

# e-Deliverance

A PEACEFUL DEATH IS EVERYBODY'S RIGHT

July 2014  
Special Edition

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

## RATIONAL SUICIDE THE DEBATE WE HAVE TO HAVE

*In recent months, two significant peer-reviewed, scholarly articles have been published which put Rational Suicide back on the political agenda. This academic debate has occurred alongside the media storm over Perth man, Nigel Brayley's rational suicide death.*

While the luddites who control groups such as the Australian Medical Board, depression group Beyond Blue and some branches of the Australian Medical Association maintain that there is not, and never has been, something that can

be referred to as 'rational suicide', those of us who work with 'Seniors' (as anyone over the age of 50 is euphemistically referred) realise that something is afoot.

We know that the phenomenon of suicide is undergoing a makeover. Thinking is moving away from assuming that suicide is always the result of psychiatric illness. The shift is towards an understanding of suicide as a rational response to the modern lifecourse.

At Exit, we have long known about rational suicide. Take the controversial

2002 death of the enchanting, retired French academic, Lisette Nigot as an example. Lisette famously stated that her reason for her suicide was that she 'didn't want to turn 80'.

She told film-maker Janine Hosking that she had long believed that 80 was the time to die. As Lisette put it, she wanted to 'enlist before I am called'. Lisette was not sick, she was simply 'old'.

Over the years there has been an increasing number of Exit members who have elected to leave early. Some have been seriously ill like Nancy Crick. Others have wanted to leave because they have wanted to go with loved ones or best friend. Iris Flounders, who died with her husband Don Flounders in 2011, and best friends Claire Parsons and Val Seeger - who died the same day in early 2014 - are more recent examples of rational suicide. Of course, there are many many others who have chosen to keep their plans private but who have gone the same way.

*An artist's depiction of 'glamorous ageing' from an exhibition at the Palais Royal Paris, July 2014*

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## THE TRUE NIGEL BRAYLEY STORY

Twenty-something ABC journalist Caitlin Gribbin thought she knew it all. She thought she had the classic 'gotcha' moment when interviewing Philip Nitschke at his home in Adelaide on 20 June, just before he left for Europe and the London Workshop.

Miss Gribbin had flown to Adelaide from Perth with a supporting news crew for a 7.30 Report piece on the recent death of 45-year-old Nigel Brayley. This, in itself, was a little surprising given the public broadcaster's alleged cash-strapped status. Unluckily for Philip, he thought little more of it.

### MY NAME IS NIGEL BRAYLEY & I WANT TO KNOW MY END OF LIFE CHOICES ...

At an impressive 6 foot 5", Nigel Brayley attended Exit's February 2014 Perth workshop, along with 250+ others, including at least two other 40-somethings. (One who was attending on behalf of seriously ill aged parents. Another came along in their capacity of carer for a friend.) Earlier, and like thousands of interested folk around the world, Nigel had subscribed to *The Peaceful Pill eHandbook*.

While, Nigel was younger than the typical age profile of Exit members (average age 75 years), he told Exit that he had been in the SAS and had seen more of life than most men his age. Nigel was informed, knowledgeable and efficient. He said he wanted to be organised for when the time came. He explained his interest in VE in exactly the same way that most others attending Exit workshops do. A safeguard for the future. A contingency plan that one hopes never to use. There was nothing about Nigel to suggest otherwise.

### THE ABC GOES FERAL

But Caitlin Gribbin knew better. After Nigel's peaceful death (he apparently drank Nembutal he had obtained from China), family friends of Nigel's gave the ABC an email Nigel had previously sent Exit. In this email, Nigel had cryptically referred to a period of suffering and that his life was about to take a turn for the worse.

There the word was. 'Suffering'. According to Caitlin Gribbin, suffering = depression. Nigel was not only suffering, Nigel was depressed according to Caitlin. On camera, this journalist lied through her teeth. Pointing to the word on the email. "There, it says there. He was depressed". While Philip was well aware of this email, he was almost certain that there was no mention of depression. Had there been, he would have noticed it and things would have taken a different route.

