

e-Deliverance

Practical Options - Real Choices

October/November

Exit International

2005

Helium Conversion Kits Now Available

Ever since disposable Helium Canisters became available in Australia earlier this year, Exit has focused part of our R&D on ways to make these canisters accessible and more usable to everyone. As flagged in last month's *Deliverance*, Exit has now completed this work and Conversion Kits are available to members for \$50.

Rationale - We are frequently asked at Exit about pressure measurement. Should a tank be checked, if so, how often? The answer is 'Yes'.

The tank should be checked before use to see if it is full. There have been reports of stored tanks losing their gas. Some newly-purchased tanks have been found to be less than full. The easiest way to check if a tank is full is to measure the pressure. This can be simply done by using the gauge shown, together with a quickfit coupling provided in the Kit.

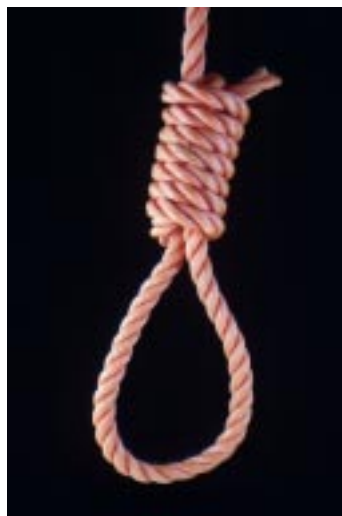
Gauges can be borrowed from Exit's Chapter Leaders. To contact your local Leader call 0500-83-1929 for details (story continued Page 5).

'Go Hang Yourself' Day Gains Pace

Elderly & Sick Australians to risk Fines to Make a Point

With January 6 looming as a would-be Doomsday for Exit, some ingenious ways to protest against the government's crackdown on Exit activities (that involve the Internet, Phone, Fax and Email) have been suggested.

One suggestion that has been posted in the Exit Forums is the 'Politicians - Go Hang Yourself' Day. Exit supports the idea of mass civil disobedience by elderly and sick Australians. This plan is bound to draw attention to the insidious nature of this new law.



ill, or if they should find themselves in a position where death is a preferable option to their pain and suffering, they will know what to do about it.

In an ideal world, if unfortunate circumstances were to befall these politicians, they would only need to reach for the Peaceful Pill locked in the cupboard. Sadly, our world is far removed from this utopia. Exit expects that members' 'Go Hang Yourself Day' correspondence will contain the following information:

Exit is therefore, delighted to announce that 'Politicians, Go Hang Yourself' Day will take place on Friday 6 January 2006. This is the day the Suicide Related Materials Offences Act becomes law. On this day, Exit members will be encouraged to Email, Phone or Fax a step-by-step guide on hanging to all politicians.

Members should send their correspondence to Prime Minister Howard and Justice Minister Senator Chris Ellison. This way, if Mr Howard or Mr Ellison should fall

- Type of rope required and preferred knot
- Retail outlets where the rope may be purchased (is it available from Bunnings?)
- Details of the optimal length and thickness of the rope with product reference number

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90+ year old Exit Members Awarded Honorary Membership

In the past 12 months since Exit began using a new member database system, we have noticed a change in the demographic of the Exit membership. Given the elderly profile of Exit members it is not surprising that we are regularly notified of the passing of Exit members. While any death is, of course, always sad news, it is not as *sad*, if we know that Exit has been able to help these members have the peaceful and dignified death that they desired.



painful, undignified and drawn-out passings and want better for themselves.

At the current time we know little of motivations for joining Exit and this is one area that we hope to incorporate into our new membership brochures which will be available with the December edition of *Deliverance*.

Another trend that we are witnessing at Exit is the increasing number of our members in their 90s. On

At the other end of the spectrum, however, we have noticed an increasing number of people with birth dates in the 1930s and 1940s now starting to join. This perhaps means that people in mid-life are increasingly realising how little they know about their end of life choices. Perhaps they have watched their parents experience

this note, Exit is offering honorary membership to all Exit members upon their 90th birthdays. As honorary members, these 90-plus generians will receive a gold Exit lapel badge. Most of all, their membership of Exit will become honorary (no donation required) from this point onwards. All members currently in their 90's will be sent news of their new Exit status.

