

October
2021

25 Years Ago in Darwin

The Rights of the Terminally Ill Act

September 2021 marks the 25th anniversary of the death of Bob Dent in Darwin, Australia.

This date is significant as it is a quarter of a Century since Bob (who was suffering from prostate cancer) became the first person in the world to receive a legal, lethal, voluntary injection from Exit founder/ director, Dr Philip Nitschke.

Bob's death was made possible because of the *Rights of the Terminally Ill Act*.

The *ROTI Act* was created by then First Minister of the Northern Territory, Marshall Perron.

The *ROTI Act* enabled a terminally ill person to ask for medical help to die.

Four of Philip Nitschke's terminally ill patients were able to use the law before it was overturned by a conscience vote in the Federal Parliament of Australia.

Because the Northern Territory is an Australian territory and not a state, Australia's national parliament was able to step in and use a little-known loophole in the *Australian Constitution* (section 122) to make a new law (the *Euthanasia Laws Act* or the *Kevin Andrews Act* as it is also known) that says that Territories cannot make laws on euthanasia.

This Federal law exists to this day and is why the Northern Territory and the ACT (Canberra) have no end of life laws. Read Exit's press release on the 25th anniversary on the Exit Website.

exit
international

THIS ISSUE

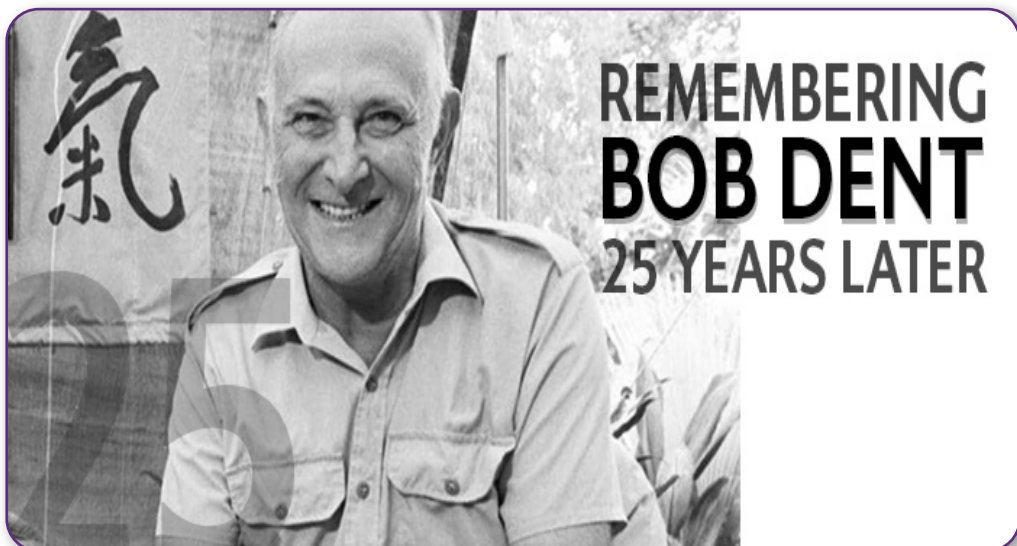
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SAVE THE DATE

6 October 2021
Exit Online Snippet
The USA Lethal Mixtures

3 November 2021
Exit Online Snippet
The Devices

1 December 2021
Exit Online Snippet
The Poisons



Euthanasia 21 Survey Results

Between July 2020 and February 2021, Exit's Canberra Chapter Coordinator, Dr David Swanton, undertook an extensive survey of contemporary attitudes to voluntary euthanasia/ assisted dying.

Operating under his own company's name - Ethical Rights - the survey was sent to World Federation of Right to Die Societies, Exit International, Dying with Dignity (DWD) and Voluntary Euthanasia Societies (VES), who then forwarded it to their members. A total of 1640 responses were calibrated and analysed with the following results.

Who participated in the survey?

