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## ORIGINAL MANUSCRIPTS

- 105 **Lucija Čok**  
Boris Pahor, Citizen of Europe: "The Man who saw too much"
- 107 **Patrick Berche**  
The Evolution of the Concept of Infectious Agent
- 109 **Raymond Ardaillou**  
History of the Glomerular Filtration Rate:  
an Increasing Complexity
- 111 **Jochen Ehrich**  
Loneliness of Young People and Solitude of Old People
- 113 **Enzo Viccaro**  
**Creativity of Aged Composers, Soloists and Conductors**  
The Last Five Piano Sonatas by Franz Joseph Haydn  
Intelligence, Candor and Irony:  
the Late Style of a Long-lived Genius

## NEWS

- 115 **Sir Les Ebdon**  
Annual Report of the European Association of Professors  
Emeriti for 2022
- 116 **Athanasios Diamandopoulos**  
The Contribution by EAPE Members in the 48th Congress of  
the International Society for the History of Medicine hold at  
Iasi on September 15-18, 2022
- 118 **Halima Resic**  
Professors Emeriti at the 5<sup>th</sup> Congress of the Mediterranean  
Kidney Society
- 119 **Natale Gaspare De Santo**  
The 2022 World Day of Older Persons Celebrated in Naples  
at the Italian Institute for Philosophical Studies
- 120 **George Christodoulou**  
The World Mental Health Day 2022 Celebrated in Athens
- 121 **Athanasios Diamandopoulos**  
New Editorial Board of *Deltos*
- 122 **Natale Gaspare De Santo**  
The 2023 Programs of the Italian Branch of EAPE
- 123 **Authors Index 2022**
- 124 **Subjects Index 2022**





# Lucija Čok

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## Boris Pahor Citizen of Europe: "The Man who Saw too Much"

In May this year, the long journey of Boris Pahor (1913 -2022) has come to an end. The great citizen of Trieste, the great Slovenian and citizen of Europe is one of the most translated Slovenian writers, who lived through the worst moments of the 20<sup>th</sup> century during his life and dedicated his works mainly to the testimony of the persecutions of his oppressed community during the totalitarian regimes and his experience in the Nazi camp of Struthof Natzweiler.



Boris Pahor

Boris Pahor brought Slovenian literature to the world and presented the sad and difficult experiences of the century behind us with tireless testimony. He has received several awards for his literary works and literary critics attested to the originality of his literary confessions. Boris Pahor received several honours, including the highest national literary award, the Prešeren Prize (1992), the Silver Honorary Sign of the Republic of Slovenia (2000) and the French Order of the Legion of Honour (2007). He has been nominated for the Nobel Prize several times, most recently in 2009. On his 102<sup>nd</sup> birthday, he was awarded the honorary title of Cultural Ambassador of the Republic of Slovenia.

Pahor's reputation ends a period of painful but persistent disputes about the historical realities of the territory on the borders of the two countries, Italy and Slovenia. However, with his intellectual and spiritual strength and example, he has striven for understanding between the two nations. His legacy is invaluable, he has left us the responsibility for the sensibilisation of the next generation. Boris Pahor taught us that we must be uncompromising against injustice and firmly committed to coexistence and love between people. At the funeral ceremony, Tatjana Rojc, Member of the Slovenian Community in the Italian Parliament, assessed that for Pahor "first and foremost are national consciousness and belonging, but in the spirit of the poet Srečko Kosovel: let us be Europeans in spirit, but let us not forget our face! This was also Pahor's wisdom in the knowledge that we are equal in Europe and that all nations in Europe are actually minorities". (1)

He experienced the totalitarian regimes of the 20<sup>th</sup> century: fascism, nazism and communism. He experienced fascism in his early childhood in his home town of Trieste. As a six-year-old boy in 1920, he saw the National House disappear in a fire set by fascists. A long and difficult historical memory did not give him peace, but he did not give up his optimism. "There is an answer to that too: love, beauty and lucidity are the solution". "He believed in redemption", said his first French publisher and friend de Roux on the occasion of the writer's centenary. At the age of 24, the publisher read the Italian translation of *Necropolis* for the first time and immediately recognised in it an important novel that attracted international attention in French translation.

