

# e-Deliverance

A PEACEFUL DEATH IS EVERYBODY'S RIGHT

May - July 2018

An Exit International publication • [www.exitinternational.net](http://www.exitinternational.net)

## INTERNET SCAMS HOW THE ELDERLY GET CONNED

*For many years now, Exit International has needed to warn readers of the Peaceful Pill eHandbook about the proliferation of online Nembutal scam sites on the Internet.*

It is nothing but disappointing that four years since *Deliverance* first profiled this issue on the front cover that we need to do the same in mid 2018. One might ask, where are the authorities when you need them?

At the current time, there are >40 active scam sites on the Internet,

purporting to sell Nembutal on demand. Some say they will ship it to your door in 24 hours. Others demand you pay extra for insurance. Many say they 'work with Exit'. Some even have 'live chat' to help you with your purchase. The truth is they are all a con. And cons can be an expensive.

As Tina wrote recently: 'I've been scammed £840 pounds for Nembutal I paid for and never received. From Beverly Fong [info@nembutalmeds.com](mailto:info@nembutalmeds.com) how can you stop them?'

As much as Exit would like to see an end to these Scams, this is not simple as once reported, they just move on and reopen under a new name.

This is why there is now a scam list published on the Peaceful Pill website, in the eHandbook and on the online Peaceful Pill Forums. Collective reporting & ongoing updating of scam sites is a powerful tool for warning others. The cliché remains. If it sounds too good to be true, it surely is.

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The screenshot shows a website with a navigation bar at the top containing links for HOME, ABOUT US, NEMBUTAL PRICE, CONTACT US, and NEWS & BLOG. The main content area features a section titled 'Peaceful Pill Nembutal Suppliers' with a sub-headline 'Peaceful Ends is the number one supplier of peaceful pill (nembutal), the top selling barbiturate for voluntary euthanasia' and a yellow button labeled 'See Our Prices'. Below this is a section titled 'Where Can I Buy Barbiturates' with a sub-headline 'You may have been searching a reliable online pharmacy that sells barbiturates. Well, now you found Peaceful Ends, the most trusted supplier.' and a yellow button labeled 'Shop Barbiturates Online'. The background of the website includes images of various colored pills and two boxes of NEMBUTAL Pentobarbital sodium Solution for injection, one in a box and one in a glass vial.

See: <https://www.peacefulpillhandbook.com/nembutal-scams/> for more

## DAVID GOODALL DIES IN SWITZERLAND

And so it was that Exit's oldest member, Professor David Goodall, was able to get the assisted death he wanted on 10 May this year in Basel, Switzerland. In many ways David Goodall was an unlikely activist. This short summary of the weeks leading up to his death provides a behind-the-scenes look.

With a membership number of 1848, David Goodall had been a member of Exit since the early 2000s. A regular attender of Exit meetings, he would often arrive late and leave early. As one who relied on public transport, he had to fit in. Forever quiet during workshops, David would often seek a private conversation with Dr Philip Nitschke at the tea break. He had obtained a Max Dog Brewing kit in 2012. He wanted to be prepared.

As the years went by, David soldiered on. That was until shortly before his 104th birthday when he tried to end his life. This attempt failed. The result was a frustrated, desperate man who was fast losing his dignity. This is when his daughter, Karen, emailed Philip Nitschke asking for help.

Now in the clutches of the medical profession a second suicide attempt was out of the question. The only choice that remained open to David in any realistic way was the 'Swiss Option'. When Philip suggested this to Karen Goodall, he was not expecting David to say yes. After all the 24 hour trip from downunder to the centre of Europe is no mean feat. But make that flight David did, in large part because of the very successful crowd-funding campaign which raised enough funds to upgrade David (and Carol O'Neil - Exit's WA Chapter Coordinator & RN - who travelled with him) to business class. Breathtaking!

On arrival in Basel, David saw both the doctor who would prescribe the Nembutal and a psychiatrist who validated that he was of sound mind. To his absolute credit, David wanted to have his psychiatric review conducted entirely in German. It took quite a few minutes of toing and froing until he acquiesced and

allowed the Life Circle staffer to help translate. You have to admire the man's tenacity (and his German).

David was even independent in his daily needs. While Carol O'Neil (a nurse) was on hand 'just in case', David took care of himself in his hotel room. He went to the toilet unaided. He had his dignity. When Carol asked if he needed assistance showering, David 'fessed up' that he was not keen on daily showers. He requested, ever so politely, that she not labour the point with him. He would shower if, and only when, he wanted. Fair enough.

