



ISSN 2945-0381

The BULLETIN

OF THE EUROPEAN ASSOCIATION OF PROFESSORS EMERITI

ISSUE 2021; 2(6): 109-130

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of the European Association of Professors Emeriti

Bull Eur Assoc Profs Emer - Bimonthly Distribution (6 Issues per Year)

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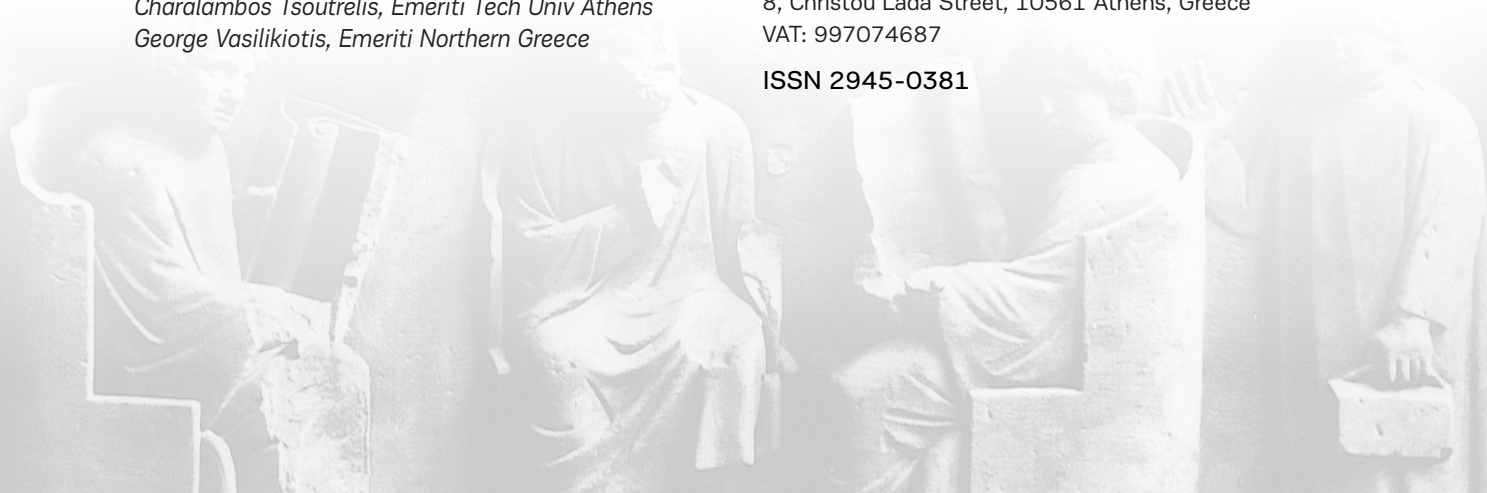
PUBLISHER

The European Association of Professors Emeriti

8, Christou Lada Street, 10561 Athens, Greece

VAT: 997074687

ISSN 2945-0381





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On the Creativity of Aging Artists

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Natale G. De Santo

Many artists including David Bailey, Montaigne, Katsushika Hokusai, Henry Moore, Oscar Niemeyer and Picasso have produced masterpieces when they were old or old-old. Rembrandt painted many self-portraits in the years 1629-1663 and their quality and power did not decay with aging. At Rijks Museum in Amsterdam, one can admire his *"Isaac and Rebecca" (The Jewish Bride)* that has been defined by Roderick Conway Morris as "one of the most exciting studies on aging and on a life lived with fullness". Michelangelo worked till his last days on *"La Pietà Rondanini"* (Milan, Castello sforzesco); Anton Gaudì worked on *La Sagrada Família* till his death and Mirò completed *La femme et l'oiseau* when he was 90 years old (1).

The German poet, essayist and physician Gottfried Benn-nominated for a Nobel Prize five times - wrote in *"Old age as a problem for the artists"* that in the last four hundred years 150-200 geniuses determined the cultural progress of Western Europe (2). Half of them were old-old. He mentioned 3 groups of geniuses (Tables 1, 2 and 3). The first included 25 sculptors and painters, the second 35 poets and writers and the third 16 composers.

Benn also reported on *"The death of Titian"* by Hofmannsthal (3) where the scene opens on the terrace of Titian's villa. Titian's fellow-assistants (Titianello, Antonio, Gianino, Paris and Page) appear devastated-the verdict of the Titian's doctor had left no space for hope; the maestro was going to die within a day. However, he continued working harder than ever on *Danae* the mythological Argive Princess.

Excerpts from The Death of Titian (3)

Tomorrow, e'en today, must he end!
On his wild fever he is painting now
With hasty, breathless haste on his new work.
The maids are posing for him; he has sent
Us all away.
He paints with such passion is he rent
As I've not seen any other hour...
As tortured by some strange, mysterious power!
The Master calls
For his old paintings, from the garden walls

Why he wants them?
He wishes them, he says
"The pitiful, pale works of earlier days!
I would compare them to this last I paint."
Shall we do as he bids?
Go, go! Make haste!
Ye cause him pain each moment that ye waste.
He's quiet now, a radiance as a saint's,
Shines through his pallor, as he paints and
paints...

Benn cited from the Hofmannsthal's German edition (*Der Tod des Tizian*): "He says that he must see them/ those old dull and miserable/ to compare with the new he is painting now/ hidden things are now clear/ he has reached the unheard conviction/ that till now he has been a weak dauber". Finally, Benn reports 3 aphorisms from Goethe's *"Maxims and Reflections"*: 1. Aging is the beginning of a new job, all references change, thus either one stops its activity or accepts with will and conscience the new role; 2. Getting older one must accomplish more than in youth; 3. On the gallows Madame Roland asked the permission to annotate some thoughts arisen while walking towards death.

1. De Santo NG. *Créativité et découvertes scientifiques après 65 ans*. Bull. Acad. Natle Méd., 2017, 201, nos 7-8-9, 1335-1347, séance du 10 octobre 2017.

2. Benn G. *Alters als Problem für Künstler (Aging as a problem for the artist)*. J.C. Cotta'sche Buchhandlung Nachfolger GMBH, Gegr. 1659, Stuttgart, 1954.

3. Hofmannsthal H. *The Death of Titian*. Boston, The Four Seas, 1920, pp. 212-pp.13-15.

Unfortunately, she was denied the permission: at the end of life the resigned spirit is open to thoughts theretofore impossible, they are like blessed shining demons that land resplendent on the top of the past.

A recent multiauthored volume edited by Nadeije Laneyrie-Dagen and Caroline Archat - "*L'art au Rique de l'âge*"- discusses many important aspects of Aging and Arts, and specifically the effects of old age on creativity (4). It reflects the interest of groups of historians, critics of art, neurologists, psychoanalysts, philosophers and sociologists-mainly aged-with old age on their horizons. The works of many artists in their late years are illustrated (Table 4), among them Titian, Duchamp and Louise Bourgeois, Georgia O'Keefe and Zhao Wou-ki.

The chapter on "*Titian: la Vieillesse au pluriel*" is capturing. The reason is that Giorgio Vasari in "*Le vite dei più eccellenti pittori scultori e architetti, descrizione dell'opere di Tizian da Cador pittore*" (Giunti, Florence 1569), although formally gracious with Titian and affirming appreciation for Titian's last works did not mention even one his works produced after 1550. One should not forget that in the 1550 edition of his treatise, Vasari wrote that it was a pity that in his late years Titian did not accept considering painting as just a hobby (*un passatempo*) and not a work of art. A true denigration, pointing to the idea that after 1550 Titian had lost his great capability of painting details. The reader is confronted with new findings in the writings of the Marco Boschini (5) where one learns that Giacomo Palma il Giovane (1544-1628) had seen Titian in his atelier in the late years completing the works of his fellows using the fingers more than the brush. In a paragraph entitled "An old painter paints with his fingers" we learn that Vasari identified in the life of Titian (i) the style of his youth, (ii) that of maturity and (iii) the style of decrepitude when the artist painted just spots of color (*macchie*). Palma identified in the last years of Titian the period of painting with brush and fingers and the period of the painting with fingers only. So, in the last years there was a methodological innovation. Titian used his fingers to perform "*sfregazzi*" a difficult Italian term to explain, indicating "application of pure pigment (not mixes to medium) on dry canvases" (4). The major part of the chapter is dedicated to answer the fundamental question "why old persons paint?"- a very original piece of research. Titian continues to work on canvas like an old surgeon or a bonesetter, however he has eye problems and his hands shake. In addition, the atelier is very productive, his assistants are creative, but their works need refinements, corrections. He is obliged to use a different approach. His fingers are the substitute, they give him the possibility to give an answer

to his insuppressible need to paint, that gives him life and days (6).

In the book of Laneyrie-Dagen and Archat we learn that Leonardo, in his late days, was nominated by Francis I "first painter, architect and engineer of France". During those years he completed "*Mona Lisa*" and refused to sell it to the King of France, since he wanted to enjoy it until his own death, being aware of its outstanding value.



Table 1. Painters and sculptors, with ages at time of death or currently (2)

Titian 99, Michelangelo 89, Frans Hals 86, Goya 82, Hans Thoma 85, Liebermann 88, Munch 81, Degas 83, Bonnard 80, Maillol 83, Donatello 80, Tintoretto 76, Rodin 77, Käthe Kollwitz, Renoir 78, Monet 86, James Ensor 89, Menzel 90, and among those living Matisse 89, Nolde 86, Gulbransson 81, Hofer, Scheibe more than 75, and Klimsch 84.

