

July  
2023

exit  
international

## THIS ISSUE

- 1 New Exit Swiss Support Service
- 2 PPH Essentials 2023 Print Edition
- 3 New SN Controversies
- 4 Global Police Welfare Checks
- 4 Personal Tale of Police Arrest
- 5 Exitorial
- 6 Sarco Update from Rotterdam
- 7 Open Letter Presented to NT Chief Minister
- 7 Remembering Julia Harrison
- 8 Exit Workshop Tour in Photos

**In response to repeated requests for information and assistance, this month Exit has launched our new Exit Swiss Application & ID Programs which will help Exit members travel to Switzerland for a VAD.**

Of course, Exit's goal is and remains self-help strategies designed to enable our members to control their end of life choices, down to the 'nth' degree of time and place. However we do recognise that some people see a trip to Switzerland as their final investment. The aim of the new Programs is to make the process of applying (and being approved) easier and more streamlined. Both are managed by Exit Director, Professor Sean Davison who has extensive experience in accompanying Exit Members to Switzerland.

The first program is the: Application Assistance Program which, as the name suggests, provides help with the application form, the collation of documents, the receipt of death certificates, the return of one's ashes and even travel arrangements. In short Sean can assist with everything that is needed to secure the treasured 'green light', and to ensure a problem-free trip to Switzerland. Sean is especially able to assist those who are not online.

The ID program provides identification for after you have gone (as per Swiss regulations). Sean meets up with the person in the days before the scheduled VAD and stays on to identify the body to the Swiss authorities.

Exit has launched a new website aimed at simplifying the whole Swiss process. See: [www.exitswitzerland.com](http://www.exitswitzerland.com)

## Diary Dates

**Thurs 10 August 2023**  
Bundaberg Chapter Mtg

**Mon 14 August 2023**  
Perth Chapter Mtg

**Tues 29 August 2023**  
Adelaide Chapter Mtg

**Wed 6 September 2023**  
London UK Workshop, 11am-3pm, Dragon Hall, WC2B 5LT

Please see the Chapter Page on the Exit website for more dates.

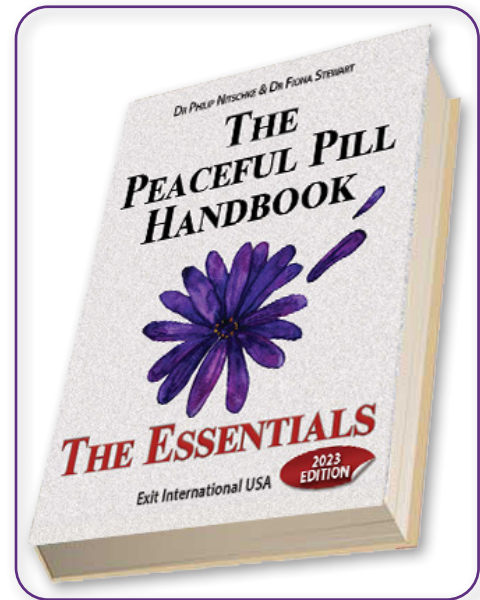


# Print 2023 Peaceful Pill Handbook Essentials - Now Shipping

Every year, Exit publishes a new, updated edition of the print Peaceful Pill Handbook. This year is no different. The 2023 edition contains new and updated information on the following topics:

- Nembutal scams over the Internet
- Changes to the Swiss clinics
- Step-by-step guide to laboratory Nembutal tests
- Changes to sodium nitrite availability
- Changes in classification of benzodiazapines
- Availability of Nembutal in Sth America
- Launch of the DeBreather No. 3

Exit appreciates that some people are not online. Others appreciate a paper book for their bookshelf or coffee table. For these reasons, Exit is pleased to continue to publish an annual edition of the *Peaceful Pill Handbook*. The member price is unchanged (US\$85). Furthermore, a 50% discount applies for members who already subscribe to the online Essentials & who wish to also have the print book. Use coupon 'pphe50' at checkout.



