

Inert Gas: Nitrogen vs. Helium

Today, the nitrogen method of self-deliverance is the most used compared to the helium method. Nitrogen is as effective as pure helium. (Propane is not effective for self-deliverance.)



Nitrogen and pure helium can be purchased at welding shops, and gas supply shops. It is important to store cylinders/bottles in a secure, dry place, out of the sun, and away from curious children. Inert gases do not deteriorate rapidly; thus, the tanks last several years provided they are kept sealed.

A regulator is not necessary with helium, but is essential with nitrogen because the nitrogen gas releases under high pressure.

Nitrogen and helium are neither explosive nor flammable. Either gas is only lethal when breathed in PURE form in an enclosed space – hence the plastic hood. (Surgical or fire masks are not effective – they blow off, or don't fit well, allowing a non-lethal mixture of helium and oxygen.)

Hardware/Gas for the Nitrogen Method

- One cylinder/bottle of nitrogen inert gas (the smallest bottle available is preferable).



- One regulator with proper fitting to mate with the nitrogen cylinder valve.

Any CGA-580 nitrogen regulator with inlet pressure of 3,000 psi or greater, along with a hose barb outlet, should work.

- Often a nitrogen regulator will come with the necessary adapter (hose barb) to connect to the vinyl tubing along with the vinyl tubing itself. If not then you will need to separately purchase the proper hose barb fitting, in addition 6 ft length of plastic tubing to extend from the cylinder regulator to the plastic bag/hood (see below).

The adjacent illustrations show some example hardware. If I mention the names of manufacturers they respond angrily, ceasing to sell to individuals. So visit the "Max Dog Brewing" website (search via Google) to better inform yourself. The Max Dog hardware is expensive, but is a good guide as to what's needed. Then you can search Amazon for alternatives, if you prefer.

USA, UK & CANADA Regulator Kit
(e.g. example of what Max Dog offers)

- Regulator fitted with CGA-580 soft-nose 'O' ring (US/CAN) enabling connection to cylinder valve.
- Built-in pressure gauge allows instant check of amount of gas in cylinder.
- Simple click setting enables optimum gas flow of 15 litres per minute.
- Gas delivery hose with soft-endings for easy connections.

Note: Max Dog provided regulators are compatible with 20 cu ft Nitrogen cylinders.



Hardware/Gas for the Helium Method

If you choose the helium method, obtain one helium cylinder/tank. It must be PURE helium.

The most common cylinder/tank size is 8.9 cubic feet. The smallest available to you should suffice.

To repeat, it must be PURE helium. Nowadays most party balloon kit helium tanks are often 20 per cent diluted to save gas and money by the company. Such tanks are marked HELIUM/AIR and are NOT lethal.

A regulator is not needed for the helium method.

Making the hood for the inert gas method

The original suppliers for hoods in Canada and California were closed by local law enforcement. There is now no place where inert gas hoods can be purchased. So you have to make your own.

Materials needed for the hood:

- Large plastic bag for the hood: Plastic bag sized about 22" by 23". A large "turkey bag" found at grocery stores should suffice. Our heads and hairstyles come in different ways; thus, you must choose your own.
- Sweatband: An athletic sweat headband, such as those made by sportswear manufacturers. Available at most department and sporting goods stores.

- Adhesive tape: A roll of strong clear adhesive tape (clear cellophane tape) with which to attach the tubing to the inside of the hood.
- Vinyl (plastic) tubing: Six feet of tubing with an inner diameter of 3/8" and outer diameter of 1/2". Most hardware and home stores have this type of tubing in stock in their plumbing section.

When shopping for the tubing, I suggest that you write out on a postcard with the previous paragraphs stating what type and size of vinyl tubing that you want, and show it to the sales person at the hardware store, plumbing section.

Constructing the hood for both inert gas methods:

1. Attach headband to the opening of the plastic hood: Wrap headband around the outside open end of the plastic bag. Fold a couple inches of plastic bag material over the sports headband, which is outside the bag. Tuck this fold so it is wrapped around the headband and place tape to hold the plastic in place at three or four places around the circumference of the bag.
2. Attach tubing to inside of plastic bag: . Insert tubing through the open end of the bag. Do not make any holes in the bag. Place the tubing so the end is several inches into the inside of the bag. Attach the tubing to inside of the bag using clear, two inch wide cellophane tape (aka Scotch tape). Apply tape at two levels to hold the tube securely to the inside of the bag.



Might the bag explode as it fills with gas? In hundreds of cases over 12 years I have never heard of this happening.

Positioning the cylinder/tank

- The tank should be placed in a suitable location next to the bed or chair in which you choose to arrange your exit. Use a recliner chair to be more comfortable.
- Place the tank or tanks on an end table or nightstand so that the valve handle is in easy reach of your hands to facilitate your turning the valve to inflate the hood.
- Ensure the cylinder/tank is upright and not able to tip over.
- You may choose to keep the helium tank in a box (with the lid off) to prevent it from rolling about.