Table 2. Poets and writers with ages at time of death or currently (2)

Goethe 83, Shaw 94, Hamsun 93, Maeterlinck 87, Tolstoi 82, Voltaire 84, Heinrich Mann 80, Thomas Mann 80, Ebner Eschenbach 86, Pontoppidan 86, Heidenstam 81, Swift, Ibsen, Bjornson, Rolland 78, Victor Hugo 83, Tennyson 83, Ricarda Huch 83, Gerhart Hauptmann 84, Lagerlöf 82, Heyse 84, D'Annunzio 75, Spitteler, Fontane, Gustav Freytag 79, Frenssen 82 and among those living Claudel 85, Hesse, Schröder, Döblin, Carossa, Dörrfler 75 or more, and Emil Strauss 87.

Table 3. Composers with ages at time of death or currently (2)

Verdi 88, Richard Strauss 85, Pfitzner 89, Heinrich Schütz 87, Monteverdi 76, Gluck, Händel 74, Bruckner 72, Palestrina 71, Buxtehude, Wagner 70, Georg Schuman 81, Reznick 85, Auber 84, Cherubini 82, Sibelius 92.

Table 4. Some Aged artists of Nadeije Laneyrie-Dagen and Caroline Archat (4)

ARTIST	AGE AT DEATH
Gian Lorenzo Bernini	81
Louise Bourgeois	99
Michelangelo	88
Otto Dix	79
Jean Dubuffet	85
Marcel Duchamp	81
Jena-Auguste Ingress	87
Georgia O'Keefe	99
Pierre Auguste Renoir	79
Titian	99
Zao Wou-ki	92



4. Laneyrie-Dagen N, Archat C. *L'Art au risk de l'âge*, Paris, CNRS, 2021.

5. Boschini M. *Ricche miniere della pittura veneta*. Venezia, 1565.

6. Laneyrie-Dagen N. Titien la vieillesse pluriel. In Laneyrie-Dagen N and Archat C, op. cit, pp. 237-243.

Michel Huguier from Surgery to History (1937-2021)

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Raymond Ardaillou

Michel Huguier, a member of the French Academy of Medicine died in Paris in March of this year. I knew him intimately at the Tenon Hospital in Paris where we both practised. His life is a wonderful example of a career which joined responsibilities of head of a department of surgery in the hospital, adviser of Simone Veil, Minister of

Health, then writer of many works and articles relating to the contemporary history and that of the European renaissance. I will be brief in the professional part of his life. As a specialist in digestive surgery, in particular that of the colon, he was the initiator of an apprenticeship in research for young surgeons by creating a master's degree for them and by teaching them medical statistics in a book entitled "Biostatistics for the clinician". His qualities made him chosen as an advisor by Simone Veil, then Minister of Health. Formerly deported to Germany by the Nazis in her youth, and then a magistrate, she marked her ministry by introducing in France the voluntary interruption of pregnancy in the first weeks.

Let's move on to his retirement activities which started in 2002. He gave me an example of his culture in two trips that we made with other academicians. In Romanian Bukovina, we visited Orthodox churches and monasteries famous for the mural paintings that decorate them. He was our guide explaining to us all the admired motifs, better than the nuns who were the official guides. A second trip took us to the western end of French Brittany where we visited the parish cloisters that surround the churches. There too, he was an incomparable guide. A tireless worker, he wrote many books and researched original documents. For example, he deciphered the Latin-written autopsy report of Ignatius of Loyola who died in Rome in 1556 and made an original observation. The anatomist, Realdo Colombo, who performed the autopsy found biliary lithiasis (gallstones), but also an exceptional lesion, namely a porto-biliary fistula between the portal vein and the bile duct, which, due to the associated

peritonitis, was the likely cause of death (1). He retold the story of Ignatius of Loyola in a book entitled "Three Great Spirits of the Renaissance on the Roads of Europe: Michael Sittow, Ignatius of Loyola and Andre Vesalius" (2). These three characters travelled through Europe and the Mediterranean for different reasons. The first, a painter from Estonia, went to all the royal courts to find generous clients, whose portraits he painted. The third, a famous anatomist from Padua, was the first to describe and draw the entire human anatomy in his book "De humanis corporis fabrica". He had difficulties with the ecclesiastical tribunal of the inquisition which condemned him to a journey of repentance to the Holy Places. He died on his return journey in a Greek island where he was abandoned for fear of contagion. Michel Huguier described, in detail, the life of Saint Ignatius and analyses the main features of his character: the will that led him to travel all over Europe on foot, the poverty that made him live on alms, the desire to learn that made him study theology, Latin and Greek in Salamanca, Rome, Louvain and Paris, where he stayed for 7 years and took his vows of poverty and chastity, the will to evangelize his contemporaries by the creation of the Society of Jesus, which was the armed foot of the counter-reformation and participated markedly in the Council of Trento. It should be noted that he went to Jerusalem to the Franciscan fathers, guardians of the Church of the Holy Sepulchre, but stayed there for only 3 weeks, expelled by the Turks because he was going around the city preaching the gospel to passers-by.

Always in love with the Renaissance, Michel Huguier wrote the life of Henri II, King of France, Catherine de Medici, Henri's Italian wife and Diane de Poitiers, Henri's mistress (3). He enumerated the qualities of Henri who drove the English from Boulogne and Calais, conquered strategic towns in the east of the country, but did not know how to prevent the start of the religious wars between Catholics and Reformed which, after his death, devastated the country. We find, again, Vesalius in this story who was called with Ambroise Paré to the king's bedside, fatally wounded in a tournament.

1. De quoi Ignace de Loyola est-il mort ? in line : https://www.academie-medecine.fr/?sfid=1000033776&_sf_s=loyola%20huguier

2. Huguier M. Trois grands esprits sur les routes de l'Europe, Loyola, Sittow, Vésale. Fiacre ed. Paris 2016. Quelle Assurance maladie voulez-vous ? L'Harmattan ed. Paris. 2017

3. Huguier M. Henri II, Catherine de Médicis, Diane de Poitiers et la renaissance. Fiacre ed. Paris 2019

Michel Huguier also took an interest in contemporary history. Let us quote two of his works: "1905, a pivotal year of the XXth century" marked by the Franco-German antagonism in Morocco and the "cordial agreement" with the English (4), and also "De Gaulle, Roosevelt and Indochina from 1940 to 1945" where he describes the balancing policy of the Governor General of Indochina, Admiral Decoux, between the allies and the Japanese (5).

His literary activity went hand in hand with his academic work, and he published numerous studies such as "The proper use of drugs", "Ruptures and innovations in medicine and surgery", "Robotic surgery", and above all he was interested in health insurance. He published a well-researched book in 2017 entitled "What Health Insurance Do You Want?" (6) With a very comfortable health insurance system with very few constraints, French people believe that they should be able to access all medical advances regardless of their costs. This results in a deficit of several billion euros each year. This book tries to show that solidarity and freedom should not make us forget responsibility. And it proposes ways



Michel Huguier (2003)

to return to the financial equilibrium by revisiting some of its causes: medical deserts, third-party payment, small risks and universal health insurance. The book was published just before the presidential campaign of 2017 in order to know the candidate programs on these health issues. In fact, the government's generous policy called "whatever it costs", with free screening tests regardless of their frequency and free vaccinations during the still unresolved covid-19 epidemic, has aggravated this financial imbalance. The Academy has pronounced itself on this subject and has called for a compulsory health pass to force those who are reluctant to be vaccinated.

In conclusion, Michel Huguier represents the magnificent example of a professor of medicine who worked as much during his professional life as he did during his retirement, and if he gradually abandoned technical medical subjects, he reconverted himself into a historian and a critic of government action. His death was painfully felt by the Academy which lost, with him, one of its most active and most listened to members.

4. Huguier M. 1905 : une année charnière du XXème siècle. L'Harmattan ed. Paris. 2005

5. Huguier M. De Gaulle, Roosevelt et l'Indochine de 1940 à 1945. L'Harmattan ed. Paris. 2010

6. Quelle Assurance maladie voulez-vous ? L'Harmattan ed. Paris. 2017



Creativity of Aged Composers, Soloists and Conductors Verdi and his Falstaff: the Creative Resilience of an Amazing Octogenarian



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Giuseppe Verdi (1813-1901) was the undisputed master of nineteenth-century Italian melodrama. But, starting from the 1860s, the young poets and artists of the Milanese Scapigliatura ('scapigliati' means 'dishevelled'), criticizing an Italy that had lost the spirit of the Risorgimento and mixing a certain romanticism and demonism à la Faust in

a somewhat confused way, found an easy target in the mature musician. They did not understand how much Verdi had renewed the opera scene, dissolving closed forms in a modern musical novel. And when the twenty-one-year-old Arrigo Boito, writer, poet, musician - certainly among the most cultured and gifted exponents of the heterogeneous Scapigliatura - in a goliardic ode

of 1863 dared to accuse Verdi (even without naming him openly) of having smeared the altar of art "Like a brothel wall", the musician was very saddened. In a phase of stasis in the history of Italian unity - after the death of Cavour and before the conquest of Rome - the "proud bear of Busseto" (as Giuseppina Strepponi, Verdi's faithful wife, called him with affectionate irony), believed he represented - together with the old, venerated Manzoni - the authentic value of Italian art in front of Europe and the world. The mockery of the Scapigliati struck him as a betrayal. After passing the age of 60, he stated in an interview given in 1875 to the young American Blanche Roosevelt; "I consider the Requiem Mass my last work": words fortunately denied by the facts.



FALSTAFF in a painting by Eduard von Grützner

The creative flowering of the old Verdi blossomed precisely thanks to the collaboration with Boito who, in an authentic conversion, became the devoted and very intelligent right-hand man of the Maestro (a great moral revenge for him!): this fruitful intergenerational collaboration gave history another three golden masterpieces: the reconstruction of *Simon Boccanegra* (1881), the peak of *Otello* (1887) and finally the miracle of the creative spring of Verdi's eighty years: *Falstaff*.