Twenty years later, during World War II, Pahor encountered unimaginable evil as a prisoner in a Nazi concentration camp. Later in Yugoslavia, where his work remained unnoticed for a long time despite the resonance of his novels abroad, he no longer found a place in the Slovenian space. A gap that lasted for a long time was interrupted above all by the translation of his work *Necropolis* into French.

1. Maja Kac, Umrl je Boris Pahor, May 30, 2022. Ljubljana-MMC RTV SLO



Only in recent decades have Pahor's works been published in Slovenia. Many wanted to hear the writer's difficult story, but despite his age he always accepted invitations, especially to young people in schools. Wherever he spoke, he devoted a lot of time to what he believed in and stood for, so that everyone would know how "Slovenian books had to burn and how his people were speechless", how "fear was our daily bread" and about the camps, that he called the "outposts of the lost world".

In his most famous novel, (*Necropolis*, 1967), he wrote that "sooner or later we will need a modern Collodi to tell children the story of our past. The question is who will dare to approach the heart of a child in a way that does not hurt it, but at the same time protects it from the temptations of the future". Aware of the importance of this task, he took the heavy burden upon himself and spread his thoughts and experiences among young people, recognising the possibility of changing the world through their active role.

Boris Pahor was a sworn fighter for the rights of endangered languages and cultures. He always said that national consciousness was essential for the survival of Slovenians in Italy and for every human being and for humanity in the world. "Man is an intelligent being and first he must be free. He must have the certainty that he can decide where to go and where not to go, and he must also be free in his own mind. Truth is also important. Man should find out what is true, what is certain, and he should defend it." (1) Pahor himself always believed in literature and love. Here is what he once said, "Believe in the world first. It is hard to believe in the world, very hard, but if you have to believe in something to survive, believe in love."

The 2019 documentary about Boris Pahor, *The Man Who Saw Too Much*, made by the BBC (Jill Nicholls and Alan Yentob), tells the story of the Nazi concentration camp Natzweiler Struthof, where the writer was interned. The BBC did not stage the film as a short story of someone from Trieste. "A man who saw too much" talks about all the camps across Europe and all the abuses during the war; in this case Boris Pahor takes an important position. The film talks about fascism in an honest way, which was not very often the case in the neighbouring Italian-Slovenian territory. It is foreign television that has a certain distance from this topic, not activistly, but puts the story in the historical context of fascism and nazism." (Neva Zajc) (2)

At the farewell, the President of the Italian Republic paid respect to Pahor: «As a determined voice of the Slovenian minority in Italy, as a high

and clear literary expression of the 20<sup>th</sup> century, as a witness and victim of the terrible things caused by wars, raging nationalism and totalitarian ideology, as an interpreter of the complex history of his land, Pahor leaves a great void in European culture.» (Sergio Mattarella, STA - Slovenian press agency, 30/05/2022).

*Why pure heroism for those who have fallen with a rifle in their hand or lie behind a machine gun while, for those who have been let down by hunger, only hastily spoken memory, but otherwise silence? (...) We should speak loudly, not only for the sake of cremated comrades and for the sake of our honour, but even more so that we bring people into consciousness the value neglected sacrifice, which belongs, even more so than sacrifice on the battlefield, into the fund of human wealth.*

(From *Necropolis*)



2. Dolhar, Poljanka: Boris Pahor: "Najpomembnejša je ljubezen" Primorski dnevnik, 26.08.2021  
3. Ana Jurc. Mož, kije preveč vedel in doživel pekel. 26. januar 2021. Ljubljana - MMC RTV SLO





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## The Evolution of the Concept of Infectious Agent