But in the media, when the cameras are rolling you can have doubts. The power lies with he who holds the camera. And he who controls the microphone. On this occasion, this was not Philip. A crew of five against one. The odds were hardly fair. And neither was the ambush.



Nigel's email to Exit did not contain any reference to depression. Nor did Nigel ever present or discuss with Exit any issue which could be construed as mental illness. Not when Philip spoke to him prior to the workshop. Not when the two met again briefly at Get-Up's town hall meeting. Not when Nigel posted in the Peaceful Pill forums. The only issue Nigel reiterated time and time again was that his life circumstances could change in the future and he wanted to be prepared.

Although Nigel was the first Exit Member to have his home raided under warrant by the WA police in their search for Nembutal, his contact with Exit was minimal. He was helpful in outlining to others how the police raid played out. He took the lead in advising other Exit Members of protocol, should they receive a similar unwelcome visit. Once Nigel made it known that he was expecting to end his life sooner than later, Philip asked him if he wanted to talk about it. 'With due respect' Nigel told Philip, his plans were 'none of your business'. When Exit's nurse made a follow-up call, there was no response.

## THE NIGEL BRAYLEY STORY CONT

### NIGEL THE DOG LOVER

Interestingly, Nigel Brayley was also well known to Exit's Perth coordinator Carol O'Neil. As dog owners, they shared their local park for their daily constitutionals. And, as with doggy people the world over, the neighbourhood chatted while the dogs played on. While everyone at the park was said to be surprised at Nigel's sudden death, no one who knew him had found him depressed. He was not even sad. He was a cheerful, friendly bloke with a penchant for wanting to help. And he loved his German Shepherds.

And this is the point. No one who knew Nigel considered him depressed. That is except some 'family friends' called the O'Neils, who Gribbin had found to support her diagnosis. Since when does the public broadcaster keep an in-house psychiatrist in the form of journalist Caitlin Gribbin? As of now apparently.

Despite never meeting him, Gribbin knew that Nigel was suffering and on the basis of a single word in an email, she knew he was depressed. The hypothesis that suicide is always the result of depression was soon picked up by other media. For the present, at least, it is Gribbin's diagnosis of Nigel Brayley as a depressed victim that has gone down in the annals of Australian folk law.

### THE ABC ACCUSATION

Gribbin's allegation is that Philip Nitschke helped a non-terminally ill depressed man to die. Exit would like to take this moment, to set the record straight:

- Philip did not advise Nigel Brayley to die.
- Philip did not help Nigel Brayley die.
- Philip did not encourage Nigel to die.
- Nigel was not depressed.
- Nigel possessed decision-making capacity.
- Suicide is not a crime.
- No duty of care was owed.

To the end, Nigel Brayley showed himself highly capable of reasoning. In any basic assessment, Nigel Brayley fulfilled the standards which delineate rational suicide from that steeped in serious psychiatric illness (including depression).

As the High Court of Australia stated in the 2009 suicide case of *Stuart v Kirkland-Veenstra*, [2009] HCA 15, it is:

*'an underlying value of the common law which gives primacy to personal autonomy ... the association that may have developed in the past between suicide and mental illness provides no certain foundation for a conclusion that a person threatening suicide will in every case lack the capacity to decide what to do. That is, the historical association between suicide and mental illness provides no sufficient basis upon which to impose a duty of care which denies the personal autonomy of the person to whom it is owed'.*

If one accepts the premise that suicide can be rational, this leads to much broader questions in regard to the existence, if any, of a duty of care alongside that of a person's right to autonomy and privacy.

