



The BULLETIN^{of}

**THE EUROPEAN ASSOCIATION
OF PROFESSORS EMERITI**

ISSUE 2020; 1(4): 60-78

ISSN 2945-0381

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OF PROFESSORS EMERITI



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Rules for Being Nominated Professor Emeritus/Emerita

A look into Italian Universities

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Natale G. De Santo

Generally speaking at Italian universities a retired professor may be nominated emeritus within 2 years of retirement if he/she has worked at that university for at least 20 years (for service of 15 years he may be nominated honorary professor), has enhanced the reputation of the university, has a high national and international reputation, has

rendered particular service as rector, dean, chief of department, director of Ph.D courses, postgraduate school of specializations, presidency or secretariat of a national or international scientific society in his field, or membership of the editorial board of a national or international journal. The rules are derived from national laws but every university has its own rules. Usually the national or international roles are more supportive of an application than demonstrated solely by documents, but in some cases letters of credentials are requested from national/international scientists. In a few universities criteria are very stringent and must be certified.

Procedures for Awarding the emeritus title at the University Federico II (the oldest state university in the world - founded by the Holy Roman Emperor Frederic II of Hohenstaufen on June 5, 1224) - are regulated by Presidential decree 2671, October 25, 2011

In a previous issue we reported on the agreement between the Rector of the University Federico II in Naples and the Association created by its professors emeriti and emeritae (1). That agreement enhances the scientific exchanges of emeriti with their colleagues of the University, giving special support to interdisciplinary events. It promotes the participation of emeriti a) in interdepartmental research and b) for teaching support (supplementary activities, seminars, tutorship/co-tutorship for degree theses, PhD theses) and for cultural initiatives and initiatives of social relevance. It permits emeriti access to departmental facilities (libraries, computer resources, research

laboratories). It allows emeriti to use a work place for research in a department (depending on availability). The agreement establishes a real possibility for emeriti to do research and provide teaching support.

Procedures for awarding the title of Professor Emeritus/a at the university of Campania Luigi Vanvitelli. Presidential Decree, March 22, 2019. *At the University Luigi Vanvitelli that was founded on May 12, 1989 with a hiving-off procedure from University Frederic II, the whole matter is regulated by 3 articles*

Article 1. Prerequisites for the Award

1. The title of Professor Emeritus/a can be awarded to a retired, full professor who has been in post for not less than 20 years (and for at least 10 years of that, at the University of Campania Luigi Vanvitelli) and having achieved levels of excellency in the course of his/her academic career.
2. To demonstrate excellency the candidate must meet, at the time of application, the standards fixed by ANVUR (Italian National Agency for Evaluation of Universities and Research Institutes) to be a member of the Committee for National Scientific Habilitation of the Disciplinary Sector as it appears in the list of the Academic Field and Disciplines (AFD). Those standards shall be exceeded by 20%, or shall have an equivalent assessment for those fields and disciplines not evaluated by bibliometric indices.
3. The candidate shall be in possession of at least 2 of the requirements listed below:
 - a. To have served as President of national/international scientific societies belonging to the pertinent sector in the AFD list.
 - b. To have served as a board member of a scientific journal reviewed by Scopus, or equivalent, for those fields and disciplines not evaluated by bibliometric indices.
 - c. To have served in the office of Rector, Director of University Department or Faculty Dean.

Article 2. Duties of Professors Emeriti

1. Emeriti can continue their research activities by using space and facilities indicated by the Director of the Department without interfering with the activities of professors holding

1. De Santo NG. Inaugural Meetings at the University Federico II in Naples. Bull Eur Assoc Profs Emer 2020; 1(3): p.58.

regular University positions.

2. Research may be performed using their own funds for a maximum of 3 years, starting from the day of conferment of the title of emeritus.
3. In relation to their scientific activities, emeriti shall buy, at their own expense, Injury Insurance and Third Party Liability Insurance.

Article 3. Procedures for awarding

1. The title of Professor Emeritus/a is conferred by the Minister of Universities and Research at the request of the Rector and following a resolution of the Department and approval of the Academic Senate.
2. The Department approves the resolution to be submitted to the Academic Senate during the last six months of the candidate's normal service and not later than 12 months after his retirement. The proposal shall be approved by the Disciplinary Scientific Sector (according to the Academic Disciplines List for Italian University Research and Teaching) with a majority vote of full professors. In a situation where there are two or less full professors, associate professors shall be consulted.
3. The proposal of full professors of the Disciplinary Scientific Sector (according to the list mentioned in paragraph 2) shall be accompanied by a letter of credentials signed by at least two full professors from a different (Italian) university, who are serving, or have served, either on the board of directors of a college of full professors belonging to the Disciplinary Scientific Sector, or similar sector (as it appears in the AFD List), or in a national/international scientific society of that discipline.

At the University of Messina, founded in 1548 by Pope Paul III, the nomination is regulated by Presidential decree no.483 March 9, 2015

At the University of Messina, the title of professor emeritus (no gender distinction) can be conferred on professors who have been working at the university for not less than 20 years. They shall not have been sentenced for criminal convictions, nor have undergone disciplinary measures, nor caused discredit to the University in public events or through public statements. They shall possess academic titles and recognition in national and international organisations. Their scientific activity must have been continuous and of high level –according to accepted parameters - for the growth of the scientific sector in the University so that they are considered, in Italy and internationally, "leaders" in accordance to letters of credentials from professors from other national and international universities.

a. Professors emeriti can continue to do research at no costs to the University. They can be responsible for projects including those financed by public and private institutions.

b. They are allowed to teach, without costs to the university,

and be part of commissions of exams including graduation exams. They can teach in PhD Schools following a deliberation of the Council of the School.

c. For the activities listed above, emeriti can utilize the facilities and logistic support of the university body where those activities take place, normally, for no more than 5 years after their nomination as emeriti. Emeriti may participate, without vote, in meetings of the bodies governing the unit.

At the University of Catania —founded by Alfonso of Aragon (King Alfonso I of Sicily), on October 19, 1434, nomination is regulated by Presidential decree no. 25, August 1, 2011

The conferment of the title of professor emeritus is exceptional and can be bestowed on professors who have given relevant contributions to the advancement of their field and have contributed to increase the prestige of the University of Catania.

The title can be conferred within 2 years of retirement to professors who have worked at the university for not less than 20 years. They shall have not been sentenced for criminal convictions, nor have undergone disciplinary measures, and shall demonstrate a contribution of high level to their disciplines as demonstrated by high rank, national and international publications. Additional motivations are represented by institutional assignments and academic positions.

Emeriti are allowed to perform research without any economic imposition on the University. They can be responsible for projects financed by public and private institutions following favourable opinion of the department. They can receive appointment for teaching without remuneration.

At the University of Calabria at Arcavacata in Rende - founded in 1972 - nomination of emeriti is based on Presidential Decree no. 3414, September 11, 2012

1. "Emeriti/Emeritae can be nominated after retirement having held, for a minimum of 20 years, a full professorship. They shall not have disputes with the University of Calabria. They shall not have been subject to disciplinary measures or criminal or civil convictions. They shall have held roles of significant responsibility in the University".
2. "Professors Emeriti/Emeritae, within the limits of the system, can continue research activities, at no cost to the University, in its departments. They can be responsible for projects including those financed by public and private institutions. In this case the department shall provide appropriate logistic support to perform the studies, including an office equipped with technical support. In such status they can activate research contracts and participate in committees selecting the recipients of those contracts.
3. Emeriti and Emeritae, within the limits of the system,

can participate in teaching on official and supplementary courses but at no cost to the University. They can be members and preside in Degree Examination Committees. They can teach on PhD courses - following ad hoc deliberation of the College of Professors - and participate, with an advisory vote, in the activities of the Council of Professors for PhD. They can attend, and have an advisory vote at, meetings of the department where they research and teach.

At the University of Ca' Foscari - founded on August 6, 1868, in Venice, Italy - nomination of emeriti is regulated by Presidential Decree no. 188, April 17, 2012

1. Professors Emeriti and Honorary Professors may continue to undertake research in the departments where they worked.
2. Professor Emeriti and Honorary Professors may continue coordinating research projects for which they are responsible, including those financed by public and private institutions. They may receive remunerations for work in research or for advisory activities from third parties. They can coordinate projects from third parties only after approval of the Council of the Department.
3. Professors Emeriti and Honorary Professors may teach on official courses, usually at no cost, or even be remunerated, if law allows, after being nominated by the Council of the Department. They can be a member and preside on committees for curricular exams and for Degree Exams. They may teach on PhD courses after approval of the Council of the PhD School.
4. Professors Emeriti and Honorary Professors, may participate in meetings of the departments in which they were active at the time of retirement, and have an advisory vote. They may participate in the meetings of the Didactical College and those of the College for the PhD if they are titular of a course.

