



Remembering Ruth Goodman (1921 – 2013)

Farewell Foundation member and supporter Ruth Goodman ended her life on February 2, 2013. Ruth, age 91, drank a lethal dose of pentobarbital, which she obtained from a source in South America.

Ruth was not terminally ill nor did she suffer from illness that could be regarded as grievous or irremediable. Ruth believed her long and independent life was complete and she did not wish to surrender her independence. On her terms, Ruth's independent conclusion was thoughtful, informed, practical, and peaceful.

Ruth was a lifelong supporter of civil liberties. She was involved in the BC Civil Liberties Association in its earliest days and supported the Right to Die Society of Canada when it formed in 1991 under the leadership of John Hofsess. Ruth was a keen follower of information and technology informed by the NuTech self-deliverance movement.

Ruth did not require a physician to assist with her self-chosen death and she is an example to all who believe that the ultimate freedom and civil liberty is the freedom to choose to end one's life, on one's own terms and without dependency on the medical profession. An independent free-thinker, Ruth educated herself about her options for ending her life. Over a period of more than 20 years, Ruth learned

about innovative techniques for a humane and peaceful self-chosen death and made an informed final choice.

The Globe and Mail newspaper published Ruth's final letter and a covering letter from one of her sons on February 8, 2013. Both are reproduced below:

Her Last Choice (Globe and Mail, Feb 08, 2013)

The letter that follows was written by my mother the day before she died. She had been a member of the Death with Dignity movement for many years and, following her beliefs, she committed suicide last Saturday. It was one of her last wishes that we try to have this letter published in The Globe and Mail. (**Dean Goodman, Toronto**)

I am a 91-year-old woman who has decided to end my life in the very near future. I do not have a terminal illness; I am simply old, tired and becoming dependent, after a wonderful life of independence. People are allowed to choose the right time to terminate their animals' lives and to be with them and provide assistance and comfort, right to the end. Surely, the least we can do is allow people the same right to choose how and when to end their lives. By the time people read this, I will have died. I am writing this letter to advocate for a change in the law so that all will be able to make this choice. (**Ruth Goodman, Vancouver**)

The FAREWELL FOUNDATION Team

Web: www.farewellfoundation.ca