The great enthusiasm of the repentant Scapigliato dispelled the fears of Verdi, who felt old, and in a letter dated 7 July 1889 he wrote to Boito: "In drawing Falstaff, have you ever thought about the enormous sum of my years?... What if I can't resist the fatigue? What if I don't finish the music?". Boito's reply (9 July) ended with a quote from a splendid aphorism by Laurence Sterne: "I don't think writing a comic opera would tire you... A smile adds a thread to the plot of life".

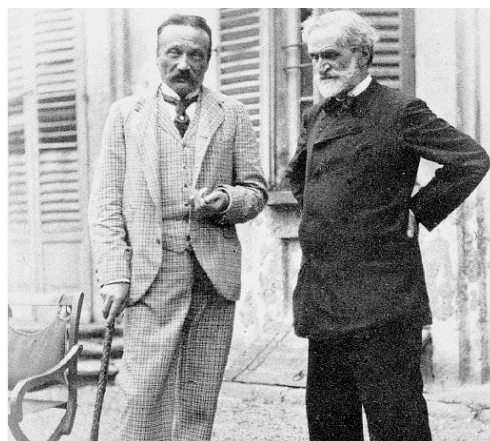
Verdi surrendered (willingly) to the solicitations, the creative work began and Boito gave his best: he basically followed the plot of the Shakespearean comedy, *The Merry Wives of Windsor*. His first merit was that of having recovered and grafted into the plot of the comedy the most appealing passages of the monologues from the Acts I and III of Shakespeare's play *Henry IV* (1596), of which the comedy represented what today we would define one "spin-off" (strongly supported by Queen Elizabeth). Boito made a fine intertextual work that gave back to Sir John Falstaff a great theatrical dimension, "a sparkling cross between Plautus's *Miles gloriosus* and Rabelais's Panurge" (1), a profile

congenial to Verdi's inspiration, that required strong characters to light up.

The basic plot of Verdi and Boito's *Falstaff* is well known. Sir John Falstaff, an ironic epicurean and joker intent on increasing his huge belly and his purse, tries to woo two rich and nice Windsor ladies, Alice Ford and Meg Page, with the same love letter full of hyperbolic, gallant expressions. But his plan is discovered and, in a mocking revenge plotted by the merry wives, the pot-bellied seducer finds himself thrown into the Thames in a basket full of laundry, amid general laughter. When later the incorrigible Sir John tries again to seduce Alice - disguised as a black hunter with two horns on his head, at midnight under a fairy oak - all the inhabitants of Windsor participate in the joke, disguised as spirits of the

forest: they beat, whip and insult the big body of the unfortunate Sir John, ordering him to repent. But even scorned, Falstaff will still be the one to lead the chorus, in the smiling conclusion.

The première of the opera at the Teatro alla Scala on February 9, 1893, was a great success; among the audience, there were to applaud also Carducci and the young champions of the new Italian school, Puccini and Mascagni, who bowed before the miraculous modernity of the eighty-year-old Maestro.



VERDI and BOITO (on the left)

It must be said that the splendid linguistic device of the dialogues in verse conceived by Boito - in which the best spirits of subversive irony of the aesthetics of the Scapigliatura are concentrated - is not a secondary factor of the irresistible appeal of this masterpiece; the sparkling libretto makes Verdi's never-dormant comic spirit burst out. Here is an example among the thousand possible of Boito's crackling verbal invention: Fenton (a young man in love with Nannetta, Alice's daughter) defines Falstaff's belly as "...ventraia / iperbolico-apoplettica", (hyperbolic-apoplectic belly) -

formidable futurist image *ante litteram*!

At the fire of Boito's genial writing, the old Verdi melts the last remnants of traditional forms (arias, duets ...) in an open dialogical flow, to whose thread are hooked, here and there, orchestral glimpses that are small unrepeatable gems: these mix, in their lightness, flashes of the past and prophetic anticipations. When Falstaff, in his first drive of self-exaltation (Act I, scene I), sentences formidable: "in questo addome / c'è un migliaio di lingue che annunciano il mio nome!" (in this abdomen / there is a thousand tongues announcing my name!) the orchestral fanfare proceeds with truly Wagnerian progressions! Verdi's prodigious invention easily passes from

1. Girardi M. *Falstaff* in Dizionario dell'opera (edited by Piero Gelli); Milan: Baldini&Castoldi; 1996, p. 421

chamber delicacies to symphonic waves; he anticipates, for example, Puccini (Act I, scene II) in the beautiful melodic phrases that carry the melense phrases of the love letter addressed to the merry wives in a sentimental aura worthy of *Otello*, (proof of how much the old Verdi secretly 'loves' his old Falstaff!). Then, the second scene of Act III is "a fabulous nocturne that dramatically seems to outclass all the tragic and nocturnal endings of *Ernani*, *Rigoletto*, *Trovatore*, *Otello*, and instead musically smiles at Weber's Oberon, Donizetti's *Don Pasquale*, Mendelssohn's *A Midsummer Night's Dream*. It is the last joke against Falstaff, but also a monumental, jubilant tribute to the theatre in music, to the world of fantasy" (2). And, finally, Falstaff still leads the game, intoning the theme of a fugue, written according to the strictest rules of the ancient counterpoint, a page of lively force. He is the deus ex machina of the scene (like Don Giovanni, like Figaro): "Son io che vi fa scaltri. L'arguzia mia crea l'arguzia degli altri" (I am the one who make you shrewd. My wit creates the wit of others), he says:

2. Mioli P. *Il teatro di Verdi – La vita, le opere, gli interpreti*; Milan: BUR, RCS Libri S.p.A; 1997, p. 441

funny, but not buffoon, bon vivant, but authentic man, symbol that identifies with the prodigious vitality of his creator. And it is from the height of the Socratic freedom given to him by his years, that Verdi/Falstaff can in conclusion affirm, with the 'scapigliato' Boito, the cheerful, scandalous truth that keeps heart and mind young: "Tutto nel mondo è burla" (Everything in the world is a joke) (3).

3. Verdi G. *Falstaff*.

- Giulini/Brunson/Ricciarelli/Hendricks; London, Royal Opera House, Covent Garden; 1982 - <https://www.youtube.com/watch?v=PEyAr1-x7Gc>
- Muti/Maestri/Frittoli/Antonacci/Florez; Busseto, Festival Verdi; October 4, 2001 - <https://www.youtube.com/watch?v=kFDYgvZWktg>
- Harding/Terfel/Frittoli/Polverelli/Giordano; Munich, Philharmonie im Gasteig; 2017 - <https://www.youtube.com/watch?v=6CcGi4E3fuQ>



BOOK REVIEWS

Old Age in the *De remediis utriusque fortunae* of Francesco Petrarca (1304–1374)

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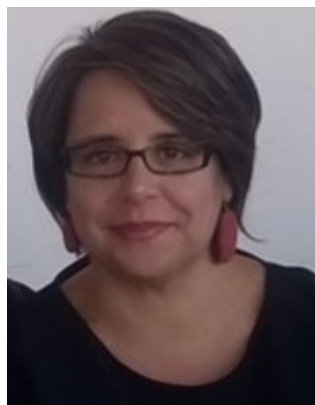
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Rosa Maria De Santo

De remediis utriusque fortunae (*Remedies for Fortunes*) is a major work of the great humanist and poet Francesco Petrarca (1304–1374). It was written in the years 1354–1366 and dedicated to his friend Azzo da Correggio (c1303–1362), knight of fortune, Italian politician, Lord of Parma. It is a moral treatise structured in 2 volumes and based on a total of 254 dialogues. It is a revisitation of a topic Petrarch had addressed in the *Secretum* (*De secreto conflictu curarum mearum* / *On the secret conflict of my anxieties*) written in the

years 1342–1358. It addresses the problem of finding solutions both in the good (Volume I) and bad events in life (Volume II). The treatise, that met with great success and had great influence for the birth of moral literature, was translated in English by Thomas Twyne (1543–1613) as *Phisicke Against Fortune* and by Susannah Dobson in 1791 as *Petrarch's View of Human Life*.

The main topic of the book had been covered by illustrious predecessors, namely Severinus Boethius (Roman scholar, Christian

philosopher and statesman) and by the Italian poet of the 12th century Henricus Septimellensis (1). Severinus Boethius (c475/477-523/525AD) authored *De consolazione philosophiae / Consolation of philosophy*, whereas Henricus Septimellensis authored, in five hundred elegiac couplets *De diversitate fortunae et philosophiae consolazione / The diversity of fortune and the consolation of philosophy* (1191).

The goal of the Dialogue II, 83

The dialogue no. 83 —entitled *De Senectute* (influence of Cicero's *Cato Major*) — takes place between *Dolor* (pain) and *Ratio* (reason). It debates "the difficulties (if not the impossibility) to accept the loss of beauty, of vigor, and of what belongs to youth and the necessity to accept, with serenity, old age and to be grateful to her because of survival. Thus *Dolor* is deaf to the arguments of *Ratio* and it is manifested with an obsessive repetition of the word *senui*/I am old, like funeral tolls in view of the imminent end". At a certain point *Dolor*, after the last argumentation of *Ratio* (no. 72), stops lamentations (*senui*) (2).

As appropriately outlined by Alessia Macrì (3) in Dialogue II, 83 there are four main reasons that render old age unhappy: (i) it makes it impossible to take care of one's own business, (ii) it weakens the body, (iii) it deprives life of all pleasures and (iv) its proximity to death (3).

