarco invites one's final day to be an overt display of beauty: enclosed in a beautiful space, in your own chosen beautiful place in the world.

Lawful, non-medical, autonomous!



Artist's early stage impression of Sarco



Work in progress - Sarco Modelling



*Alex & Philip sanding the base of Sarco
Haarlem, 8 April 2019*

THE LEGACY OF TROY THORNTON

On 22 February 2019, Melbourne fireman, Troy Thornton, died at the Lifecircle clinic in Basel. He died in the arms of his wife Christine listening to the Christopher Cross song 'Sailing'. In the days before his death Troy and Philip spoke together at great length.

Until his arrival in Switzerland, the two men's relationship had only been by skype and email. Philip says he will always look back fondly on his time with Troy and Chris in Basel. Troy went to his death bravely, and with incredible determination. A momentary pause outside the front door of Lifecircle was followed quickly by rushed steps to 'the room with the bed'.

With his characteristic wide-based gait (caused by his multiple system atrophy), Troy walked unaided to the table for the final paper work and then lay down on the bed. With only Lifecircle staff in the room and with Philip in the doorway, he received the intravenous drip of Nembutal and he was gone. A huge life of action, activity, family, friends and colleagues brought to a peaceful close.

Troy's funeral in Mornington on 1 March attracted hundreds of people: work colleagues, friends and family. The guard of honour by the CFA rescue men and women was a beautiful send-off. Troy's wife Chris says she has forgotten what 'normal' looks like as she tries to get on with her life (as Troy wanted her to) while being both mother and father to their kids, Jack (17 years) and Laura (14 years).

Analysis

Troy Thornton will be remembered as the Melbourne fireman who was forced to travel to Switzerland because he did not fit the ridiculously-strict criteria devised by the politicians for the forthcoming Victorian 'assisted dying' law.

In a farcical move to appease the religious right, the Victorian parliament is responsible for a law that discriminates against the most vulnerable and, in some cases, the sickest. Troy Thornton's diagnosis of Multiple System Atrophy was leading him to a slow paralysis.

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Work in progress - Sarco Modelling



Troy's death notice

Wife's hope after firefighter husband dies in Swiss euthanasia clinic

By Stephanie Anderson • Reporter | 7:22pm Feb 25, 2019



Chris Thornton interview on Nine News

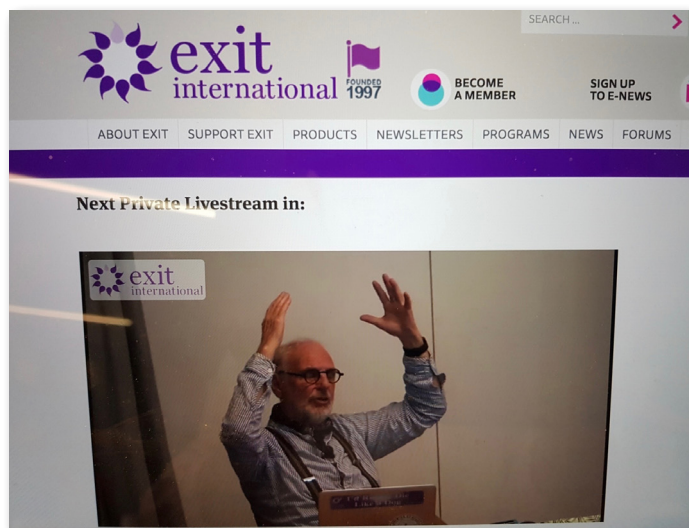
EXIT LIVESTREAM WORKSHOP

On Saturday 6 April, Philip Nitschke held his first livestream Exit Workshop from the OBA Central Library in Amsterdam.

The event was attended in person by around 25 people, with around 300 attending online. The main topic was, again, the lethal salts.

As this was the first LiveStream, there were the inevitable technological problems. However, the majority of feedback shows members and subscribers as being very grateful for this new use of technology.

The recording of the LiveStream has been made available on the Yudu platform. Access can be provided to Exit members upon request at:
contact@exitinternational.net



Philip discussing Nitrogen during the livestream

EXIT WORKSHOP DATES - AUSTRALIA

Exit's 2019 Australian workshop tour will commence on Thursday 25 July on the Gold Coast in Queensland and conclude three weeks later in Darwin. The tour will take in all Australian capital cities (except Hobart). Workshops are free for all Exit members (discounts apply for PPeH subscribers).

This year, Exit will be launching a new online workshop registration system to streamline the process. We expect this new website component to be ready in June, allowing plenty of time for registrations for each meeting.