Apart from his official engagements, David spent his last days entertaining what seemed like an endless stream of family members who came and went. Friends from the Netherlands likewise. While David seemed to like the idea of a glass of wine with dinner, it also quickly put him to sleep at the table. Meanwhile the conversation went on around him and perhaps this was his point.



*David's arrival at Basel Airport with Carol O'Neil*



*With Dr Christian Weber of Life Circle*

## DAVID GOODALL DIES IN SWITZERLAND

He told Philip Nitschke that he didn't feel relevant in the world anymore. We humans are intensely social beings. When one has no peers, a connection to the rest of us is inevitably dented. Plus that with advanced age comes other loss. Loss of hearing, loss of eye sight, and ultimately, loss of independence.

As David explained:

*My life has been rather poor for the last year or so. I am very happy to end it. All the publicity that it has been receiving can only I think help the cause of euthanasia for the elderly which is what I want.*

Through his days in Basel of long goodbyes, David will be remembered for his incredible patience. He was patient waiting for the family to show to take him out for his fish and chips dinner on what was his final night on earth. He was patient on his final day as the Life Circle equipment had to be reconfigured at the last moment. He never once lost his temper. He never once told the younger room to get on with it. He was incredible. He was serene in the knowledge that he would soon be dead. There was clearly no place that he would rather have been.

In terms of David's actual death, it is now well known that after starting the intravenous Nembutal infusion, he opened his eyes to exclaim 'this is taking an awfully long time'. After his interlude, and to the tune of Beethoven's Ode to Joy, he gave one last cough and splutter before falling into his deep permanent sleep. In fact the Nembutal worked very quickly. David's death happened within minutes.

Within the hour, two Swiss policemen arrived on the scene. One in his 20s the other in his late 50s and especially surly. You could just tell that he was no fan of this part of his job.

In Basel, unlike on other Cantons, the police examine the body for signs of foul play. When examining David they noticed the quite severe bruising on one

arm. Fortunately, Carol was able to quickly explain that he had slipped getting out of bed that very morning. The bruising, cuts and bandaging were the direct result of this. Eventually, the police were satisfied and David's body was released to the undertaker.



*At dinner in Basel with an old friend from the Netherlands*



*With Carol O'Neil & Exit dog Henny Penny in the hotel garden*



*At the press conference on David's penultimate day*

## DAVID GOODALL DIES IN SWITZERLAND

Not long after midday, the grandchildren and the assembled media seemed to organically disperse, just as they had come together. While dying in Switzerland is undoubtedly a benefit for those who seek it, the spectacle of travelling to a foreign country to do something as universal as dying remains awkward, no matter how you view it. That David Goodall was so prepared to invite the world into his dying process sets his death apart from most others.

David Goodall's death has changed how assisted dying in Switzerland is viewed. Even the Swiss Medical Association has acknowledged that allowance must be made for those in extreme old age. Assisted dying is not only for people who are seriously ill. Since David's death, Exit has been receiving requests for assistance from people around the world who see Switzerland as a viable end choice.

As the only documentary crew attending David's death, Australia's ABC TV produced a 30-minute program on 10 July titled 'On his own terms'. The program was screened on 'Foreign Correspondent'.

Feedback to Exit about the program has been overwhelmingly positive. As the program is Australian, exposure is relatively limited. However, taken together with the global news media coverage that David's death attracted, it goes without saying that David Goodall has changed permanently the tone of assisted suicide debate.

No longer is assisted dying a medical privilege for the terminally ill. Rather, the debate is now wide open about why older people, too, must be able to elect to die on their own terms, regardless of their health.

It is somewhat regretful that the Sarco euthanasia machine (that is expected to have its first use in Switzerland in early 2019) was not ready for David, especially since he showed such interest in the science which underpins all parts of its development.



*At breakfast on David's final day*



*Despite the offer, David needed no assistance to make himself comfortable on the Life Circle bed*



*ABC TV & other media awaiting news of David's death*

***Exit would like to express our gratitude and again thank everyone who contributed to the crowd funding of David's business class airfare. He was quite overwhelmed by the generosity & goodwill.***

# EXITORIAL

## *e-Deliverance*

### DAVID GOODALL

There have been many international news stories on euthanasia this year but none has been bigger than that of the death of 104 year old Australian ecologist, Professor David Goodall.