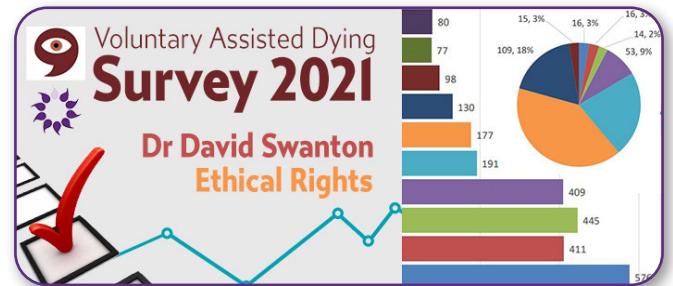
- 60% Australia, 18% USA, 6% other EU, 5% UK
- 60% female, 92% >50y & 40% 70-79y
- 76% not religious
- 68% have at least one higher degree
- 45% belong Exit, 43% DWDs, 16% VESs, 13% to other organisations
- 29% of those had particular needs, 72% did not have disability

In Australia, 32% had no preferred political party. Supported parties were Greens (20%), Labor (18%), and Liberal (18%).

Most people joined Exit to obtain information, practical advice and to support the organisation.

Key Findings

- Most important criteria for a VAD are Voluntary Decision & Decision-making Capacity
- Few People wish to travel for a VAD (either overseas or to another region)
- The older you are, the more likely you are to think that having access to an end of life substance will improve your quality of life in the here and now!



General Summary of Results

- Participants generally not interested in travelling to another country to die
- Regulatory systems should focus on permitting well-informed persons with decision-making capacity, making voluntary decisions to die
- Less importance should be attached to:
 - being terminally ill
 - having doctors administer drugs
 - residency/citizenship
 - having limited life expectancy
- People with advance directives and those suffering unbearably, (not terminally ill) should have access to a VAD
- Doctors should be able to prescribe a lethal drug and non-doctors should be permitted to assist with a VAD
- Consideration should be given to expanding VAD regulation to give access to those suffering from mental illness, dementia, clinical depression and children

The full results can be found on the Peaceful Pill website at:

<https://www.peacefulpillhandbook.com/vad-survey-results/>

Exit congratulates David Swanton on his good work.

Dying in Switzerland

Exit Member Zsuzsi Yardley's final moments

Long time Exit member, Zsuzsi Yardley, died at Pegasos on 3 June 2021. In an act of incredible generosity, Zsuzsi bequeathed to Exit the footage of her final moments.

This is the time when the person who is about to receive the VAD is asked a series of final questions before they rotate the wheel on the drip line that will allow the Nembutal to flow.

While it would be inappropriate for Exit to make this footage generally available, it is published in the online *Peaceful Pill eHandbook*.

For Exit members who are not on the Internet, you may be able to ask your local chapter coordinator to show the footage to you from their copy of the *eHandbook*.



Zsuzsi Yardley

Nembutal Scams Dot Com

Since its launch in July 2020, the Exit *NembutalScams.com* website has gone from strength to strength with over 200 separate scammers now listed.

This website is valuable because every week, Exit receives inquiries from people asking if this or that offer to sell Nembutal online is genuine; bearing in mind that >99% of offers for Nembutal over the Internet are scams. People pay hundreds of dollars and never hear from the scammer again.

Interestingly, the scammers themselves have begun contacting Exit, sometimes threatening, sometimes faking *bona fides* and demanding that this or that listing is removed. *Caveat Emptor* indeed!



Scams Neighbourhood Watch

Currently listed scam sites

200

www.nembutalScams.com

Queensland News

A law so strict, you need to be almost dead ...

As this edition of *Deliverance* goes to press, Queensland has become the fifth Australian State to pass an assisted dying/ voluntary euthanasia law.

Prior to the vote, Exit made a detailed submission and Philip Nitschke fronted the Law Reform Commission panel which was advising of the nature and structure of the law. Exit's submission encouraged a Swiss style law where the 2 safeguards of mental capacity and doing the act yourself are the only requirements that need to be legally satisfied.

Exit's Gold Coast Coordinator, Cath Henderson, spoke out in support of legislation emphasising the need for a broad law that allowed older adults with lots of niggling, age-associated things wrong with them to also be able to use the law. Alas, this was not to be.

The law that was passed in Queensland mandates death from a terminal illness within 12 months.

The other principal safeguards include: the approval of 2 medical doctors and 3 separate requests with a 9 day cooling off period in between.

At a time when other countries are recognising the self-defeating nature of overly-safeguarded laws

and are doing away with mandatory wait periods, Queensland has shown itself rather close-minded to the lessons of the past 20 years of legislation around the world.

