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Derek Humphry

LIBERI DI MORIRE

le ragioni dell'eutanasia

traduzione di Giacomo Paleardi

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Contiene materiali e approfondimenti presenti nell'edizione originale (The Good Eutanasia Guide, Norris Lane Press / ERGO, Junction City, OR, USA, 2006²):

- Contatti delle organizzazioni per l'eutanasia nel mondo
- Cronologia storica del movimento per la libertà di morire

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A GUIDE TO RIGHT-TO-DIE GROUPS IN THE WORLD

Membership fees for the organizations are omitted. Some groups are not membership organizations but rely on donations and legacies. Generally, the membership fee is around \$40 US for a couple and \$30 for an individual. Most groups also allow discounts for the needy and for seniors.

Australia

EXIT International

(formerly EXIT Australia/New Zealand)

PO Box 37781

Winnellie

Northern Territory 0821

Phone: 0500-83-1929

Fax: 08-8983-2949

Email: exit@euthanasia.net

Web: www.exitinternational.net

Founded: 1998. The most progressive group in the southern hemisphere and perhaps the world. Its chief, Dr. Philip Nitschke, believes everybody who wishes to end their life should have the opportunity to do so. The group gives 'euthanasia workshops' throughout the country. It is ceaselessly working for new ways in which dying people can self-deliver without a doctor and without breaking the law.

Northern Territory Voluntary Euthanasia Society

GPO Box 2734

Darwin

Northern Territory 0801

Phone: +61 8-8927-2294

Fax: +61 8-8927-2294

Email: ntves@bigpond.com.au

Founded 1995 in the wake of the unexpected legislation of voluntary euthanasia in the territory. The Federal Government repealed the law in 1997.

South Australia Voluntary Euthanasia Society

PO Box 2151

Kent Town

South Australia 5071

Phone: 8-8265-3548

Fax: 8-8265-2287

Email: info@saves.asn.au

Founded 1983. Mission: Chiefly lobbying for legislative change.

Voluntary Euthanasia Society of New South Wales, Inc.

PO Box 25

Broadway

New South Wales 2007

Email: mail@vesnsw.org.au

Web: www.vesnsw.org.au

Founded 1983. The aim of the Voluntary Euthanasia Society of NSW is to promote legislation which, with the proper safeguards, entitles any person suffering severe pain or distress, with no reasonable prospect of recovery, to a painless, medically assisted and dignified death in accordance with his or her expressed direction.

Voluntary Euthanasia Society of Queensland

16 Howard Street

Rosalie

Queensland 4064

Phone: 61-500-858-500

Email: raysan@optusnet.com.au

Web: www.connectqld.org.au/vesq

Dying With Dignity Tasmania Inc

PO Box 1022

Sandy Bay

Tasmania 7006

Phone: +61 03 62341425

+61 03 62484103

Email: hcutts@netspace.net.au

Web: www.tased.edu.au/tasonline/vest

Promotes legislation that gives effect to freedom of choice and individual human rights, so that any person suffering, through illness or disability, severe pain or distress for which no remedy is available that is acceptable to the person, should be entitled by law to a painless and dignified death

in accordance with his or her express direction. Provides individual counselling. To pursue actively a continuing public education policy to achieve such legislation.

Dying With Dignity, Victoria

3/98 Salisbury Avenue
Blackburn, Victoria 3130

Phone: 61-3-987-7677

Email: vesv@vesv.org.au

Web: www.vesv.org.au

Founded 1974. Mission: Promoting legislation to enable incurably ill people to choose a painless and dignified death. Dying with Dignity (formerly VESV) is not able to help people end their lives.

Voluntary Euthanasia Society of West Australia

PO Box 7243
Cloisters Square
Perth
West Australia 6850

Phone: 9276-9144

Fax: 9381-1893

Email: info@waves.org.au

Web: www.waves.org.au

Founded 1980. Mission: "To bring about such changes to Western Australian Statute Law and to medical ethics as will allow a person, suffering severe pain or distress with no reasonable prospect of recovery, to receive, with the proper safeguards,

a painless medically assisted and dignified death in accordance with his or her expressed wishes.”

Belgium

Recht op Waardig Sterven

(Flemish-speaking. Known as RWS)

Constitutiestraat 33,
B-2060 Antwerpen

Phone: 32-3-272-5163

Fax: 32-3-272-5163

Email: info@rws.be

Web: www.rws.be

Founded 1983.

Association pour le Droit de Mourir dans la Dignite

(French speaking. Known as ADMD)

55 Rue du Président
B-1050 Bruxelles

Phone: 32-2-502-0485

Fax: 32-2-502-6150

Email: info@admd.be

Web: <http://perso.infonie.be/admd>

Founded 1981.

Britain (United Kingdom)

Friends at the End (FATE)

11 Westbourne Gardens
Glasgow G12 9XD

Phone: +0141-334-3287

Fax: +0141-334-3287

Email: info@friends-at-the-end.org.uk

Web: www.friends-at-the-end.org.uk

A break-away from Scottish EXIT in 1995, it is willing to give cautious advice and literature on hastened death of the terminally ill.

EXIT Scotland

17 Hart Street
Edinburgh EH1 3RN

Phone: +131-556-4404

Email: exit@euthanasia.cc

Web: www.euthanasia.cc

Founded in 1980 by the late Sheila Little, EXIT has gone through many changes and downsizing. It published the first 'how-to' booklet in 1981. EXIT supports both self-deliverance and assisted suicide. It works within the law, but by treading a fine line on providing effective information on self-deliverance to members they are able to help people without risking the small organisation's existence by breaking the law.

Dignity in Dying

13 Prince of Wales Terrace
Kensington
London W8 5PG

Phone: 2079-377-770

Fax: 2073-762-648

Email: info@dignityindying.org.uk

Web: www.dignityindying.org.uk

The London group is the oldest of its type in the world (1935) and has fluctuated in its mission. Currently, it concentrates on parliamentary law reform for physician-assisted suicide and promoting Advance Directives. It declines to give any help or advice on hastened death. But it does campaign for people with terminal illnesses to be allowed to ask for medical help to die at a time of their choosing, within proper legal safeguards. It wants to make back-street suicides and ‘mercy killings’ a thing of the past.

The Voluntary Euthanasia Society of England and Wales officially changed its name in 2005 to “Dignity in Dying.” There was a 79% support for this alteration which, by removal of the word ‘euthanasia’, is hoped to improve its public image.

Canada

Dying With Dignity

55 Eglinton Avenue East, Suite 802
Toronto, Ontario M4P 1G8

Phone: 1-800-495-6156

416-486-3998

Fax: 416-486-5562

Email: info@dyingwithdignity.ca

Web: www.dyingwithdignity.ca

Founded 1980 by the late Marilyn Seguin, DWD is developing into a progressive and strong force for the right-to-die in Canada. Helps members whatever way is possible within the law. Dying With Dignity is a registered charitable society whose mission it is to improve the quality of dying for all Canadians in accordance with their own wishes, values, and beliefs.

Right to Die Society of Canada

145 Macdonell Ave
Toronto, Ontario M6R 2A4

Phone: 416-535-0690

Email: ruth@righttodie.ca

Web: www.righttodie.ca

As it does not have charitable status, the Society is able to be active politically. It canvases Members of Parliament for their support on law reform, which is its focus for the future. In addition, it works with people for whom law reform will come too late. It gives them information and support that will let them come as close as possible to dying on their own terms. It hopes that before long it will be able to provide companionship at the time of self-deliverance, for people who choose this option and who have been able to set up an arrangement by which the authorities can satisfy themselves that no law has been broken and no charges need to be laid.

Denmark

EVD (En Vaerdig Dod)

Peters Fabers Vej 37 st th
8210 Arhus V
Denmark

Web: www.e-v-d.dk

Founded 2000. 300 members. Will host the 2007 Right-to-Die Europe conference in Aarhus.

Colombia

Fundacion Pro Derecho a Morir Dignamente

Carrera 11 No. 73 - 44 oficina 508

Bogota, Colombia

Phone: +57-1-345-40-65

Fax: +57-1-313-16-07

Email: info@dmd.org.co

Web: www.dmd.org.co

Founded 1979. Mission: Mainly educational and promoting Living Wills and patients' rights.

Finland

Exitus Ry

Post Box 130

FI-00141 Helsinki

Finland

Email: maria.marjukka.lehtinen@saunalahi.fi

Advocates Advance Directives now, and seeks to have a law passed allowing active voluntary euthanasia.

Pro Gratia of Helsinki

Laajasalonkaari 15 a

FIN-00840 Helsinki

Phone: +358 9 698-4415

Fax: +358-9491-292

France

Association pour le Droit de Mourir dans la Dignite (ADMD)

50 rue de Chabrol
75010 Paris

Phone: 48-00-04-16

Fax: 01-48-00-05-72

Email: info@admd.net

Web: www.admd.net

Founded 1980. Mission: legislative reform and education. ADMD had 38,000 members in 2005.