As some of you may know, I was trying to have a long-planned holiday when David's story became public in the media. Indeed, Fiona and I were en route on our motorbike (& side-car) to Portugal for the Eurovision Song Contest. We made it as far as the Basque country before it became clear that Basel was beckoning. An abrupt U-turn and a mad dash across France allowed us to welcome David and Exit's WA Coordinator Carol O'Neil when they arrived at Basel Airport on Monday 7 May.



Also at the airport were Associated Press from Geneva, with Reuters, Getty and Agence France Presse not far behind. These are the major international news wires of the world. When any one of these runs a story, let alone all four together, you just know coverage is going to be global.

And so it was for David Goodall. In giving so generously of his time in his final days, David single-handedly changed the way assisted suicide for the elderly is regarded. The goal posts have shifted. No longer must one be terminally ill for those leading public debate to 'get it'. Thanks to David, being 'old' is now enough. There is empathy and understanding where before there was little of either.

Life Circle, too, say that they are inundated with requests from people around the world for their help. They say also that while they are overwhelmed by demand, the satisfaction of seeing the relief in people's faces, both the person dying but also their friends and family make the stress of it all worth while. The good people

at Life Circle have their hearts in the right place. They are also fortunate enough to live in a society that has a unique law when it comes to helping foreigners to die.

David Goodall was an amazing man in so many ways. Exit is very proud to have counted him as a member.

### NUTECH LIVE STREAM 2018

In recent weeks, I have been hard at work ensuring that the 2018 NuTech gathering in Cape Town will be as dynamic and forward-looking a meeting as possible. Several very interesting presentations have been received to date. Along with Exit's own R&D agenda, I am very confident that this will be a conference that sits at the cutting edge of the DIY right to die debate. In this regard I look forward to reporting back post-conference with all the news. Remember, if you can't get to Cape Town, you can always join the real time, live-stream of the meeting no matter where in the world you live. In the coming month I will publish further details via Exit's regular email news or you are welcome to email me at Protonmail at the address in this Deliverance.

### FANCY A CUPPA IN AMSTERDAM?

Since moving to the Netherlands in early 2016, it has been a pleasure to settle into life here in this open-minded, accepting country. I am pleased to now say that Fiona and I have a home in the centre of Amsterdam, not far from the famous Anne Frank house. If any Exit members are passing through Amsterdam, you are very welcome to make contact and drop by for a cuppa. Of course, you will need to contact us ahead of time, but if we are home we would love to see you. You are welcome to email [contact@exitinternational.net](mailto:contact@exitinternational.net) should you wish to drop by.



### FAREWELL NATASHA RUSSELL

This month sees the departure of Natasha Russell from Exit. On behalf of everyone at Exit I want to thank Tasha for being part of the Exit team for the past few years. I know that everyone wishes her well in her next challenge in her adopted home town of Kalgoorlie.

*Philip Nitschke*

## AUSTRALIAN COUPLE DIE IN PERU

On 18 May, the serious Dutch broadsheet newspaper *NRC Handelsblad* screened a remarkable and profoundly moving documentary on Australian couple Bev and Athol Whiston.

Long-time members of Exit International, Bev (79 years) and Athol (80 Years) died in Lima, Peru in June 2017. They died in each others' arms after drinking Peruvian Halatal that they had bought locally, over-the-counter. Theirs was a suicide pact made of a life-time of love. NRC explains their lives, their love and, ultimately why they went to Peru to die.

Speaking from Amsterdam Dr Philip Nitschke has called the NRC documentary 'one of the best pieces of film-making on euthanasia' that he has ever seen. 'NRC's Death with Dignity captures with insight and maturity a type of thinking that is increasingly common place. I cannot recommend this film this enough' he said.

As Bev explains in her opening words in the documentary:

*'No one until our last little breath will ever tell me what to do, except my husband and he gave up years ago. It's as simple as that.'*

Athol's opening comments are equally as dignified:

*'When we go, we are not going to have any regrets. We believe that at 80 we've had a great life and we've lived long enough.'*

He continues:

*'I think that we've been together for so long that to even think about continuing into old age separated is unthinkable.'*

As Bev put it:

*'Why would I want to leave the other part of me behind? It's not possible, I can't do that. We are, we are one.'*

'Death with dignity' is a short film of love, freedom and doing it your own way. It is the sort of thoughtful and insightful coverage from which media in Australia, the UK and New Zealand would do well to pay attention.



