

BREATH TEST

WHY LUNG CAPACITY IS KEY TO A RELIABLE, PEACEFUL PASSING

Infrequent, but well documented failures of people attempting a peaceful, hypoxic death using nitrogen or helium are explained in the October 2014 update to The Peaceful Pill eHandbook.

In light of a number of reported failed attempts, the October edition of *The Peaceful Pill eHandbook* update presents a new set of screening criteria. The new guidelines will help readers decide if the hypoxia/ Exit bag method is for them. In particular, it will help those with reduced lung capacity (eg. due to lung disease) to make better decisions about their life and death choices.

The problems associated with the hypoxic method centre upon whether or not a person can quickly and efficiently exchange the air in their lungs with the pure nitrogen (or helium) in the Exit bag.

This rapid exchange of gas for air is necessary in order for there to be a precipitous drop in dissolved oxygen level in the blood (PaO_2), as it passes from the lungs to the brain. It is this sudden drop in PaO_2 that causes the immediate loss of consciousness, followed quickly by death.

After careful consideration and the laboratory testing of several different

screening methods, Dr Philip Nitschke has settled on spirometry as the most reliable of the predictive tests. A spirometry test is a simple test that assess a person's lung function. The aim of the spirometry test allows a person to determine whether the Exit bag/ hypoxia method is suitable for them. The test is non-invasive, & can be carried out by one's local doctor or physician.

The new guidelines & results of Exit testing of optimal lung function capacity requirements are published in the October 2014 update of *The Peaceful Pill eHandbook* at: www.peacefulpillhandbook.com

IN THIS ISSUE

- 1 Breath Test
- 2 In defence of Rational Suicide
- 4 Trial Update: *MBA v Nitschke*
- 4 AMA Botch Nitschke Expulsion
- 4 Rupert Escapes a Conviction
- 5 Exitorial
- 6 New Exit Website Launches
- 6 Philip's Legal Defence Fund Ongoing
- 7 VEP Victoria: Meet the Candidates
- 8 Join Exit & Peaceful Pill Store



Lung function testing (spirometry)

IN DEFENCE OF RATIONAL SUICIDE

Exit was excited and pleased to have so much media coverage in recent months, even if some of it was a little sensational. Apart from the ongoing Nigel Brayley saga that came out of Western Australia in July, Exit Director Dr Philip Nitschke has also recently spoken out on the role of voluntary euthanasia where life prisoners are concerned.

the guardian

Writing for *The Guardian*, Philip's latest apparent 'dangerous idea' has created a furore, attracting coverage from as far afield as New Delhi, as well as the London tabloids and the BBC. The idea that the State should not be involved in the torture of those incarcerated is not new to Philip. Indeed, it is an issue discussed at length in his 2005 book *Killing Me Softly: Voluntary Euthanasia and the Road to the Peaceful Pill*. The difference this time concerned the pre-emptive action of **Nigel Brayley**.

Readers may remember that Nigel Brayley came to prominence after he attended an Exit workshop in Perth in February and took his Nembutal a few months later. In his suicide note Bayley blamed the major crime squad of the WA Police for his early death as he was being investigated for the mysterious deaths of two former wives/ partners.

In this regard, Mr Brayley seemingly anticipated that life on the inside, with no hope of parole, would be no life at all. Was Nigel's decision to leave early influenced by this awful reality? This theme was taken up by Professor Thomas Wells of the University of Rotterdam who asked: 'If we are too cowardly to execute them ourselves, we should at least allow such prisoners to end their lives and their suffering, as the euthanasia rights activist Philip Nitschke has recently argued.'

Philip's *Guardian* article can be read at: <http://bit.ly/1vrlTrU>
Professor Thomas Well's short thesis is published at the **ABC Religion & Ethics** homepage at: <http://ab.co/1weTKTH>

Another opinion article to appear recently in the broad-sheets in Australia (*Sydney Morning Herald*, *Canberra Times*, *The Age*) has been that of Dr David Swanton, Exit's Canberra Chapter Coordinator.

David jumped in to the fray in early August to defend Philip against the likes of **Jeff Kennett** and local ACT MP **Mary Porter**. Both politicians have displayed appalling ignorance on the topic of rational suicide with the former Victorian Premier going so far as to say it does not exist. Such belligerence belies the significant and long-standing academic work in the area. Dr Swanton writes:

In recent weeks, Australia's most outspoken voluntary euthanasia campaigner, Philip Nitschke, has been subjected to harsh criticism from some euthanasia supporters, including the ACT's Mary Porter and the chairman of beyondblue, Jeff Kennett.