Pain's lamentation of old age:

"1. I am old; 3. I am old; 5. I am old; 7. I have aged too quickly; 9. I am old; 11. I am old; 13. I am very old; 15. I am old; 17. I have aged rapidly; 19. I am old; 21. I am old; 23. I am old and age has pushed away the pleasures of the body; 25. I am old and I lack the usual pleasures; 27. I have grown old and my head is grey; 29. I have grown old and dingy wrinkles furrow my face; 31. I am old, I am marked by wrinkles and by a general decadence and recognize myself with difficulty; 33. I have grown old and the best part of my years is by now behind me; 35. I have grown old and the nicest days have gone; 37. I am old, Oh might I recover the youth ran away; 39. I am old and the good age is behind me; 41. I am old; why should I not say with the Virgilian King [Evander] "Oh might

Jupiter return back to me my passed years"; 43. I am old, Oh might my youth return to me; 45. I am old: Why so soon the sweet youth has forsaken me? 47. I am old and my body is saged; 49. I got old all of a sudden; 51. Alas I am old; 53. In the end I got old; 55. I am old; 57. Poor me, I am now old; 59. I am senescent; 61. Poor me, I am now old; 63. I am old and the forces of my body declined; 65: I am old and nearly unable to take care of my business; 67. I am old and my years suddenly have gone; 69. I am old and death is nearing me; 71. I am really old".

After the 71st Pain's claim "I am really old", Reason makes the following final comment:

"Rather you have reached maturity. Do you want to suffer for this? Can you hypothesize that when fruits are ripe might lament for having reached ripeness, or rather wouldn't they be happy to have reached the goal assigned them at birth? To make you sure I want to tell you that when we speak of the death of young persons we say that those deaths are unripe, and it is true, however unripe is opposite to ripe and if being ripe is a good result for fruits and for crops in man the result is excellent. I do know that sometimes things get corrupted before reaching maturity. Certainly, many born to follow the good with

great efforts direct themselves toward the evil, but this does not depend on their age, rather on their nature. You wouldn't have reached ripeness if something went wrong or bad in your nature. So, wait quietly the hand that will mow your life. You are not fearing for death, but the end of your pain and the true life, not a death but a conclusion of a difficult trip that a few may reach through a smooth sailing and generally all reach the goal as shipwrecked persons, naked and weeping. You in old age having escaped the waves of life, sailing pulled by a favorable wind the last tract, are approaching the port. It is time to pull the tired boat out of water. Independently of the direction you will take you must continually meditate on your end, this will be more appropriate than curses fools make, towards your age that is good and toward your nature that is an excellent mother".

We do not know if pain was satisfied with Reason's comment. It is sufficient to stress that was the last paragraph of the dialogue *De senectute*.



Statue of Francesco Petrarca, Uffizi Art Museum, Galleria degli Uffizi, Florence, Tuscany, Italy

1. Pompeati A. Storia della Letteratura Italiana, Vol I. Chapter 12. Torino, UTET 1950; pp. 508-510.

2. Stoppelli P. Francesco Petrarca: Elogio della Vecchiaia. Milano, Vita Felice 2009; p.10.

3. Macrì A.. "Senes fieri volunt omnes, senex esse vult nemo" Il tema della vecchiaia nel De remediis utriusque fortune. Petrarchesca 2014; 2: 141-58. <https://www.jstor.org/stable/26493360>.



To Understand the Biological Complexity

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Luigi Campanella

This textbook (1) is a true lesson of life that deserves a universal language. As our experience during pandemic times has shown in hard situations, but unfortunately only in them does our society succeed in giving up its selfish behaviour, substantially elitist, in favour of another which is more participatory

about the problems to be faced. Contrary to the society, Nature develops through a common and related vision. The traditional partition of environment into three parts, air, water, soil, has only didactic reasons: among them the sharing is total and full so that the quality of one is strictly dependent on that of the other two systems. More, Nature, as human beings should learn to do, looks at the necessary interventions of one system to protect the other two. Clean air contributes to having clean water and soil as, on the contrary, pollution moves from a system of three compartments to the other two. Examples of this activity are the adsorption of pollutants from biomass, the sedimentation along the beds of rivers, the deposited isles at the outlet of rivers into the sea due to the change of salinity, the protection of deep waters by the soil above. All these messages are present in the textbook as well as others, perhaps more philosophical and speculative, such as the organisation of the biological complexity that deals with organizational models and with references of Nature to them as functions of self-protection. To these concerns the chapter about biological diversity is strictly linked and also refers to the lost occasion of our country in terms of

potential stimulation of the environmental protection both as resources dedicated to it and as performed interventions. Diversity generates continuity and continuity generates renewal. An interesting chapter is dedicated to *big data*, a reality of our times in all sectors of human activity. It is dealt with instruments of knowledge and if applied to human Genoma they become a fundamental patrimony for many aspects of our life such as health, new diseases, safety, fight against old and new viruses. The weak point of big data is in their sharing well beyond the geography and the time of their production. Back to complexity the textbook discusses the correlation between molecular nets as expressions of complexity and emerging properties:

a jump from micro to macro with reference to the availability to recycle, to functional characteristics, to wasting ways and methods, practically to circular economy. Two other subjects deal with DNA and metabolomic sciences, the former as expression of life in a personal and unique form almost opposite to the universal vision of Nature, the latter as scientific ways to monitor the correct functioning of living organisms. Here too Nature is shown to be better than human beings: while in the case of monitoring of industrial processes we have to choose where, how and when to perform it, In the case



Lilia Alberghina

of living organisms, vegetal or animal, the monitoring exploits indicators always and everywhere available, kind of wearable sensors. The textbook is constituted of 12 chapters with a very opportune appendix dedicated to some relevant bibliographic references suggested to deepen the arguments of the 12 chapters.



1. Alberghina L. Per comprendere la complessità biologica. Milano, Licosia Edizioni, 2021.

FOCUS ON

THE INTERNATIONAL DAY OF OLDER PERSONS

The Canadian — European Emeriti Event

October 1, 2021

Anne Junker

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Anne Junker

The European Association of Professors Emeriti (EAPE) co-sponsored with the University of British Columbia (Canada) a webinar about insights into healthy aging. The four distinguished panelists included EAPE President-elect and Emeritus Professor Sir Les Ebdon CBE, DL, DSc, DUniv, CChem and FRSC; pediatrician Emeritus

Professor Jochen Ehrich, MD, DCMT; Canadian Medical Hall of Famer Dr. Judith Hall, OC, MD, DSC, FRSC and FCAHS; and UBC Emeritus Professor of Economics Dr. John Helliwell, OC, FRSC, and co-editor of the World Happiness Reports. The panel discussion was moderated by Professor Luigi Campanella, a prominent chemist from Sapienza University of Rome and Dr. Anne Junker, Associate Professor Emeritus (Pediatrics) and Vice-president of the UBC Emeritus College. A welcoming address was made by Dr. Santa Ono, President of the University of British Columbia.

The panelists aired interrelated perspectives on "Healthy Aging" where there was more of an emphasis on the importance of being connected and involved than being fit and free of disease or disability. A strong theme was the importance of regarding aging as a life continuum and the value in combining older and younger people so that they can learn from each other. Sir Les Ebdon (England) spoke to the benefits of lifelong learning (and teaching) on brain health where memory and reasoning are enhanced through stimulation of neuronal activity. Retirement provides

the time to explore new learning opportunities which help people stay connected, be fulfilled, and maintain mental well-being. Professor Jochen Ehrich (Germany) emphasized that preparation for healthy aging is a life-long project that starts in early childhood. His personal belief is that the opposite of "old" is not "young" but "new", and if one is open to experiencing "new" they can successfully manage all stages of life. Grandparents can play a key role in preparing children for healthy aging; children who hold negative views of old people visualize poorer outcomes for themselves in old age. We need to move from the current highly compartmentalized, treatment-oriented medical approach to aging. Healthy aging requires a holistic, transdisciplinary, complex systems approach with emphasis on societal supports of health throughout the lifespan, rather than a siloed focus on treatment or prevention of disease when people are old. Dr. Judith Hall (Canada) stressed the value of emeriti who signify an enormous human capital that should not be wasted. We should learn from Indigenous societies where elders, knowledge keepers, and cultural advisors play a central role in increasing awareness, teaching and advising around Indigenous knowledge, histories, languages, and ways of knowing. She highlighted the many opportunities available to emeriti who can choose to continue to be involved in scholarly activities, apply their career experiences to new venues, or expand commitments to family and community, all of which enhance their lives. Associations for emeriti often start by offering social connections but can expand to provide lecture series, support for continuing scholarly activities, and opportunities for emeriti to interact with undergraduate trainees and graduate students. Dr. John

Helliwell (Canada) stressed the importance of subjective well-being of people throughout life to the health of nations which has been the basis of the World Happiness reports which he co-edits. A key feature of happier and thus healthier lives involves interactions between people and a sense of community belonging which has an increasingly positive impact as we get older. A lively discussion between the panelists and responses to audience questions followed the formal presentations. Dr. Hall extended Professor Ehrich's argument that child-oriented strategies need to be developed to support healthy aging, by pointing out the multi-generational impacts on health such that stress incurred by a pregnant women can affect the health of the

offspring of her foetus. This led to a discussion on resilience in the context of healthy aging where it was agreed that resilience is important at a collective community level, in essence, the extent to which people feel supported, can trust others, and are able to help one another.

The full session can be viewed at https://www.youtube.com/watch?v=zTs_fLheftw



Lifelong Learning and Healthy Ageing

Sir Les Ebdon

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Sir Les Ebdon

'You are never too old to learn' is a truism but why should you continue to learn? Lifelong learning is the concept of continuing to pursue education throughout life. Lifelong learning comprises the strategies to create opportunities to learn throughout our lifespan. Many individuals stop pursuing additional

education and skills development beyond formal or compulsory education. Lifelong learning is usually self-motivated, often informal, usually voluntary, part time and frequently based on personal interests.

The advantages of lifelong learning are often cited as shown in the table below:

The Advantages of Lifelong Learning
Job Success
Brain Health
Stay Connected
Be Fulfilled
Mental Wellbeing

For job success, either to acquire entry-level skills or upskilling within post. A survey of part-time education in the United Kingdom showed that the majority of such

learners were taking classes in order to change their employment (1).