Germany

Deutsche Gesellschaft Fur Humanes Sterben e.V (DGHS)

Lange Gasse 2-4
Postfach 11 05 29
Augsburg 86030

Phone: 49-821-502-350

Fax: 49-821-502-3555

Email: info@dghs.de

dghsaugsb@aol.com

Web: www.dghs.de

Founded 1980. Mission: Lobbies for law reform, distributes Living Wills, and publishes a colorful newsletter.

India

Society for the Right to Die with Dignity

Nanvarati Hospital
SV Road, Vile Parle (w)
Mumbahai 400 058

Phone: 91-22-618-255

Fax: 91-22-611-9363

Email: nagraj@giasbm01.vsnl.net.in

Israel

LILACH, The Israel Society for the Right to Live and Die With Dignity

PO Box 14409
Tel Aviv 61143

Phone: 972-3-673-0577

Email: lilach19@zahav.net.il

Web: www.lilach.org.il

Founded 1987. Pushes for Living Wills and legislative reform.

Italy

EXIT—Italia

Associazione Italiana per il Diritto ad una Morte Dignitosa

Corso Monte Cucco 144
10141 Torino

Phone: +39 11-770 7126

Fax: +39 11-770 7126

Email: exit-italia@libero.it

Web: www.exit-italia.it

Seeking law reform on hastened death.

Libera Uscita

Via Genova 24
00184 Rome

Phone: +39-0637823807

Fax: +39-0648931008

Email: info@liberauscita.it

associazioneliberauscita@hotmail.com

Web: www.liberauscita.it

Libera Uscita is a non-political association founded in Rome with organizational basis all over Italy. Founded in 2000. The aim of the association is to develop the debate on bioethical themes, starting with euthanasia and the right to choose consciously a therapeutical treatment as far as its withhold or withdraw. The association has two draft bills—one on euthanasia, the other on Living Wills—which were recently presented to the Chamber of Deputies and to the Senate.

Japan

Japan Society for Dying With Dignity

Watanabe Building 202, 2-29-1 Hongou
Bunkyo-Ku, Tokyo 113

Phone: 81-3-3818-6563

Fax: 81-3-3818-6562

Email: info@songenshi-kyokai.com

Web: www.songenshi-kyokai.com

Founded 1976. Has approx. 100,000 members. Mission:
Education, Living Wills and reforming legislation.

Luxembourg

Association pour le Droit de Mourir dans la Dignite (ADMDL)

37 Route de Longwy

L-4750

Petange

Luxembourg

Phone: 352-594-505

Fax: 352-2659-0482

Email: admdl@pt.lu

Web: admdl.lu

Founded 1988. Came close in 2003 to achieving law
reform on euthanasia, losing by a narrow vote.

The Netherlands

Right to Die – NL (formerly NVVE)

Postbus 75331

Leidsegracht 103

1070 AH Amsterdam

Phone: +31 20-620-0690

Fax: +31 20-420-7216

Email: euthanasie@nvve.nl

Web: www.nvve.nl

Founded 1973 and spent 30 years educating and driving for law reform, which succeeded in 2002 legalizing voluntary euthanasia and physician-assisted suicide under strict guidelines. Changed its name in 2003 from NVVE. Has approx. 100,000 members.

New Zealand

Voluntary Euthanasia Society of New Zealand

PO Box 26095

Epsom Auckland 3

Phone: 64-9-630 7035

Fax: 64-9-630 7035

Email: ves@clear.net.nz

Web: www.ves.org.nz

In 1978 euthanasia groups were formed in the north and south islands with the aim of changing the law to allow assisted suicide. Following a narrow defeat in Parliament in 2004, the two societies decided to

merge to achieve greater political strength.

Norway

Foreningen Retten til en Verdig Død

Storgaten 27

1440 Drobak

Norway

Phone: 47 64 935333

Email: l-livste@online.no

Web: www.livstestament.org

South Africa

**South African Voluntary Euthanasia Society
(SAVES)**

PO Box 1460

Wandsbeck 3631

KwaZulu, Natal

Phone: 141-334-3287

Fax: 141-334-3287

Email: livingwill@3ico.za

Web: www.Livingwill.co.za

Founded 1974. Concentrates on education and distributing Living Wills. Has 46,000 members.

Spain

Derecho a Morir Dignamente (DMD)

Avda. Portal del Angel 7-4 atico B
08002 Barcelona

Phone: 343-412-3203

Email: admd@admd.e.telefonica.net

Web: www.eutanasia.ws

Founded 1984. It is now the umbrella group for four divisions around Spain.

Sweden

Rätten Til Var Död

Höganäsgaten 2 C
735-30 Upsala

Phone: +46 18-104140

Fax: +46 40-964498

Email: appelcomp@tella.com

Founded 1973.

Switzerland

DIGNITAS

Postfach 9

CH 8127 Forch

Phone: +980-44-59

Fax: +980-14-21

Email: dignitas@dignitas.ch

Web: www.dignitas.ch

DIGNITAS is a tiny organization near Zurich that will help terminally ill, chronically ill and sometimes very seriously mentally ill people. Following worldwide publicity in 2003 it virtually had to shut down because of overwhelming work and lack of finance. It resumed operating in 2004.

Exit/ADMD Suisse Romande

C.P. 110

CH 1211 Geneva 17

Phone: +22 735-77-60

Fax: +22 735-77-65

Email: info@exit-geneve.ch

Web: www.exit-geneve.ch

Founded 1982. Will find help for its own members who justifiably wish to die, according to Swiss law.

**EXIT/Vereinigung für humanes Sterben
(German-speaking)**

Mühlezelgstrasse 45
Postfach 476
CH 8047 Zurich

Phone: +41 43-388-3838

Fax: +41 43-343-3839

Email: info@exit.ch

Web: www.exit.ch

Founded 1982. Will find help for its own members who justifiably wish to die under the provisions of the Swiss assisted suicide law. Had 58,000 members in 2005.

EX-International

C/o Peter Widmer
Postfach 605
CH 3000 Bern 9

Phone: 313-012157

Fax: 313-55561

Will help German-speaking people in Europe. (Note: The name 'EX-International' is short for EXIT and does not mean 'formerly' as in English.)

United States Of America

Compassion & Choices (C&C)

1. Compassion in Dying

6312 SW Capitol Hwy, Suite 415

Portland, OR 97201

Phone: 503-221-9556

Fax: 503-228-9160

Email: info@compassionandchoices.org

Web: www.compassionandchoices.org

Formed in 2004 by an amalgamation of End-of-Life Choices (formerly Hemlock) and Compassion in Dying, C&C operates out of Denver, Colorado, and Portland, Oregon. The Denver office deals with membership, legislative and political advocacy, and local groups (chapters). Portland handles legal advocacy, services, public education, and fund-raising. Offices in both cities handle Client Services.

Compassion and Choices of Oregon (State)

PO Box 6404

Portland, OR 97228

Phone: 503-525-1956

Fax: 503-228-9160

Email: or@compassionandchoices.org

Web: www.compassionandchoices.org/or

This group is the public steward of the Oregon Death With Dignity Act which permits physician-assisted suicide for a competent adult who is in advanced terminal illness. Residents of the state

only (tax-payer or voter or home-owner or renter). In its first seven years it guided more than 180 dying Oregonians through the aid-in-dying process under the law.

Compassion and Choices of Washington (State)

PO Box 61369

Seattle, WA 98141

Phone: +206-256-1636

Email: wa@compassionandchoices.org

Web: www.compassionandchoices.org/wa

Death With Dignity National Center

520 SW 6th Avenue, Suite 1030

Portland, OR 97204

Phone: 503-228-4415

Email: info@deathwithdignity.org

Web: www.deathwithdignity.org

DDNC works with leaders in other states considering Oregon-style laws, as legislatures, medical communities and the public come to understand the law's benefits as well as the choice, control and comfort that the law affords. It is the principal legal defender of the 1994 Oregon Death With Dignity Act before the courts, representing a doctor and a pharmacist against the repeated attempts by the US Attorney-General to repeal the law

Euthanasia Research & Guidance Organization (ERGO)

24829 Norris Lane
Junction City, OR 97448-9552

Phone: 541-998-1873

Fax: 541-998-1873

Email: ergo@efn.org

Web: www.finalexit.org

ERGO (founded 1993) specializes in informative literature about choices in dying. It updates and sells '*Final Exit*' amongst other books and pamphlets. Willing to talk by internet or telephone to persons or families about their right-to-die problems. Provides student literature and media briefings.

Final Exit Network

PO Box 965005
Marietta, GA 30066

Phone: 1-800-524-3948

Email: info@finalexitnetwork.org

Web: www.finalexitnetwork.org

Founded in 2004 by former Hemlock Society members who felt that the organization replacing it was insufficient and too restrictive about helping members to die. With its '*Exit Guides*' across the country, the Network will help members who need not be diagnosed as terminal to achieve their own deaths. It also backs research into new methods of self-deliverance, promotes Advance Directives, and will advocate for people whose Advance Directives

(Living wills etc.) are not being honored.