Regardless of which test is applied, Nigel Brayley fulfilled the criteria of rational suicide. As *The Australian* newspaper reported on 22 July, at the time of his suicide, the WA Police and the Australian Federal Police were investigating the mysterious deaths of two of Nigel's former partners - a former defacto and his previous wife, Lina. As such, the police sharknet was closing in on him. It is logical to assume that this was the reason why Brayley told Dr Nitschke that his life was about to take a turn for the worse.

### THE SERIAL KILLER DETERMINANT

With two possible murder charges hanging over his head, Nigel Brayley's suicide can be seen for what it was. A desperate attempt to escape justice and the huge personal financial cost that goes along with defending oneself from such serious charges. *The Australian* has reported that Brayley's former East Timorese partner went missing in 2005 when he was employed as Airport Manager in Dili. Her body has never been found. In 2011, Nigel Brayley's then wife, a young Indonesian

## THE NIGEL BRAYLEY STORY CONT

woman called 'Lina', was found at the base of a Perth quarry. While police initially classified the death as accidental, it was only after Lina's friend, Mary, rang Crime Stoppers with further information about Nigel Brayley that WA Police stated that they had since come to believe that Lina had been murdered.

Two young Asian women disappeared or dead in relatively quick succession? And this followed by a new marriage to a third Indonesian young woman. According to close friends, Nigel had been planning on taking his new wife to the UAE to live. As Mary puts it:

*'I was worried that he would become bored with her after a couple of years and she also would either have an accident or disappear'.*

Chevron's decision to sack Nigel Brayley clearly put a spanner in the works of this plan. Friends say he was sacked to minimise the bad publicity that they expected would emerge.

### NIGEL BRAYLEY'S FANTASY WORLD

According to the family friends, the ABC were aware of the police investigations and Nigel Brayley's possible role. After all, they interviewed her friend Mary

and Lina Brayley's mother for the 7.30 Report only to suppress the interviews from the public. And, as Mary's husband wrote to Exit on 4 July:

*'It is such a pity that the media decided to target you in their story which was the wrong tack.'*

*'The real story which the evidence appears to support was that Nigel was perhaps a serial killer as three of his past partners mysteriously died or disappeared and he lived in a fantasy world where he presented to everyone as an ex SAS soldier when he had never even served in the army ... It appears that Nigel's world was quickly unraveling as the police were building their case against him so he decided to commit suicide'.*

This explanation of Nigel Brayley's suicide is considerably different from the depressed victim version put forward by the ABC.

### IN CONCLUSION

It is not often that Australia has the possibility of uncovering a serial killer. If, and when, this is determined, it will be no thanks to the supercilious spray which the ABC wants to pass off as journalism.

## JULY 2014 UPDATE - PEACEFUL PILL EHANDBOOK

- **A new Swiss Option (Ch 17)**
  - Non-Swiss citizens now have a choice between Zurich & Basel
- **Nembutal Scam Alert (Ch 14)**
  - Turkey? India? Virginia? Beware

The *Peaceful Pill Handbook & ONLINE eHandbook* are published by Exit International USA.

A 24 month to the PPeH subscription is US\$85, & includes all updates. Note - Exit's Peaceful Pill Q&A forums will reopen soon, once the media infiltration is purged.

***www.PeacefulPill.com***



**The Peaceful Pill Handbook (print)  
is available at:**

***www.Amazon.com***  
***www.Amazon.co.uk***



## FORMAL COMPLAINTS LODGED WITH ACMA & ABC

Following the ABC's gutter job on Philip Nitschke and Exit, Philip has lodged formal complaints with both the ABC and the Australian Communications and Media Authority (ACMA). The ACMA will be re-lodged after the mandatory 60 day response period granted to the broadcaster who is the focus of the complaint.

In his complaint to the ABC, Philip writes:

The ABC failed to present information according to the recognized standards of objective journalism. As such, I believe the ABC is in breach of its Code of Practice.