Comment

The above regulations explain the good possibilities for research and teaching that are available to emeriti in these universities. Especially at the Universities of Calabria and Ca Foscari in Venice the regulations are great models. However, all universities analysed above have something to offer to emeriti.

All the universities ask for high quality professors. In all there is a possibility for research, at no cost to the university after obtaining insurances for penal and civil responsibilities and against accidents. All allow continuity in research. For the University Luigi Vanvitelli this is, however, limited to 3 years. The most demanding is the University of Campania Luigi Vanvitelli, that requests a number of highly recognised publications, 20%

in excess of those needed to be a member of the examination committees for national recognition as full professor. The authorship of so many papers of such high quality at the end of a career means that these professors have worked life long, until the last days of their careers. They are also requested to be internationally recognized (being on the editorial board of high impact journals or holding presidency/secretariat positions of international societies of the relevant discipline). Letters of credentials are needed. It is surprising that being director of a specialty school, or of a PhD course, or of a Master's degree course, does not count. Roles within Specialty schools *and* PhD courses were acknowledged in the previous rules at University Luigi Vanvitelli. Having held posts of responsibility in academia counts for a lot, probably to recognise services as dean for curricula or chief of department which are very demanding positions. However, this regulation has a high intrinsic value. It points to absolute values in excellency. When applicants have achieved those levels of excellency, nomination becomes a formal act. Applicants for emeritus status do not need to be popular, to be polite, they just have to be excellent and recognised at national and international level. The Decree at Vanvitelli University has the potential to abolish discrimination in nomination of emeritae that unfortunately is seen throughout Europe. Who could discriminate against a female professor in possession of a certificate of excellency?

At the University of Rome La Sapienza, the first prerequisite is a level of publications 20% higher than that needed to be member of the Commission for National Habilitation (CNH-a committee that certifies adequacy to be a full professor in Italy). All other criteria are less stringent. Also, at the University of Foggia the prerequisites point to the possession of 100 % of the criteria to be eligible in the CNH.

It is possible to conclude that, in the universities listed above, professors who have been creative are given the chance for a "last sonata" and further creativity until the very end of their lives. The above regulations may well represent the basis for developing a real European Emeritus status and the requisites for achieving it. Adopting the meritorius criteria of University Luigi Vanvitelli would boost the nomination of emeritae now discriminated against in Europe.

However, the perspectives from Italy are not always so bright. For example, at the University of Padua - founded in 1222 - following the *translation studii* (transfer of students and professors from the University of Bologna) Emeritus and Honorary are honorific titles not linked to rights and duties. In fact, professors emeriti and honorary professors in that university do not hold university roles.



The Future of Covid-19 Pandemic

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Dr. Patrick Berche

On December 30th, 2019, Li Wenliang, an ophthalmologist in the city of Wuhan alerted seven of his colleagues, on a social network, about a contagious respiratory disease resembling Severe Acute Respiratory Syndrome (SARS) and advised to protect themselves during their consultations. He was arrested and forced to admit that he was spreading «false news», before being released. Having contracted the disease on January 8th 2020, he died of pneumonia on February 7th(1). On January 7th 2020, an unknown coronavirus was revealed by PCR. The first official deaths occurred from January 9th. On January 20th, the Chinese government, forced by an alert from Taiwan, officially announced the emergence of a new virus with human-to-human transmission. Officially, the first recognised patient was identified on December 1st 2019, followed by around 60 cases by January 2020. On January 23rd, the city of Wuhan, with a population of 11 million, was placed under strict confinement. Unfortunately, nearly 5 million people had left Wuhan to join their families on the occasion of the Chinese New Year. Thus, the pandemic spread all over China and to the world.

The disease was designated by the WHO as Covid-19 (COronaVirus Infectious Disease - 2019). In contrast to flu, children were very largely spared from the disease which appears usually with benign respiratory symptoms: fever, dry cough, sore throat, rhinitis, headache, sometimes diarrhoea, loss of taste and smell and rash(2). Most of the time, it progresses within a few days to recovery. However, in about 15% of patients, the disease worsens with difficulty in breathing and hypoxia. After one week of evolution this may lead to respiratory distress with multiple complications ending in death from multi-visceral failure and/or pulmonary embolism. The visceral failure is due to a «cytokine storm», an uncontrolled, inflammatory

reaction. Deaths occur mainly in the elderly or in patients with co-morbidities (diabetes, obesity, hypertension...). The overall lethality, reported to the total of detected cases (symptomatic or carriers), is higher in males, and estimated to be around 0.6% in France and in European countries. However, lethality reaches more than 10% in the elderly. Infectivity is close to that of seasonal influenza, i.e. one patient infects, on average, three other people ($R = 2.5-3.5$).

The virus is a coronavirus named SARS-Cov-2. It is closely related to those of SARS, responsible for a short-lived epidemic in 2002-2003, and MERS (Middle East Respiratory Syndrome) in 2012-2015(3). Compared with other severe coronavirus epidemics, the new virus is much more contagious but with a lower mortality (<1%). It is very closely related to a virus found in bats (*Rhinolophus affinis*-96% homology), except for an important virulence gene (*Spike*), which is thought to come from a virus of pangolin, a wild, strange, scaly mammal, the spiny anteater(4). The new virus may be the result of a recombination between these two viruses. SARS-Cov-2 recognizes an angiotensinogen-converting enzyme II (ACE-2) receptor, found on the surface of cells of the respiratory epithelium and pulmonary alveoli.

Whilst the construction of makeshift hospitals in Wuhan within days was noted with astonishment, the leaders of Western countries did not realise the gravity of the pandemic threat. Obviously, nobody was prepared for what was to come. Under strict lockdown, the epidemic wave, in China, lasted from the beginning of January to the end of March 2020, with a peak reached after six weeks. The Chinese government reported 84,287 cases and 4,642 deaths in a country of 1.4 billion people, minimizing the real impact of the epidemic. The pandemic then spread all around the world through air travellers. During the year 2019, air transport carried about 4.3 billion passengers! Thus the virus hit Europe, starting with sporadic cases in France and Italy as early as January-February 2020. The epidemic accelerated in early March 2020. On March 12th,

1. Editorial, «Le docteur Li Wenliang, martyr du coronavirus qui ébranle le système chinois», *Le Monde*, 7 février 2020.

2. P. Zhou *et al.*, «A pneumonia outbreak associated with a new coronavirus of probable bat origin», *Nature*, 579, p. 270-273.

3. N. Zhu, *et al.*, «A novel coronavirus from patients with pneumonia in China», 2019, *New England Journal of Medicine*, 382, 2020, p. 727-733.

4. T. Zhang, *et al.*, «Probable Pangolin Origin of SARS-CoV-2 Associated with the COVID-19 Outbreak », *Current Biology*, 30, 2020, p. 1-6.

the WHO finally decided to declare a pandemic- a delay which triggered controversy.

By April 22nd, there were, worldwide, 2,658,062 reported cases and 184,643 deaths. On this date, all European, North and South American countries were massively infected by the SARS-CoV-2. In contrast, African countries were struck to a lesser degree. France, Spain, Italy and the United Kingdom were hit severely. They were forced to lockdown the population, thus allowing regression of the pandemic wave. At the end of May, the wave declined in these countries, whilst one third of humanity were confined - an unprecedented event. On June 24th, the number of confirmed cases, worldwide, was estimated to be 9,266,021, with 477,643 deaths. The pandemic has struck the United States, Europe, Brazil and India particularly severely. There is currently no treatment against the virus but there are important improvements in the management of Covid-19 in intensive care wards to prevent the severe complications of the disease (oxygen therapy and assisted ventilation, antibiotics, anticoagulants, steroid therapy...).

Today, on July 1st 2020, we are at a crossroads. In Europe, where the virus still circulates at low rate, the Covid-19 epidemic is at its lowest point and most countries decided the progressive deconfinement. But, limited outbreaks still occur in several European countries, mainly in Germany, France, United Kingdom and Portugal. In some areas, the authorities have been forced to revert to confinement.