End-of-Life Choices Florida (State)

PO Box 121093

West Melbourne, FL 32912-1093

Phone: 800-849-9349 (M–F, 9AM–5PM Eastern)

Email: eolcfl@aol.com

Venezuela

Asociacion Venezolana Derecho a Morir con Dignidad
(Venezuelan Association Right to Die With Dignity)

Calle A; Los Ditos, Urb. Moterrey. La Trinidad,
Baruta - 1080, Caracas

Ph & Fax: 58212 944 0472

Email: ragaso@cantv.net

Web: www.morircondignidad.org

Zimbabwe

Final Exit

PO Box MP 386

Mount Pleasant, Harare

Phone: +263-4-744258 or 308640

Email: frances@hms.co.zw

Founded in 1995, a small group of 617 members operating under difficult political circumstances, promoting Living Wills.

World Federation of Right-to-Die Societies

Almost all the groups listed in the foregoing pages are members of the World Federation of Right to Die Societies.

World Federation of Right-to-Die Societies

C/o NVVE

Postbus 75331

1070 AH Amsterdam

The Netherlands

Web: www.worldrtd.net

Founded 1980. An umbrella group, it represents 38 organizations in 23 countries all working to ensure better choices at the end of life. It is now an NGO (Non-Governmental Organization) in the European Union. The Federation's 16th biennial conference is scheduled for September 7-10, 2006 in Toronto. Conference contact: info@dyingwithdignity.ca.

Right to Die Europe (Rtd-E)

Postbus 75331

1070 AG

Amsterdam

The Netherlands

Phone: (31) 20 5315916

FAX: (31) 20 4207216

Email: k.jager@nvve.nl

RtD-Europe is the umbrella organization of 17 right to die societies in Europe.

If you wish to add to, update, or correct any of the foregoing information for future editions, please immediately email Derek Humphry at ergo@efn.org
Updated August 2006

Note: Closed in 2004 were: The Hemlock Society USA, Partnership for Caring USA, Last Acts Partnership USA, and Last Rights Publications, Canada. Closed in 2006 was Choices in Dying (BC Canada.)

APPENDIX A

**A twentieth century chronology
of voluntary euthanasia and
physician-assisted suicide.**

- 1906** First euthanasia bill drafted in Ohio. It does not succeed.
- 1935** World's first euthanasia society is founded in London, England.
- 1938** The Euthanasia Society of America is founded by the Rev. Charles Potter in New York.
- 1954** Joseph Fletcher publishes *Morals and Medicine*, predicting the coming controversy over the right to die.
- 1957** Pope Pius XII issues Catholic doctrine distinguishing ordinary from extraordinary means for sustaining life.
- 1958** Oxford law professor Glanville Williams publishes *The Sanctity of Life and the Criminal Law*, proposing that voluntary euthanasia be allowed for competent, terminally ill patients.
- 1958** Lael Wertebaker publishes *Death of a Man* describing how she helped her husband commit suicide. It is the first book of its genre.
- 1967** The first living will is written by attorney Louis Kutner and his arguments for it appear in the *Indiana Law Journal*.

- 1967** A right-to-die bill is introduced by Dr. Walter W. Sackett in Florida's legislature. It arouses extensive debate but is unsuccessful.
- 1968** Doctors at Harvard Medical School propose redefining death to include brain death as well as heart-lung death. Gradually this definition is accepted.
- 1969** Voluntary euthanasia bill introduced in the Idaho legislature. It fails.
- 1969** Elisabeth Kubler-Ross publishes *On Death and Dying*, opening discussion of the once-taboo subject of death.
- 1970** The Euthanasia Society (US) finishes distributing 60,000 living wills.
- 1973** American Hospital Association creates Patient Bill of Rights, which includes informed consent and the right to refuse treatment.
- 1973** Dr. Gertruida Postma, who gave her dying mother a lethal injection, receives light sentence in the Netherlands. The furore launches the euthanasia movement in that country (NVVE).
- 1974** The Euthanasia Society in New York renamed the Society for the Right to Die. The first hospice American hospice opens in New Haven, Conn.
- 1975** Deeply religious Van Dusens commit suicide. Henry P. Van Dusen, 77, and his wife, Elizabeth, 80, leaders of the Christian ecumenical movement, choose to die rather than

suffer from disabling conditions. Their note reads, "We still feel this is the best way and the right way to go."

- 1975** Dutch Voluntary Euthanasia Society (NVVE) launches its Members' Aid Service to give advice to the dying. Receives 25 requests for aid in the first year.
- 1976** The New Jersey Supreme Court allows Karen Ann Quinlan's parents to disconnect the respirator that keeps her alive, saying it is affirming the choice Karen herself would have made. *Quinlan* case becomes a legal landmark. But she lives on for another eight years.
- 1976** California Natural Death Act is passed. The nation's first aid in dying statute gives legal standing to living wills and protects physicians from being sued for failing to treat incurable illnesses.
- 1976** Ten more U.S. states pass natural death laws.
- 1976** First international meeting of right-to-die groups. Six are represented in Tokyo.
- 1978** Doris Portwood publishes landmark book *Commonsense Suicide: The Final Right*. It argues that old people in poor health might justifiably kill themselves.
- 1978** *Whose Life Is It Anyway?*, a play about a young artist who becomes quadriplegic, is staged in London and on Broadway, raising disturbing questions about the right to die. A film version appears in 1982. *Jean's Way* is published in

England by Derek Humphry, describing how he helped his terminally ill wife to die.

- 1979** Artist Jo Roman, dying of cancer, commits suicide at a much-publicized gathering of friends that is later broadcast on public television and reported by the *New York Times*.
- 1979** Two right-to-die organizations split. The Society for the Right to Die separates from Concern for Dying, a companion group that grew out of the Society's Euthanasia Education Council.
- 1980** Advice column "Dear Abby" publishes a letter from a reader agonizing over a dying loved one, generating 30,000 advance care directive requests at the Society for the Right to Die.
- 1980** Pope John Paul II issues *Declaration in Euthanasia* opposing mercy killing but permits the greater use of painkillers to ease pain and the right to refuse extraordinary means for sustaining life.
- 1980** Hemlock Society is founded in Santa Monica, California, by Derek Humphry. It advocates legal change and distributes how to die information. This launches the campaign for assisted dying in America. Hemlock's national membership will grow to 50,000 within a decade. Right to die societies also formed the same year in Germany, France and Canada.

- 1980** World Federation of Right to Die Societies is formed in Oxford, England. It comprises 27 groups from 18 nations.
- 1981** Hemlock publishes 'how-to' suicide guide, *Let Me Die Before I Wake*, the first such book on open sale.
- 1983** Famous author (*Darkness at Noon* etc.) Arthur Koestler, terminally ill, commits suicide a year after publishing his reasons. His wife Cynthia, not dying, chooses to commit suicide with him.
- 1983** Elizabeth Bouvia, a quadriplegic suffering from cerebral palsy, sues a California hospital to let her die of self-starvation while receiving comfort care. She loses, and files an appeal.
- 1984** Advance care directives become recognized in 22 states and the District of Columbia.
- 1984** The Netherlands Supreme Court approves voluntary euthanasia under certain conditions.
- 1985** Karen Ann Quinlan dies.
- 1985** Betty Rollin publishes *Last Wish*, her account of helping her mother to die after a long losing battle with breast cancer. The book becomes a best-seller.
- 1986** Roswell Gilbert, 76, sentenced in Florida to 25 years without parole for shooting his terminally ill wife. Granted clemency five years later.

- 1986** Elizabeth Bouvia is granted the right to refuse force feeding by an appeals court. But she declines to take advantage of the permission and is still alive in 2004.
- 1986** Americans Against Human Suffering is founded in California, launching a campaign for what will become the 1992 California Death with Dignity Act.
- 1987** The California State Bar Conference passes Resolution #3-4-87 to become the first public body to approve of physician aid in dying.
- 1988** *Journal of the American Medical Association* prints "It's Over, Debbie," an unsigned article describing a resident doctor giving a lethal injection to a woman dying of ovarian cancer. The public prosecutor makes an intense, unsuccessful effort to identify the physician in the article.
- 1988** Unitarian Universalist Association of Congregations passes a national resolution favoring aid in dying for the terminally ill, becoming the first religious body to affirm a right to die.
- 1990** Washington Initiative (119) is filed, the first state voter referendum on the issue of physician-assisted suicide.
- 1990** American Medical Association adopts the formal position that with informed consent, a physician can withhold or withdraw treatment from a patient who is close to death, and may also discontinue life support of a patient in a permanent coma.