Research shows that we need to keep our brain cells working at optimum levels in order to limit cognitive and memory decline. As we age, neurobiologists at the University of California Irvine have shown visual evidence that learning promotes brain health (2). Every day forms of learning animate neuron receptors that help to keep brain cells functioning at optimum levels. Rhythms are promoted which are vital to the encoding of memories. These so-called theta-rhythms weaken as we age and this can result in memory impairment. Staying mentally active can keep neuronal signaling at a constant rate which may limit memory and cognitive decline. So we are beginning to understand what we have known for years, those who stay active learners into the third age see benefits in memory and reasoning.

To stay connected is the third advantage. Adult education is one of the best ways to meet new people and connect with new ideas. This would suggest it is one of the best ways to meet new friends and to stay in touch within our ever-changing world.

1. Universities UK. Lost Learners, Publication 26 Oct 2018.

2. Chen LY, Rex CS, Sanaiha Y, Lynch G, Gall CM Learning induces neurotrophin signaling at hippocampal synapses Proc Nat Acad Sci 2010; 107(15): 7030-7035.

Be fulfilled. Marjan Laal and Peyman Salamati in a review in 'Social and Behavioural Sciences' (3) suggest that the greatest benefit of lifelong learning is an enriched and fulfilled life. Our lives are enriched by lifelong learning but we are also enabled to contribute to making the world a better place, through enlightened social change and applied science.

Finally all these things help our emotional balance and contribute to our mental well-being or in old-fashioned terms 'our happiness.' The New Economics Foundation found five ways to mental well-being (4):

connect; be active; take notice; keep learning; give.

Lifelong learning meets at least four of these needs, as we seek to guide those who are ageing away from depression, loneliness and that other pandemic of our age - mental illness.

So why is lifelong learning under threat when it is so obviously an important part of healthy ageing? I would suggest this comes from the increased emphasis upon a functional approach to education. If you search lifelong learning on Google or other search engines, you will be showered with items about upskilling for particular jobs. The need to reskill people in work, in a time of rapid change, is a major challenge for governments and the funding resources for lifelong learning are increasingly directed towards realising an economic return.

In many ways it should be easier than ever to engage in lifelong learning. Most countries have distance learning

universities, for example the Open University in the UK. There has been a rapid rise in the numbers of Massive Open Online Courses or MOOCs. These should be open and accessible to all who have broad band connectivity. Organisations such as the Workers Educational Association, which has been promoting adult education since 1903, increasingly find that they are providing for older learners through online lectures. The University of the Third Age is a global movement. Started in France, to promote the extra-mural activity of universities to those who have the opportunity to undertake learning for its own sake. Two different models have emerged. Most European countries have followed the French model but English-speaking countries have followed a geragogic model. That is where the emphasis is on sharing knowledge rather than formal education (some countries use the term Lifelong Learning Institute rather than the University of the Third Age). I think there is much to be valued in a sharing model of lifelong learning and I would be a strong advocate of this as it provides an additional aid to healthy ageing, the opportunity to teach as well as to learn. The late Nobel Prize winner, Max Perutz liked to recall his own story. Recently arrived in England from Germany, at the outbreak of the Second World War he was classed as an 'enemy alien'. With others, many of whom were also brilliant academics, he was interned in Newfoundland. They decided to form their own 'university' and they taught each other their own expertise. A truly sharing model of lifelong learning which links Europe with Canada, as does this symposium.

3. Laal M, Salamati P. Lifelong learning; why do we need it? Proc Social & Behavioral Sci 2012; 31:399-403.

4. Aked J, Marks N, Cordon C, Thompson S, Five Ways to Wellbeing, New Economics Foundation 22 Oct 2008.



The Challenge of Developing and Evolving Career Pathways for Senior Academics

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Judith G. Hall

When I was born my life expectancy was 59 years, now, because I am a woman in the West Coast of Canada, it is 89. An extra 30 years! The pandemic has emphasized that clean water and immunizations have changed the course of human life expectancy. Some people have always lived to old age.

However, depending on how

the pandemic plays out, ours will be the first generation where many people are able to explore what that extra 30 years mean for individuals (1).

Because our generation has been the "throwaway" and "glorified youth" generation, ageism has developed and implied that older people are degenerating, losing their abilities, and failing to contribute. Although mandatory retirement has been stopped in many jurisdictions, there is still a push for older academics to retire, perhaps even earlier, to make room for "new blood" and new ideas; and that older folk should just enjoy life and fulfill one's "bucket list" (2). It is true that, as senior academics retire, health permitting, he or she should get to do what they want. We will hear from the next speaker that on average people become happier as they age. Furthermore, data show older workers are more reliable, see the "big picture" and are better at finding solutions in the work place (3). Several studies indicate they mentor the younger workers and lead to more collaborative work.

When I became Chair of Pediatric more than 25 years

1. Hall JG. Continuing contributions of older academics. *Am J Med Genet Part A*. 2021;185(2):647–57.

2. Silver MP. Retirement and Its Discontents: Why We Won't Stop Working, Even If We Can. Kindle Edition. Columbia University Press; 2018. 296 p.

3. Argonin ME. The End of Old Age: Living a Longer, More Purposeful Life. Da Capo Lifelong Books, 2018. 240 p.

ago, there were three members of my department that had mandatory retirement in the coming year. One had planned carefully, taken up painting, and asked whether the department could do a last draft of the 36 manuscripts he planned to write (this was before computers). I was of course delighted to offer help and indeed he wrote all of those papers over the next five years! The second individual had not planned for retirement. Basically, he was angry that we were making him retire. He went away very unhappy, never to be heard from again. Undoubtedly, he was feeling not appreciated in spite of years of outstanding work. The third individual had been Chair of the department in the past, and so stayed around and asked what he could do to help. After a while I suggested that he write the history of the department, he disappeared for three years and did a truly masterful job of writing the history of the department and went on to write medical history books in a superb fashion; obviously he had found his niche.

That is actually the challenge for academics! What does the next stage of life hold? What will our niche be? What will our new purpose be? What are the models? What are the possibilities? It is quite clear that after the age 65 we should be giving up "control", but what are the new types of contributions? Every Indigenous society has a Council of Wise Elders who don't have to be responsible, but having been around over many years, they have gained a variety of experiences and knowledge; have developed perspective and wisdom! If you have been through conflict, drought, and disaster, you would know where to find water and small game and where to hide. The elders had been through many changes in environment-famine, earthquake, typhoons, and if they were at war with another tribe, they know their tricks. It should no longer be their job to lead, but rather to be aware of past history and support the younger generation.

The question is how that works within an academic setting – what is the role of the senior academician. I have

had the pleasure of being on a committee to give advice about our UBC campus' physical structure. Campus Planning is of course responsible, but we make suggestions out of our long-term experience with and on the campus. And I must say, many of our suggestions are followed, and the campus is a more beautiful and functional place because of it. It is an excellent model of the new possible roles for senior academics to play within the university.

The question of course, for Emeritus Associations and Colleges, is how to both help individuals as they "come of age" and how to help the university out of our past experience when it enters new territory. We need to be building new models and providing advice as our colleagues come of age and are living longer. Help them find a new purpose.

On several occasions, I have tried to assess and tabulate the kinds of things that Emeriti do in their retirement (1,4). It has become clear that about one third of academics retire to their family and community, become quite engaged — volunteering and providing care - and are quite happy. In fact, society depends on them! On average seniors contribute 30 hours a week of unpaid volunteer work. About a third continue with their scholarly activities: teaching, mentoring, finishing research projects, and beginning new projects, often multidisciplinary that would not have been possible previously in their career. The last third are particularly interesting to me, because they use their experience and well-honed skills in different and new ways: teaching in a third world country, becoming an executive officer in a professional group, being a consultant, writing, creative writing, civic engagement and so forth. We represent a very specific human capital that should not be wasted.

In preparation for retirement, one needs to begin to plan at least 5 years before "the day", not only for financial reasons, but to develop a perspective about a broad range of areas. There is no right or wrong way - no single way. Activities will keep evolving as one engages. Nevertheless, some prior thought needs to be given to ways of developing and maintaining 1) physical activity and health 2) family and other relationships 3) what will be one's leisure and social activities, 4) what continuing personal development to undertake, 5) what will be your relationship to your past work and career, as well as 6) financial consideration including housing. Circumstances will change overtime, but planning is essential for a peaceful transition.

So - what are the roles and new roles for Emeritus Associations? Initially, the most important and usually the first role for Emeritus Associations is social in the broad sense of getting together, programs, special interest groups, and the range of social activities that allow continuing social interactions with colleagues, those from the same generation. Continuing social interaction has been shown over and over again to be a sign of successful aging. As emeritus groups mature they often take on expanding benefits for their members and new relationships with the university. Usually a newsletter or publication is developed. Other kinds of activities such as a lecture series on research done since retirement, study of a political or social problem, activities and programs to engage trainees, or graduate students and support for development projects of the university (money raising) (5). Most Emeritus groups develop some kind of program to help those thinking about retirement (preparation for retirement) that reflects the vast range of options and experiences among senior academics, and thus help other academics move into this new stage and use their talents.

As I close, I want to reflect that genetic, molecular, and IT advances have begun to reveal that there are different physiologies at different ages/stages, which reflect, evolutionarily, the tasks of those particular stages. This takes the form of alternative biochemical pathways, utilizing different genes or alternative splicing, and developing new connections within the brain, which produce age-related vulnerabilities for new diseases. There will need to be a tissue specific, time in development specific, sex specific functional genome done to identify these different pathways - which will give a much better understanding of the human body with age and provide major opportunities for new kinds of therapies. I have become aware through surveys that there are a series of new skills and abilities we may develop after age 65.