What does the future hold? We must be careful not to extrapolate, for this pandemic, from what we know about influenza. SARS-Cov-2 is a coronavirus with its own properties and behaviour; it is relatively stable, seeming neither to gain nor lose virulence or contagiousness. Therefore for the future there are two possibilities. The less likely is that the virus will disappear, as happened with SARS in 2002. The alternative is a prolongation of the first wave during the summer, with multiple sporadic small foci preceding a second wave of variable magnitude. Indeed, herd immunity in European countries is relatively low, with about 10% of people being in contact with the virus, for example, in France. Moreover, the temporality of epidemics is not the same between the northern and southern hemispheres, which may allow the reintroduction of the virus through air travel. Will we have to lockdown the population again? In European countries, the early RT-PCR detection of new outbreaks can be expected to limit the spread of the virus, contrary to what happened at the beginning of the first wave. Moreover, the education of the public in barrier measures will help limit the spread of the virus. Ultimately, it is probable that the virus will only be contained in the population through vaccination and herd immunity. The most important aspect of care is to protect the fragile population, especially the elderly and people with co-morbidities.



Moving into Politics: Another Way to Extend One's Activity After Retirement. The example of Pierre Pène

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Raymond Ardaillou

While many university professors continue their scientific activity after retirement, others reinvest themselves in the political life of their country, either full time or part time. This allows them simultaneously to maintain a public health activity, especially if they belong to the Academy, which is part of their new administrative responsibilities.

France is currently divided into 34,977 municipalities of widely varying sizes that are administered by a mayor at the head of a municipal council. Their tasks have multiplied and are becoming more and more time-consuming, which explains the candidacies of recent retirees to carry them out. The ideal candidate must have experience in the administration of a community, be at ease in deciphering the contents of legal directives he or she receives and has to apply, be used to human contact and know how to negotiate a contract with a company. These qualities are those of a former dean of a faculty or president of a university. In this short note, I will give you the example of a member of the French Academy of Medicine, Pierre Pène.

Borne in 1924, he studied medicine at the army medical school of Bordeaux which no longer exists; it was designed to train naval doctors. After being appointed Professor of General Medicine in 1958, he became, in 1961, full Professor of Medical Pathology at the Faculty of Medicine of Dakar (Senegal) which was created in 1959. Then, he moved to the Abidjan School of Medicine (Ivory Coast), which he helped to create in 1964, before being elected its dean in 1967.

His work in these French-speaking countries of subtropical Africa, which became independent in 1960, was considerable in several ways: helping local authorities to set up a territorial organization of care hitherto provided by French military doctors, training new indigenous doctors, sending them to France to acquire new skills in various specialties, especially general surgery and infectious and parasitic diseases. He obtained from all, whether it was Félix Houphouët-Boigny, the first president of the country, or the ambassadors of France, much recognition and was unanimously appreciated.

Returning to France in 1971, he was appointed Clinical Professor of Tropical Diseases at the Faculty of Medicine of Marseille and head of the Department of General and Tropical Medicine at the Michel-Levy Hospital. From 1973 to 1983, he was director of the Faculty of Tropical Medicine and Health of the University of Aix-Marseille, before becoming, from 1983 to 1993, Director of the Training and Research Centre for Tropical Medicine and Health. From 1978 to 1991, Professor Pène was also head of the Department of Infectious and Tropical Diseases at the new Houphouët-Boigny Hospital, which welcomes doctors from African countries for their training. He was elected a member of the French National Academy of Medicine in 1988 and retired from his hospital and university duties in 1993.

From then on, he pursued a double activity: public health problems at the Academy^(1,2) and administration

of the commune of Carry-Le-Rouet of which he was elected mayor shortly before his retirement. In addition to the latter function, he fulfilled that of deputy to the President of the community of Marseille which includes that city and those in its immediate vicinity. Carry-Le-Rouet is a charming, small seaside and tourist town of 6500 inhabitants, located on the western part of the bay of Marseille. Pierre Pène served for 24 years as a mayor and recounts this period of his life in a book published in 2014 "Maire, quelle aventure!" (Mayor, what an adventure!)(3). I will give a few examples of his successes. First of all, he transformed the city by being concerned about the bay where it is located. He made it the headquarters of the Joint Syndicate of the Regional Marine Park, concessionaire of the protected marine reserves and whose staff conducts research on marine fauna and flora. He transformed the town into a cultural centre where, all year round, there is something going on including classical music concerts, conferences, plays, numerous painting exhibitions, and, in the summer, galas and various shows. He has supported the event-driven field by encouraging the occurrence of fairs, flea markets and craftsmen exhibitions.

As a member of the Academy of Medicine, he participated in the writing of many reports for the public authorities in the field of public health and of tropical diseases. His expertise in the latter field led to his appointment as an WHO expert on medical education and tropical health from 1975 to 1985, member of the Advisory Committee on Military Medicine from 1973 to 1980, and consultant to the J. Macy Foundation in New York from 1975 to 1982.

Pierre Pène is a fine example of the ability to reinvent oneself by taking into account one's past experience, but overcoming it by addition of administrative functions in the city.



1. Pène P. *Maire, quelle aventure!*. Editions Bergame. Paris. 2014.

2. Rivière D, Bazex J., Pène P. Les actions physiques et sportives-la santé-la société. Bull. Acad. Natle Med. 2012. 96 : 1429-1442.

3. Pène P. *Maire, quelle aventure*. Editions Bergame. Paris. 2014.



Professor John Stewart Cameron (Stewart)

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Dr Malcolm Phillips

Stewart Cameron was born in Aberdeen, Scotland in 1934. He trained in medicine at Guy's Hospital Medical School, London starting in 1953. During his undergraduate career he was awarded a BSc degree in Physiology with 1st Class Honours (1956). He graduated M.B. B.S., with distinction, in 1959. After junior posts in and around London, in 1962 he gained a Fulbright Scholarship to Cornell University Medical College, New York, where he trained and researched with Drs E Lovell Becker and Robert F Pitts. He returned to London in 1963, as Lecturer in the Department of Medicine at Guy's, and wrote his M.D. thesis on the glomerular permeability to proteins in the nephrotic syndrome, which largely stemmed from his work at Cornell. He was awarded this degree by the University of London the following year.

From 1967-1974 he was Senior Lecturer in Medicine at Guy's. He was elected Fellow of the Royal College of Physicians (London) in 1971. He was appointed Professor of Renal Medicine in 1974-a position he held until his retirement in 1995. From 1975 until his retirement he was Director of the Clinical Sciences Laboratories at Guy's. From 1995 he became, and remains, Emeritus Professor of Renal Medicine.

Because of his prominent and well-recognised position in nephrology, both clinically and academically, Stewart, at an early stage of his career, was a leader in the local and national emergence of this discipline in the fields of general nephrology, dialysis and renal transplantation. Even before obtaining his Chair, and subsequently, he was instrumental in developing Paediatric Nephrology both at Guy's and more widely. He contributed significantly to knowledge of and the literature in this area, including early and major contributions on dialysis and transplantation of children. His achievements in this field were recognised when, in 1967, he became a Member of

the European Society of Paediatric Nephrology, and later, in 1975, its President.

At Guy's he fulfilled all aspects of a clinical and academic doctor playing active roles in clinical nephrology, teaching, research and post-graduate training. Numerous members of his Department have subsequently moved on to senior positions in medicine and/or nephrology, both as clinicians and academicians. Around 200 doctors from overseas entered the renal department at Guy's during Stewart's tenure of the chair. These "fellows" trained in renal medicine and participated in research; many, thereafter, moved to senior nephrological positions on returning to their own countries. Among his trainees have been two Regius Professors (Cambridge and Oxford), two Professors who are prominent advisers to the UK Government on the topic of the Covid-19 pandemic, two presidents of the International Society of Nephrology (ISN) and heads of both the Medical Research Council and the Wellcome Trust.

It is evident, when reviewing Stewart's voluminous publications-both as author and co-author- that his research and clinical interests in nephrology cover a huge range of topics. They number in excess of 450 papers, most written during his time as Professor (in excess of 300). Outstanding contributions have been in the fields of glomerulonephritis, nephrotic syndrome, lupus nephritis, vasculitis and renal transplantation. In addition, he has written widely on historical aspects of nephrology. He has also contributed greatly to the, perhaps less focused-on, topic of urate and purine metabolism and gout, with particular reference to the kidney and treatment of urate disorders in adults and children.



*Professor J. Stewart Cameron
(Courtesy of Professor Janusz Ostrowski)*

A very significant role, over a number of years (1981-1989) was as Co-ordinator of the world-recognised Medical Research Council trial of prednisolone in the treatment of membranous glomerular nephritis.