The print book can be ordered from the Peaceful Pill Website at: [www.peacefulpill.com](http://www.peacefulpill.com). For those members not online, please call 1 300 10 3948 or +1 360 961 1333 (US) and request that an order form be mailed to you.

## Sodium Nitrite Controversies

In early May, a Canadian man, Kenneth Law, was arrested and charged with assisting two suicides in Ontario, Canada. Law was the name behind a website 'Imtime Cuisine' that sold, among many products, sodium nitrite.

A professional chef, Law clearly had the connections to obtain significant quantities of the product. His problem was that he sold the salt indiscriminately, to young and old alike.

Law's seeming preparedness to sell the product to young people seeking to kill themselves (although Law is reported as denying this allegation), led to him being targeted in a sting operation by *The Times* newspaper in the UK.

Law was interviewed and recorded for what became a 3-part Times podcast. With the matter now criminal in nature, the Canadian police have been reported as saying that Law shipped at least 1200 packages of sodium nitrite to over 40 countries. The police clearly have his records.

At the time of press, Law is still in custody and has not been granted bail. One can only presume that further charges are being prepared although the sheer breadth of countries involved raises jurisdictional issues in terms of further prosecution.

Anyone who bought nitrite from any of Law's websites are advised to be on guard should they be visited by their local police for a 'welfare check'. It is understood that Interpol is involved in what is now a global operation.

# Overcoming impediments to MAiD:

## A signal for another approach?

In April 2023, Exit's Vancouver BC Chapter Coordinator Juergen Dankwort published a piece on the future direction of end of life laws in the *British Medical Journal*. An edited version of the article is reproduced below. The full article can be found on the Peaceful Pill Blog.

### The Prevalent Approach towards VAD

A review of assisted dying regimes show how they were set up through legislative acts often resulting from initial court challenges to an existing assisted dying prohibition within that country's criminal code.

They reveal a common paradigmatic model whereby the criminal act remained intact with amendments added establishing a legislated framework to allow a service under specifically designated conditions and exempting the providers from punishment.

Generally, the legal criterion for accessing such a medically-centred service requires a person to be suffering intolerably from an existing, irremediable condition defined within legislated parameters, establishing who may access them, best practices, where and when they can be done, and who may perform them.

### Germany Breaks Tradition

In a remarkable judgment by the German Federal Constitutional Court in February 2020, regarding assisted suicide, a ground-breaking option for any country or jurisdiction contemplating the creation of an assisted dying regime was identified that may well avoid much of the controversy and many of the challenges faced by existing ones.

It does so by revealing a pathway to set up the service based on an entirely different orientation



Dr Juergen Dankwort

and approach from the existing one that began decades earlier in Europe, and later largely copied by others.

The German Court's ruling stated for the first time that matters of quality of life and degrees of suffering are wholly subjective and that governments should therefore not prescribe nor proscribe assisted dying access based on categories of populations defined by such individually-experienced life-determinants because such restrictions would violate entrenched principles regarding personal autonomy and the liberal foundation separating state and personhood in pluralist societies.

A VAD regime built on this premise could then also avoid all expressed objection to assisted suicide, no longer based on those normative criteria.

While claims that Canada has become the wild west for assisted dying with catastrophic consequences is arguably exaggerated given its stringent access requirements ... that begs the question if the many countries and jurisdictions now considering a VAD gateway might not consider taking a different route, illustrated by the current Swiss way, and recently given a legal foundation by its European neighbour.



# Late Night Police Welfare Checks Continue Unabated

In recent months, and especially following the arrest of Kenneth Law in Canada, Exit members around the world have reported receiving late night/ early morning 'welfare checks' from their local police.