Again, what is the role of Emeritus Associations in this venture? Of course, it is to be volunteers, both to be studied and provide samples. We are a terribly privileged group, but theoretically we can model new roles for those past 65 as more and more of us live longer and longer in a healthy stage. We represent an enormous human capital that should not be wasted.



4. Hall JG. The challenge of developing career pathways for senior academic pediatricians. *Pediatr Res*. 2005;57(6):914–9.

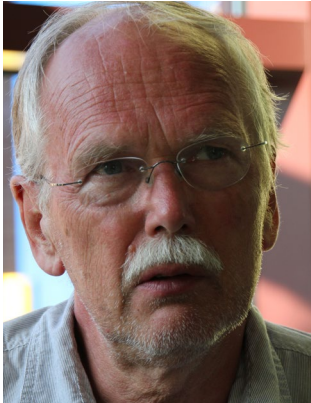
5. Dance A. Stick retirement! *Nature*. 2018;559:429–31.

Ways of Analyzing Long Term Effects of Early Life Experiences on Healthy Ageing?

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Jochen Ehrich

Antonyms:

The opposite of old is not young.

The opposite of old is new.

As long as people are open to experiencing the new, people will successfully manage all stages of their life.

In the context of healthy ageing, the antonyms young and old are related to each other and refer to a common

basis. Aristotle concluded that virtues are located between two opposite extremes.

Cellular senescence is involved during growth and development of children and during ageing at later stages of life. Ageing is characterized by complex biological and psychosocial mechanisms which should be studied in medicine and in philosophy by holistic complex systems thinking. We think that complexity of ageing is not only related to old people with medical complexity of diseases. Therefore, we will not limit our article to specific medical services. Secondly, we believe that prevention of premature ageing and preparing for normal, successful or healthy ageing must start in early childhood. The influences and the influencers are diverse and multi-factorial. Thirdly, we believe that grand parents and other old people play a key role in preparing children for healthy ageing and that generational gaps must be avoided.

Our messages are closely related to the French philosopher Edgar Morin (1) who wrote: "At the time of globalization, specialization drives the progress of knowledge; however, it also drives to breaking down knowledge which should be kept as a whole. The disjunction between disciplines ... *in healthcare services* ... hides the connections and the complexity of the whole human being. It is a paradox that medical progress induces regression of knowledge and causes new ignorance". How might complex systems thinking help healthcare providers *avoid reductive thinking to improve a combination of deductive*

1. Morin E. (1987). *Scienza nuova*. In: *Lust am Denken*. K. Pieper. Pieper Verlag, München, p.119-124.

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and inductive thinking in theory and practice with regard to healthy ageing? Edgar Morin concluded that "In general..., we are in extreme need of trans-disciplinary concepts, to extract, assimilate and integrate knowledge which is broken down, separated, compartmentalized and fragmented" (1). We conclude that successful normal aging is a life project. We have learned that healthy and unhealthy aging are only parts of life projects which require overlapping different health projects. Although difficult to prove, in our opinion health depends approximately 80-90% on general healthcare and only 10-20% on medical care.

What is the role of healthcare systems in the context of healthy ageing?

After studying child healthcare services in Europe for 20 years, we came to the conclusion, that there is general dilemma of healthcare services. In spite of undoubted great progress in medical care, there is also an increasing distrust of people in the healthcare services which developed in parallel among all populations of European countries. This success-mistrust paradox was leading to insecurity and non-compliance to treatment contracts of patients and non-adherence to therapeutic guidelines of their care givers.

We believe that dynamic thinking in public health care is often primarily directed to the adult world. The health status of employed, state-preserving adults is seen as the main aim when supporting the developmental stages from fetus, newborn, infant, toddler, school child to adolescents and adults. We therefore conclude that everything that healthcare systems produce should ultimately serve the holistic whole. This means that the creation of healthy ageing in the whole population must start early in order to prevent premature ageing. Giving general priority to the adult world of working adults is counterproductive if children and old people benefit only indirectly from the processes of thinking. It is the life cycle model which must include pediatrics and geriatrics because healthy ageing would not work without investments in children's and old people's health (2).

2. Ehrich J, Manemann J, Tasic V, DeSanto NG. The implications of complexity, systems thinking and philosophy for pediatricians. *Ital J Pediatr* <https://www.ncbi.nlm.nih.gov/nlmcatalog?sort=pubdate&term=%22Ital+J+Pediatr%22%5BTitle+Abbreviation%5Dhttps://pubmed.ncbi.nlm.nih.gov/33766070/> 2021; 47:76-80.
doi: 10.1186/s13052-021-01031-6.

The concept of root-cause-effect-long-term consequences should have priority during all discussions on healthy ageing (2). Investing in child health has the advantage that every Euro successfully invested in childhood pays off later in adulthood and in old age (3). The holistic approach to healthcare systems embraces the patients' perspectives of adequacy, accessibility, affordability, availability, equity, efficacy, efficiency and equality. When new strategies are developed in healthcare crises, the thinking of those who are the responsible opinion makers must take the holistic whole into account and be deductively related to the problematic individual parts. This is part of a top-down thinking and acting by asking those health providers who are working at the front. Conversely, bottom-up strategies must originate from the lower levels of the providers with the result of presenting practical solutions to politicians. Their influence must be respected and valued through inductive thinking. The last steps in this procedure aim at reaching a consensus of all levels of care givers. The competition of priorities should avoid clientelism and harming of the holistic whole.

Individualization of care for old patients is patients-centered and based on their participation during opinion and decision making. Combinatorial complexity should try to overcome barriers between conscious and unconscious in the ageing brain in order to transform individual visions or dreams into solid concepts. Personalization of care is also patients-centered, but it is developed and coordinated by experts. Differentiation of care is expert-centered and collectivization of care for old olds is society oriented and a matter for public health services (4). The competition of these different interests requires clear management structures, communication, cooperation and willingness to agree on a consensus. The economy cannot take the lead in healthcare because it would harm the holistic whole if neglecting the interacting patients', providers' and systemic factors. This means that economic management can only have a limited say, but not the last word. The human forces are the source of success but also of risks and errors.

Jerold Starr (5) concluded that "Studies of aging have come to be increasingly multidisciplinary and to encompass the whole life course" from young to old age, including the professional and cultural context of aging, and biographical changes in life courses. This is where childhood comes in.

Why may grandparents play a key role in preparing children for healthy ageing? Most kids experience fearful

thoughts about death at some stage in their early lives. However, studies eliciting the views of children on ageing are rare. There is a need for more studies that focus on children imagining their own future as an old person. To address this gap, more than 2000 children participated in an online survey which included questions on ageing. Katrina Lloyd's findings suggest that children who hold negative views about old people visualised poorer outcomes for themselves at age 70 (6).

Conclusions

According to the International Classification of Diseases 11th Revision, ageing is related with diseases. Moreover, old age is indeed the most frequent cause of death; however, this does not mean that it is only a burden or a disease. Old age has a great value in itself. We conclude that healthy aging does not mean staying young forever. In the context of healthy ageing, the implications of complex systems thinking and the need to develop child friendly strategies for healthy ageing (Table 1a and 1b) must be discussed more often in politics of healthcare systems with increasingly ageing societies.

Table 1a. Long term effects of positive early-life conditions on healthy ageing in old olds

1. Resilience to crises
2. Resonance during transcultural communication and creative diplomacy
3. Adherence to healthy life styles
4. Close contacts of children with grandparents and other old people
5. Close contacts with nature
6. Sports, fair play and preventing competition from becoming an end in itself
7. Life long learning
8. Positive sex life during adolescence
9. Fruitful strategies to cope with stress
10. Other

Table 1b. Long term effects of negative early-life conditions on healthy ageing in old olds

1. Poverty
2. Military conflicts
3. Lack of knowledge
4. Unhealthy nutrition
5. Child abuse and bullying/mobbing
6. Broken families
7. Risky life styles
8. Negative life course trajectories
9. Chronic diseases and disabilities
10. Other

3. Heckman JJ (2008) Schools, skills, and synapses. *Economic Inquiry* 46:289-324.

4. Vercauteren R, Harevy B, Schaff JL (2008) *Le projet de vie personnalisé des personnes âgées*. Edition Eres, ISBN 978-2-7492-0930-2

5. Starr JM (1983) Toward a social phenomenology of aging: Studying the self process in biographical work. *Int J Aging Hum Dev*. <https://pubmed.ncbi.nlm.nih.gov/?sort=pubdate&term=%22Int+J+Aging+Hum+Dev%22%5Bjour%5Dhttps://www.ncbi.nlm.nih.gov/nlmcatalog?sort=pubdate&term=%22Int+J+Aging+Hum+Dev%22%5BTitle+Abbreviation%5Dhttps://pubmed.ncbi.nlm.nih.gov/7184868/16:255-270https://doi.org/10.2190/F5TW-3E23-CTRE-H7XE>

6. Katrina Lloyd, Paula Devine, Gemma M. Carney (2018) Imagining their Future Selves: Children's Attitudes to Older People and their Expectations of Life at Age 70. <https://doi.org/10.1111/chso.12289>.