Please remember, workshop attendees need to be aged 50 years or over and of sound mind. Of course exceptions can be made for younger people who are seriously ill.

One principal topic of the workshop tour will be the news and developments in regard to the Inorganic Salts, as well as news on the Swiss front, both in terms of the existing services and Exit's plans as far as Sarco is concerned.

Members will be notified by Exit's email newsletter when registrations are open. Inquiries are at:
1300 10 3948 (Australian reception).

Workshop Dates - 2019 Tour

Gold Coast

12 noon – 4pm @ Thursday, 25 July 2019
Robina Community Centre

Sydney

11am – 3.30pm @ Thursday, 1 August 2019
Ryde-Eastwood Leagues Club, West Ryde

Melbourne

11am – 4pm @ Saturday, 3 August 2019
Oakleigh Hall, 142 Drummond St, Oakleigh

Canberra

11am – 4pm @ Wednesday, 7 August 2019
Eastlake Football Club, 3 Oxley St, Griffith

Adelaide

11am – 3pm @ Saturday, 10 August 2019
Fullarton Centre, 411 Fullarton Rd, Fullarton

Perth

10am – 3pm @ Tuesday, 13 August 2019
The Boulevard Centre, 99 The Boulevard, Floreat

EXITORIAL

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A WORD ABOUT SWITZERLAND

The March 2019 update to the online *Peaceful Pill eHandbook* is all about the Swiss services. For some time it has puzzled Exit (and others) why the Swiss groups have voluntarily adopted a medical model *modus operandi* (and all the problems that brings with it - think conditions placed on the medical registration of the doctors involved) when they don't have to. Swiss law says only that the assistance must be altruistic. Anyone can help, you don't need a white coat.

The short answer to medical model question is that groups like Lifecircle and Dignitas use Nembutal. And if you use a prescription drug then you are going to need a cooperative doctor to prescribe it.

However, what if Sarco were to be available in Switzerland? What then? No drugs means no doctor. There is only assisted suicide, rather than medically assisted suicide. With Sarco, dying becomes a human right, rather than a medical privilege.

But if Sarco is so lawful you ask, why need I still go to Switzerland? The answer to this question is a little less obvious. Until large-scale 3D printers are common place and an individual can truly print their own Sarco, then providing a person with the use of a Sarco may be construed as assisting with their suicide.

So to stay lawful until the technology catches up, Exit envisages that the best and safest approach is to make Sarco available for use in Switzerland. To this end, we are currently undertaking a feasibility study with a view to launching Exit International in Switzerland in early 2020.

A Swiss-based Exit International service would not only be the only organisation to have English as our first language (thereby avoiding the 'lost in translation' miscommunications experienced by people like Troy Thornton) but a non-medical mode of operating would allow the currently cost of CHF 10,000 per death to be drastically reduced.

I will be in Switzerland for meetings in mid April and hope to be able to report back to Exit members on developments in the coming months.

SARCO FILM

To complement Sarco's installation in Venice, Exit has commissioned a short 5-minute film that explains the brief, concept, design, build and application of Sarco. The film will play on loop for the entire 6 months of the exhibition. I am especially grateful to Canberra Exit members, Jan, Sally, Mick and David for their participation in the film and support.



Exit Member - Janet Clifford

FACEBOOK LIVESTREAMS

My Facebook LivesStreams resumed in February in an attempt to keep members up to date with news and views as they arise weekly. The LivesStreams in 2019 are held fortnightly on a Sunday afternoon (Amsterdam time) with the recording posted the same day in the Peaceful Pill forums. Remember, Exit members are welcome to apply for forum admittance at any time. Forums re free. Photo ID is required.

NEW INSTAGRAM ACCOUNT

With Venice Design almost upon us, it seemed timely to open a new Sarco Instagram account in order to keep everyone updated (in a visual way) about Sarco's road to Venice. You can follow us on Instagram #Sarco_Design and Sarco's website is www.sarco.design.