In particular the ABC failed:

- **Standard 2.1** Make reasonable efforts to ensure that material facts are accurate and presented in context
- **Standard 2.2** Do not present factual content in a way that will materially mislead the audience.
- **Standard 3.1** Acknowledge and correct or clarify, in an appropriate manner as soon as reasonably practicable: a. significant material errors
- **Standard 4. Impartiality**
- The ABC has a statutory duty to ensure that the gathering and presentation of news and information is impartial according to the recognised standards of objective journalism.
- **Standard 4.1** Gather and present news and information with due impartiality.
- **Standard 4.4** Do not misrepresent any perspective.
- **Standard 4.5** Do not unduly favour one perspective over another.
- **Standard 5.3** Where allegations are made about a person or organisation, make reasonable efforts in the circumstances to provide a fair opportunity to respond.

- **Standard 7. Harm and Offence**
- The ABC acknowledges that a public broadcaster should never gratuitously harm or offend and accordingly any content which is likely to harm or offend must have a clear editorial purpose.
- **Standard 7.7** Avoid the unjustified use of stereotypes or discriminatory content that could reasonably be interpreted as condoning or encouraging prejudice.

In closing Philip states, 'The 7.30 Report program by Caitlyn Gribbin and Dale Owens presented a program which deliberately suppressed a body of evidence that did not suit their political agenda of discrediting me as a Voluntary Euthanasia political activist and educator.

'The apparent sole purpose of the program was to allege that a) Nigel Brayley was depressed (this lay diagnosis was made on the basis of an email that contained the word 'suffering') and b) that I assisted Nigel to die. The ABC broadcast lacked all semblance of balanced, fair and objective reporting'.



*Lina Brayley's distraught mother with a photo of suspected murdered daughter Lina Brayley*

## CALL FOR LEGAL DEFENSE FUND -WWW.GOFUNDME.COM/SUPPPORTPHILIP

Already the legal bills are mounting as I defend myself against the Medical Board's latest round of attempts to strip me of my medical registration. While I have not practiced as a doctor for many years, I have maintained my registration as formality. That the Medical Board is basing its investigations upon highly inaccurate media reporting beggars belief. This alone has made my legal

team suspicious that directions are being issued from higher up the political ladder. I would therefore ask Exit Members to please give generously to this fund. Please support me in ensuring that I do not become the first Australian doctor to be deregistered for purely political reasons. **Visit [GoFundMe.com/SupportPhilip](http://GoFundMe.com/SupportPhilip) to give.**

### **I WONDER ABOUT YOUR FRIENDS THAT ARE NOT**

It was Sixto Rodriguez who coined the expression 'I wonder about your friends that are not' in his song of the same name on the wonderful 1970 album, *Cold Fact*. While I would have expected those who oppose Voluntary Euthanasia / end-of-life choices to jump on the bandwagon of criticism (Jeff Kennett is a good example when he stated - in his ignorance - 'Dr Nitschke has coined the phrase "rational suicide" to attempt to justify his recent action. There is no such thing as a "rational suicide"'), much less expected and much more disappointing has been the negative public comments of Dr Rodney Syme in Melbourne.

Without bothering to check the veracity of the media reports, Rodney was off the mark, keen to sink the knife into my back. On 8 July, he told *The Age* newspaper "I've been concerned for some years that Philip's approach is irresponsible, that it does not protect people who are vulnerable because of psychiatric disturbance.' This, from a friend apparently in the same movement!

Needless to say this kind of comment is deeply divisive and serves to destroy the good will that Exit has been careful to build with Dying with Dignity Victoria in the run up to the Victorian election. I am at odds to see how the VEP can work with Rodney and DWDV on our supposed shared goal of end-of-life choices. Of course, this is exactly what those who oppose VE want.