Lifelong Learning and Healthy Ageing

John F. Helliwell

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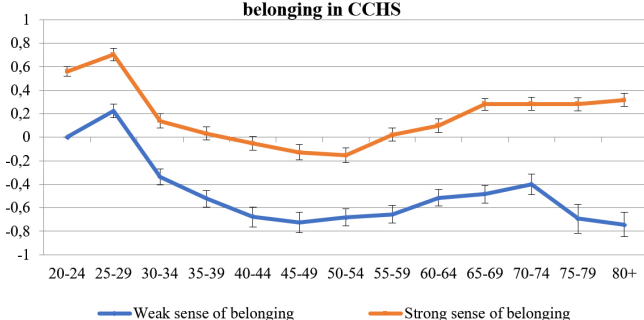


John F. Helliwell

Although many researchers have found a U-shape for happiness over the life course, others have noted that the shape appears in some but not all times and places (1). These notes (based primarily on (2)) argue that the social context is likely to be a key determinant of life satisfaction at all stages of life. In particular, a supportive social context is likely to ameliorate or even remove the mid-life low that is characteristic of

the U-shape, and to increase the typical life evaluation after middle age. Although much emphasis in the literature has been on the front part of the U-shape, showing a drop from younger ages into middle age, our research on the effects of community belonging suggests that its power lies mainly in delivering a supportive social context at ages when the workplace become less relevant as working time decreases with age. Our results for the community context, as shown in Figure 1 below, suggest it to be most important in the later stages of life, when it comes to replace the workplace as the centerpiece of daily life. As Figure 1 shows, however, community belonging is important for all ages, as even in the youngest age group those who feel a strong vs weak sense of community belonging enjoy average life satisfaction that is more than half a point higher on the 0 to 10 scale. In these data from many thousands of respondents to the Canadian Community Health Survey, the life satisfaction benefits of community belonging rise to more than a full point for those over 80, by which age life satisfaction is falling with age for those without community belonging, while continuing to rise for those who still feel strongly connected.

Figure 1: Satisfaction with life difference within each age group and the youngest age group in the model with controls, by belonging in CCHS



The greater impact of community belonging for those of greater ages may reflect changing patterns of life, with less time on the job and more in community settings. Those in the oldest age groups are also more likely than those in younger groups to be living alone, whether through divorce or widowhood. This lower prevalence of supportive networks on the job or at home thus may be what elevates the relative importance of the community as a source of social engagement and support.

Evidence from both Denmark and Canada shows that neighbourhood-level social capital, insofar as it is fostered by time spent living in the neighbourhood, dampens the onset and lessens the depth of the U-shape decline in life evaluations from youth to middle ages (2). The Canadian evidence from two different surveys shows community belonging to be a strong support for life evaluations at all ages, with U-shape ramifications mainly at higher ages.

These results are part of a broader pattern of evidence showing that workplace congeniality, marriage, time spent living in the same neighbourhood and city, and a sense of community belonging, are all associated with higher subjective well-being in general, and especially so for those in the middle or later stages of life. We find that the U-shape in age is significantly shallower, and rises more in the higher age groups, for those with the most supportive workplaces, families, neighbourhoods, and cities. This evidence is based on repeated samples of cross-sectional data large enough to show highly significant patterns, adequate only to suggest, not demonstrate, causal connections. The power and prevalence of these associations indicate the power of good social relations to support higher life evaluations, and to provide resilience against the stresses of mid-life, or indeed other issues that people may face.

In older ages, these other issues include health problems. Survey evidence shows that self-perceived health status falls continuously over the life span, but at a much slower rate for those with a strong sense of community-belonging (3). And life satisfaction, which I consider the best umbrella measure of the quality of life, has also been shown to protect against subsequent mortality and death, even after accounting for pre-existing health conditions and health behaviours (4). Happy and healthy aging is thus especially likely for those who keep connected and support their communities.



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The Two Types of Health of Older Persons

Luigi Campanella

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Luigi Campanella

When we discuss health, we often forget to distinguish between physical and psychological health. The health of body and soul, both asking for attention and care.

Concerning the first, I wish to focus here on one aspect that today, during our meetings seems almost forgotten. I am speaking about *diet*. We live in times during which stress is a common word, but often we omit

to consider its oxidative component. During normal activities and processes of life, every day free radicals are produced. These are chemical structures that, due to the presence in their electronic structure of an unpaired electron, are very reactive and so are able to attack and degrade our tissues, organs and metabolic systems. Nature equipped our body with "sentinels"-enzymes primarily-that are able to detect and scavenge these structures.

Unfortunately, with old age these sentinels become "sleepy" and less efficient and we have to activate them from outside. For a long time, drugs were used for this purpose but are subject to abuse. Now "functional feeding" has been introduced. The population, especially older people, are urged to adopt a diet which will enhance radical scavenging activity. The diet involves regular consumption of fruit and vegetables which are rich in antioxidants able to scavenge free radicals. This is sometimes referred to as the "rainbow diet" – the consumption of foods of the seven colours during the week.

The care of the soul is satisfied by the participation in what we call "the market of knowledge" continuously developing. In this meeting Les Ebdon speaks about "lifelong learning". But why not speak of "*living teaching*" for which older professors should be easily available and at no cost to the community? Lifelong learning is a request that comes from ordinary citizens and the subsequent teaching can be performed in social and not just institutional locations. Why is this offer, made by emeriti/retirees, and which is able to improve moral health and happiness, remaining unaccepted? To me that is a little mystery.

NEWS



Kallos. The Ultimate Beauty
Museum of Cycladic Art, Athens

27 Sep 2021 - 16 Jan 2022

Professor Stampolidis on his exhibition "KALLOS", the ultimate beauty.

The exhibition "Kallos" which focuses on ultimate beauty invites you not only to look at but also, primarily to see beauty through works of aesthetic excellence created by ancient Greeks during a specific period of their history. Yet, however as much as one may describe with words, as much as one may clothe with words those superb creations, they will still remain naked, awaiting the joy of each viewer's gaze to imagine

them dressed with his/her own feelings and meanings, surrendering his/her soul to the aesthetic purview. On gazing upon beauty essentially you gaze upon yourself, upon who you are and who you would like to be outwardly but also inwardly.

Nikolaos Stampolidis
Professor of Classical Archaeology
Director of the Museum of Cycladic Art





EAPE Participation in the 12th International Conference on Instrumental Methods of Analysis-Modern Trends and Applications IMA2021

September 20-23, 2021

Maria Ochsenkuehn-Petropoulou

Professor Emeritus, School of Chemical Engineering, National Technical University of Athens,

Member of the Board of Directors of EAPE, Co-Chair of IMA2021

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Maria Ochsenkuehn-Petropoulou

The 12th International Conference on "Instrumental Methods of Analysis" was organized by the Aristotle University of Thessaloniki and the National Technical University of Athens, during 20–23 September 2021, as a Virtual event. It provided the opportunity for high-level analytical scientists from around the world to promote their relevant research.

techniques (supported by the European X-ray Spectrometry Association) and application of chemical analysis in the study of virus spread analytics (airborne and wastewaters) were also organized within the frame of IMA-2021.

EAPE was represented by Dennis Cokkinos, Founder and Honorary President of EAPE, who gave, in the opening ceremony of the conference, the following welcome message from EAPE:

"The European Association of Professors Emeriti is happy to participate in this year's 12th International Conference on Instrumental Methods of Analysis, co-organized by the National Technical University of and the Aristotle University of Thessaloniki.

Our Association was founded in September 2016 in Athens with the goal of bringing together Professors Emeriti from all disciplines of Europe towards uniting their capital of experience and knowledge for the creation and preservation of ties among academics in Europe, creation of a "think tank", teaching and mentoring, research and last, but not least, submitting proposals to all relevant authorities towards the improvement of our lives and our civilization. In this effort we seek the collaboration with all scientific Societies.

Our bonds with Chemistry and Chemical Engineering are very strong with our President Elect Sir Les Ebdon and General Secretary Luigi Campanella being chemists while Board Members Maria Ochsenkuehn-Petropoulou, co-organizer of this Congress, and Nicholas Markatos belong to the discipline of Chemical Engineering.

I am happy, as a physician, to convey the same sentiment from our current President, Natale De Santo Professor Emeritus of Nephrology at the University of Campania Luigi Vanvitelli, Naples that you place such a great importance to the combat against the Covid-19 pandemic.

We must stress that the Book of Proceedings from our 1st International Congress in May 2019 with the title "The Capital of Knowledge" was already, at that early stage, dedicated to the fight against the pandemic.

'This book is being published while humanity is facing a dire ordeal, the deadly pandemic of Coronavirus. We dedicate our "Capital of Knowledge" to those who are suffering, those that have sadly perished, but also to the common strife against the invisible enemy. We, Professors

IMA is a biannual series of conferences that started in 1999 and covers all areas of Chemical Analysis, including the development of new techniques, modern trends, and applications in a wide range of scientific disciplines. Several leading analytical chemists from Greece and abroad have presented their research work at IMA2021. The 12th IMA conference (first time in a virtual format), had the ambition to bring together some of the most talented and innovative analytical chemists from all over the world for an excellent scientific online conference. The program of the 4-day event attended by 260 participants from 23 countries, included 14 invited speakers, 73 oral presentations and 98 poster contributions.

Topics covered included: spectrometric and electro-metric analysis; chromatographic, mass spectrometric, microscopic, and thermal analysis methods; proteomics, metabolomics, metallomics, and elemental speciation analysis; chemical and biosensors; field analysis—mobile analytical instruments; miniaturized analytical systems (lab-on-a-chip), micro- and nanofluidics; immunoassays, electrophoretic separation techniques; sampling techniques and strategies; robotics and automation; quality control—quality assurance in analysis; metrology; data processing and chemometrics; environmental analysis; biomedical (ecotoxicological, clinical) and pharmaceutical analysis; food analysis; materials analysis (nanomaterials, smart/advanced materials, surface analysis); archaeometry; analytical chemistry markets and possibilities for commercialization.

Special sessions focused on aerosol metrology (supported by EU Project AEROMET II), advanced X-ray

Emeriti express our strong belief that Humankind will prevail'.

Significantly our treasurer Professor-Academician Patrick Berche has published in our July Bulletin a very pertinent article underlining that the WHO officially declared the Covid-19 a pandemic. By June 2021 according to the same organization the virus had killed ca. 4 million people. It also fulfills the concept of a syndemic, since it is superimposed on AIDS, malaria and tuberculosis and also to non-infectious pandemics such as diabetes, obesity, cardiovascular diseases, cancers and malnutrition. These chronic diseases contribute to the high mortality rate of Covid-19, necessitating significant political decisions.