- 1990** Dr. Jack Kevorkian assists in the death of Janet Adkins, a middle-aged woman with Alzheimer's disease. Kevorkian subsequently flouts the Michigan legislature's attempts to stop him from assisting in additional suicides.
- 1990** Supreme Court decides the *Cruzan* case, its first aid in dying ruling. The decision recognizes that competent adults have a constitutionally protected liberty interest that includes a right to refuse medical treatment; the court also allows a state to impose procedural safeguards to protect its interests.
- 1991** Hemlock of Oregon introduces the Death With Dignity Act into the Oregon legislature, but it fails to get out of committee.
- 1990** Congress passes the Patient Self-Determination Act, requiring hospitals that receive federal funds to tell patients that they have a right to demand or refuse treatment. It takes effect the next year.
- 1991** Dr. Timothy Quill writes about "Diane" in the *New England Journal of Medicine*, describing his provision of lethal drugs to a leukemia patient who chose to die at home by her own hand rather than undergo therapy that offered a 25 percent chance of survival.
- 1991** Nationwide Gallup poll finds that 75 percent of Americans approve of living wills.
- 1991** Derek Humphry publishes *Final Exit*, a 'how-to' book on self-deliverance. Within 18 months the book sells 540,000 copies and

tops USA best-seller lists. It is translated into twelve other languages. Total sales exceed one million. www.FinalExit.org

- 1991** Choice in Dying is formed by the merger of two aid in dying organizations, Concern for Dying and Society for the Right to Die. The new organization becomes known for defending patients' rights and promoting living wills, and will grow in five years to 150,000 members.
- 1991** Washington State voters reject Ballot Initiative 119, which would have legalized physician-aided suicide and aid in dying. The vote is 54–46 percent.
- 1992** Americans for Death with Dignity, formerly Americans Against Human Suffering, places the California Death with Dignity Act on the state ballot as Proposition 161.
- 1992** Health care becomes a major political issue as presidential candidates debate questions of access, rising costs, and the possible need for some form of rationing.
- 1992** California voters defeat Proposition 161, which would have allowed physicians to hasten death by actively administering or prescribing medications for self administration by suffering, terminally ill patients. The vote is 54–46 percent.
- 1992** The Euthanasia Research & Guidance Organization (ERGO) is founded. Incorporated 501(c)(3) tax deductible the

following year. www.FinalExit.org

- 1993** Advance directive laws are achieved in 48 states, with passage imminent in the remaining two.
- 1993** Compassion in Dying is founded in Washington state to counsel the terminally ill and provide information about how to die without suffering and “with personal assistance, if necessary, to intentionally hasten death.” The group sponsors suits challenging state laws against assisted suicide.
- 1993** President Clinton and Hillary Rodham Clinton publicly support advance directives and sign living wills, acting after the death of Hugh Rodham, Hillary’s father.
- 1993** Oregon Right to Die, a political action committee, is founded to write and subsequently to pass the Oregon Death with Dignity Act.
- 1993** European Federation of Right to Die Societies founded as a better means to tackle local problems.
- 1994** The Death with Dignity Education Center is founded in California as a national nonprofit organization that works to promote a comprehensive, humane, responsive system of care for terminally ill patients. Later renamed ‘Death With Dignity National Center’ and moves to Washington DC.
- 1994** More presidential living wills are revealed. After the deaths of former President

Richard Nixon and former first lady Jacqueline Kennedy Onassis, it is reported that both had signed advance directives.

- 1994** The California Bar approves physician-assisted suicide. With an 85 percent majority and no active opposition, the Conference of Delegates says physicians should be allowed to prescribe medication to terminally ill, competent adults for self-administration in order to hasten death.
- 1994** All states and the District of Columbia now recognize some type of advance directive procedure.
- 1994** Washington State's anti-suicide law is overturned. In *Compassion v. Washington*, a district court finds that a law outlawing assisted suicide violates the 14th Amendment. Judge Rothstein writes, "The court does not believe that a distinction can be drawn between refusing life-sustaining medical treatment and physician-assisted suicide by an uncoerced, mentally competent, terminally ill adult."
- 1994** In New York State, the lawsuit *Quill et. al. v. Koppell* is filed to challenge the New York law prohibiting assisted suicide. Quill loses, and files an appeal.
- 1994** Oregon voters approve Measure 16, a Death With Dignity Act ballot initiative that would permit terminally ill patients, under proper safeguards, to obtain a physician's prescrip-

tion to end life in a humane and dignified manner. The vote is 51–49 percent.

- 1994** U.S. District Court Judge Hogan issues a temporary restraining order against Oregon’s Measure 16, following that with an injunction barring the state from putting the law into effect.
- 1995** Oregon Death with Dignity Legal Defense and Education Center is founded. Its purpose is to defend Ballot Measure 16 legalizing physician-assisted suicide.
- 1995** Washington State’s Compassion ruling is overturned by the Ninth Circuit Court of Appeals, reinstating the anti suicide law.
- 1995** U.S. District Judge Hogan rules that Oregon Measure 16, the Death with Dignity Act, is unconstitutional on grounds it violates the Equal Protection clause of the Constitution. His ruling is immediately appealed.
- 1995** Surveys find that doctors disregard most advance directives. *Journal of the American Medical Association* reports that physicians were unaware of the directives of three-quarters of all elderly patients admitted to a New York hospital; the *California Medical Review* reports that three-quarters of all advance directives were missing from Medicare records in that state.
- 1995** Oral arguments in the appeal of *Quill v. Vacco* contest the legality of New York’s anti-suicide law before the Second Circuit Court of Appeals.

- 1995** Compassion case is reconsidered in Washington state by a Ninth Circuit Court of Appeals panel of eleven judges, the largest panel ever to hear a physician-assisted suicide case.
- 1996** The Northern Territory of Australia implements voluntary euthanasia law. Nine months later the Federal Parliament quashes it.
- 1996** The Ninth Circuit Court of Appeals reverses the Compassion finding in Washington state, holding that “a liberty interest exists in the choice of how and when one dies, and that the provision of the Washington statute banning assisted suicide, as applied to competent, terminally ill adults who wish to hasten their deaths by obtaining medication prescribed by their doctors, violates the Due Process Clause.” The ruling affects laws of nine western states. It is stayed pending appeal.
- 1996** A Michigan jury acquits Dr. Kevorkian of violating a state law banning assisted suicides.
- 1996** The Second Circuit Court of Appeals reverses the *Quill* finding, ruling that “The New York statutes criminalizing assisted suicide violate the Equal Protection Clause because, to the extent that they prohibit a physician from prescribing medications to be self-administered by a mentally competent, terminally ill person in the final stages of his terminal illness, they are not rationally related to any legitimate state interest.” The ruling affects

laws in New York, Vermont and Connecticut. (On 17 April the court stays enforcement of its ruling for 30 days pending an appeal to the U.S. Supreme Court.)

- 1996** The U.S. Supreme Court announces that it will review both cases sponsored by Compassion in Dying, known now as *Washington v. Glucksberg* and *Quill v. Vacco*.
- 1997** Oral arguments set for the New York and Washington cases on physician assisted dying. The cases were heard in tandem on 8 January but not combined. A ruling is expected in June.
- 1997** ACLU attorney Robert Rivas files an amended complaint challenging the 128 year-old Florida law banning assisted suicide. Charles E. Hall, who has AIDS asks court permission for a doctor to assist his suicide. The court refuses.
- 1997** On 13 May the Oregon House of Representatives votes 32–26 to return Measure 16 to the voters in November for repeal (HB 2954). On 10 June the Senate votes 20–10 to pass HB 2954 and return Measure 16 to the voters for repeal. No such attempt to overturn the will of the voters has been tried in Oregon since 1908.
- 1997** On 26 June the U.S. Supreme Court reverses the decisions of the Ninth and Second Circuit Court of Appeals in *Washington v. Glucksberg* and *Quill v. Vacco*, upholding as constitutional

state statutes which bar assisted suicide. However, the court also validated the concept of “double effect,” openly acknowledging that death hastened by increased palliative measures does not constitute prohibited conduct so long as the intent is the relief of pain and suffering. The majority opinion ended with the pronouncement that “Throughout the nation, Americans are engaged in an earnest and profound debate about the morality, legality and practicality of physician-assisted suicide. Our holding permits this debate to continue, as it should in a democratic society.”

- 1997** Dutch Voluntary Euthanasia Society (NVVE) reports its membership now more than 90,000, of whom 900 made requests for help in dying to its Members’ Aid Service.
- 1997** Britain’s Parliament rejects by 234 votes to 89 the seventh attempt in 60 years to change the law on assisted suicide despite polls showing 82 percent of British people want reform.
- 1997** On 4 November the people of Oregon vote by a margin of 60–40 percent *against* Measure 51, which would have repealed the Oregon Death with Dignity Act, 1994. The law officially takes effect (ORS 127.800-897) on 27 October 1997 when court challenges disposed of.
- 1998** Hemlock Foundation starts its “Caring Friends” program offering personal support and information to irreversibly ill Hemlock

members who are considering a hastened death within the law.

- 1998** Dr. Kevorkian assists the suicide of his 130th patient in eight years. His home state, Michigan, passes new law making such actions a crime.
- 1998** Oregon Health Services Commission decides that payment for physician-assisted suicide can come from state funds under the Oregon Health Plan so that the poor will not be discriminated against.
- 1998** First 15 people die by making use, in its first year, of the Oregon Death With Dignity Act, receiving physician-assisted suicide. In the first year of the law, some 50 other applicants are refused as unqualified, or die inside the waiting period.
- 1998** (November) Dr. Kevorkian performs voluntary euthanasia on Thomas Youk with ALS, and a video of his action is shown on CBS TV '60 Minutes'. Within two days Kevorkian is charged with murder, and using a controlled substance.
- 1999** Dr. Kevorkian found guilty of 2nd degree murder and unlawfully possessing and administering a controlled drug. Sentenced to 10–25 years on the murder count and 3–7 years on the drug count. Launches appeal from prison.