In addition to scientific papers he has written or edited 8 books and contributed over 120 chapters in books. Some of these works may be regarded as "bibles" in Nephrology and are referenced world-wide. He has lectured widely

including being invited to deliver the Gouldstonian, Lumleian and Fitzpatrick Lectures at the Royal College of Physicians. He has been editor of many widely-read journals including Clinical Nephrology, Q.J.M. and Kidney International, and has sat on multiple editorial boards.

His eminent role in Renal Medicine is evidenced by the fact that he has been President of most of the major renal societies including EDTA-ERA, the Renal Association of UK and the ISN. His memberships of academic societies span the globe and are too numerous to list here.

Having retired from his position as Professor of Renal Medicine in 1995 Stewart has continued to write and present papers. He has particularly focused on the History of Nephrology and Medicine and a lot of this work has been through the International Association for the History of Nephrology, of which he is an honorary member. As in earlier times, his reviews have covered a wide range of topics and people. Topics have included: essential hypertension, renal biopsy, lupus nephritis, the evolution of the nephrotic syndrome, diabetic nephropathy, uric acid and the kidney and IgA nephropathy.

He has written a number of biographical accounts of the work, relating particularly to nephrology, of several physicians: Frederick Mahomed (1849-1884; essential hypertension, nephritis), Arthur Osman (1893-1972; described as the world's first nephrologist), Carl Gottschalk (1922-1997; renal physiology-the counter current mechanism), William Kirkes (1822-1864; relationship between hypertension and renal vascular disease), William Thalhimer (1884-1961; role

of heparin and cellulose membrane in dialysis), Sir Robert Christison (1797- 1882; first description of renal anaemia), Michael Darmady (1906-1989; dialysis for acute renal failure, "the ageing kidney").

In 1998 his outstanding contribution to Medicine was recognised by being made Commander of the British Empire (CBE). In the nephrological sphere, in 2003, he was awarded the Jean Hamburger Prize of the ISN; in 2012 he was given a Lifetime Achievement Award by the ERA-EDTA. In the same year the American National Kidney Foundation (ANKF) gave Stewart the David M Hume award-the ANKF's highest honour. It is awarded to a distinguished scientist-clinician in the fields of nephrology or urology who exemplifies high ideals of scholarship and humanism in an outstanding manner. In 2013 the ISN created the Stewart Cameron Lecture and the Royal Society of Medicine of London, the Stewart Cameron Prize.

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Algae Extracts for Protection and Restoration of Cellulosic Cultural Heritage

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Ageing is an irreversible process that causes deterioration of the mechanical properties of paper, which becomes brittle due to the influence of internal and external factors. The most important internal factors are established during the manufacture of the paper and include the kind and quality of the fibres, coatings, the presence of acidic and metallic compounds and oth-

er components of the sheets. The external factors are related to the deleterious influence of the storage conditions or use, such as temperature and humidity, light, air pollutants, microbial attack, etc.

Restoration can include washing, deacidification in aqueous or non-aqueous solutions and resizing. The term resizing refers to a process that coats or impregnates the paper with a material, resulting in paper strengthening.

The problem of paper degradation and conservation can be very complex, due to the composite nature of the material itself and the possible interaction with inks and pigments. Paper's main component is cellulose, but additives are needed to ensure its strength and to prevent ink from diffusing around the typed words.

During natural ageing, paper undergoes colour changes and becomes brittle. This is mainly due to the degradation of cellulose, which suffers acid-catalysed hydrolysis and oxidation in a mixed mechanism where the reactions are autocatalytically accelerated by protons and by reactive oxygen species (1).

Two approaches can be identified for consolidation of paper: reinforcement by lamination (inclusion of the brittle sheet between two sheets of consolidator) or by application of a consolidating liquid. Among the consolidating media, which are generally the less costly and a more rapid option for paper reinforcement, solutions of cellulose ethers in water are often applied, mainly methyl-cellulose. This is a non-toxic, not allergenic chemical compound, which is widely accepted by the stakeholders; however, its synthesis requires the use of hazardous reactants, among which is the carcinogen Chloromethane. Several researchers aim to identify alternative synthetic (2) or natural products, which are efficient and chemically stable. Polysaccharides, contained in or produced (intra- or extracellularly) by algae and cyanobacteria for nutrition and/or defence are currently hot topics in research, because of their peculiar properties - antiviral, antifungal and antioxidant (3). Some of these substances have already found application in the restoration of paper, e.g. agar-agar by *Gelidium*, *Gracilaria*, *Gelidiella*, *Pterocladia*, *Sphaerococcus*, or Gellan produced by *Pseudomonas*, used for cleaning or deacidification treatments; while *Funori*, extracted from *Gloiopeltis*, is used for its adhesive power (4).

Starting from a previous experiment of our team (5), we have recently focused our research efforts on the polysaccharide extract of *Arthrospira maxima* (free-floating filamentous cyanobacteria, microalgae producers, fig. 1), in order to explore its effect on paper. Interest in the polysaccharide extract is based on its chemical affinity to the polysaccharide cellulose in paper. Chemical interaction can occur because all polysaccharides have a high number of hydroxyl groups and H-bridges can be built up between the polysaccharides constituting the paper fibres and those ones of the aqueous solution of the algae-extract applied on the paper. Further H-bridges can build up with carbonyl groups of cellulose and also real chemical bonds can occur with the carboxyl groups of cellulose, forming esters. Both carbonyl and carboxyl groups in cellulose are due to oxidation processes occurring during ageing.

Our experimental results confirm physical paper reinforcement for samples treated with aqueous solutions of the *Arthrospira maxima*, extract (a 2% solution increased the mechanical resistance by a factor of two for both aged and unaged Whatman

filter paper samples). Furthermore, the variations in pH and colour were evaluated as secondary effects. Fourier Transform Infrared (FTIR) spectra of extracts and paper samples (treated & untreated, aged & unaged) were studied and, also, an evaluation of the proneness of the process to biological attack was considered.

In this study a purified polysaccharide extract was used, which is different from the simple aqueous extract of *Gloiopeltis* (*Funori*) currently used in conservation. The choice to leave out other algae components (proteins, lipids, etc.) was made to give a better understanding of the effect of a single component, the polysaccharide, which we considered to be the most important for physical reinforcement.



Figure 1: 400x powdered *Arthrospira*

The algae, as well as this restorative role, can play a preventive one, due to their antioxidant capacity which is able to protect cellulose from the attack of reactive species such as oxygen and free radicals (ubiquitous). We measured this antioxidant activity in the case of the tested algae by an electrochemical biosensor based on superoxide dismutase enzyme. The results confirmed the antioxidant capacity of algae and therefore that the treatment of cellulosic cultural heritage with algae extracts can produce a positive effect both on the restoration process and on preventive protection. For a wider and deeper understanding of the effects of natural algae extracts on paper, and thus to obtain a beyond-the-state-of-the-art knowledge on natural consolidators, we consider the following working methodology as an essential guideline:

- separation of chemical components constituting aqueous algae extracts
- chemical characterization of components for identification application of differently composed extracts on paper samples
- evaluation of treatment effects

This systematic approach will guarantee understanding of the effect of the single extract components, thus also obtaining results for the non-polysaccharide fraction (e.g. proteins and lipids) which can potentially be important for applications in conservation-restoration of organic material. Thus, this approach enables essential information to be obtained for the identification of the most suitable algae species.

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A Code of Ethics for Research: A Perennial Need

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The Greek historian Herodotus (484–430 BC) describes the first experiment involving human beings.

Undoubtedly, if Pharaoh Psammetichus (664–610 BC) was acquainted with research ethics he would not have experimented with children.

But let us read Herodotus(1):

"Now before Psammetichus became king of Egypt, the Egyptians deemed themselves to be the oldest nation on earth. But ever since he desired to learn, on becoming king, what nation was oldest, they have considered that, though they came before all other nations, the Phrygians are older still. Psammetichus, being nowise able to discover by inquiry what men had first come into being, devised a plan whereby he took two newborn children of common men and gave them to a shepherd to bring among his flocks. He gave charge that none should speak any word in their

hearing; they were to lie by themselves in a lonely hut, and in due season the shepherd was to bring goats and give the children their milk and do all else needful. Psammetichus did this, and gave this charge, because he desired to hear what speech would first break for the children, when they were past the age of indistinct babbling. And he had his wish; for when the shepherd had done as he was bidden for two years, one day as he opened the door and entered both the children ran to him stretching out their hands and calling "Becos." When he first heard this he said nothing of it; but coming often and taking careful note, he was ever hearing this same word, till at last he told the matter to his master, and on command brought the children into the king's presence. Psammetichus heard them himself, and inquired to what language this word Becos might belong; he found it to be a Phrygian word signifying bread. Reasoning from this fact the Egyptians confessed that the Phrygians were older than they. This is the story which I heard from the priests of Hephaestus temple at Memphis; the Greeks relate (among many foolish tales) that Psammetichus made the children to be reared by women whose tongues he had cut out."