Similarly a senior committee member of DWD NSW was also critical, before bothering to find out the facts of the Nigel Brayley affair. True to his professional paternalism, psychiatrist, Chris Ryan, told the media that 'many people who want to end their lives are depressed and do not have the capacity to make decisions'. Again, such self-aggrandisement at the expense of the truth, bodes poorly for a united effective cause. The Voluntary Euthanasia / Assisted Suicide movement in Australia is the poorer for these acts of treachery.

### **LIBERAL PARTY OBJECTS TO VEP VIC**

On a similarly disturbing note, on 7 July the VEP Vic received a written objection from the Liberal Party (Victorian Division) concerning the party's registration in Victoria. The Liberal

Party's claim is that the VEP is not an 'eligible party' because the Party has not been founded within the 'spirit' of s 3 of the Victorian Electoral Act.

We are pleased that lawyer Greg Barns has sprung to the VEP's defence, having none of the Liberal Party's nonsense. As this newsletter goes to press we are awaiting party registration confirmation. Should this not be forthcoming, legal action will be taken.

### **RATIONAL SUICIDE CONFERENCE**

Given the moral panic that has erupted throughout Australia following Nigel Brayley's rational suicide death, Exit is now planning to hold a conference on rational suicide in mid 2015 in Melbourne and London. We are currently in the process of inviting an array of international key note speakers; experts in the field who will be able to advance discussion and debate and this cutting-edge social issue. We will report further on the conference as speakers are confirmed and venues and dates decided.

### **EXTRA EXIT WORKSHOPS SCHEDULED**

Following the extraordinary press that Exit has received in recent weeks, a number of extra workshops have since been scheduled. These include meetings in Darwin and Sydney in August and September respectively. These will be held in addition to those already planned for the Sunshine Coast (14 August) and Adelaide (3 September). Workshops are also now scheduled for regional Victoria in the run up to the Victorian state election on 29 November.

### **THE IMPORTANCE OF THE RIGHT WORD**

One important outcome of the Nigel Brayley matter has been the way in which we have been forced to engage with the words and language that we use. This was an issue I wrote about in my April 2014 Sydney Morning Herald opinion editorial 'We need a new word for suicide'. This article was itself prompted by correspondence from the Victorian Coroner's Office seeking a better way to categorise the increasing number of Nembutal deaths that they were seeing. Perhaps 'rational suicide' is that word. I would welcome suggestions from members on this topic.

*Philip Nitschke*

## UK-EUROPE EXIT NEWS

After seven years of annual visits, Exit is very pleased to announce that a permanent part-time office has now opened in the UK.

Each week day, **Lesley Bassett** will be answering the Exit phone to assist members with all manner of queries. Non-members will also be welcome to make contact to obtain information and advice about Exit's work and, in particular, the availability of the *Peaceful Pill Handbook*.



*Lesley Bassett*

Exit's office number remains unchanged at:  
02071-931-557 or email [lesley@exitinternational.net](mailto:lesley@exitinternational.net)

## 35 LETTERS WINS SFF 2014

Exit is very pleased to deliver the news that Janine Hosking's new documentary '35 Letters' - funded in part by the Exit community - has won Best Documentary at the 2014 Sydney Film Festival.

The Judges said: *'The winning documentary is an inventive and deeply moving account of 31-year-old Melbourne writer Angelique Flowers [Exit Member] who is given only months to live, and the different ways in which she and her family face her impending death,'* said DAF Award for Australian Documentary, Jury Member, Dr Mitzi Goldman.



*Watch out for '35 Letters' at a Film Festival near you soon.*

## LONDON CHAPTER MTG - 4 OCTOBER

The Exit London chapter is now up and running with the inaugural meeting to be held in the Green Room at Dragon Hall on Saturday 4 October at 11am. A chapter committee has formed to coordinate Exit UK activities. It includes: Barbara Taylor, Lesley Bassett & Robert Pettifer. Joy Godsell shall continue to serve morning tea.