QUEENSLAND PARLIAMENTARY INQUIRY

I was pleased this month to make a submission to the Queensland Parliament inquiry into 'aged care end-of-life and palliative care and voluntary assisted dying'. My submission can be read at: <http://bit.ly/qldparl>

Philip Nitschke

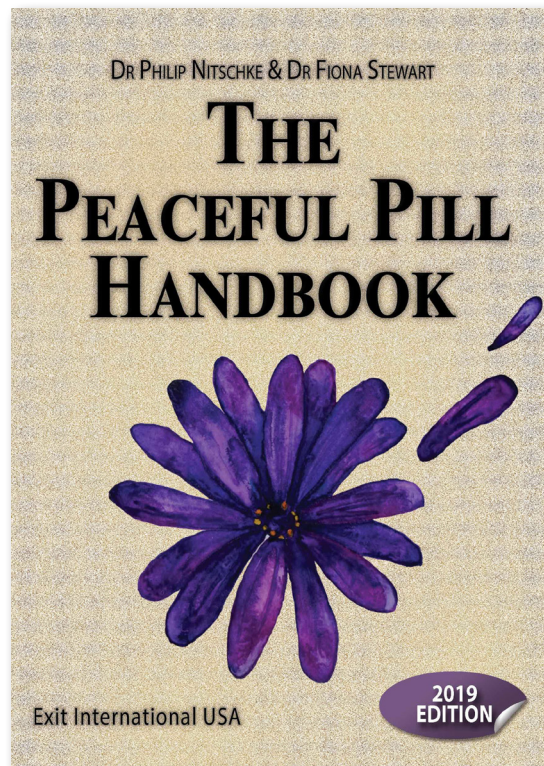
PRINT 2019 PPH - NOW AVAILABLE

The eleventh revised edition of the print *Peaceful Pill Handbook* is now available. First published in 2006, this leading publication has been consistently revised to include the latest news and views in the fast-changing field of end of life choices.

The 2019 edition contains updates on:

- Sarco
- Lethal Salts
- The Korean Method
- The Swiss Services
- Internet Scammers
- Lessons from New Zealand (Suzy Austen trial)
- Drugs & Vomiting

To request a mail-order form, please email sales@peacefulpill.com or call the Exit reception. To order online please visit: www.peacefulpillhandbook.com



TROY THORNTON STORY CONT

As Troy said on his crowd-funding page:

I have now reached a stage where my condition has caused severe impairment of my speech, writing, walking, coordinated movement, bladder control, and vision which is obvious to all. And what's worse, and what people are unable to see, is that I am also having to endure and suffer relentless fogginess, loss of balance, vertigo, nausea, and I feel generally unwell every conscious moment of every day.

Yet, as with many neurological diagnoses, no medical professional was prepared to predict when Troy would die. As his doctors would tell him, Troy was more likely to 'die with MSA than from it'. And this is why Troy would not qualify for the Victorian law. He might be paralysed within 12 months, but he would not, necessarily, be dead (the necessary criteria).

To add insult to injury, Troy's mode of death was likely to be suffocation: choking on his saliva, because he would be paralysed to such a degree that he would be unable to swallow

to clear his throat. This grim reality explains why Troy felt he had to say goodbye to his kids in the driveway at his home in Mt Martha and before boarding the plane to Switzerland.

Troy Thornton is, perhaps, the first of many casualties of a law which is unnecessarily and cruelly overly-cautious. This seems a strange price for desperate and suffering Victorians to pay, especially since their legislators proclaim to be about compassion and dignity. Indeed, some might say that it beggars belief that a person as seriously ill as Troy should be overlooked by an end of life choice law.

In an interview on her return to Australia on 'Nine News' (see: <http://bit.ly/TroyNineNews>) Chris Thornton said:

This law isn't the right type of law - that I had to leave my children and my family and fly away from them to go to the other side of the world, just to have a choice that I should have had here.

Troy's story and his crowd-funding page can be viewed at: <https://www.gofundme.com/troythornton>

POLITICIZING THE SCIENCE

HOW THE MEDICAL PROFESSION IS CORRUPTING THE DEBATE!

In March this year, the Dutch Journal of Medicine (*Nederlands Tijdschrift voor Geneeskunde*, or NTvG) published two articles that deal directly with the right to die issue and, in particular, the quest for the ‘Drion’ or ‘Peaceful Pill’.

The cover story, ‘The Rise and Fall of Middel X’, refers specifically to the campaign by Dutch Right to Die group Cooperatie Laatste Wil (CLW) to provide their members with a suicide powder that would provide a reliable death. Although CLW have always refused to identify the exact substance they have been promoting, it has long been known to be Sodium Azide (NaN_3).



The author of the NTvG paper, Stella Braum, is clearly unimpressed with the endeavours of CLW, describing them as ‘enthusiastic amateurs, blinded by enthusiasm, and pressured by their supporters’.