1. Translated into English from the ancient Greek: Loeb Classical Library, Herodotus, The Persian Wars, Books I-II. Translated by A.D. Godley, Harvard University Press, Cambridge, Massachusetts, London, England. (The present volume includes both the Greek and the English version. It had eleven editions; the first edition is of 1920 and the one that is used above is of the year 2004).



Ethical Issues in Scientific Research

By the Ethics Committee of European Association of Professors Emeriti

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Ethical issues and concerns have a long history in academic and scientific research, but they also tend to change somewhat over time and to vary among modern scholarly disciplines. The following ethical principles are common across many fields of study and should, in general, be observed by all academics and scientists who wish to keep their feet firmly on ethical ground as they conduct their research and prepare their manuscripts for publication.

1. Honesty and integrity in research practices and publications

These are primary concepts in any consideration of how to avoid unethical issues in research. Research data should never be fabricated, falsified or manipulated. Doing so deceives researchers and other readers, undermines the fundamental purpose of scientific and academic research to discover truth and advance knowledge and wastes time and resources that could have been used more productively.

2. Objectivity and non-discrimination in research designs and practices.

Although every academic or scientist possesses a unique perspective that is essential to his or her original research, each study should be designed not according to personal biases, but specifically to address the research question or problem. Practical and theoretical research requirements rather than discriminatory choices should determine the objects, animals or participants studied. Analyses and interpretations of results should be as objective as humanly possible.

3. Careful and conscientious attention and practices in all aspects of research.

Research projects should be carefully designed to answer the questions or resolve the problems addressed. Ethical considerations should play an important role in developing and conducting a study. Experiments, observations and other methods should be performed conscientiously and completely.

4. Respect for the work of others, and acknowledgement of their intellectual property.

This means that all contributions to a research project should

be acknowledged in appropriate ways and published sources should be credited through formal citations and references.

5. Sincerity and equity to colleagues and co-authors in collaborative research projects.

Collaboration is based on trust, mutual respect and appropriate division of responsibilities and credit. So these are vital qualities when determining how to avoid unethical issues in the research conducted with other academics or scientists, including students, postdoctoral researchers and assistants. Authorship status must be earned through significant contributions to research design, data collection and analysis, or writing, revising and editing documents for dissemination. Contributions that do not merit authorship should instead be acknowledged.

6. Respect, concern and care for the objects and subjects studied.

If your investigation involves animals or human participants, you will probably need to seek approval from your institutional review board or research ethics committee, and you may need to alter your study design in order to avoid unethical issues in the research. Dignity and privacy must be protected.

7. Submission of research-based writing to no more than one press or journal simultaneously.

Considerable time and energy are invested in editorial and peer review, so it is very unusual for academic and scientific publishers to accept manuscript submissions that are also being considered by other publishers.

8. Where human participation is involved wherever possible it should be voluntary and appropriately informed.

9. Data concerning individuals should always be kept confidential and secure and it should not be possible to identify any living individual in a research report without their express permission.

10. Researchers should always be transparent about their sources of funding and be resolutely independent even if it alienates their sponsors.

11. Research should always seek the common good whether it be by extending knowledge by fundamental research or improving lives or society by applied research.

12. Negative, in addition to positive, research findings should be published or made public. Otherwise, reviews may lead to false conclusions.

13. Placebos should only be used when absolutely necessary in research concerning humans. Comparison of the agent under investigation to an agent with known effectiveness is ethically correct practice.

14. When nothing works, then an unorthodox treatment can be used for therapeutic but also research purposes (provided that there is informed consent and the ethics committee approves). The outcome of such interventions should be made public.

15. The rights of human subjects participating in research should have absolute priority. Family and Society are less important.

16. Funding agencies should not interfere in how the research is conducted, in the conclusions it reaches and in whether the results will be made public or not.



Our Unstable Present and Future: 1. Ecology

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Tibor Szabó

Introduction

In our present-day situation, when the new pandemic is spreading across the whole planet, it is true more than earlier that instability is the main characteristic of our world (1). The Covid-19 pandemic is transforming not only our political, economic and social relationships, but also our everyday life. We do not yet know the possible depths of these changes; theorists and scientists are producing many ideas and scenarios. Beside these new pandemic phenomena, other, older ones persist such as the problems of poverty, inequality, wars influencing the demographic composition of territories, and mainly ecology.

So we do not know what the future is for our planet, the Earth. In this first essay on our unstable present, and perhaps more so, our unstable future we would like to analyse some ecological questions of our time.

The Emergency Situation

The most obvious "global problems" are the many non-functioning ecological spheres which are also overloading interpersonal links. Regarding this, British scientist Stephen Emmott has said, "I believe we can rightly call the situation we're in right now an emergency – an unprecedented planetary emergency" (2). By "emergency" he means the main ecological problems menacing mankind's present and future (1). The focus is on climate change as a major component contributing to a structural break in life itself.

According to Emmott (2) the agricultural and industrial revolutions "came at a huge cost to the environment",

1. Szabó T. *Global World Instability*, Budapest, 2018. CEPoliti ed.

2. Emmott S. *Ten billion*, London, 2013. Penguin Books.

initiating the "degradation of entire ecosystems." Economic growth requires more water, energy becomes increasingly scarce, CO₂ concentrations increase, all of which modify the climate. (Ab)use of land in the course of the "green revolution," while resulting in increased food production, raised the levels of methane and other gases which also increase global temperatures and warming of the oceans. The consequences are that "as population increases, and as economies grow, stress on the entire system accelerates sharply". Human activity impacts adversely upon the earth's entire ecosystem: causing species extinction, loss of tropical rainforest and woodland, exploitation of the world's marine species, extreme water shortage, floods and – at the same time – desertification and fires. The production of machines and cars and the use of coal increase annually, causing massive CO₂ emissions that pollute the whole atmosphere. Plastic products are to be found everywhere: in the oceans, on the fields and now in the air, too. The volume of traffic that transports goods and different items also is increasing on the roads, railways and in the air, using fuel and thus adding to universal pollution. We could enumerate many other forms of human activity that are transforming the basis of human life on Earth. The consequences for the biosphere are profound indeed, not least to human health. In this ecological predicament several million people, so-called "climate migrants," have been leaving countries no longer habitable in search of better homes.

The Hungarian physicist Zolt Hetesi has an even more critical view on current ecological problems and our future: namely, "mankind has no future." As he sees it, people simply cannot imagine the scale of "the crisis situation we are in today" (3). The world is on the point of collapse, though this is not understood due to the errors and misinterpretations of politicians and economists. In summarizing the principal aspects of the present ecological situation, he points to two major groups of problems threatening life on Earth. The first, as for Emmott, is planetary climate change. Because of industrial production and current levels of consumerism the average temperature is increasing. This affects the whole ecosystem: the Arctic ice is melting, sea-levels and sea temperatures are rising, while at the same time agricultural land suffers from drought, Amazonian rain-forests become degraded, and the Siberian ice-fields will thaw and in so doing release stored methane gas. The second group of problems is the near incomprehensible energy crisis. Because of demographic growth humanity needs more and more energy, yet planetary energy reserves are limited. Because it is impossible to continue to expand the use gas and oil indefinitely, mankind will face serious economic difficulties. "Most economists are not fully aware of the gravity of the situation, and in order to resolve economic difficulties they suggest and insist on the

false solution of unceasing economic growth". And according to Hetesi "industrial society will come to end about 2030".

At the Crossroads

One of the founder members of the Club of Rome (CoR), Ervin László (4), has stated that the world is at a crossroads: we have to decide now whether we are ready to face the danger of a global collapse or choose the last opportunity for global renewal". Now, according to him, we are close to a "chaos point" because ecological factors threaten to render irreversible a state of not only ecological but also social and economic degradation.