Go Hang Yourself Day (cont)

- Details about the type of cross beam to which the rope could be secured
- Other necessary equipment such as a ladder or stool

While there is a humorous side to Go Hang Yourself Day, there is also something deadly serious about it. Go Hang Yourself Day is designed to show the ludicrous nature of the government's EOL censorship legislation. By preventing rational elderly adults and adults who are seriously ill from accessing accurate, reliable information about their EOL options, the government is, in effect, condemning these same people to death by hanging.

Remember, hanging is the most common method of suicide in Australia. Yet hanging is a gruesome and miserable death. No one would actively choose to end their life by hanging if they could choose the option of a Peaceful Pill.

But rope is available and hanging works. If any of the politicians who passed the new Suicide Related Materials Offences Act are uncertain about exactly how to carry it out - they need only read one of the faxes or email they will receive from Exit members.

In light of the government censoring information about all other methods of 'self-deliverance', the suicide rate of deaths by hanging will surely rise. There will be blood on the hands of our politicians. A civil society like Australia can and should do better. Remember everyone sending a fax or email will, after 6 Jan, be subject to possible prosecution under the new law and subject to a \$110,000 fine.

Let's see if this government wants to prosecute hordes of elderly and sick Australians for showing politicians up for the fools they are in passing such stupid legislation.

Chapter Leader News

Exit is pleased to announce that Exit Chapter Leaders now exist in all states of Australia to provide a local point for information and assistance. If you would like to contact your local Chapter Leader, please call the Exit office for your leader's contact details. For those members who have already indicated interest in having their details forwarded to chapter leaders, this is currently being done.

Exit welcomes the following members as our new Local Chapter Leaders.

New South Wales

Madeleine Tilche (Sydney - Nth Shore)
Carole Sarvis (Sydney - Sutherland)
Avis Jeffares (Wollongong)
John Doyle (Central Coast)
Vince Phelan (Newcastle)

Queensland

John Edge (Qld Coordinator/ Gold Coast)
Lyn Davidson (Brisbane)
Bron Norman (Sunshine Coast)
Ian Byford (Cairns)

Victoria

Rob Cane (Melbourne - Inner Nth)
Peter & Diane Draper (Melb - SE suburbs)

South Australia

Bill Lawson (Adelaide)
Brian Paterson (Adelaide)

Western Australia

Amanda McClure (Perth)
Joan Jenkins (Bunbury)

Tasmania

Mike Harris (Hobart)

ACT

George Buckfield

GST Refunds Available

Following recent accounting advice, Exit is pleased to say that member donations to Exit International are NOT subject to GST. This means that Exit would like to offer a refund to all members who have made allowance for the GST in their recent donations. If you did include the GST in your donation and would like a refund, please call the Exit office with your banking details and we will direct credit your account. We apologise for this change in operation.

Editorial

In this month's editorial I want to focus on the role of medicine in Voluntary Euthanasia and take the opportunity to discuss some of the criticisms that have recently been levelled at Exit. Some in the movement believe that the Peaceful Pill Project is profoundly dangerous and irresponsible because it removes doctors from the decision-making process.

As a medical doctor, I am well aware that I enjoy a relatively rare set of privileges. On the practical side it has been quite easy for me to secure my own access to Nembutal. I can die if and when I want to, peacefully, and without seeking permission from anyone. This is true for all vets and doctors in Australia.

In the past I have also found myself placed in a gatekeeping role. I have been the one to decide whether others should be as lucky as I am, whether they should have this choice. During the short-lived Rights of the Terminally Ill Act, I was the doctor who could say "yes I will approve your application and grant you permission to die, or no, I will not approve your case".

I found this position difficult and it made me extremely uncomfortable. Just because I was fortunate enough to go to medical school, does not give me the right to usurp the deeply-held beliefs of rational sick Australians on the most fundamental question of all - should they live or die? I had to approve their cases and sign their papers. None of those using the ROTI law would have bothered with it or with me, if they had had a Peaceful Pill in the cupboard.

We are not talking here about the young, irrational, or mentally ill. We are talking about rational, (and for the most part elderly) adults who are well-versed in decision-making. Just as I would not deign to tell these people who they should marry, how many children they should have or what they should have for tea, so I will not and cannot take on the position of a paternal decision-maker.