*Bev & Athol Whiston*



*'I'm not going to let anyone tell me what to do ...'*



*'They (Athol and Bev's family and friends) saw us as active and alive people, this way they are going to remember us as adventurers ...'*

'Death with Dignity' can be watched online at:

<https://www.nrc.nl/nieuws/2018/05/17/death-with-dignity-a1603119>

*NRC Handelsblad* is the Dutch national newspaper of record, covering national and international stories on cutting-edge social issues.

In October 2017, *NRC* published a long-read on Philip Nitschke & Exit International titled 'Deadly powder in a festive envelope' at:

<https://exitinternational.net/media/NRCOct17.pdf>

## NUTECH - CAPE TOWN CONFERENCE

Following from the success of NuTech in Toronto in 2017, this year's NuTech gathering will be held on the final day of the World Federation of Right to Die Societies' biennial conference in Cape Town in South Africa. And, just as in Toronto, NuTech will be live-streamed for those unable to get to Cape Town in person.

The agenda is well on its way to being finalised and will include the topics below:

- Summary of clinical trials and research into the use of inorganic salts as useful end of life agents.
- Use of virtual reality (VR) to prepare for a DIY death
- The dry powder monoxide generator – research results
- The electric fibrillator - a future?

Follow-up from previous Nu-Tech presentations including:

- Re-Breather
- 3D Printed Sarco
- GULPS Monoxide Generator

The NuTech research and development program represents the latest information and knowledge from around the world. This research helps to drive the DIY debate forward since it shows that it is not necessary to wait for restrictive end of life laws which only assist the terminally ill and are controlled by the medical profession.

## PPEH VOMITING UPDATE: ALL YOU NEED TO KNOW

The August 2018 update to the online *Peaceful Pill eHandbook* will be all about vomiting. Vomiting is a vexed issue that causes much concern for many. Indeed, sometimes people are so concerned that they 'worry themselves sick'.

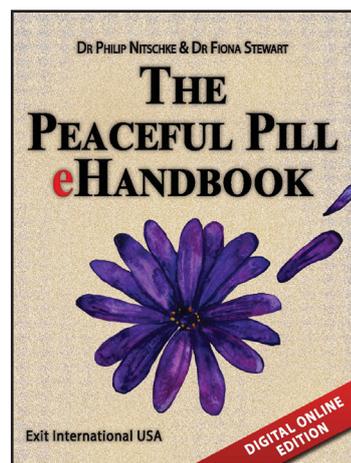
However, this is largely needless worry. Vomiting can be addressed with a range of drugs and different administration procedures. This update will answer a diversity of questions about vomiting including causes, drug interactions and how vomiting risk varies depending on the drug in question. See: [www.peacefulpillhandbook.com](http://www.peacefulpillhandbook.com) for more.



Rather, control over one's death - the right to die peacefully and reliably at a time of one's choosing - is a fundamental human right of us all. NuTech inventions can help make this right a reality.

If you have DIY projects planned or currently being researched that are relevant to NuTech, please contact NuTech at: [nutech@protonmail.com](mailto:nutech@protonmail.com) or call Philip Nitschke on +31 6 30 966 992

NuTech will be held at 9am on Sunday 9 September 2018 at the Cape Sun Hotel, 23 Strand St, Cape Town City. You can be notified of final arrangements by joining the NuTech email list. Please email as above.



## SPRING 2018 EXIT WORKSHOP TOUR

Exit is pleased to confirm a busy workshop program for the remainder of 2018 with the following workshop dates now confirmed. 2019 dates follow shortly.

### Cape Town Sth Africa

10am-1pm, Monday 10 September - Venue TBC

### Amersfoort NL

2-5pm, Saturday 29 September

Regardz Meeting Rooms, Barchman Wuytierslaan 2

### Adelaide SA

2-5pm, Monday 29 October, Fullarton Community Centre

### Perth WA\*

12.30pm, Friday 2 November, Stirling Leisure Centre

### Canberra ACT\*

11am, Monday 5 November, Eastlakes Footy Club

### Wellington NZ

11am, Thursday 8 November, St Andrews on the Terrace

### Nelson NZ

2-5pm, Saturday 10 November, Fairfield House

### Auckland NZ

1-4pm, Tuesday 13 November, Ferndale House



*Exit Workshop*

### Sydney NSW

Philip Nitschke will hold a members-only chapter meeting NOT workshop at 1 - 3pm on Thursday 15 November Rex Centre, Macleay St, Potts Point

### REGISTER NOW

Registrations are now open by email & phone.