In May 2021, Exit reported that the US State of California was cutting its mandated cooling off period from 15 days to 48 hours along with making other changes to the onerous administration and bureaucracy that surrounds that State's *End of Life Option Act*.

Those who don't know history are doomed to repeat it ...

In July we reported that New Mexico was following suit, trying to make their *End of Life Act* less bureaucratic, including empowering non-doctors to participate in the provision of lethal drugs.

Meanwhile, Canada has changed their 2016 *Medical Assistance in Dying* law to allow access for the non-terminal ill. The definition for eligibility now in Canada is 'unbearable suffering'. These are all important developments that Queensland will need to note: if not now, then in the very near future.



EDITORIAL

I start this Editorial with a heavy heart. In August, Fiona and I lost our beautiful dog, **Henny**. For almost 13 years she was our constant companion. The only good thing is that she died peacefully at home with us by her side. The vet who came was discrete, generous and professional. We are grateful we were able to put an end to her suffering in her old age. Many of us are not so fortunate.

People like **Sandy Morris** for example. ALS/MND sufferer, Sandy, is the lead plaintiff in a new legal case against California's *End of Life Option Act* (see the Exit website for press on this issue). The case alleges that the law discriminates against those who are so disabled by their terminal disease that they cannot drink the drugs unaided.

In recent weeks I have been in close contact with the Attorneys involved in this case providing expertise on the multiple ways in which a person without bodily movement may be able to self-administer a lethal dose of drugs. The material that I prepared for the English lawyers in 2014 for the case of **Tony Nicklinson** (who had locked-in syndrome) has come in useful. 'The more things change' ... as they say.

The challenge of creating a device or machine that allows activation with the most minimal of movement has long been an occupation of mine. **The Deliverance Machine** that was used 25 years ago by Bob Dent in Darwin (on 22 September 1996), had the capacity to be operated at the blink of an eye. Other machines that I have worked on with this type of activism in mind include the **Destiny Machine** (of which a prototype was used as part of my 2015 Edinburgh Fringe 'Dicing with Dr Death' show) and, of course, the **Sarco** euthanasia capsule. With a new Sarco device currently being printed in the Netherlands, it is only a matter of months until it will be used.



September has also been an especially poignant month for me as the 25th anniversary of Bob Dent snuck up on me. The day **Bob Dent** died was a momentous one. I knew that life would never be the same again. I was extremely stressed as I took the Deliverance Machine around to Bob and Judy's house, that Sunday afternoon. I thought it would work but this was a first, and there was no room for error. After the machine worked and Bob died, I sat on the news. The *ABC 7.30 Report's* Kerry O'Brien was itching to know. I fudged the facts and didn't let on. He has never forgiven me, but Judy (and I) needed time and space to digest what had just happened. September 1996 is not a time I remember fondly. That said, I would do it all again. Watching Bob's relief has no price, then or now.

Sarco in New Exhibition

Museum for Sepulchral Culture, Kassel Germany



On 10 September, the 'Suizid: Let's Talk About It' exhibition opened at the Museum for Sepulchral Culture in the German city of Kassel.

This Museum is the only institution in the world that is committed exclusively to the cultural and scientific standards of death in all its facets.