Doctors do not necessarily know best when it comes to individuals' own end of life decisions. Doctors may provide part of the picture but there is no rational or practical reason why doctors should be in charge of the dying process.

This is why I do not believe the Peaceful Pill is a dangerous undertaking. People make responsible decisions all their lives. If rational elderly adults or people who are seriously ill wish to develop their own end of life options they should be able to. To take the attitude that doctors should administer and control VE is a profoundly patronising and selfish attitude. I will not and cannot support it. Rational, elderly and/or sick Australians deserve more respect and at Exit you get that respect.

Philip Nischke

Contact Us

Exit International

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ph 0500 83 1929 or fax 08 8983 2949
info@exitinternational.net

Donate to Exit

Exit's sole source of income is Member Donations
Please give today
Our bank details are BSB 035-302 Acc No 260756

To remember Exit in your will, pls call the Exit office for a Bequest Form

Exit Discussion Forums Take Off

In recent weeks, the new Exit Discussion Forums at Exit's website (www.exitinternational.net) have attracted much attention becoming a useful and informative place for discussion about EOL issues.

To date, 70 Exit members have joined. Many have asked questions on issues as varied as the implications of the new Internet censorship legislation, the use of Helium and Exit Bags and the danger or otherwise of Temazepam sleeping pills. This means that the forums are providing Exit Members with an invaluable source of information. Members can often obtain same-day answers from Dr Nitschke instead of waiting weeks or months for a clinic visit.

< Technical and Drug Information

Announcement: FORUM RULES - PLEASE READ BEFORE POSTING!	0	admin	132	Mon Aug 29, 2005 8:02 am admin
Temazepam pills	2	Valerie	92	Fri Sep 23, 2005 11:10 pm philip
morphine	2	barry heron	68	Thu Sep 22, 2005 1:47 am Barry S
quinine tablets	1	barry heron	117	Thu Sep 15, 2005 5:54 am philip
Helium cylinder size	3	Dan	221	Mon Sep 12, 2005 10:54 pm Janice
Gas control kit for Helium	1	PJ	86	Mon Sep 12, 2005 7:04 pm philip
Ordins, what is it?	3	Sammy	268	Tue Sep 06, 2005 5:37 am philip

Display topics from previous: All Topics

Examples of Posts @ Exit Forums

On the topic of sleeping pills, Exit member "Valerie" (username) asked several pertinent questions. Exit member "Salsa" added to the discussion, with Dr Nitschke providing another post with comment on the original question.

Valerie: 18 Sep 2005, 5.45am

I am a 72 year old lady and have emphysema and on oxygen 24 hours. If I take 25 Temazepam sleeping pills and use an EXIT plastic bag, how long before I fall asleep ? I have never taken sleeping pills before. Are they likely to make me vomit ? Where can I obtain the EXIT bag ?

salsa: 21 Sep 2005, 1.35am

I made my own Exit bag after attending an Exit workshop. It was quite easy. I also decided against using just a bag and sleeping tablets and bought a helium cylinder. I think I would be too anxious to go to sleep even after taking 25 temazepam and I think helium is so quick it's a better choice.

Philip: 23 Sep 2005, 11.10pm

Temazepam (Temaze or Normison) is the commonest sleeping tablet prescribed in Australia. It is a very safe drug with few side effects - even in significant overdose. Vomiting is rare.

In another discussion, Exit member PJ (username) asked the following, to which Dr Nitschke answered on the same day:

PJ: 12 Sep 2005, 4.37am

I am a member of VES and Exit International and am not altogether sure of my maths. Does the blue box available from Balloon time, which contains 14.9 cubic feet of helium equal the 1500 kPa mentioned in the last e-Deliverance under Helium developments - Regulation made easy ? I am 75 and find the conversions somewhat confusing, also could you e-mail me and tell me when the Gas Control Kit (helium tank "Connection Kit") will be available and how much it will be?

Philip: 12 Sept 2005, 7.04pm

Yes, the blue box is 14.9 cubic feet (which is 420 liters). The gas, if the cylinder is full, is at a pressure of 1500kPa (about 220 psi, pounds per square inch). The conversion kits are being made now and will be available from October. You will need to send Exit the white plastic/black rubber fitting which is on the top of the cylinder - this will be modified, quickfit gas couplings added, a jet fitted and hose included, before return. The cost of the kit is ~ \$50.