- 2000** International euthanasia conference in Boston jointly organized by the Hemlock Society and the World Federation of Right to Die Societies.
- 2000** Attempt by Hemlock in Maine to get electors to pass physician-assisted suicide law similar to Oregon's fails by 19,453 votes: 51.5 percent against, 48.5 for.
- 2001** Kevorkian's appeal decision reached after 2 years 7 months. Judges reject it. US Supreme Court declines to hear it.
- 2001** MS victim Diane Pretty asks UK court to allow her husband to help her commit suicide. The London High Court, the House of Lords, and the Court of Human Rights, in Strasbourg, all say no. She dies in hospice a few weeks later.
- 2002** Dutch law allowing voluntary euthanasia and physician-assisted suicide takes effect on 1 February. For 20 years previously it had been permitted under guidelines.
- 2002** Belgium passes similar law to the Dutch, allowing both voluntary euthanasia and physician-assisted suicide.
- 2003** US Attorney-General Ashcroft asks the 9th Circuit Court of Appeal to reverse the finding of a lower court judge that the Oregon Death With Dignity Act 1994 does not contravene federal powers. 129 dying people have used this law over the last five years to obtain legal physician-assisted suicide. The losers

of this case will almost certainly ask the US Supreme Court to rule.

- 2003** Recognizing that their goal of lawful euthanasia has been achieved, the Dutch Society for Voluntary Euthanasia (NVVE) changes its name to “Right-To-Die-NL”. It renames the so-called ‘Drion Pill’ as the ‘Lastwillpill’.
- 2003** For political correctness, Hemlock Society scraps its 23-year-old name and christens itself ‘End-of-Life Choices’ (EOLC). Discusses merger with Compassion in Dying.
- 2004** The 9th Circuit Court of Appeals found in favor of the state of Oregon in its battle with US Attorney General John Ashcroft, ruling that a state had the right to decide itself which drugs could be used in medical practice. Ashcroft had claimed in a directive that physician-assisted suicide was not a legitimate medical practice, but he was rebuffed.
- 2004** World Euthanasia Conference in Tokyo discusses and dissects the Living Wills (Advance Directives) around the world.
- 2004** Hemlock Society USA is renamed End-of-Life Choices and within months is merged with Compassion in Dying to become Compassion & Choices (C&C). This causes the Final Exit Network to be formed from the ashes of Hemlock to develop a system of volunteer guides across America to help dying people who request assistance.

- 2004** Lesley Martin in New Zealand completes a seven-month prison sentence for the attempted murder by morphine overdose of her terminally ill mother. Vows to continue to work for lawful voluntary euthanasia.
- 2005** USA Supreme Court decides to take the Attorney-General's case against the Oregon Death With Dignity law. Bush administration wants America's only physician-assisted suicide law struck down on the grounds that states do not control lethal drugs.
- 2005** Dr. Philip Nitschke, leader of ExitInternational, holds workshops in Australia explaining how to make a 'peaceful pill'.
- 2005** (March) Terri Shiavo, aged 41, who for over ten years was in a persistent vegetative state, finally allowed to die by removal of life support equipment after a huge national controversy involving the courts, Congress and the USA President.
- 2005** First hospital in Switzerland, in Lausanne, announced it would now permit right-to-die group EXIT to come into wards to help a terminally ill adult who wanted assisted suicide. Other Swiss hospitals may follow suit.

- 2006** (Jan.6) The Suicide Materials Offences Act takes effect in Australia, making it a crime to use a 'carriage service' to discuss end-of-life issues. Thus passing information about any form of euthanasia via telephone, internet, email and fax is a felony. Books, mail and personal meetings are not affected.
- 2006** US Supreme Court approved the validity of the Oregon Death With Dignity Act, 1994, under challenge from the federal attorney general (Gonzalez v. Oregon.)
- Between 1998 (when the law took effect) and 2006, 246 dying Oregon citizens used the physician-assisted suicide law to end their lives.
- 2006** (Sept. 7-10) 16th biennial conference of the World Federation of Right to Die Societies, Toronto, Hosted by Canada's Dying With Dignity organization.
info@dyingwithdignity.ca
- 2006** Applications for parole on the grounds of ill-health by Dr. Jack Kevorkian were turned down by the Michigan State. He has been in prison since 1999 for the second degree murder of a dying man. (See also pages 177-8.)

SOURCE: Euthanasia Research & Guidance Organization (ERGO)

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APPENDIX B

Seven years of physician-assisted suicide in Oregon.

The Death With Dignity Act was passed in Oregon by voter initiative 51–49 percent in 1994. Implementation was delayed by court actions until November 1997. The same month a second voter initiative calling for its repeal was defeated 60–40 percent. Essentially, the law became operative on the first day of 1998.

The Act permits a terminal patient with an estimated less than six months to live to ask the treating physician, first orally, then in writing, for a lethal overdose with which to end his/her life. If the physician is willing, a second physician must also examine the case and sign off on the prognosis. Should clinical depression be suspected, a mental health professional must be consulted and a lethal prescription cannot be written until or unless the patient is no longer depressed. The physician also has to seek alternatives, such as better palliative care and hospice, before proceeding. Full documentation must be kept. No health professional or worker need participate if ethically opposed to the procedure.

Residency in the state of Oregon is required. This is defined as being a property owner or renter, or having an Oregon driving license, or being on the voter's rolls.

A 17-day waiting period is mandatory. Euthanasia (direct injection) is banned. All cases must be reported to the state health department, which, at the end of each year must publish the statistics but not reveal the patient's identities. Death certificates—which are public documents—can reflect the cause as the underlying illness but not suicide.

Between 1998 to 2004, 208 patients used the law for assisted suicide out of a total of 67,706 recorded deaths in Oregon during that period. Only 13 did not die at home. In 2004 there were 37 hastened deaths — a slight drop over the previous year. Doctors were present at the bedside in six of that year's cases, and 40 had been present throughout the life of the law. In other cases mostly a trained volunteer would be present, although in 22 cases the patient ended their life without any experienced person present.

The time between ingestion of the prescribed lethal dose of either pentobarbital or secobarbital and death were a median of 25 minutes, with a range of four minutes to 48 hours.

The most likely reasons for choosing assisted suicide were, in order of importance:

1. Losing autonomy;
2. Decreasing participation in activities;
3. Losing control of bodily functions;
4. Burden on family, friends and caregivers;
5. Inadequate pain management;
6. Financial implications of treatments.

The percentage of patients referred to a specialist for psychological evaluation beyond that done by a hospice team has declined over the past seven years, dropping from 31 percent in 1998 to 5 percent in 2004.

By sex, the number of patients was fairly even — 108 men to 100 women. The median age was 69. Of the total, five were Asian and none African-American.

During the seven years, 178 of the patients were enrolled in hospice at the time of their hastened deaths.

More detailed statistics are available at:
www.ohd.hr.state.or.us/chs/pas/ar-index.cfm

APPENDIX C

Select bibliography of right-to-die books

There has been such a rash of books dealing with this subject in the past 20–30 years that it would be near impossible to list them all. Thus I have those I believe to be most significant, and separated into different categories for easier selection.

Case histories

Death of a Man, by Lael Wertebaker
(Random House 1975)

Jean's Way, by Derek Humphry
(Horizon Press 1978, currently in paperback)

Last Wish, by Betty Rollin
(Warner 1987; currently in paperback)

A Chosen Death, by Lonny Shavelson MD
(Simon & Schuster 1995)

How To and Advisory

Final Exit: The Practicalities of Self-Deliverance and Assisted Suicide, by Derek Humphry (Hemlock 1991, currently in paperback from Delta)

Suicide and Attempted Suicide: Methods and Consequences, by Geo Stone (Carrol & Graf 1999)

Final Acts of Love: Families, Friends and Assisted Dying, by Stephen Jamison (Putnam 1996)

Angels of Death: Exploring the Euthanasia Underground, by Roger S. Magnusson (Yale 2002)

What Dying People Want: Practical Wisdom for the End of Life, by David Kuhl, MD (Public Affairs 2002)

Fixin' to Die: A Compassionate Guide to Committing Suicide or Staying Alive, by David Lester (Baywood 2003)

History

The Right To Die: Understanding Euthanasia, by Derek Humphry and Ann Wickett (Harper & Row 1986)

Death By Choice, by Daniel C Maguire (Schoken Books 1975)

Deathright: Culture, Medicine, Politics, and the Right to Die, by James M. Hoefler (Westview Press 1994)

Freedom To Die: People, Politics and the Right to Die Movement, by Derek Humphry and Mary Clement. (St.Martin's Press 1998)

A Merciful End: The Euthanasia Movement in Modern America, by Ian Dowbiggin (Oxford 2003)

Dying Right: The Death With Dignity Movement, by Daniel Hillyard and John Dombrink (Routledge 2001)

Hospice or Hemlock? Searching for Heroic Compassion, by Constance E Putnam (Praeger 2002)

History of Suicide: Voluntary Death in Western Culture,
by Georges Minois (Johns Hopkins 1999)

The Right to Die Debate: A Documentary History,
edited by Marjorie B. Zucker
(Greenwood Press 1999)