What have members of the CoR decided regarding ecological issues? Since 1972 they have endeavoured to analyze several areas relating to the state of the world. Aurelio Peccei, one of the leaders and first president of the CoR, stated previously in 1965: "the times in which we live are full of trouble and danger" (*The Club of Rome, The Dossiers" 1965-1984*, Helsinki, 2005). The aim of the CoR was to start discussions about the predicament of humankind. At various times it published "dossiers" containing observations and recommendations on the then current situation and the probable future. Global ecological problems can become cataclysmic "if we who live at the time of these hinges of history are unprepared for changes beyond imagination, unless we understand the mutating realities and face up to them as responsible protagonists of this novel phase in the human venture". Peccei's conclusion (*Agenda for the End of the Century*, 1984) is in complete accord with earlier dossiers of the Club, particularly the famous *Limits to Growth* (1972) by D. H. and D. L. Meadows, and Alexander King's *Reaffirmation of a Mission* (1984). From then on it was obvious that the planet is in dire ecologic danger, due – paradoxically – to accelerating technical progress.

To avoid this dire situation, the membership of CoR recommended drastic change: stabilization of industrial capital, reduction of energy consumption, emphasis on education and health care rather than industrial production, reduction of all forms of pollution, etc. Thus the concept of "limits" – geographic, political, economic, moral and of course ecological – has become of major relevance in the human sciences in our postmodern age (4). Certain limits (particularly the ecological) are important for human survival on Earth.

Ervin László, states in one of his books (citing an ancient Chinese saying), "if we don't change direction we will probably arrive where we are going". Thus in line with these principles László recommends a new solution: a theoretical approach to ecological challenge, termed "planetary consciousness". To attain this we have to change our moral behaviour towards

3. Hetesi Z. *A felélt jövő (Future consumed, essay)*, 2008. Internet.

4. László E. *The Systems View of the World. A Holistic Vision of our Time*, Cresskill, 1996. Hampton Press ed.

nature and the ecosystem if we wish to avoid ecological catastrophe. In one of his books László enumerates the major obstacles to the formation of a better life and future: illusions supposing that nature is inexhaustible, machine-like thought processes, neoliberal faith in an omnipotent market, consumer fetishism, and conceiving life as some kind of battle (1). Thus we have to find a new way of relating to persons and communities, to making our past and our values effective in achieving happiness, mutual understanding, cooperation based on compassion, and other positive experiences capable of producing enhanced planetary consciousness.

Positive Solutions?

Ecological processes, as well as those in the social and economic sectors, are today accelerating with similar harmful consequences, to such a degree that no individual country is fully able to resolve the resultant crisis alone. Through cooperation and collaboration, a union of forces is needed to initiate real change. Unfortunately at the present time (even in the pandemic situation) the socio-political network is not favourably suited to this purpose. States are losing their individual ability to exercise control over international economic, financial and social mechanisms that continue to function in an autonomous manner. International finance and capital and its economic interests dictate social processes, without taking into account the ecological consequences of their activities.

How can a positive solution to this different world situation be found? There are some in the social sciences who argue that one solution could be at the local level: involving the creating of more farms, cultivating the land in new ways, living in a quiet environment and essentially human milieu, going to church and praying – as Zsolt Hetesi suggests (3). Stephen Emmott comes up with more interesting ideas which seem to me to come closer to an objective solution. He offers two solutions for reducing the negative effects of ecological degradation. First, consume less, a lot less, “radically less” (2). In a consumer society this is no easy matter. Yet it is obvious that one of the better ways to reduce the devastating effects of ecological degradation is to decrease consumption. We need to change our behaviour: we have to consume “less food, less energy, less stuff, fewer cars...”. Emmott is right when he observes “here it is worth pointing out that ‘we’ refers to the people who live in the west and the north of the globe. There are currently almost three billion people in the world who urgently need to consume *more*: more water, more food, more

energy” (2). He is doubly right because, as Jeremy Leggett points out, our energy reserves are “half gone” (5).

Stephen Emmott further advises that we “conserve more, a lot more”. But what does this mean? The wasteful use of energy, water, plus every type of pollution, is not compatible with preserving our environment and making it habitable for mankind. Yet Emmott, like many other specialists, knows that for a real change of mentality, and thus to improve the situation, human behaviour cannot be changed without radical government intervention. Present inaction on the part of several states puts the desired result in jeopardy, he admits – and we agree (2).

Another answer to these questions is put forward by Serge Latouche (6). His model for decreasing consumption is one of slow de-growth (*décroissance sereine*) of social and economic processes. He too is aware that the ecological situation of our planet is very unfavourable for humanity's survival. In an interview he stated that “degrowth is a slogan for a new ecological democracy” in relation to environmental needs. He went on to state that we have to change our mentality because “a society of growth engenders catastrophes”. To say that exponential growth is incompatible with the finite nature of the world, and that our capacity for consumption must not be allowed to exceed the biosphere's capacity for regeneration, is so obvious that few would disagree. It is, on the other hand, much more difficult to accept that “the inevitable effects of production and consumption have to be reduced” if we wish to conserve ecological resources (6).

But today there are new kinds of answers to the unstable world situation. Anti-globalist groups who are in sharp conflict with present capitalist economic and political society have frequently perpetrated violent actions against the system. Sometimes they attack institutions and representatives, interrupting the functioning of the social network. Their slogan is: “Another World is possible!”. Is it true? Maybe at the last minute we have to do something. First of all, we have to change our mentality regarding the environment, and create a truly planetary consciousness in order to reduce the effects of climate change and pollution which are likely to hinder the possibility of conserving life on Earth.



5. Leggett J. *Half Gone: Oil, Gas, Hot Air, and the Global Energy Crisis*, London, 2006. Portobello Books Ltd., p. 21.

6. Latouche S. *Farewell to Growth*, Oxford, 2009. Polity Press, p. 12.





Response to Covid-19 in Greece

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Greece has a good record of response to the coronavirus infection, thought by some as exemplary. The death toll resulting from the infection was only 175 persons (1st June).

How can this positive record be explained? Obviously there are many reasons but what appears to be of paramount importance is the early response. Drastic measures had to be taken, requiring decisiveness and determination. For example, closure of schools is not something that can be implemented easily. One never knows *a priori* if this measure will lead to avoidance of further victims or to the opposite (if it is not associated with lockdown). Yet, the decision was made and it was made early. Another reason may be associated with the fact that decision-making was left to a committee of health professionals without government involvement. This committee was headed by a low-key Associate Professor of the University of Athens, infectionologist Sotiris Tsiodras. It is perhaps of importance to say more about Tsiodras.

During the lockdown Dr Tsiodras (as chair of the Committee responsible for decision-making in relation to coronavirus infection) kept informing the public on TV, advised the citizens, reinforced the resilience of the population and eventually became a household name, a friend, an ideal advocate of health and a person worth identifying with. His performance had a broader impact. A change of paradigm occurred in Greece. In recent years the prototypes in our country, as well as in many other European countries, were aggressive, loud (and irresponsible) politicians, professional singers, "artists" of doubtful quality, revolutionaries with or without minimal cause, professional athletes, elegant but usually uneducated TV personalities and people such as that. It seems that this paradigm is now changing. So, in addition to the obvious benefits resulting from the health policy to protect the population from the coronavirus, Tsiodras has benefitted the Greek society by offering himself as an example for the younger generations.

Some people say that it was time for change of paradigm and that, if it was not Tsiodras, somebody else would have become a hero to identify with. My personal view on this is that, yes, it was about time for a paradigm shift but Tsiodras possessed qualities that served as a catalyst for this shift: humility, love for life, love for the family (he is father of seven

children) dedication to his duty, belief in ethical values. I do not know this man as I am older than him. Yet, I can tell from his actions and from the views he has expressed that he is a man with good emotional and ethical judgement. For example, when the issue of differential management of young versus old infected patients was raised, he said that when we talk about old patients, we are in fact talking about our fathers and mothers. This statement (pronounced with tears in his eyes) was received with great appreciation and empathy by the public. Fortunately, in Greece, due to the very low infection and mortality rates we did not have to make decisions on who to save and who to condemn.

The war against the virus, however, has not finished yet. Although things in Greece are gradually returning to normality, schools have again opened, shops are now open, vacation sites are ready to receive tourists and the borders with 17 countries for the time being are open, yet, scientists predict that we are likely to experience another bout of the infection in the autumn. We will see then what our performance will be. I hope that the experience we have all lived through will guide us to an effective management of this possible development.