It's hard not to be perplexed by the hypocrisy of this criticism. As people with public standing and substantial influence, why don't Ms Porter and Mr Kennett work to fix the voluntary euthanasia regulatory system, rather than complaining about Dr Nitschke operating in an unregulated environment? There are options the pair can explore.

Read Dr David Swanton's full article from the **SMH** at: <http://bit.ly/1tcTGRc>



Dr David Swanton

TRIAL UPDATE: MEDICAL BOARD V NITSCHKE

With the *Medical Board of Australia v Nitschke* trial set down for 10 November in Darwin, Philip's legal team has been hard at work preparing Philip's case. Because the Medical Tribunal of the NT, unlike the Medical Board of Australia, operates according to the rule of law, the findings of the trial will be based on fact, rather than media fiction.

The trial will constitute the first time for Philip's story to be told. As a legal hearing, the Tribunal will hear what really happened, without the selective, predatory editing and portrayal of the ABC's *7.30 Report*. As such, the trial has the capacity to be a test case against the biomedicalisation of death and dying.

For instance, the Tribunal will hear that rational suicide is a real and growing phenomenon in response to the lengthening of the modern life course. Also to be critiqued will be the medical profession's colonisation of the dying process. Questions will be asked about the role of doctors in an individual's right to decide the timing of their death.



Legally speaking, the only question that the Tribunal will be asked to adjudicate on is whether the suspension of Philip's medical registration ameliorates his alleged risk to public safety. In other words, it was because the Medical Board deemed Philip to be a risk to public safety that his medical license was suspended.



The only problem with this approach is that if the suspension of Philip's medical registration was somehow supposed to protect the public from his views, this has failed spectacularly. This is because Philip's activities with Exit - namely Exit workshops - are not medical practice.

In practical terms, Exit workshops have continued unabated since the emergency suspension. Indeed, the only marked change to Exit's activities is that workshop audiences have increased in size. It seems the intense media exposure over recent months has only encouraged interest in the topic of voluntary euthanasia. For example:

- Exit memberships have tripled since July
- *The Peaceful Pill Handbook* sales have increased 30%
- Extra workshops have been scheduled in Melbourne and Sydney to address the increased demand for end of life information.

How the Medical Tribunal in Darwin deals with this conundrum will be interesting to watch. Exit expects the rule of law to prevail. Philip would like to invite all Exit members to come along to the open hearing.

The trial will be conducted at the Darwin Magistrates Court, Nichols Place, corner of Cavenagh and Bennett Sts, Darwin NT 0800. The hearing will commence at 9am on Monday 10 November. All welcome.

AMA BOTCH NITSCHKE EXPULSION

In a show of complete ineptitude, the NT branch of the Australian Medical Association has failed utterly to expel Dr Philip Nitschke from the Association.

In a letter dated 20 August, the AMA notified Philip of a secret meeting held on 12 August in Darwin at which the NT executive committee of the AMA voted to suspend Philip's membership according to Clause 21 of the AMA Constitution.

The only problem with this midnight assassination was that the AMA breached each of the five sub-clauses of Clause 21. This means the AMA's decision was a breach



Philip Nitschke with Daryl Manzie & Rob Parker (r) in happier times at the launch of Philip's autobiography Darwin, September 2013



of natural justice. It was therefore a null decision, no decision at all.

The AMA breached Clause 21 by:

- Failing to give Philip notice of the proposed suspension or expulsion
- Failing to put the notice in writing
- Failing to include time, date and place of the Council meeting
- Failing to provide 30 days notice of the meeting
- Failing to afford Philip 'a reasonable opportunity to be heard'

Since this time, AMA NT President Associate Professor Rob Parker has 'apologised' to Philip and another AMA meeting has been scheduled. This time the AMA has told Philip the time, date and place of the meeting, they have given him the opportunity to respond and so on. In reality, though, this is too little too late. What was it that Groucho Marx said about club membership?

RUPERT ESCAPES CONVICTION

In August, West Australian Exit member, Rupert Ward, narrowly escaped a conviction for possession - as opposed to the importation - of Nembutal after the Magistrate decided a conviction would not be in the public interest. Instead, Rupert received a \$1400 fine. The fine was raised the following weekend on gofundme.com.