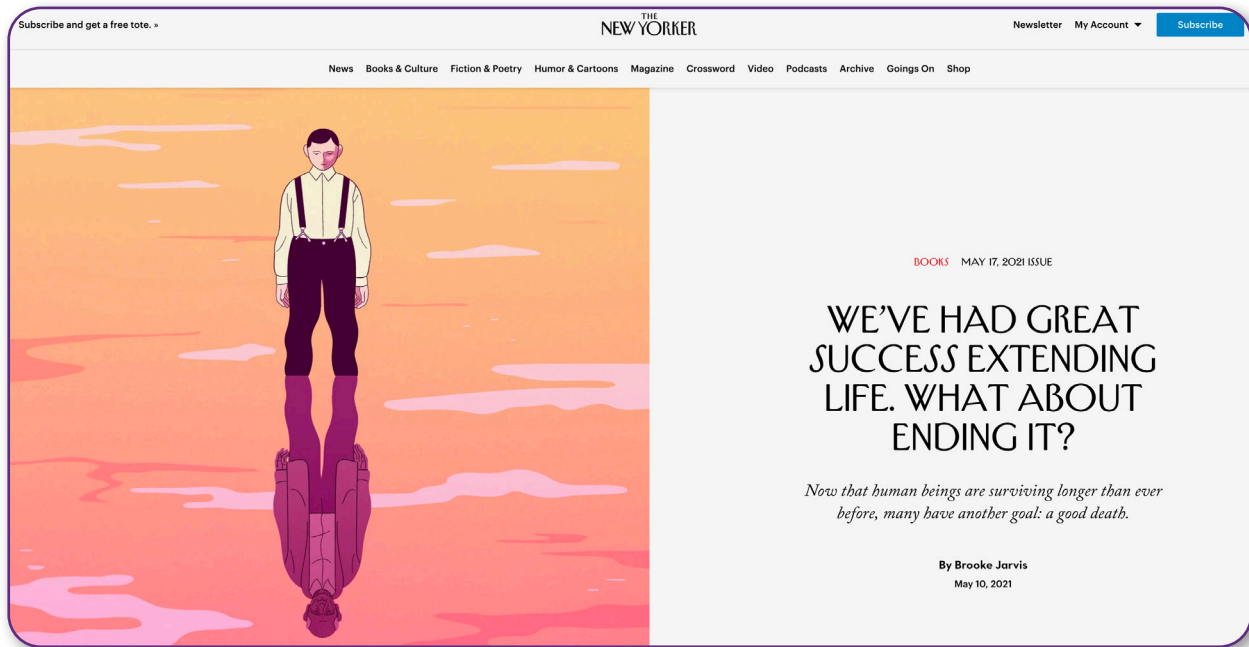
'Suizid let's talk about it' – is led by the director of the Museum for Sepulchral Culture, Dr. Dirk Pörschmann and Tatjana Ahle as well as the suicidologist Prof. Dr. Reinhard Lindner as scientific director of the University of Kassel, Institute for Social Work.

The new exhibition is intended, through the fields of cultural studies, fine arts and art education in press and public relations work to promote broad public communication about suicide with an the audience who is invited to actively participate in the conversation.

Sarco will be on display at the Museum for Sepulchral Culture until February 2022.



The New Yorker - Long Read



In May 2021, Exit was pleased to read in *The New Yorker* magazine a long read article called ‘We’ve had great success extending life, what about ending it?’ by journalist and writer Brooke Jarvis.

Spurred on by journalist Katie Engelhardt’s new book *The Inevitable: Dispatches from the Right to Die*, Jarvis runs with Engelhardt’s recognition that the right to die should not only be for those who are terminally ill. Recognising that a good death is a much broader part of a broader human rights agenda, both Engelhardt and Jarvis write at length about former Exit Member, 82-year old Professor Avril Henry. Avril was old but she was not sick.

Readers may remember Avril as a feisty, headstrong retired Professor of Medieval Studies from the University of Exeter in the UK. She is perhaps best known through her portrayal in the 2018 documentary by Vice Media, *Time to Die*, directed by Yonni Usiskin and Matt Shea.

Having imported Nembutal from Mexico, Avril was visited the police, a psychiatrist and an emergency doctor, once it became known that she was intent of taking her Nembutal at some time. The rest is history.

In *The New Yorker*, Jarvis writes:

Even in this regulated world, there are lots of difficult questions. (If doctors bring up assisted death with their patients, is that discussing options or influencing their choice? How does aid-in-dying interact with hospice? With organ donation? How does anyone really know when the time is “right”?) But Engelhardt finds that the world of people who would like doctors to help them die is far larger, and much more complex, than what current laws cover. Venturing into, and beyond, the legal fringes of the assisted-dying movement, she finds people who do not officially qualify for a medically assisted death but long for it, anyway. All feel abandoned by a medical system that they believe ignores their suffering because of what one palliative-care doctor describes as “modern medicine’s original sin: believing that we can vanquish death.”

The full article is available on the Exit website. Use the search box to type in ‘the new yorker’ and it will appear in the News archive.

And on this note, the Exit website contains a huge of recent and historic issues on all matters Exit.