*Exit's 2014 London Workshop was again a capacity audience*

## PARLEZ VOUS FRANCAIS? LE MANUEL "LA PILULE PAISIBLE" À PARAÎTRE EN FRANÇAIS FIN 2014

Exit International a le plaisir d'annoncer que son manuel électronique célèbre "La pilule paisible" sera bientôt disponible en ligne en français.

Ce manuel complétera la gamme d'information sur les options en fin de vie couramment disponible dans le monde francophone.

La publication du livre sera complétée par le premier atelier d'Exit International en langue française qui devrait avoir lieu en Europe à la mi 2015.

Pour plus de détails, inscrivez-vous à la liste e-mail d'Exit International en entrant votre adresse mél dans la boîte sur la page d'accueil d'Exit International.

**Voir [www.exitinternational.net](http://www.exitinternational.net).**

## RATIONAL SUICIDE: [FROM P. 1] WHAT IS IT & WHY IS IT SO CONTROVERSIAL?

### 'SUICIDE: RATIONALITY & RESPONSIBILITY FOR LIFE'

Of the recent articles published about rational suicide, the first is by Canadian psychiatrist, Angela Onkay Ho. In her article 'Suicide: Rationality and Responsibility for Life', published in the March 2014 edition of the *Canadian Journal of Psychiatry*, Ho has made several critical points in order to bring debate on rational suicide into the present.

In particular Ho argues that once the nexus between suicide and mental illness is broken, it can be acknowledged that people 'without psychiatric illness can freely desire suicide or a hastened death based on carefully contemplated, logical decision-making processes'. She goes on to argue that mental health professionals may not have sufficient training to distinguish between people whose suicidal intent is freely chosen compared with influenced by psychiatric illness'. She notes that in Canada [as other western countries] 'discussing suicide and end-of-life care (including assisted death) with patients is not necessarily illegal or unethical'. 'It has been argued that a responsible health professional should be willing to engage in an open discussion with a client about their desire to die even if though the clinician may not condone it or be legally allowed to assist... not discussing these options may be disrespectful of the patient's needs and shirking professional responsibilities'.

The gist of Ho's argument is that current mental health treatment guidelines do not adequately consider the complexity of suicidality, including the potential for suicidality made under free will, uninfluenced by an identified psychiatric disorder'.

### 'PATHOLOGIZING SUFFERING & THE PURSUIT OF A PEACEFUL DEATH'

The second article pertinent to this month's moral panic over the rational suicide of Nigel Brayley is that penned by Ben Rich in the July 2014 edition of *Cambridge Quarterly of Healthcare Ethics*. In his article of the above title, Rich opens with the statement:

*There is a kind of gospel in the specialty of psychiatry. Anyone who contemplates, expresses a desire for, or takes any overt action toward shortening their life must be afflicted with a mental illness, and therefore lacking decisional capacity and acting irrationally.*

Sound familiar? You bet.

While Rich, too, notes that there is an increasing minority in the mental health community who recognise the legitimacy of the concept of rational suicide, goes on to conclude that the term 'suicide' is not an appropriate characterisation of the use, for example, of a lethal prescription. (See the Editorial for why Exit begs to differ on this point.)

### DEFINING RATIONAL SUICIDE

Of particular interest to Exit readers will be Rich's overview of the scholarly literature on rational suicide. Citing what is now considered early work in the area by Columbia University Professor of Sociomedical Sciences, Karolynn Siegel. Siegel argues that the suicide is rational if:

1. the individual possesses a realistic assessment of their situation;
2. the mental processes leading to the decision to suicide are unimpaired by psychological illness or severe emotional distress; and
3. the motivational basis of the decision would be understandable to the majority of uninvolved observers from that person's community or social group.

The second rational suicide standard examined by Rich is that proffered by US psychologists James Werth and Debra Cobia in the mid 1990s. More exacting than Siegel's 'minimalist version', Werth and Cobia conclude that if the following criteria is met, the suicide is rightly a rational one.