Philip was with Rupert in Albany for moral support throughout his court appearances.



Rupert with Philip outside court

DWDNSW COMMITTEE MEMBER OUSTED

In the lead up to my appeal in Darwin, I was dismayed to learn that a prominent member of the Executive Committee of DWDNSW had taken it upon himself to lobby the Medical Board of Australia to cancel my medical registration. Not one to let the truth get in the way of a good story, psychiatrist Chris Ryan wrote to the Medical Board with 4 specific allegations all based on hearsay. 'Apparently Dr Nitschke failed to ...', 'Apparently Dr Nitschke has ...', and 'Dr Nitschke seems to have ...'

My response to this sloppy, anti-intellectual politicking is profound disappointment. I care not that Chris Ryan doesn't agree with me or respect my work at Exit over the past 18 years. I care because Ryan used the DWDNSW organisation as his professional affiliation, giving the impression that his views were those of the DWDNSW management committee and the membership. I have since learned that Chris Ryan has been forced to resign from the DWDNSW committee. Good riddance! Dr Ryan's complaint to the Medical Board can be read in full at: <http://www.exitinternational.net/docs/Ryansub.pdf>

EXTRA WORKSHOPS

In response to the media coverage of Exit of late, extra workshops have been scheduled. To this end, workshops are forthcoming in Melbourne (Thurs 27 Nov) and Brisbane (Tues 9 Dec). These events follow a hectic meeting program on the Sunshine Coast, Adelaide and Sydney. See the new Exit website for times and venues.

LONDON CHAPTER

I would like to congratulate Lesley Bassett and her team in London for a very successful inaugural chapter meeting on Saturday 4 October at Dragon Hall. Not only did Lesley need to steel herself against the English tabloids describing the event as a 'suicide club' but she had to fend off some particularly ignorant questioning from Vanessa Feltz at the BBC. In time, we are sure that the Exit message will be respected for the common sense that it is. Already Exit membership in the UK is up. Lesley is now on deck four days a week.

OCTOBER 2014 PPEH UPDATE

This month's *Peaceful Pill eHandbook* update concentrates on our cover story feature on spirometry, along with the dangers of Internet Scams. Read up and be careful.

TOO BUSY FOR COFFEE?

Try, try again as they say. I was disturbed to learn of late that DWDV were 'too busy' to have coffee with Fiona Stewart, to discuss how to work together in the run up to the November 29 Victorian state election. When Fiona suggested to DWDV committee members Judith Hoy (Jones) & Lesley Vick that the ladies might like to get together informally for coffee, she was rebuffed with a response that seemed as self-defeating as it was rude. As the VEP is advocating the exact same law reform agenda as DWDV, it seems ridiculous for DWDV not to be involved in the VEP campaign. I call upon Rodney Syme and the DWDV Committee to join the VEP cause and help get a pro-choice VE person into the Victorian Parliament. This is an important opportunity that should not be wasted because of petty movement politics.

VALE - MAX BROMSON

Most Exit Members will, by now, be aware of the rational suicide or former SA VEP candidate Max Bromson in July. Max had been suffering from carcinoid cancer. Max died peacefully with his family with him, drinking Nembutal he had imported from China. Max was an amazing man and I was honoured to have known him. Exit has named the DIY Quantitative Nembutal Test Kit in his honour. Max worked on and used this kit to test his drugs. Max's sister Kerry Bromson is the new convenor of the Federal Voluntary Euthanasia Party. Max's story can be viewed at: <http://bit.ly/1sYtoIg>

VALE - BILL O'BRIEN



Bill O'Brien

A few days after Max's death, West Australian Exit life member, Bill O'Brien, also decided that it was time to go. Bill was not ill, he was simply older than he wanted to be. Bill was a wonderful colleague, supporter and a very loyal friend. I am so sad to have lost him at this time.

Philip Nitschke

NEW EXIT WEBSITE LAUNCHES



After many months of discussion and planning, Exit has now launched its fresh new website.

Designed by Amy Milhinch in Adelaide, Amy worked closely with Exit to ensure our need-to-know information would be presented to users in a friendly, accessible format.