Step By Step Guide to Using Exit Forums Now Available

Exit Forums have been designed to be as easy as possible to use. From this week a step by step guide will be available on the Forums Homepage. Look for the "Help?" button, click it and read all about how easy it is to use the forums. Remember, you need to Register first by clicking "Register" and selecting your own Username and Password.

e-Deliverance

It's Conference Time!

It is now less than 4 weeks until Exit's 3rd Biennial Conference in Brisbane. Although conference registrations will remain open until and including the days of the Conference there are less than 25 full places left.

With registrations now nearing 250, this is the largest VE conference ever held in the Southern Hemisphere. The logistics for such an event have been daunting but most threads are coming together. This week we signed the contracts for the video conference with Switzerland to bring Dignitas Director Ludwig Minelli (virtually) here to Australia.

Note: If you wish to attend the Conference breakfast you will need to complete the form on Page 6 and return it to Exit by the end of October.

Dont be shy. Come and join us for a glass of bubbly *and* a provocative address by Reverend Dr George Exoo. The presentation of the 2005 Bob Dent award for an outstanding contribution to the VE cause will also be made at the Breakfast. The Breakfast is to be hosted by former Democrats Senator, Brian Greig.

The Future of Exit

In September, Exit Director Philip Nitschke met with senior lawyers in Sydney and Darwin. From these discussions, we have decided that the Exit organisation will restructure itself so as to remain within the new Suicide Related Material Offences Law. It is clear that this law has been designed to curtail the activities of Exit and we are taking careful note of the legal advice provided so that we do not walk into the trap that is being set by the Federal government.

At the forthcoming Exit Conference we will announce the specific nature of this restructuring. Exit International will soon have 2 new faces – Exit Political and Exit Practical. The goal of these changes is to allow the ongoing function of the organisation and the provision of existing services to our members, while keeping Exit staff and members safe from persecution and prosecution.

The December edition of *Deliverance* will contain full details of the new-look Exit. Members of Exit should be reassured that the services offered by the organisation in providing real and practical end of life choices will continue.

Helium Conversion Kits - cont

The Helium Conversion Kit will be on display at the Brisbane Conference and consists of:

- A. Quick-release coupling to BalloonTime cylinder
- B. Quick-release jet (preset at 10 l/min)
- C. Gas tubing
- D. Exit bag coupling

Right: Coupling from purchased Helium cylinder



To obtain your Kit, forward to Exit the screw on coupling from the top of the cylinders (see right) - along with a donation of \$50 to Exit. The coupling will then be modified as part 'A' in the Conversion Kit and returned to you by mail with the 3 other items.

Below: Helium tank "Connection Kit"



Below: Gauge for tank testing - available on loan from Exit Chapter Leaders





Exit International
 PO Box 37781
 Darwin NT 0821
 Tel 0500 83 1929
 Fax 08 8983 2949

Last Chance - Exit Conference

5 - 6 November 2005, Brisbane Convention & Entertainment Centre

- * Exit Member: **\$190.00** ☐
- * Exit Conference package: Membership and Conference package: **\$220.00** ☐
 (Includes 1 year membership of Exit and Conference, *New Members only*)
- * Open/ Public: **\$250.00** *Pensioners **\$220.00** *Single Day Rate: **\$125.00** ☐

Conference Breakfast Registration

BOOKINGS CLOSE Monday 31 OCTOBER

7 - 8.30am - Sunday 6 November, Rooftop Terrace, Rydges Hotel Southbank

- * I would like to attend the Conference Breakfast \$28.50 ☐
- * I would like to upgrade \$8.50 (I have already booked at Rydges for room + breakfast) ☐

Helium Conversion Kit

☐ I would like order a Helium Kit



Don't forget to send Exit your existing Canister Nozzle

Helium Kits are available to Exit Members upon a special (non-membership) donation of A\$50

Personal Details

First Name(s).....Last Name.....

Address.....

.....Postcode.....

Telephone.....Email.....

I am donating \$on (today's date).....by:

Visa ☐ Mastercard ☐ Bankcard ☐ Cheque/Money Order ☐
(Please make cheques payable to Exit International)

Credit Card No.....Name on Card.....

Signature.....Expiry Date...../.....