Attach tubing to the cylinder/tank

- Attach the open end of the vinyl tubing (the end opposite of the of the hood) to the nitrogen cylinder regulator or to the helium tank valve (depending on method chosen)
- For the nitrogen method set the nitrogen regulator outlet gauge at 20 liters per minute (LPM).
- Remember, only you can carry out these physical actions so that any companions remain within the law. It is strongly advised to have a companion with you for moral support.

Test everything

Will the parts that you have bought fit properly and do the job? It is essential to check and test everything thoroughly beforehand. Advance testing of the parts, and role playing by you, are essential to avoid a botched case.

The Final Exit eBook sells worldwide. The instructions here are designed generally for North America, thus persons in other countries must explore whether their local company products come in different names and sizes, e.g. metric measurement or imperial, or gallons or liters. A careful search of Amazon using the key words mentioned here yields instructive results.

Guidelines for an adult hastening death in the event of irreversible illness that is causing unbearable suffering:

It is important to leave a handwritten note stating why you have chosen to die this way, emphasizing that nobody pressured or helped you. Leave one copy (always taken away by authorities) and a second copy for family and friends.

A. Preparation: Arranging for your favorite music is often conducive to an exit that is peaceful and dignified. For all present, many choose to have light refreshments and a drink to celebrate your life. You may choose to take a mild relaxant prior to initiating the inert gas method. That could be a tranquilizer taken half an hour before proceeding, or a modest alcoholic drink if that is preferred and acceptable to your health situation. But not necessary.

Farewells to loved ones may be completed prior to placing the hood on your head. The hood is placed like a shower cap would be used in a shower. The ears and all hair should be inside the headband that holds the hood on your forehead.

B. Actual self-deliverance: When you have chosen to proceed and farewells made, it is often the time to make your last declarations, such as your appreciating being able to end your time of suffering. Express gratitude to those who have helped you through difficult times. This confirms to your loved ones present that your intent is without pressure, which allays their concern as to difficult times. Repeat your firm conviction that this type of exit is what you wish. At this point, it is not too late to reconsider your decision. Think it through again.

Loved one's present may talk to you soothingly and gently stroke your arms, or massage your neck to let you know they are

with you. Suicide is not a crime, but nobody must touch the hood or the equipment as they might risk the accusation of assisted suicide. They may notice some flexing or twitching of your limbs that occurs in some people as they proceed so quickly into deep sleep. This is a normal reflex and does not indicate any distress or discomfort.

Deep coma quickly follows. There may be gasping as the remaining air in the lungs is expelled. Heart and lungs will stop functioning within five to fifteen minutes, which is apparent to loved ones present by no further attempts to breathe and no pulse being felt. Companions should wait an hour or so for death to be quite certain so that paramedics do not attempt revival.

It is advisable to leave all equipment in place after death because some law enforcement authorities consider that removal constitutes criminal interference with a dead body. I have known this happen in a couple of cases.

NOTE: This manner of death is by brain death as the inert gas expels the essential oxygen. It is not suffocation or asphyxiation. The inert gas brings about death so quickly that there is not time for feelings of discomfort.

The Inert Gas Technique (illustrated)



!"# \$%&'(#)*(%&+),!,-.#/0(1,12#/3#)*(#4&2#&16#85)+/#'7(5,12#
 &,5#&1.#(&5+#%,8(#&#+/9(5#&0"#:;<((-#/,<)&1#&5"##



>"# ?(&1#4&'8#&1.#)<51#)*(#2&+#7&%7(#0&5\&1)/0#13#)/9"#
 @&2#25&.<&%%=#3<%%=#,13%&)(+#9,)##0#5(&.'%,<A#&4/7(



B"# C/A0%)(%=#(D*&%(#&,5#,1#%<12+6#)*^(1#;45(82)*60&%%#)*(#
4&2#./91#)#1('8"#



E"# F&+)(1#+)5&0#+1<2%=#&5/<1.#)*(#1('8#(80%#;1#&%(0##2&+#
3%/9,12#+)(&.,%=#<1),%#)&18#,+#(A0)=1#(A)#<,(+##

Cautions

1. Shelf life of the tanks is several years, but it is wise to purchase them within a year prior to the planned self-deliverance. The helium must be pure. Keep the tanks in a concealed hideaway so that nobody can tamper with them.
2. If tanks and hood are left in place, death will be officially classified as a suicide. Thus, a departure note is essential, explaining why you have had to choose this method of hastening your death.
3. If all the equipment is removed before the body is discovered, it cannot easily be traced as a suicide. But the police will always start looking for cause of death, which might complicate things. Advisable to be frank with law enforcement, medical examiner or coroner, whoever is asking. (Extensive and expensive scientific testing can detect whether inert gas caused death; this is rarely done.)

I recommend transparency because today suicide for a justifiable medical reason is no longer the taboo it once was. Leave a printed copy of this eBook or the paperback *Final Exit* beside the bed – this is a well-known signal to police that this case is a thoughtfully chosen self-deliverance from terminal suffering and not suspicious. Mark the pages which have impressed you.