**Phone Australia:** 1300 10 3948

**Phone Nederland:** 06 23 82 95 82

**Phone New Zealand:** 09 889 0964

**Phone Sth Africa:** 21 825 9987

**Email:** [register@exitinternational.net](mailto:register@exitinternational.net)

\* Please note, workshops with no listed finish time are open-ended to 5 hours. These meetings are trialing a new longer workshop format. Exit workshops are restricted to the over 50s of sound mind. Anyone who is seriously ill is welcome to attend.

See: [www.exitinternational.net/meetings/workshops](http://www.exitinternational.net/meetings/workshops)

## SUZY AUSTEN ACCEPTS SENTENCE

On 11 May, Exit's Wellington Coordinator, Suzy Austen, was back in court for sentencing. The sentencing followed her being found guilty of two counts of drug importation (Nembutal) in Wellington's high court in February.

While Suzy had hoped not to have a conviction recorded, sadly this was not to be. Rather Justice Thomas gave Suzy a conviction, a \$7500 fine and courts costs of \$260. The fine was soon donated by a supporter. Suzy is the first person Exit knows to receive a conviction for the importation of Nembutal. Suzy has decided not to appeal the conviction saying she has 'been through enough and now is time

to put everything behind us and move onwards and upwards'. Exit is pleased to welcome Suzy back to Exit.



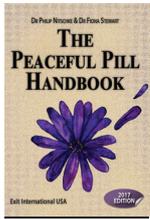
*Suzy Austen as interviewed in The Dominion Post newspaper*

*Old Person's Friend*  
by  
Joe Dolce

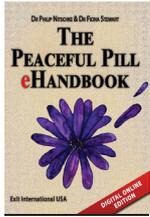
*For two centuries, predating antibiotics,  
the disease meant death.  
House-calling doctors tinctured Laudanum;  
peaceful passing arrived within a week.  
Sir William Osler coined its nickname  
embraced by grandparents, too infirm  
to farm, in pain, or a burden.*

*Today, super-drugs prolong age,  
suffering, burden, but Pneumonia,  
a pathogenic team sport,  
with over 23 variants of Streptococcus alone,  
is no longer a friend to comfort.*

## PEACEFULPILL.COM



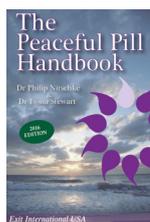
**The Peaceful Pill Handbook (2018 edition)**  
US\$85 (ex shipping)



**The Peaceful Pill eHandbook**  
(online edition) 24 month subscription:  
US\$85 \*Continuously Updated \*

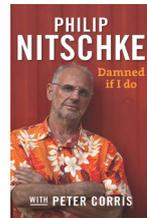


**Killing Me Softly: VE & the Road to the Peaceful Pill** by Dr Philip Nitschke  
Within US: US\$33 (inc shipping)  
Rest of World : US\$48 (inc shipping)



**The Peaceful Pill Handbook**  
Black White 2016 Edition:  
US\$30 (ex shipping)  
Color 2016 Edition:  
US\$40 (ex shipping)

## EXITINTERNATIONALSTORE.COM



**Damned If I Do Autobiography**  
by Philip Nitschke & Peter Corris  
Global: AUD\$45 (exc shipping)



**Exit Drug Test Kit (Qualitative)**  
Price: AUD\$35 (incl shipping globally)



**Max Bromson Quantitative Barbiturate Test Kit**  
Price: AUD \$275  
(ships DHL express courier/ express mail)



**DVDs: 35 Letters**  
**Mademoiselle & the Doctor**  
AUD \$35 each (incl shipping globally)

*\*If not online, please call 1300 10 3948 to order.*

## Join Exit International

I wish to join/ rejoin/ donate to Exit International  
(12 Months: Aust - A\$110 inc GST \$10; (couples \$165 inc GST \$15); US/Canada US\$100; UK/ Irel £62/ €73)  
Life membership - A\$1100 (inc GST \$100)

Please send me the paperwork to consider Exit International in my Will

First Name \_\_\_\_\_  
Last Name \_\_\_\_\_  
Address \_\_\_\_\_  
Post/Zipcode \_\_\_\_\_ Country \_\_\_\_\_  
eMail @ \_\_\_\_\_  
Phone \_\_\_\_\_

I am paying \$ \_\_\_\_\_ for \_\_\_\_\_  
Payment Options: Visa /Mastercard \_\_\_\_\_  
Credit Card No \_\_\_\_\_  
Name on Card \_\_\_\_\_  
Signature \_\_\_\_\_  
Expiry Date \_\_\_\_\_ / \_\_\_\_\_