Blogs, Podcasts, News & Snippets

Exit Snippets, Blogs, Podcasts and News Articles have continued at pace throughout the second half of 2021. Conducted monthly, Exit’s online workshops - Snippets - continue to cover a diversity of topics including: Dying in ‘Switzerland at Pegasos’, ‘Miscellaneous Drugs,’ ‘the Barbiturates’ and, in October, the ‘USA Lethal Mixtures’. The final two snippets for 2021 will cover the ‘Devices’ & ‘Poisons’.

Exit Blogs have included: Exit’s submission to the Senate Legal and Constitutional Affairs Committee on the loophole s122 of the *Australian Constitution* which allowed the *Kevin Andrews Act* to pass in 1997, the *Azide Wars* (why different right to die advocates disagree on sodium azide), the ongoing relevance of the *Suicide Related Material Offences Act (AU)* and assisted dying and organ donation. The *Azide Wars* have also been examined in the context of a recent Podcast.



EXIT SNIPPETS
MINI TOPIC SPECIFIC ONLINE WORKSHOPS
2021

REGISTRATIONS OPEN

Valium (Diazepam) 10 mg

Chloral Hydrate Mixture 1g/5ml

NEXT SNIPPET:
LETHAL MIXTURES

WEDNESDAY 6 OCTOBER 22.00 BST

DDMP2
D-DMA
DDMAPh



DOXIT PODCAST

15 AUGUST 2021

The Azide Wars



exit international

Submission

Overturn Kevin Andrews Act on ban on law making



CALIFORNIA LAWSUIT WHEN AID-IN-DYING MEANS YOU HAVE TO GO BEFORE YOU ARE READY

Exit Snippets Topics

October 2021
The USA Lethal Mixtures Explained

November 2021
The Devices

December 2021
The Poisons

Recordings of Exit Snippets are available to Exit Members & current PPeH subscribers on subscription at:

<https://www.exitinternational.net/meetings/workshops/>

Italian Referendum Signatures



*Philip Nitschke speaking with Italian activist, Marco Cappato
Milan, 2019*

Italy to get a Referendum on the right to die

In recent months the Italian advocacy group Association Luca Coscioni, launched a new campaign to gather signatures, aimed at forcing a national referendum on a change to Italian the Criminal Code.

Adopting a Swiss model of decriminalisation of assisted suicide under certain conditions, the Association has suggested that certain aggravating circumstances in article 61 be removed from the Code.

The circumstances in which it would continue to be illegal to provide help to die are when the act is done:

- 1) against a person under the age of eighteen years.
- 2) against a mentally ill person, or who is in a condition of mental deficiency or another infirmity or for the abuse of alcohol or drugs.
- 3) against a person whose consent has been extorted by the perpetrator with violence threat or suggestion or obtained through deception

In short, this means that as long as the person receiving assistance is

- Over 18 years
- Has mental capacity
- Makes the request voluntarily

Providing assistance to that person will no longer be a crime in Italy. The Association needed to gather 500,000 signatures. Already they have over 750,000 which makes a referendum a certainty.

Watch this space!



Exit Bag Alternatives

Experimenting with Anti-coronavirus helmets

With COVID-19 refusing to go away, Exit’s online activities have remained the most important way for the organisation to continue to operate globally.

Alongside the monthly Snippets, the online *Peaceful Pill eHandbook* has been updated most months.

Important recent updates have included:

- Update to Sodium Azide
- The use of anti-coronavirus helmets
- What one’s last moments at Pegasos look like
- All about Morphine & the Opiods

Each of these updates has provided the latest information on these end of life strategies.

The Sodium Azide update published, for the first time, field data on the characteristics of death by Sodium Azide: is it peaceful, how long does it take, what other drugs are required? In short, what to expect.

The Exit Bag Alternatives Update examined the results of Exit’s workshop tests, showing that at least



one of these helmets will provide a viable (and slightly more aesthetically pleasing) alternative to the former Exit bag/ hood.

For too long, the exit bag has been derided - understandably - as awful on the basis of aesthetics, despite it forming one part of a strategy that is reliable and peaceful. Death from hypoxia (as provided by an exit bag or anti-coronavirus helmet) is akin to a plane depressurizing. The person breathes normally, only there is no oxygen in the air that they breathe. A lack of oxygen brings rapid unconsciousness with death following soon after.

The 3D-printed Sarco euthanasia capsule uses similar science to create an oxygen-free environment. The continually-updated Peaceful Pill eHandbook is available at: www.peacefulpillhandbook.com