The criteria includes:

1. the existence of an unremitting hopeless condition;
2. an informed decision to suicide;
3. an absence of cognitive impairment that prevents realistic assessments and informed decision-making; and
4. the decision is one of free choice without external pressure.

## WHAT IS DEMORALISATION SYNDROME?

Rich's point in revisiting this material is in attempting to illuminate how the debate is being played out, where serious illness is concerned. In this regard Rich has scant time for the likes of David Kissane who have created a 'Demoralization Syndrome' as a justification for why a person with a serious, if not terminal, illness should never be recognised as a feeling, thinking, rational, independent being. Exit readers will remember Professor Kissane as the coauthor of Philip Nitschke's early article 'Seven Deaths in Darwin' which was published in *The Lancet* in 1998.

Kissane would later use his posthumous diagnosis of 'elements of depression' in the four people who used the *Rights of the Terminally Ill Act*, to discredit the law. At one memorable press conference after the publication of 'Seven Deaths', Kissane would ambush his co-author Nitschke to argue a slippery slope. That the floodgates had opened and that these vulnerable, dying people had failed to act in their own best interests in electing to use the law.

## HOW DAVID KISSANE FUDGED THE FACTS

To spell it right out, Kissane argued that Bob, Janet, Valerie and Bill's so-called depression deprived them of decision-making capacity. This is what is meant by Kissane's Demoralisation Syndrome. This pathologisation of suffering, as Rich puts it, has enabled Kissane to conceptualise a request for assisted suicide, not as a genuine or authentic expression coming from an autonomous patient but as a 'morbid form of mental distress'.

Citing University of Queensland Professor Malcolm Parker's critique of so-called Demoralisation Syndrome, Rich notes that acceptance of Kissane's Syndrome pathologizes all requests to die as 'maladaptive and harmful'. Furthermore, he continues,

the Syndrome defines 'out of contention what many people now see as a matter of social choice and the subject of social debate'.

*'Dying is personal. And it is profound. For many, the thought of an ignoble end, steeped in decay, is abhorrent.'*

*A quiet, proud death, bodily integrity intact, is a matter of extreme consequence'.*

*Lord Jim*

Joseph Conrad

1899-1900

Clearly, members of Exit International would reject uncategorically Professor David Kissane's extreme biomedical categorisations of elected hastened deaths/ rational suicides. They would reject that a person who seeks rational suicide lacks decision-making capacity. And they would fiercely resent the medical profession deigning to tell them what is in their best interests.

As Dr Nitschke famously said at the 2001 Hemlock conference held in San Diego (and which can be viewed in 'Mademoiselle and the Doctor' documentary):

*You don't need a doctor to die. You can do it yourself. You don't need the white coat by the bedside, you can do it'.*

And this is what Exit is all about. It is not for others to judge our decisions, as long as the basic criteria is met. We are talking about adults of sound mind and an approach to suicide that is acknowledges that people can have myriad reasons for wanting to choose their time. Most will be suffering. Others, like Nigel Brayley, may be serial killers.

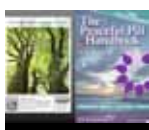
*The views expressed in e-Deliverance are solely those of Philip Nitschke, not of Exit International.*

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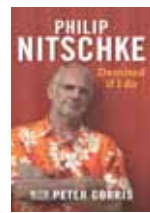
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**Damned if I Do** by Dr Philip Nitschke & Peter Corris. Published by Melbourne University Press. AUD\$45 (exc gst/ shipping)

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(12 Months: Aust - AUD\$110 inc GST \$10; (couples \$165 inc GST \$15); US/Canada US\$100; UK/ Irel £62/ €73)  
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Exit International, PO Box 37781 Darwin, Northern Territory 0821 Australia

contact@exitinternational.net

1300 10 3948 (EXIT) Ph outside Aust: +61 (0)2 8005 0038

Fax: +61(0)2 8905 9249

www.exitinternational.net

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