*Merciful Release: The History of the British Euthanasia
Movement*, by N.D.A.Kemp (Manchester 2002)

Ethics

Morals and Medicine, by Joseph Fletcher
(Beacon Press 1954)

The Savage God, by A.Alvarez (Bantam Books 1976)

Rethinking Life and Death, by Peter Singer
(St. Martin's Press 1995)

The End of Life: Euthanasia and Morality,
by James Rachels (Oxford 1986)

*Matters of Life and Death: Making Moral Theory Work
in Medical Ethics and the Law*, by David Orentlicher
(Princeton 2001)

Is There a Duty to Die? by John Hartwig et al
(Routledge NY 2000)

*The Right to Die With Dignity: An Argument in Ethics,
Medicine and Law*, by Raphael Cohen-Almagor
(Rutgers 2001)

Writings on an Ethical Life, by Peter Singer (Ecco 2001)

A Time to Die: The Place for Physician Assistance,
by Charles F. McKhann, MD (Yale 1999)

Physician Assisted Suicide: Expanding the Debate,
edited by Margaret P. Battin, Rosamond Rhodes,
and Anita Silvers (Routledge 1998)

Can We Ever Kill? An Ethical Inquiry,
by Robert Crawford (Fount 1991)

Culture

Leaving You: The Cultural Meaning of Suicide,
by Lisa Lieberman (Ivan R. Dee 2004)

Last Rights: The Struggle Over the Right To Die,
by Sue Woodman (Perseus 2001)

*In the Arms of Others: A Cultural History of the Right-
to-Die Movement in America*, by Peter G. Filene
(Ivan R. Dee 1998)

*Life's Dominion: An Argument About Abortion,
Euthanasia, and Individual Freedom*,
by Ronald Dworkin (Knopf 1993)

The Enigma of Suicide, by George Howe Colt
(Summit 1991)

Law

Lethal Judgments: Assisted Suicide and American Law,
by Michael Urofsky (UP Kansas, 2000)

Euthanasia, Clinical Practice and the Law, edited by
Luke Gormally (Linacre Centre, 1994)

Elder Suicide

Commonsense Suicide: The Final Right,
by Doris Portwood (Dodd Mead 1978)

Suicide in the Elderly, by Nancy J Osgood
(Aspen 1985)

Suicide and the Older Adult, edited by Antoon
A. Leenaars et al (Guilford 1992)

Suicide in Later Life, by Nancy J Osgood
(Lexington 1992)

Religion

Euthanasia and Religion, by Gerald A Larue,
(Hemlock Society 1985)

*A Noble Death: Suicide & Martyrdom Among
Christians and Jews in Antiquity*, by Arthur J. Droge
and James D. Tabor (HarperSanFrancisco 1992)

What Does the Bible Say About Suicide?
by James T. Clemons (Fortress 1990)

Playing God: 50 Religions' Views on Your Right to Die,
by Gerald A Larue (Moyer Bell 1996)

Drama

Whose Life Is It Anyway? by Brian Clark (Avon 1980)

Is This The Day? by Vilma Hollingberry
(Hemlock Society 1990)

Fiction

Moral Hazard, by Kate Jennings (Fourth Estate 2002)

Lethal Dose, by Stephen Snodgrass (ICAM 1996)

Critical Care, by Richard Dooling (Morrow 1992)

The Woman Said Yes, by Jessamyn West
(Harcourt Brace Jovanovitch 1976)

In the Night Season, by Christian Barnard
(Prentice Hall 1978)

One True Thing, by Anna Quindlen
(Random House 1994)

A Stone Boat, by Andrew Solomon
(Faber and Faber 1994)

Amsterdam, by Ian McEwan (Vintage 1999)

Stone Water, by Barbara Snow Gilbert (Dell 1996)

Mercy, by Jodi Picoult (Pocket Books 1996)

Burials and Ceremonies

*Dealing Creatively With Death: A manual of death
education and simple burial*, by Ernest Morgan
(Barclay House, many editions)

APPENDIX D

Films dealing with dying and euthanasia

* *Based On A True Story*

Dark Victory (1939)—Bette Davis, Geraldine Fitzgerald, George Brent, Humphrey Bogart, Ronald Reagan (dir. Edmund Goulding)
Socialite who is dying gets help from a doctor.
Remade for TV as *Stolen Hours* (1976).

On Borrowed Time (1939)—Lionel Barrymore, Cedric Hardwicke, Beulah Bondi (dir. Harold S. Bucque)
Comedy about an old man who isn't ready to die.

**Pride of the Yankees* (1942)—Gary Cooper, Teresa Wright, Babe Ruth. (dir. Sam Wood)
Classic account of life and dying of baseball star Lou Gehrig with ALS.

An Act of Murder (1948)—Frederic March, Florence Eldridge (dir. Michael Gordon)
Judge who kills terminally ill wife faces trial in his court.

**The Eddy Duchin Story* (1956)—Tyrone Power, Kim Novak, Victoria Shaw, James Whitmore, Rex Thompson (dir. George Sidney)
Society piano player is dying of leukemia.

On the Beach (1959)—Gregory Peck, Ava Gardner, Fred Astaire, Anthony Perkins (dir. Stanley Kramer)
Australians await death from nuclear fallout.

The Bramble Bush (1960)—Richard Burton, Barbara Rush (dir. Daniel Petrie)
Doctor in love with dying friend's wife.

Love Story (1970)—Ali MacGraw, Ryan O'Neal (dir. Arthur Hiller)
Boy falls in love with girl: girl dies.

**Brian's Song* (1971)—James Caan, Billy Dee Williams (dir. Buzz Kulik)
Story of Brian Piccolo, Chicago Bears footballer dying of cancer.

Harold and Maude (1971)—Ruth Gordon, Bud Cort, Vivian Pickles, Ellen Geer (dir. Hal Ashby)
The cult black comedy of a 20-year-old man obsessed with death, and his relationship with 79-year-old woman.

Soylent Green (1973)—Charlton Heston, Joseph Cotton, Edward G. Robinson, Leigh Taylor-Young, Chuck Connors (dir. Richard Fleischer)
Central theme is the "Greenhouse effect", but it contains the classic scene of Robinson's idyllic euthanasia.

Sunshine (1973)—Brenda Vaccaro, Christina Raines, Cliff DeYoung (dir. Joseph Sargent)
Couple and their doctor debate the way the wife is dying.

Murder or Mercy? (1974)—Melvin Douglas, Mildred Dunnock (dir. Harrey Hart)
Court room drama of mercy-killing.

**Babe* (1975)—Susan Clark, Alex Karras (dir. Buzz Kulik)
Story of athlete Babe Didrikson Zaharias's life and dying.

**Death Be Not Proud* (1975)—John Savage, Patricia Neal, Claude Akins, Mark Hamill (dir. James Goldstone)
From John Gunther's book about the dying of his 17 year old son from a brain tumor.

The Gathering (1977)—Edward Asner, Maureen Stapleton, Lawrence Pressman (dir. Randal Kleiser)
Father assembles dysfunctional family for last Christmas gathering before he dies.

**A Love Affair: The Eleanor and Lou Gehrig Story* (1977)—Edward Herrmann, Blythe Danner (dir. Fielder Cook)
Story of the baseball star who gave his name to the disease ALS.

**First You Cry* (1978)—Mary Tyler Moore, Anthony Perkins, Florence Eldridge, Jennifer Warren (dir. George Schaefer)
Betty Rollin's fight with breast cancer.

**Little Mo* (1978)—Glynnis O'Connor, Michael Learned, Anne Baxter (dir. Daniel Haller)
Story of tennis star Maureen Connelly's early death.

The End (1978)—Stars Burt Reynolds as a man who discovers that he has an incurable disease and decides to take his own life. The bulk of this darkly comedic film concerns his attempts to find a painless and foolproof way to kill himself aided by a mental patient played by Dom DeLuise.

Promises in the Dark (1979)—Kathleen Beller, Marsha Mason, Ned Beatty (dir. Jerome Hellman)
Young girl with cancer has compassionate doctor.

**Act of Love* (1980)—Ron Howard, Robert Foxworth (dir. Jud Taylor)
Man shoots crippled brother and is acquitted at trial.

The Shadow Box (1980)—Joanne Woodward, Christopher Plummer, James Broderick, Ben Masters, Melinda Dillon (dir. Paul Newman)
Three terminally ill patients spend a day in discussion at a rustic retreat.

**A Matter of Life and Death* (1981)—Linda Lavin, Tyne Daly, Salome Jens, Gail Strickland
(dir. Russ Mayberry)

Story of Joy Ufema, crusading nurse who modernised ways of treating the terminally ill.

On Golden Pond (1981)—Henry Fonda, Katharine Hepburn, Jane Fonda, Doug McKeon
(dir. Mark Rydell)

The psychological problems of terminal old age. Henry Fonda and Hepburn won Oscars for their performances.

Whose Life Is It Anyway? (1981)—Richard Dreyfuss, John Cassavetes, Christine Lahti, Bob Balaban, Kenneth McMillan, Kaki Hunter (dir. John Badham)
Significant story of seriously injured artist fighting for disconnection from life-support equipment.