This type of police behaviour is not new but had been related to the purchase of Nembutal. However, since Law's arrest, the incidence of these checks has increased. One Member's story is below:

*"On May 3 at 2 a.m, our doorbell rang. It woke up our dogs who started barking. I said to my husband, 'I had a dream that the doorbell was ringing.' And he told me it wasn't a dream.*

*So we lay there for a while, preparing for an intrusion, but the doorbell didn't ring again so we finally fell back to sleep. I've lived in this house for 18 years and this has never happened before.*

*So, the next morning I woke up and found six calls from the sheriff's office, asking me to call them. You can imagine my surprise when they told me someone had contacted them about doing a welfare check on me because they were worried about my welfare.*

*My husband was pissed; he thought they were accusing him of abuse. So as far as the police go, that was the end of it.*

*I must add that a few weeks before this event, I sent away for the sodium nitrite. It was a Canadian company and it arrived just fine. I keep it in a secret, dry place, just in case the need should arrive.*

*Now that this has come to light, I must say how confident I feel that I actually have a product that I know has a long shelf life and that I can count on when I need it. Thank you, Exit, for making this information available.*

These police visits are conducted under the guise of performing a 'welfare check'. In reality what the authorities are doing is using the late/ early hours (from 11pm to 2am) to scare and intimidate elderly people around the world. A genuine welfare check would never happen at 2am or 11pm as has been reported in Australia.

To date, Exit is not aware of anyone who has had their sodium nitrite confiscated by the police. After all, it is a lawful product to possess. There are no legal grounds for its seizure. Be that as it may, caution is required!



# EDITORIAL with Philip Nitschke

## Sarco Helps NVVE Celebrate

Exit was pleased that Sarco was invited to take part in the 50th birthday celebration of the Netherlands largest and oldest right to die organisation, NVVE.

The day was held in Hilversum where Sarco was on display in the main foyer. The prototype model attracted much interest from attendees and even found itself the subject of a full page article the following day in the Dutch broadsheet newspaper, *De Volkskrant*.

Unlike in countries such as Australia, the right to control one's end of life without doctors is spoken about openly in the Netherlands. The Dutch pride themselves on being 'open-minded'. This is why there is a public dialogue and even a legislative attempt to acknowledge that the decision to bring one's life to a close is not necessarily a medical event brought about in a context of illness.

The Sarco represents a step beyond the medical aid in dying context to the future where individuals can fully control and determine when and how they die.

## Login2023 Conference in Vilnius

And speaking of the Sarco, there is nothing like a conference invitation to discuss the capsule to an audience with an average age of 25!



In May, I was pleased to give a keynote address at one of the the largest future tech conferences in Europe: Login2023 in Vilnius in Lithuania.

From audience reaction, my presentation was undoubtedly provocative. And why wouldn't it be, given how little younger generations think about death and dying? I can say for certain that some things have not changed since I was in my 20s. Few of us think that death is something that will happen to us. Many of us believe that we can live forever!

The conference was educative and inspiring, especially in areas of AI and biometric wearables (eg. rings that monitor your heart health). There was a strong segment on the impact of tech on extending life. My presentation focused on the other end of the lifespan. This made it, for some, a strange bedfellow.

## Coming Home

After 6 months in Australia, it was a relief to come home to our Dutch houseboat (and my own bed). It was a demanding trip, made harder by two unexpected bouts of sepsis. But with the travel now over, things are looking up. This is just as well as the Sarco project is all consuming. Planning for the next Australian tour is already in the pipeline. I expect to be back in Australia in February - March 2024.

# Sarco Update Report from Rotterdam

In early June 2023, the Sarco was final ready for its first technical testing in Rotterdam, where it passed with flying colours.

The appointed day was, as is so often the case with R&D, problematic. Despite checking beforehand that the multiple oxygen meters were all in working order, on the day of testing the principal meter - known as 'the Eagle' - decided to malfunction.

Testing needed to be abandoned while the Eagle was sent off for repairs to its sensor. Some €800 later and the Eagle was back. Testing could be resumed, albeit a week late.

The question now was, would there be enough liquid nitrogen left in the dewar for a further round of testing? The answer was 'yes' and things could finally get started.

Exit is very pleased to announce that the Sarco performed as expected. The level of oxygen dropped from 21% (normal content in the air) to unmeasurable low levels in 30 seconds. When recording ceased at 10 minutes, the oxygen was still only 5%.