On the mental health front, the psychiatric community in Greece (as was the case with many other countries) responded swiftly by establishing internet and telephone helplines. Research on the psychosocial effects of the infection and the paraphernalia associated with it such as the lockdown, has been carried out and is still continuing. Issues like quality of life, psychopathology, domestic violence, sleep, sexual behavior and exacerbations of pre-existing psychopathology are being studied.

The coronavirus pandemic has the proportions of a real Disaster. In view of this we are suggesting that in addition to the classical forms of Disasters, namely Natural, Human-made and Economic (1) a fourth category of Disasters should be added, the Biological Disasters.

Reference

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Social Distance Matters

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Zero Covid-19 infections in the Community for young addicts at San Patrignano, Rimini, Italy

There have been zero Covid-19 infections in the Community for young addicts at San Patrignano (Province of Rimini). The Community is the largest of its kind in Europe with around a thousand members of both sexes. When the pandemic reached Italy the doors of the Community were shut. A unit of crisis was nominated to deal with any matters related to the pandemic. The pizzeria-restaurant was closed, no new admissions were accepted, visits to, or meetings with, families, were not allowed and attending social events in the community was banned.

Residents were divided into two groups for breakfast, lunch and dinner, so that social distancing was possible. Use of masks, social distancing and thorough hand washing were observed. Educators living in the Community were allowed to go shopping once a week. Workers, not from within the Community, but needed for routine life and activity, continued to come in but were required to follow strict rules.

Zero contagion was not the outcome of the prohibition measures, but of moral persuasion, a regulated life and full use of the facilities of the Community. San Patrignano adopts individualised programmes. Every new member has a tutor with whom he/she shares a room, and there are daily meetings with specialised educators. There are at least 50 different programmes to learn and practise future possible employments; previous studies can be resumed. However, for the first year no contact with family is allowed, only letters; short meetings are allowed after 1 year and, after 3 years, a 10-day permit to go home is granted.

The outcome of zero contagion has been a great achievement for such fragile individuals; they have developed a strong team spirit during the pandemic which they continue to nurture.

Fewer deaths in 2020 than in 2019 (between March 1 - July 1), among members of the Fraternity of Pilgrims in Naples

The Fraternity of Pilgrims was founded in 1579 to assist the ill, the poor, pilgrims and migrants. In recent years the

Fraternity started to offer free after-school care to students of primary and junior schools from poor families living in the quarter of Naples where the Fraternity is located. The Fraternity is composed mainly of old people, representing all professions and jobs (many white-collar workers); their number is comparable to that of the members of the San Patrignano Community.

They respected the lock-down, observing no masses, no funerals, no concerts, no meetings. Contacts between members and the board of directors occurred through telephones and computers. They respected state and regional rules. The Fraternity also continued to assist poor people in collaboration with other fraternities. Seven hundred families were assisted during the pandemic, mainly by providing food and acting as intermediaries between families needing help and the board of directors of the Fraternity.

In the period March 1-July 1 2019 there were nine deaths among Fraternity members (1.24%), all of whom were over 80 years of age. In the corresponding period in 2020, there were only 5 deaths (0.83%). These figures show that that members of the Fraternity stayed home, continued to offer their social services but followed the strict rules of our Regional President. Despite having no vaccine, the lockdown proved safe and prevented deaths.

Death of 181 physicians in Italy due to the Covid-19 pandemic: a deafening noise

Today, July 3 2020, the Italian Federation of Physicians Surgeons and Dentists publishes a list of Italian physicians who have died because of Covid-19 pandemic. The total number is now 181 (including nine female doctors). The majority of deaths occurred in Lombardy. The press release on the Portal of the Federation uses the Italian word "caduti" a term used for war-dead meaning "fallen".

The list was preceded by a comment of our President, Filippo Anelli. "Dead do not make noise", wrote the poet Ungaretti - however the names of our friends and colleagues make a deafening noise. We cannot tolerate that our physicians and health workers have been sent to fight with naked hands against virus. An unequal struggle that hurts us, the citizens and the whole country".

The list is followed by the poem of Giuseppe Ungaretti,

titled "*Shout no more*" (1).

*"Stop killing the dead
Shout no more, do not shout
If you still to hear them
If you hope not to perish
Imperceptible is their murmur
They make no more noise
Than the growing grass
Glad where man treads not".*

The problem of death among Italy's physicians during the Covid-19 pandemic attracted major world newspapers including the *New York Times* and the *Guardian*. It was timely and thoughtfully discussed by Katrina A. Bramstead, a specialist on the ethics of transplantation, who has been working in Italy (2). She was attracted by the fact that, in Italy during pandemics, the willingness to donate organs increased (3).

In her article Bramstead's opening words were: "This is all I have! For 30 days!". "These were the words spoken to me as an exasperated health care worker pulled a used N95 facemask from his backpack". The paper continues "The vision of one N95 facemask in use for 30 days with potentially hundreds of patients sent a flood of goose bumps across my body. I could foresee coronavirus particles transferring from the outside of masks to hands, to surfaces, to patients, and to other health care workers. It was the first week of March 2020 and already there was inadequate personal protective equipment for health care workers in Lombardy, Italy....Sending clinicians to treat the virus without suitable protective gear is an ethical dilemma that should have had immediate reactions at the highest administration and political levels. Clinicians in Italy are working amid a sea of forces: virus, bureaucracy, politics, economics. If we don't put ethics first, we are putting our clinicians and patients last. Organ donation is the gift of life and we have a duty to care for the organ gifts placed in our stewardship. Personal protective equipment, the missing shield to prevent the spread of

the virus, is not a white coat accessory but vital to protect our immunosuppressed recipients and our physicians. Personal protective equipment is vital to the practice of transplantation and a vital aspect of the duty of care toward our donors, recipients, and health care team members".

Religious and civil ceremonies have been organized, prayer vigils, night concerts of sacred and profane music will take place, medals will be coined and given to families and speeches, speech, speech... Do they console?

Who Can Put, Who Cannot Takes

This short message, just six words, appeared on a basket suspended from a balcony in an alley in Naples, during the pandemic on March 29, 2020. In Italian the words are: "Chi può metta, chi non ha prenda". More fully this meant that those who have (*the means*) may add to the basket whilst those who have nothing can take from it. It was a strong message of solidarity. Passers-by, inhabitants in the neighbourhood, in anonymity, could take or add safely-packed foods and other items such as soap, diapers,



sanitary pads etc. Subsequently special baskets were prepared containing cooked foods sufficient for lunch and dinner for a family of 9. Pina and Angelo, directors of a theatrical laboratory and managers of a Bed and Breakfast hotel, started cooking the Neapolitan specialty *Ragu*-a Sunday dish of meat cooked slowly on a low flame. (*Ragù* is improperly translated into English as meat sauce). The baskets appeared in Santa Chiara Alley and, later, in many streets of Naples (Fig. above). Provision for the poor was also expanded by the use of very large baskets containing food which could be donated or taken; and tables of different sizes appeared on street corners on which people could place their gifts. These acts are a precious testimony to the solidarity of the people of Naples.

1. Ungaretti G. *Shout no more*, in A Major Selection of the Poetry of Giuseppe Ungaretti. Translated by Diego Bastianutti. Toronto, Exile Edition, 1997; p.321.

2. Bramstead. K A, *COVID-19 and the Death of Italy's Physicians*. Progress in Transplantation 2020; XX(X): 1-3, DOI: 101177/536924820935412

3. Ministry of Health. I trapianti durante l'emergenza Covid-19. Published 2020. Assessed January 5, 2020 <http://www.salute.gov.it/portale/nuovocoronavirus/dettaglioNotizieNuovoCoronavirus.jsp?lingua%italiano&menu%notizie&p%dalministero&id%44522>





Resolution of the Association of Professors Emeriti of the University of Athens

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The Association of Professors Emeriti of the University of Athens is deeply shocked by the insulting action of President Erdogan to transform "Aghia Sophia" into an Islamic mosque.

The temple of God's Holy Sophia-Wisdom was, for approximately a millennium (537-1453), the most important Church of Christianity. The Church then functioned as a mosque until 1934, when it was transformed into a museum. "Aghia Sophia" is not a religious monument in the property of Christians or Muslims. It is an unsurpassed work of architecture and art of the 6th century AD, of universal acclaim and respect, regardless of religion. It is a cultural legacy of Europe and emblematic museum of Byzantine Constantinople, which UNESCO included in the list of World Heritage Monuments.

The action of President Erdogan does not represent a Hellenic-Turkish dispute, but actually places Turkey outside the limits of Western legal and cultural civilization.