The next phase of the work is for Exit International USA to launch its new Peacefulpill.com website. This will go live in the coming weeks.

www.ExitInternational.net
www.PeacefulPill.com

LEGAL DEFENCE FUND ONGOING

There is something to be said for crowd-funding. The ~\$175,000 raised to date from the Exit and broader communities have been a lifeline for Philip as his legal expenses mount up. Philip says he remains extraordinarily grateful and humbled for the donations that have flooded in, including a substantial guarantee of support from the Swiss Dignitas organisation. This funding has enabled a highly-skilled and dedicated legal team to be hired.

The matter of Max Bromson's death in Adelaide in July is a second issue for which funds are much needed. Max's death is reportedly to be the subject of a coronial inquest. If this is the case, Philip is likely to need legal representation.

The actions of the Australian Medical Board in Adelaide have the look and smell of a witch hunt. As Hobart Barrister, Greg Barns, tweeted, Philip's life and times remind him of Salem.



Exit remains quietly confident that the rule of law will prevail in Darwin come November. Please come to Darwin to support Philip in this fight of his professional life.

VOLUNTARY EUTHANASIA PARTY OF VICTORIA MEET THE CANDIDATES

With the 29 November Victorian State election drawing near, the Voluntary Euthanasia Party has confirmed its candidates across five regions of the Victorian Parliament's Upper House. These regions are:

- Northern Metropolitan: Jay Franklin, Bertha Franklin
- South Metropolitan: Fiona Stewart, Penny McCasker
- East Metropolitan: David Scanlan, Monte Bonwick
- SE Metropolitan: Sorin Ionascu, Greg Mauldon
- E Victoria: Meg Paul, Liviu Bratu

As is the unique legislative reform process in Victoria, all Voluntary Euthanasia Party candidates, if elected, pledge to request the Victorian Attorney General to refer the matter of voluntary euthanasia law to the Law Reform Commission. In Victoria, it was the Law Reform Commission that investigated and reported to Parliament on the best way to reform abortion legislation. It was the forerunner of the current VLRC, the Chief Justices' Law Reform Committee, that advised on the decriminalisation of suicide, back in 1967.

If you would like to volunteer on election day or have other skills, please contact VEP Vic secretary, **Bertha Franklin** on: **0411-250-480** or email: bertha@vepvic.org

To donate to the campaign, please go to:
<http://www.vepvic.org>

Campaign Director: Dr Philip Nitschke is available on:
0407-189-339 or email: philip@vepvic.org



Fiona Stewart & Henny



Bertha Franklin



Sorin Ionascu



Penny McCasker & Sophie



Meg Paul



Jay Franklin



Greg Mauldon



Liviu Bratu



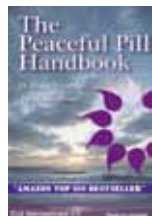
Monte Bonwick



David Scanlon

PEACEFULPILLSTORE.COM

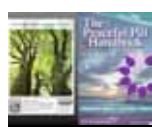
Phone: 1- 360-347-1810



The Peaceful Pill Handbook (2013/14 ed)

Within US: US\$38 (includes shipping)

Rest of World : US\$60 (includes shipping)



The Peaceful Pill eHandbook (online edition)

Price: US\$85 (incl 24 months of updates)

INSTANT ACCESS - Updated 6x year



Killing Me Softly: VE & the Road to the

Peaceful Pill by Dr Philip Nitschke

Price: US\$35 (exc shipping)



Mademoiselle & the Doctor DVD

(NTSC format)

Director: Janine Hosking

Price: US\$35 (exc shipping)



Exit He Gas Flow Control, Tape, Tube

Price: Australia AUD\$200

(inc shipping DHL courier outside of Australia.

Within Australia: Aust Post Satchel exc gst)



New Exit Triple Test Kit (for home use)

(quantitative - Nembutal) Price: AUD\$275

(inc shipping DHL courier outside of Australia.

Within Australia: Aust Post Satchel exc gst)

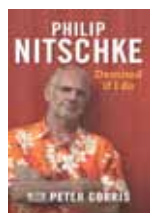


Max Dog Brewing

PO Box 400, Adelaide SA 5001

Price: Various depending on country

www.maxdogbrewing.com



Damned if I Do by Dr Philip Nitschke & Peter

Corris. Published by Melbourne University

Press. AUD\$45 (exc gst/ shipping)

Join Exit International

☐

I wish to join/ rejoin/ donate to Exit International

(12 Months: Aust - AUD\$110 inc GST \$10; (couples \$165 inc GST \$15); US/Canada US\$100; UK/ Irel £62/ €73)

Life membership - \$1100 (inc gst \$100)

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