It must be stressed that this new pandemic or syndemic brings into focus the importance of collaboration between

medicine and chemistry, which exists on many other fronts.

The limits among scientific disciplines are becoming less distinct as the time of doubling our knowledge has shortened to 13 months at the time that artificial intelligence and machine learning are promoting the production and application of new knowledge.

Medicine, Chemistry and Chemical Engineering have undertaken many common efforts in diagnosis, discovery and invention of new drugs, and most importantly in creating new vaccines. In this greatly changing era, our common goals should be more actively pursued".



FORTHCOMING EVENTS



EUROPEAN ASSOCIATION OF PROFESSORS EMERITI

Committee on Prevention and Health Promotion

First Digital Educational Seminar

December 1st, 18.00 CET

PROGRAM

- *Welcome*

NATALE G. DE SANTO

President of EAPE, University of Campania, Naples

- *Salutation,*

- *The clinical application of research in organ transplantation*

Sir MAGDI YACOB

Imperial College London & Aswan Heart Centre, Chairman

- *The goals of the committee of Prevention and Health Promotion,*

- *The increase of life expectancy*

DENNIS V. COKKINOS

University of Athens

- *Building Health Promotion. Psychosocial context*

GEORGE CHRISTODOULOU

University of Athens

- *Epidemiology and prevention of CVD: past, present and future 15*

GUY DE BACKER

University of Ghent

- *Salutation from the Institute of Public Health of the American College of Greece,*

- *Covid-19 and smoking*

- *Questions and Answers*

PANAGIOTIS BEHRAKIS

University of Athens

Confirmation of participation:

healthcommittee@acg.edu

Link: www.acg.edu



Second Congress: THE CAPITAL OF KNOWLEDGE

EUROPEAN ASSOCIATION OF PROFESSORS EMERITI

Naples, Italy, April 28-30, 2022

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UNDER THE AUSPICES OF

- ARFACID, Association of Social Solidarity and Promotion of Studies on Cancer, Aging and Degenerative Diseases
- Reference Site Connective Network

VENUES

April 28, 2022 1.00 PM-8.00 PM

Main Hall Grand Hotel Vesuvio

45 Via Partenope, Napoli

April 29-30, 2022

Centro Congressi Università Federico II

36 Via Partenope, Napoli

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TOPICS OF THE CONGRESS

1. Academies, Emeriti and their Associations; 2. Aging; 3. Back to Learning; 4. Biodiversity; 5. Challenge of Fair Access to University; 6. Climate Changes and Negative Emissions; 7. Contribution of Professors Emeriti to Science; 8. Cultural heritage; 9. Engineering; 10. Europe; 11. History; 12. History of Medicine; 13. History of Science; 14. History of Surgery; 15. Human Capital of Age; 16. Linking the Needs of Children and Old-olds; 17. Management of Health Changes in our Century; 17. Mentoring; 19. Mental Health; 20. Migration; 21. Nature Protection; 22. Pandemics; 23. Philosophy; 24. Scientific Achievements through the Ages; 25. Space conquest; 26. Others.

ABSTRACTS PUBLICATION

As for the Athens Congress Abstracts, they will be published in a Supplement of *Archives of Hellenic Medicine* 2022.

PUBLICATION OF PROCEEDINGS

The Proceedings of the Second EAPE Congress will be published in a book edited by the Society for the Propagation of Useful Books in Athens. Instructions will be emailed before the congress to all presenters of accepted abstracts.

SUBMISSION OF ABSTRACTS

The congress is open to presentations of EAPE members and their guests.

As for the tradition of the Founding Congress and of the First Congress the program will be arranged on the abstracts received by EAPE members and their guests. From October 15, 2021 to December 20, 2021 it will be possible to submit abstracts (220-250 Words) to be discussed at the Congress. Abstracts shall be submitted-online at www.emeriticongress2022.it

INSTRUCTIONS FOR ABSTRACTS ONLINE SUBMISSION

- Title in bold capitals
- Name in bold
- University & Department in italics (not in bold)
- Email address in italics (not in bold)
- Text of up to **250 words but not less than 220**

EXAMPLE OF ABSTRACT FORM

GIVING OTHERS THE CHANCE WE HAD, THE CHALLENGE OF FAIR ACCESS TO UNIVERSITY

GIVING OTHERS THE CHANCE WE HAD, THE CHALLENGE OF FAIR ACCESS TO UNIVERSITY

Les Ebdon

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Studying at university remains a life changing experience for many young people today, but the opportunity is still not available for all who have the potential to succeed in higher education and the wish to do so. Barriers remain in virtually every country in the world. You are much more likely to go to university if your parents went or if they are rich. Often ethnicity, religion or socio-economic class determine your chances and in some countries where you are born or your gender remain important. In our increasingly knowledge based economies, this lack of access to higher education is not

only wasteful of talent but it is economically damaging. In a democracy, such blatant disregard for equity is also socially and politically damaging. Consequently many countries are now enacting policies to provide fairer access to higher education. This talk will draw on the author's experience, both as a University leader and a Government appointed independent regulator of 'Fair Access to Higher Education' in England. The scale of the problem and its root causes will be illustrated and global comparisons given. Some of the activities being promoted to provide fairer access and widen participation in higher education will be discussed. These will include the role of scholarships, grants, loans and fees and their effect on participation. The importance of raising both aspiration and achievement amongst school leavers will be illustrated, as will the importance of long term strategic outreach programmes. Opportunities for Governments, Universities, charities and retired academics to get involved will be outlined.

PRELIMINARY PROGRAM

Thursday April 28, 2022

Main Hall Grand Hotel Vesuvio

45 Via Partenope, Napoli

- **1.00 PM: Registrations**
- **2.30-4.30 PM: Session 1 (plenary) - Academies**
 Prof. Giuseppe Marrucci, Naples, *Accademia Pontaniana (1443)*
 Prof. Goffredo Sciaudone, Naples, *Società Nazionale di Scienze Lettere ed Arti in Napoli (1698)*
 Prof. Ortensio Zecchino, Ariano Irpino, *BioGem/Biology and Molecular Genetics (2006)*
 Prof. Christos Zerefos, Athens, *The Academy of Athens (1926)*
- **4.30 PM: Break**
- **5.00-6.00 PM: Opening Ceremony**
- **6.00-6.45 PM: Session 2 (plenary) Special Lecture:** Patrick Berche, Académie de Médecin Paris, *Covid-19 Syndemic, a New Concept in Public Health*
- **6.45 PM: Session 3 (plenary): Special Lecture:** Riccardo Valentini, Director of the Impact Division of the Euro-Mediterranean Center on Climate change, *Climate change*
- **7.30 PM: Informal Getting Together**

Friday, April 29, 2022

Centro Congressi Università Federico II

36 Via Partenope, Napoli

- **8.00 AM: Registrations**
- **9.00-11.00 AM: Hall A and Hall B - Parallel Sessions 4 & 5: 16 Minilectures** (Each 13 min. + 2 min. for introduction of the Chairs)
- **11.00-11.20 AM: Break**
- **11.25 AM - 1.45 PM: Hall A and Hall B - Parallel Sessions 6 & 7: 16 free communications** (10 min. + 5 min. each)
- **1.30-2.45 PM: Break**
- **2.45-5.15 PM: Hall A and Hall B - Parallel Sessions 8 & 9: 20 free communications** (10 min. + 5 min. each)
- **5.15-6.00 PM: Hall A - Session 10 (plenary): Special Lecture**
- **6.00-7.30 PM: Hall A - Session 11 (plenary): Assembly**
- **8.30 PM: Social Event**

Saturday, April 30, 2022

Centro Congressi Università Federico II

36 Via Partenope, Napoli

- **9.15-10.00 AM: Hall A Session 12 (plenary) Special lecture:** Dennis V. Cokkinos, Biomedical Research Foundation Academy of Athens, Emeritus Professor of Cardiology, Athens, *Cardiology in the 21st Century*.
- **10.00-11.15 AM: Hall A and Hall B Parallel Sessions 13 & 14: 10 Minilectures** (13 min. + 2 min. introduction and comment from moderator)
- **11.15-11.35 AM: Break**
- **11.35 AM - 1.45 PM: Hall A and Hall B - Parallel Session 15 & 16: 26 minioral presentations** max 4 slides in 7 min. (+1 min. to moderators) + 2 min. 1 question or comment
- **1.45-2.00 PM: Final Session (plenary): The third EAPE Congress**

■ 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, as well as 5 keywords from the manuscript. Preferably titles should not exceed the length of 50 characters (spaces included). 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.

BOOKS and other MONOGRAPHS

1. Personal authors

Antier JJ. Jean Guittou. Milan, Paoline, 2002

2. Committee report or corporate author

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

3. Chapter in book

De Santo NG. The priority: broadening the boundaries of paediatrics and turning basic science into cures. In Erich J, Corrad F, De Santo NG, ed. This I think should have priority in child health care services. Joachim Barke, Hannover 2018:69-71.

4. Agency publication

Committee on Infectious Diseases, Report of the Committee on Infectious Disease, 22nd Edn. American Academy of Pediatrics. Elk Grove Village, 1991; 319-320.

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1. Website

Plato. Laws. <http://data.perseus.org/itations/um:cts:greek-Lit:tlg034,perseus-eng1:3.666> (accessed May 14, 2020).

2. Online journal article

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)

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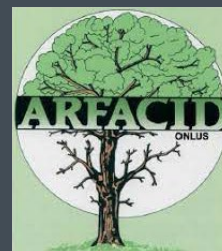
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ISSN 2945-0381

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