Further tests are now planned for late July. Exit is currently canvassing wide opinion to determine how Sarco 3.0 should look (eg. should it be Exit purple?). This is, essentially, a subjective decision.

Similarly, the design of the interior of the Sarco is under consideration. It is expected that the interior will be fitted in early October.

In the coming months, Exit should receive the final legal opinions that will inform where the Sarco will be first used. The end is nigh for this important project which has been in development since 2012.

It was almost 11 years ago that UK lawyer Paul Bowen approached Philip Nitschke, with the request



*Sarco technical testing, Rotterdam, June 2023*



*Sarco 3.0*

to design a means of an end for Tony Nicklinson. Tony was suffering from 'Locked-In Syndrome'.

Tony would die the following year, but not before the seed of imagination was planted.

The rest of the journey is fast-becoming history. Watch this space for further updates or to join the free email list, visit: [www.sarco.design](http://www.sarco.design).

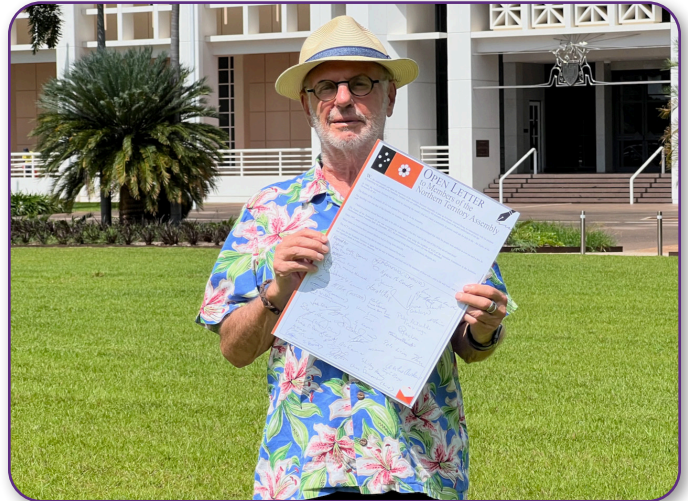


# Open Letter presented to NT Chief Minister

When in Darwin in April, Exit not only gave a workshop to an appreciative audience but we held a public meeting, aimed at encouraging the NT Labor government to act sooner than later on re-introducing end of life rights law.

From leading the world with the first implemented *Rights of the Terminally Ill Act*, the current government has said that it will leave any legislation until after next year's NT election (to be held in August 2024). Exit asks what are seriously ill Territorians supposed to do in the meantime? What are elderly Territorians to do?

The answer? The same thing they have been doing since March 1997 when the *Euthanasia Laws Act* (aka the Kevin Andrews Act) put an end to the ROTI Act. Get themselves organised with a DIY plan, and stop relying on their elected members of Parliament to do the job they were elected to do: and represent their constituents.



After the public meeting Philip was invited to a meeting with Natasha Files, the Chief Minister, where he presented her with a signed Open Letter. Sadly, there seems to have been no change of mind on the issue of when/ if to introduce new NT legislation. A copy of the full text of the letter can be found on the Exit website at: <https://bit.ly/NTopenletter>

## Remembering Julia Harrison

Former Adelaide Chapter Coordinator, Julia Harrison, was a friend, mentor, activist and a 'no holds barred' spokeswoman on end of life rights.

Julia died peacefully (and in her own time and way) at her home in Kensington in Adelaide in April. The hole that Julia leaves at Exit is immeasurable. In her own words:

*Getting old sucks! Down on stamina but drugs work. I hate being in the hands of the doctor and the patronising pharmacist'.*

Forward thinking to the end, she added: *'I had a great meet up with my proposed successors here, Molly & Sue. Very impressive, I think they'll be great for Exit SA'.*

And so Julia has left us with a special legacy. A passing of the baton of courage & leadership.







e-Deliverance  
Exit International



# Australian 2023 Tour in Photos