We therefore believe that a universal, responsible and immediate reaction from all western constituents is required. The Association of Professors Emeriti of the University of Athens extends a petition to international fora, the European Union, UNESCO, the United Nations and the European Association of Professors Emeriti to take decisive action.



Minutes of EAPE Council Meetings

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Council Meeting May 15, 2020

Unfortunately the connection was very uncertain so that even our president was unable to take part at the teleconference. Consequently the minute following is not corresponding to the discussion as it should be.

1. Due to the lacked connection from the president communications are only reported by Maria Oxenkuhen-Petropolou concerning the Financial Report from the reopening of the Bank Account. Seen the situation of the account it is absolutely needed to explore all the possible ways to recover financial resources, starting from the fees of the members. Maria reports about other possible means of sourcing such as to have as supporters Insurance Societies interested to enlarge the number of their potential customers or to open Bulletin to Advertisement Service from third parties.

2. This point of the day order well relates to the search for financial support by the participation to European Call for programs, but the actual pandemic tragedy prevents

from the start of calls, most of which delayed. Meanwhile it is focused on the opportunity to look for possible partners to be joined to us in the project to be forwarded to the call.

3. Concerning enrollment and advocacy Dennis Cokkinos reports on the positive contacts established with Slovenian Emeriti 6 of whom have adhered completely to EAPE on subscribing to it. Dennis Cokkinos reports also about other possible partnerships such as that one of European Teacher of History Education.

4. Luigi Campanella reports about the activities of the Group on Ethics by him chaired: the Group has got a vice chair and a secretary, respectively Hartmut Franck and Yeghis Keheyan. The first event is represented by the launch of an EAPE blog on Ethics, first session dedicated to covid19 and its ethical concerns: each member of EAPE is invited to propose a post of not more than 100 meaning words. All the posted contributions will be collected together to be inserted on the website of EAPE or/and published in the Bulletin.

Council Meeting June 15, 2020

1. Minutes of the teleconference on May 15th: approved

2. **Advocacy Committee:** A new letter will be forwarded looking to increase the number of members of EAPE. Analogously it is planned to have, in the next issue of the Bulletin, a paper illustrating the advantages of being a member of EAPE.

3. **Ethics Committee:** A possible first draft of a position paper of EAPE on Ethical Issues of Science has been presented by the Chair of the Ethics Committee. All those present at the teleconference agree on the need, expressed by the presenter, about contributions from the Boards of EAPE and of the Committee, but also from any member of the Association wishing to enrich the first draft. Luigi Campanella, as Chair of the Committee, announces that after the conclusion of this position paper another will follow with attention paid to the ethical aspects of

Covid-19 experiences starting from social involvement, from responsible behaviour, from dramatic choices (from which patients have to be saved when special hospital places are lacking? How much does social isolation weigh on opportunities of work?), from a refund respect of nature and from new life styles.

4. **Bulletin:** It is the main subject of discussion from different points of view; (i) outsourcing: to open the Bulletin to advertisements with the advantage to remain more linked to the economy market (typical example pharmaceutical industry) but with a need to consider ethical concerns of some advertisements; (ii) next issues: De Santo communicates that he has already collected several articles on different topics (state of medicine in UK & European Universities facing covid-19, algae: a new natural resource).

FORTHCOMING CONGRESSES

Women's Talent Awards

Locri (Reggio Calabria), Italy, August 8, 2020

The 2020 Women's Talent Awards will be assigned to Italian women of extraordinary capabilities by Il Cenacolo della Cultura e delle Scienze (Cenacle of Culture and Sciences), a cultural association directed by its president, Dr. Giovanni Filocamo, former President of the Tribunal of Locri and Dr. Luigi Mileto (vice-president) with the patronage of the Municipality of Gerace. The Association is structured in two classes: (i) Mathematical, Physical and Natural Sciences and (ii) Moral Science, Letters and Arts.

The event will take place in Locri in the unique atmosphere of the Garden of the Tennis Club. Locri, which was a Greek colony (Locri Epizephiri) on the shores of the Ionian Sea, was founded in the VII Century BC and is cited by Pliny the Elder ("At Locri begins the forehead of Italy called Magna Graecia", *Naturalis Historia* III, 95).

Awards for Women's Talent is a great initiative of the Association, aiming to bridge the world of science and that of the young generation. It may be seen as a sign for the year 2020, a year characterised by the presidencies of Christine Lagarde (European Central Bank), Ursula von der Leyen (European Union) and of Angela Merkel (Council of Europe).

The organisers have invited many friends of EAPE including

Professors Amalia Virzo, Lucia Altucci, Rossella Musolino, Francesco Salvatore, Arturo De Vivo, Massimo Pica Ciamarra, Carmine Zoccali, Vincenzo Savica and Natale Gaspare De Santo.

Psychological Trauma: Global burden on mental and physical health

Athens, Greece, December 11-13, 2020

The World Psychiatric Association announces a thematic Congress on intersectional collaboration on Psychological Trauma: Global burden on mental and physical health that will take place on December 11-13, 2020 at Divani Caravel Hotel in Athens, Greece.

The invitation is signed by Dr. Afzal Javed President Elect WPA President of the Congress; Prof. Helen Herrman WPA President; Prof. Thomas G. Schulze WPA Secretary for Scientific Sections Chair of the Scientific Committee; Prof. Dimitrios Ploumpidis President Hellenic Psychiatric Association Chair of the Organizing Committee and by Prof. George Christodoulou Honorary President of the Hellenic Psychiatric Association Co-President of the Congress.

Congress website www.wpathematic.org;

Meeting Secretariat:

Erasmus Conference & Events S.A. - 6, Drosini street, 166 73 Athens, Greece - info@wpathematic.org - www.erasmus.gr

■ INSTRUCTIONS TO AUTHORS

The Bull Eur Assoc Profs Emer is a multidisciplinary journal fostering the idea that the vocation for research and teaching is for life and protecting full use of the human capital of professors emeriti.

The Bulletin adopts the Vancouver style. Authors are invited to visit the website of the Association and read the last issue.

Manuscripts shall be in good English in Word, font 12, with good illustrations and shall be emailed to the editor in Chief, Natale Gaspare De Santo MD.

• Email: nataleg.desanto@unicampania.it

Original manuscripts (Word file) around 900-1100 words shall include affiliation(s), email and phone numbers of the authors. A portrait of the 1st author is required. 1 Figure and 1 Table (emailed on separate sheets) and a maximum of 6 references and a minimum of 3 are allowed. References must be numbered and ordered sequentially as they appear in the text. When cited in the text, reference numbers are to be in round brackets.

Manuscripts related to news about emeriti and their associations shall be limited to a maximum of 500 words, and up to 3 references; no portrait of the author is required, but 1 Figure or 1 Table can be added.

All manuscripts undergo editing.

At the end of the article number references consecutively in the order in which they are first mentioned in the text. For articles with more than 6 authors, list the first 3 authors before using "et al."; For articles with 6 authors, or fewer, list all authors.

JOURNALS

1. *Journal article published electronically ahead of print*: Authors may add to a reference, the DOI ("digital object identifier") number unique to the publication for articles in press. It should be included immediately after the citation in the References.

Bergholdt HKM, Nordestgaard BG, Ellervik C. Milk intake is not associated with low risk of diabetes or overweight-obesity: a Mendelian randomization study in 97,811 Danish individuals. *Am J Clin Nutr* 2015 Jul 8 (Epub ahead of print; DOI: [doi:10.3945/ajcn.114.105049](https://doi.org/10.3945/ajcn.114.105049)).

2. *Standard journal article*. List all authors when 6 or fewer; when 6 or more, list only the first 3 and add "et al." Abbreviate journal titles according to *Index Medicus* style, which is used in MEDLINE citations.

De Santo NG, Altucci P, Heidland A et al. The role of emeriti and retired professors in medicine. *Q J Med* 2014;107: 407-410

3. Committee on Infectious Diseases, American Academy of Pediatrics. Measles: reassessment of the current immunization policy. *Pediatrics* 1989; 84:1110-1113.

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2. Committee report or corporate author

World Health Organisation. Good Health Adds Life to Years. Geneva, WHO, 2012.

3. Chapter in book

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De Santo NG. The Impact of Covid-19 on Education and Science Florence in the XIV century -after plague, famine, death and depopulation- generated Renaissance Scholars such as Filippo Brunelleschi, Giovambattista Alberti and Leonardo An Achievable goal for our Universities. *Bull Eur Assoc Prof Emer* 2020; 1(2): 19-20. (accessed 14 May, 2020)