Six Weeks (1982)—Dudley Moore, Mary Tyler Moore, Katharine Healy (dir. Tony Bill)
Tearjerker about the dying of a six-year-old girl.

Right of Way (1983)—Bette Davis, James Stewart
(dir. George Schaefer)
Elderly couple choose death by car exhaust.

An Early Frost (1985)—Gena Rowlands, Ben Gazzara, Aidan Quinn (dir. John Erman)
Emmy-award winning script about son who tells his parents that he is gay—and dying of AIDS.

Do You Remember Love (1985)—Joanne Woodward, Richard Kiley, Geraldine Fitzgerald (dir. Jeff Bleckner)

Much-praised story of college professor with Alzheimer's Disease.

The Ultimate Solution of Grace Quigley (1985)—Katharine Hepburn, Nick Nolte (dir. Anthony Harvey)

Black comedy of New York seniors employing a mafia hit man to kill them quickly.

When The Time Comes (1987)—ABC TV. Brad Davis, Bonnie Redelin (prod. Sherry Lansing)

Fictional but well-portrayed assisted suicide of dying woman.

**Murder or Mercy?* (1987)—NBC TV. Robert Young. Story of Roswell Gilbert's mercy-killing of his wife who had Alzheimers.

**The Right To Die* (1987)—NBC TV. Racquel Welch. Woman with ALS wants disconnection from life support.

Longtime Companion (1990)—PBS American Playhouse. Campbell Scott. Bruce Davison, Patrick Cassidy (dir. Norman René)

Moving and witty script by playwright Craig Lucas depicting the growth of AIDS among gay men in New York. Davison nominated for Oscar for Best Supporting Actor.

**A Woman's Tale* (1991)—Sheila Florance

(dir. Paul Cox)

Australian drama about 78-year-old woman afflicted with cancer who is determined to have “a good death.” (Florance died from her cancer two days after winning Australian Academy Award.

Dying Young (1991)—Julia Roberts, Campbell Scott

(dir. Joel Schumacher).

A 28-year-old man dying of leukemia hires young woman who undertakes to teach him “the meaning of life” before he dies.

**Last Wish* (1992)—ABC TV. Maureen Stapleton,

Patti Duke.

Betty Rollin's story of assisting her mother's suicide.

**The Switch*—Gary Cole as Larry McAfee, a man paralyzed and dependant on a ventilator. Angry and frustrated with a system that drained him of his insurance money and leaves him in one nursing home after another, he sues for the right to have a switch installed on his ventilator that will allow him to turn the machine off. He wins that “right”. This is an unusually complex (for TV) portrayal of the issues of disability and “quality of life”.

My Life (1993)—Michael Keaton, Nicole Kidman.

(dir. Bruce Joel Rubin)

Dying man videotapes his last days.

New Age (1994)—Judy Davis, Peter Weller.

Complex story of self-deliverance and assisted suicide between two thirty-something “yuppies”. Terminal illness is not the cause but rather their exhaustion of life’s illusions.

The Last Supper (1994)—Chris (Ken McDougall) is a dancer dying of AIDS. He has chosen euthanasia to end his suffering. With the assistance of his lover Val (Jack Nicholson) and his doctor (Daniel MacIvor), he surrounds himself in his last hours with everything that made his life special and creates his ultimate work of art by choreographing his own death.

The English Patient (1996)—This Oscar Best Picture film directed by Anthony Mingella is a magnificent movie of love and war, starring Ralph Fiennes, Kristin Scott Thomas.

Particularly interesting to supporters of choice in dying is that, when close to the end of the story, the nurse quietly administers euthanasia to this dying patient at his request.

It’s My Party (1996)—Directed and written by Randal Kleiser. Eric Roberts (Julia’s brother) plays a man who is dying of AIDS and calls all his friends to have a party on his last night alive. Fine drama and dialogue—and it refers in passing to the book ‘Final Exit’—but no one should expect to die so long after taking an overdose of drugs.

Igby Goes Down (2002)—Stars Kieran Culkin and Claire Danes, directed by Burr Steers. The main story is about a brilliant teenager who rebels and flunks out of everything. The opening and closing are remarkable scenes of two brothers helping their terminally ill mother (Susan Sarandon) to die with the aid of drugs and a plastic bag. Probably a first for showing this action in Hollywood. Rated R. 97 minutes.

The Hours (2002)—Directed by Stephen Daldry, screenplay by David Hare from the novel by Michael Cunningham. This excellent film has, as its undercurrent, the reasons for a suicide, an attempted suicide, and a rational suicide. It's the story of three women who are profoundly affected by Virginia Wolf's novel, 'Mrs.Dalloway'. Nicole Kidman won an Oscar for her portrayal of Virginia Wolf who drowns herself to escape advancing madness. Julianne Moore is the city housewife, bored and confused, who nearly commits suicide. Ed Harris plays the over-the-hill New York poet with advanced AIDS who can no longer bear to live and allows himself to fall to his death out of a window. It helps to have read the Pulitzer Prize novel first.

The Event (2003)—Directed by Thom Fitzgerald.

An intense relationship drama that takes the form of a mystery, *The Event* centers around a series of unexplained deaths that occur among the gay community in New York's fashionable Chelsea district. Nick, a district attorney investigating the most recent case, a suspicious, apparent assisted suicide, and her interviews with friends and family of the deceased trigger extensive and intricately interwoven flashbacks that reveal surprising facts about the man's life and death.

Talk to Her (2002)

Starring: Javier Camara, Rosario Flores

(dir. Pedro Almodovar)

Synopsis: Emotionally charged drama about the intense friendship between a writer and a male nurse who are both caring for coma-stricken women. (Sony Pictures Classics)

Runtime: 116 minutes

Language: Spanish, with subtitles.

The Barbarian Invasions (2004)

Drama and Comedy

1 hr. 52 min.

A revisiting, some 15 years later, of the principal characters of Denys Arcand's 1986 comedy drama film, "The Decline of the American Empire."

Rémy, now divorced and in his early fifties, is hospitalized. His ex-wife, Louise, asks their son

Sébastien to come home from London where he now lives. Sébastien hesitates; he and his father haven't had much to say to one another for years now. He relents, however, and flies to Montreal to help his mother and support his father. As soon as he arrives, Sébastien moves heaven and earth, brings his contacts into play and disrupts the system in every way possible to ease the ordeal that awaits Rémy. 2004 Oscar for best foreign film. Language: French with sub-titles.

"The Barbarian Invasions is a film that effortlessly makes you laugh with delight, cringe with pain and weep for life's inevitable end."

—*Chicago Tribune*.

**The Sea Inside* (2004)

The film focuses on the death of Ramon Sampedro, a sailor who became a quadriplegic after injuries caused in a diving accident when he was 25. After 29 years, he asked for assisted suicide and when refused, he wrote a book about his suffering, appealed to the Spanish Parliament, took out a court case, all of which failed. "I'm just a head stuck to a body," he stated. Eventually a group of euthanasia sympathizers successfully helped him with his suicide. In Spanish, with the title *Mar Adentro* and directed by Alejandro Amenabar, *The Sea Inside* won a special jury award at the Venice Film Festival, while the actor playing the lead role, Javier Bardem, won the best actor award. Opened in America in early 2005.

Million Dollar Baby (2004)

Directed by Clint Eastwood, who also acts. Highly acclaimed by the critics, who nevertheless ignore the 'message' aspect. Despite its inappropriate title and boxing ring background, the underlying theme of this film is assisted suicide and the soul-searching which precedes it. Fine acting all round.

APPENDIX E

Frequently asked questions— and the answers

Can I ask my physician for legal voluntary euthanasia (death by injection)?

No. It is against the law everywhere except the Netherlands and Belgium. And in these two nations there are strict guidelines.

Can I ask my physician for legal assisted suicide (prescribed lethal dose)?

Only in Oregon, the Netherlands, Belgium and Switzerland. All have limitation rules and guidelines.

How ill do I have to be?

The usual criteria is that a person must be terminally ill, likely to die within six months, and competent.

What if I have a protracted degenerative disease, like ALS, MS or Alzheimer's?

Doctors usually look at these case by case. The first two conditions, if advanced, are likely to get help; not so likely with Alzheimer's because the person is not in physical pain and most likely is mentally incompetent.

What is competency?

That both you and your doctor understand each other fully. An incompetent patient could not comprehend medical details.

Can I travel to any of the four places named above to get a justifiable hastened death?

Only to Switzerland. The other three have residency limitations.

Whom do I contact in Switzerland to find out if they will help?

An organization named DIGNITAS. But first write to them, at the mailing address in the list at the front of this book, outlining your needs; they have criteria.

What is self-deliverance?

Planning and carrying out one's own dying for a good personal reason. The term is a euphemism for rational suicide. 'Final Exit' is essential reading for the pitfalls and benefits of this drastic action.

Who will help me self-deliver?

Preferably your spouse or partner. Extremely rarely, your doctor. Sometimes a loyal and discreet friend.

Is suicide a crime, as some claim?

Not anymore. It never was in America but in Europe prior to the 20th century it was a crime, punishable by stripping the dead person's family of everything they owned.

Is it a crime for someone to be present or to help at a suicide?