In the second published article ‘Auto-Intoxication with “Suicide Powder”’, the authors take aim at an alternative end of life substance, the Australian pig poison, Sodium Nitrite. Again, they are scathing. After describing two case studies - neither of which supports

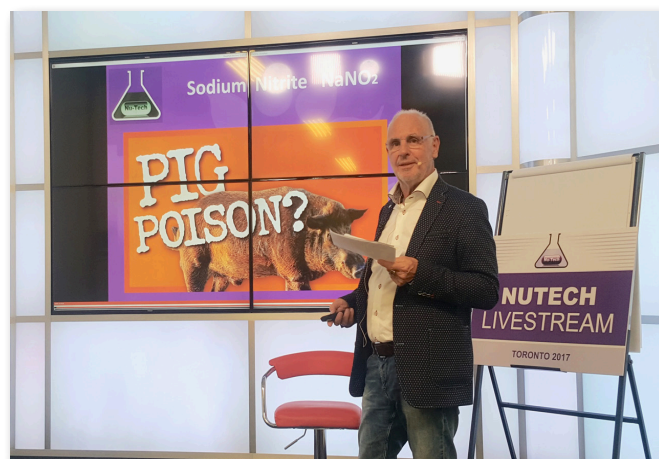
their conclusion - they write, ‘the mechanism of death is suffocation, and because of the unbearable symptoms, sodium nitrite is an extremely unsuitable suicide agent’.

The bias displayed in both articles is hard to understand. No evidence is presented in either piece that supports these overtly negative conclusions. As a journal that proudly proclaims its goal of ‘advancing medical practice through scientific research’, one would expect better.

The Journal’s editorial, ‘Death Rights’, by Yve Smulders, goes some way to explaining the mystery. He writes: the ‘ideology of such self-determination’ is akin to a ‘form of dictatorship!’ In the editorial, therefore, we have an explanation. What we see is an expression of medical bias against the concept of non-medical, elective, autonomous, rational suicide.

In the Netherlands, euthanasia is accepted provided control remains firmly in the hands of the medical profession. With an absolute intolerance for an individual’s right to autonomy, the medical profession, via publications such as NTvG, have shown that they will patronise, humiliate and distort objectors’ arguments and actions.

This is not science, this is political dogma!



Philip Nitschke discussing Sodium Nitrite at the NuTech conference Toronto, October 2017

CROWD FUNDING FOCUS - MAIA

For some time now, Exit has been a fan of crowd-funding activities using the Internet. Indeed, Exit has been active in contributing to a number of campaigns, most recently that of Troy Thornton.

Crowd-funding is not only a way to spread the financial load but these campaigns can, in themselves, raise awareness on certain issues.

Unfortunately, Exit is not in the financial position to support everyone who approaches us. What we can do, however, is to profile campaigns that the readers of this newsletter might be interested in.

In the case of Maia Calloway, 40 years, (who hails from Colorado in the US), it is our American readers who may wish to get in touch with, and support, Maia.

By way of background, Maia has MS (multiple sclerosis). Philip Nitschke first met Maia in Switzerland in late 2017. She had travelled then with the intention of dying then. However, as is so often the problem, she found she was not quite ready, and so she returned home to the US.

Now in April 2019 Maia thinks her time is approaching, not because she wants to but because her health (and quality of life) is deteriorating so sharply. While Maia has a clear preference to use Sarco, she is also very aware that Sarco may not be ready in time for her.

Either way, Maia wants her life and death to mean something more. She wants to agitate for change. Her question is the same as Troy Thornton's. Why should she have to leave home to have control at the end. Why can't she have the drugs she needs, or the Sarco she wants, at home in New Mexico.

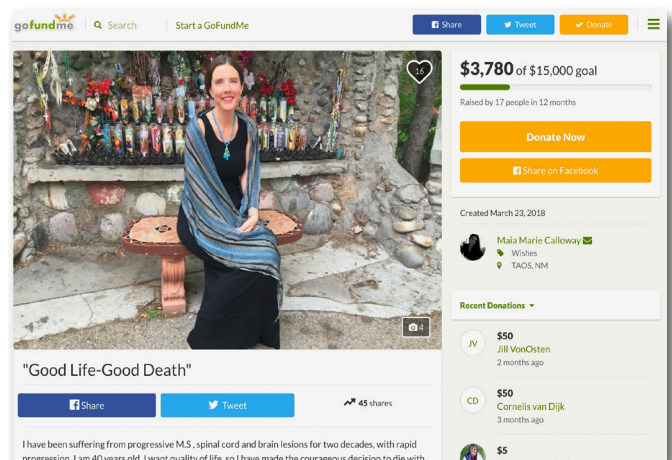
If US (and other) readers wish to read more about Maia and help her in any way they can, her GoFundMe link is at:
<http://bit.ly/MaiaGFM>



Maia Calloway



An image from Mai's Go Fund Me campaign page



Maia Calloway's Go Fund Me campaign page