It is not a crime to be present at a suicide. But actually helping—if the police hear about it—may be the crime of assisted suicide. It is rarely prosecuted if the circumstances are compassionate, altruistic, and there is no publicity.

Is there a group that will assist mentally ill people to die?

DIGNITAS in Switzerland will sometimes help such a case if it is long lasting, severe, and untreatable. It happens very rarely in the Netherlands. Extremely taboo subject in North America.

When was the Hemlock Society started and by whom?

In 1980 by this author, who was executive director for its first twelve years.

What happened to the Hemlock Society?

It changed its name in 2003 to End-of-Life Choices because its main mission now is law reform via politics. In 2004 it merged with Compassion in Dying to become ‘Compassion and Choices.’

What is the Final Exit Network?

The Network, commenced in 2004, is building a network of ‘guides’ across America to come promptly to the assistance of the dying and hopelessly ill who request their support.

1-800-524-3948.

Should I sign a Living Will?

Yes, the one for your particular state or nation. USA Advance Directives (as they are known) can be obtained from Last Acts Partnership (see list at front). Advance Directives indicate whether or not you wish to be put on, or remain, with artificial life support systems if your condition is hopeless. Give copies to your doctor, lawyer and adult offspring.

Will my Advance Directive be obeyed by doctors?

While not legally enforceable, such documents are a significant indication to doctors of your end-of-life wishes. Give it to your own doctor well in advance and ask him or her directly if it will be taken into account. Any hesitation, change doctors.

If I deliberately bring my life to an end because of unbearable suffering, will my God condemn me?

If you are an evangelical Christian, then hastened death is a sin and therefore not an option. On the other hand, if you feel your God is one of love, charity, and tolerance, then He would understand your reasons. It all depends on one's individual faith—or lack of it—plus personal ethics.

APPENDIX F

Medical doctors accused of euthanasia in the U.S.A.

Eleven doctors were charged in the 20th century with euthanasia or assisted suicide of patients. However, none has gone to prison except Dr. Jack Kevorkian.

- 1935** A general practitioner in Montevista, Colorado, Harold Blazer, was accused of the murder of his 30-year-old daughter, Hazel, a victim of cerebral spinal meningitis. Evidence was given that she had the mind of a baby and her limbs were the size of a 5-year-old. Dr. Blazer, together with his wife and another daughter, had taken care of Hazel for 30 years. One day he placed a handkerchief soaked in chloroform over her face and kept it in place until she died. At the trial, the doctor was acquitted.
- 1950** New Hampshire doctor Herman S. Sanders was charged with first degree murder of a terminally ill patient, Abbie Borroto. At the request of Borroto's husband, Sanders injected Borroto with 44 cc's of air and she died within ten minutes. When he logged the fatal injection into the hospital record, Sanders was reported to the authorities. At the close of a three-week trial, the jury deliberated for 70 minutes before returning

a verdict of not guilty.

- 1972** Long Island doctor Vincent Montemarano, chief surgical resident at the Nassau County Medical Center, was indicted on a charge of wilful murder in the death of 59-year-old Eugene Bauer. Bauer, suffering from cancer of the throat, had been given two days to live. Bauer died within five minutes of Montemarano's injection of potassium chloride. The defense argued that the state did not prove Bauer was alive prior to the injection. The jury deliberated for 55 minutes before returning a verdict of innocent.
- 1981** California doctors Robert Nedjl and Neil Barber were charged with murder for discontinuing mechanical ventilation and intravenous fluids to Clarence Herbert, aged 55. The patient had a heart attack after surgery to correct an intestinal obstruction and was declared hopeless. Following the wishes of Herbert's wife and eight children, he was taken off life-support systems but continued to breathe. Five days later the intravenous fluid was discontinued. Herbert died six days later. In October, 1983, a court of appeals dismissed the charges.
- 1985** Dr. John Kraai, an old-time physician from a small town in New York state, was charged with second degree murder in the death of his patient and friend, Frederick Wagner,

81. Wagner had suffered from Alzheimer's disease for five years and also had gangrene of the foot. On the morning of Wagner's death, Kraai injected three large doses of insulin into Wagner's chest. As Wagner's condition worsened, a nurse called the State Department of Patient Abuse. Kraai was charged with murder. Three weeks after his arrest, Kraai killed himself with a lethal injection.

1986 New Jersey doctor Joseph Hassman was charged with murder in connection with the death of his mother-in-law, Esther Davis, aged 80, who suffered from Alzheimer's disease. At the family's request, Hassman injected Davis with a lethal dose of Demerol. During his trial, Hassman broke down several times in court. He was found guilty and sentenced to two years probation, fined \$10,000, and ordered to perform 400 hours of community service.

1987 Fort Myers doctors Peter Rosier was acquitted of first degree murder in the death of his wife, Patricia. Pat had tried already to end her life with a dose of Seconal, but when the powerful barbiturate did not take hold, Rosier began injecting her with morphine. The morphine was not lethal. Rosier did not then know it, but Pat's stepfather (who had been given immunity by the police) admitted to smothering her.

- 1989** Dr. Troy Caraccio, 33, of Troy, Michigan, was charged in Detroit with the murder of a 74-year-old woman hospital patient who was terminally ill and comatose. Dr. Caraccio gave the patient a lethal injection of potassium chloride in the presence of other medical staff. In court, the doctor said he did it to terminate her pain and suffering. Evidence was given that he was overworked and stressed by the recent lengthy and painful death of his father. Accepting Dr. Caraccio's guilty plea, the judge imposed five years probation with community service.
- 1990** Dr. Richard Schaeffer, 69, was arrested under suspicion of having caused the death by injection at the home of a patient, Melvin Seifert, 75, of Redondo Beach, California, who was suffering from the effects of a stroke and other ailments. The dead man's wife, Mary, 75, was also arrested. Both were released pending further investigation, and a year later it was announced that there would be no charges.
- 1990** Dr. Jack Kevorkian was charged in December with the first-degree murder of Hemlock Society member Janet Adkins who died on June 4. Suffering from Alzheimer's disease, Mrs. Adkins flew from her home in Portland, Oregon, to Michigan, where Dr. Kevorkian connected her to his so-called "suicide machine." She chose the time to press a

button which resulted in lethal drugs entering her body. Ten days after being charged, a court dismissed the murder charge.

- 1992** Dr. Kevorkian was charged with two counts of murder and delivery of a controlled substance for the October 23, 1991, deaths of Marjorie Wantz, 58, and Sherry Miller, 43. Both women were chronically ill

Miller with Multiple Sclerosis and Wantz had chronic pelvic pain. Sherry Miller used the 'suicide machine' to commit suicide, while Marjorie Wantz inhaled carbon monoxide through a mask. The judge in the case dismissed the murder charges when the prosecution was unable to prove that Kevorkian tripped the devices that killed the women.

- 1999** Switching from his usual technique of assisted suicide via his machine, Dr. Kevorkian performed active voluntary euthanasia on Thomas Youk, who was in the advanced stages of MS. With the agreement of Youk and his family,

Kevorkian injected lethal substances into the wrist and Youk died quickly and peacefully. When the authorities made no move to prosecute him, Kevorkian arranged a broadcast of his actions on the television program "60 Minutes" and on air challenged the authorities to prosecute him. So they obliged and charged him with murder and with illegally

using drugs covered by the Controlled Substances Act. The video of the incident was shown in court and the jury, told by the judge that as the law stands today, euthanasia is murder, you cannot ask to be killed, he was found guilty of second-degree murder. The sentence was 10-25 years imprisonment and all appeals were turned down.

APPENDIX G

ERGO's Credo

ERGO is a nonprofit, educational organization founded in 1993 to carry out research into the best and legal ways of self-deliverance (suicide) and assisted suicide, and wherever possible, publish these findings for its members and supporters.

We hold that choosing to end one's life is a matter of personal responsibility; the reasons for so doing are in the very nature of humankind highly intimate and extremely complex. Therefore ERGO withholds judgments on people while at the same time asking that they not end their lives precipitately, thoughtlessly, and without consideration for others. Terminal and hopeless illnesses are the most justifiable reasons for a hastened death.

To this end, ERGO freely publishes throughout the English-speaking world a 'how-to' book called 'Final Exit: The Practicalities of Self-Deliverance and Assisted Suicide for the Dying.' In case some might think that this is a dark, underworld, cult book, we point out that the world's largest publisher, Random House, has handled all three editions in the past 12 years.

Well over a million copies have been sold in English and ten other languages. Thousands have used it to bring their painful lives to a peaceful end, and to thousands more it has been a comfort to know they have an escape route if they needed it.

We wish to see modifications to the laws forbidding assistance in suicide to allow it be done for compassionate and altruistic reasons (suicide itself is no longer a crime). Additionally, we seek that homicide laws get an extra provision so that the accused person can at least plead justification and ask for mercy, something not at present permitted.

ERGO also has been the main backer of a small, unofficial group of concerned international health professionals and lay experts called New Technology in Self-Deliverance (NuTech) which seeks to find fresh ways by which adults may end their lives swiftly, painlessly and legally without a physician's help. Their main achievement so far has been a technique to use inert gases, while the ultimate goal is to find the so-called 'Peaceful Pill.'

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