The cause of epidemic diseases has long remained an enigma. The emergence of syphilis during the Renaissance brought to the fore the idea of contagion. Fracastor in 1546 suggested that contagion could be due to invisible particles. At first, some agents visible to the naked eye were discovered, such as the sarcoptes of scabies or worms (filaria, taenia...). But it was not until the works of Louis Pasteur that the concept of contagion was widely accepted. He proposed in 1878 the theory of germs at the origin of communicable diseases: each contagious disease is due to a specific germ (1). The infectious diseases were initially considered as the result of a conflict between a germ and its host, triggering acute illnesses. This started a hunt for microbes that allowed to identify in a few decades the agents of many diseases (plague, cholera, tuberculosis, leprosy, diphtheria...). However, the germs of some diseases (smallpox, measles, rabies, yellow fever, poliomyelitis...), remained invisible to the microscope. One also became aware of the major role of the genetic background on the expression of diseases, ranging from an inapparent form despite the presence of the virulent germ (healthy carrier) to an acute fatal disease. Then, it was shown that certain infectious agents could trigger chronic diseases, such as cancers and dementia.

### Molecular parasites

In 1892, Dimitri Iwanovski, a Russian botanist, found that the agent of tobacco mosaic is able to pass through porcelain filters that retain bacteria and fungi. This virus was purified in 1935 and then observed with an electron microscope. In the years that followed this early observation on plant disease, many animal and human viruses were discovered. This opened up a very diverse new world of intracellular parasites capable of multiplying at the expense of the infected cells. Viruses are made of DNA or RNA, protected by a protein shell, sometimes associated with an external lipid envelope. Their genome ranges from 1-3 genes to more than 200 genes for the most complex virus. From an evolutionary point of view, viruses allow a

flow of genetic information between living species. They can even be inserted into the genome of the infected cells.

In 1971, another botanist, Theodor Diener, found a new class of molecular parasites, the viroids which are constituted of short (~300 nucleotides), single-stranded, pin-like, naked RNAs without a capsid (2). These agents cause acute diseases or tumors in plants (~300 viroids), with no known equivalent in animals. Viroids are the smallest and simplest known replicating molecules, true living fossils of pre-cellular evolution.

The prions, another molecular parasite, have then been discovered. They cause neurodegenerative diseases by destroying neurons, notably in animals (scrapie in sheep, mad cow disease) and in humans (kuru, Creutzfeldt-Jakob disease...). In 1936, the veterinarians Cuillé and Chelle showed that scrapie could be transmitted by brain extracts (3). In 1957, Carleton Gajdusek (Nobel Prize 1976) described the kuru, a singular dementia affecting a population living in the Stone Age in Papua, the Forés, giving brain lesions similar to those of Creutzfeldt-Jakob disease (4). The disease was transmitted by ritual cannibalism, and can be spread by intracerebral inoculation to primates. Subsequently, Stanley Prusiner (Nobel Prize 1995) identified the infectious agent, PrP (Prion Protein), as a protein of abnormal conformation. He established the causal link between prions and neurodegeneration (5).

Very recently, it has been shown that cancer cells themselves can behave as infectious agents in some vertebrates and invertebrates. This is the case of the transmissible dog tumor, a venereal

2. Diener T.O., Raymer W.E., Potato spindle-tuber virus; a plant virus with properties of a free nucleic acid, *Science*, 1967, 158:378-381.

3. Gajdusek C., Zigas V., Degenerative disease of the central nervous system in New Guinea: the endemic occurrence of kuru in the native population. *N. Engl. J. Med.* 1957; 257: 974-8.

4. Prusiner S.B., Groth D.F., Bolton D.C., Kent S.B., Hood L.E., "Purification and structural studies of a major scrapie prion protein". *Cell* 1984, 38 :127-34.

5. Metzger M.J., Goff S.P., A Sixth Modality of Infectious Disease: Contagious Cancer from Devils to Clams and Beyond, *PLOS Pathogens* 2016, 12(10): e1005904.

1. Pasteur L., *La théorie des germes et ses applications à la médecine et à la chirurgie*, Masson, Paris, 1878.



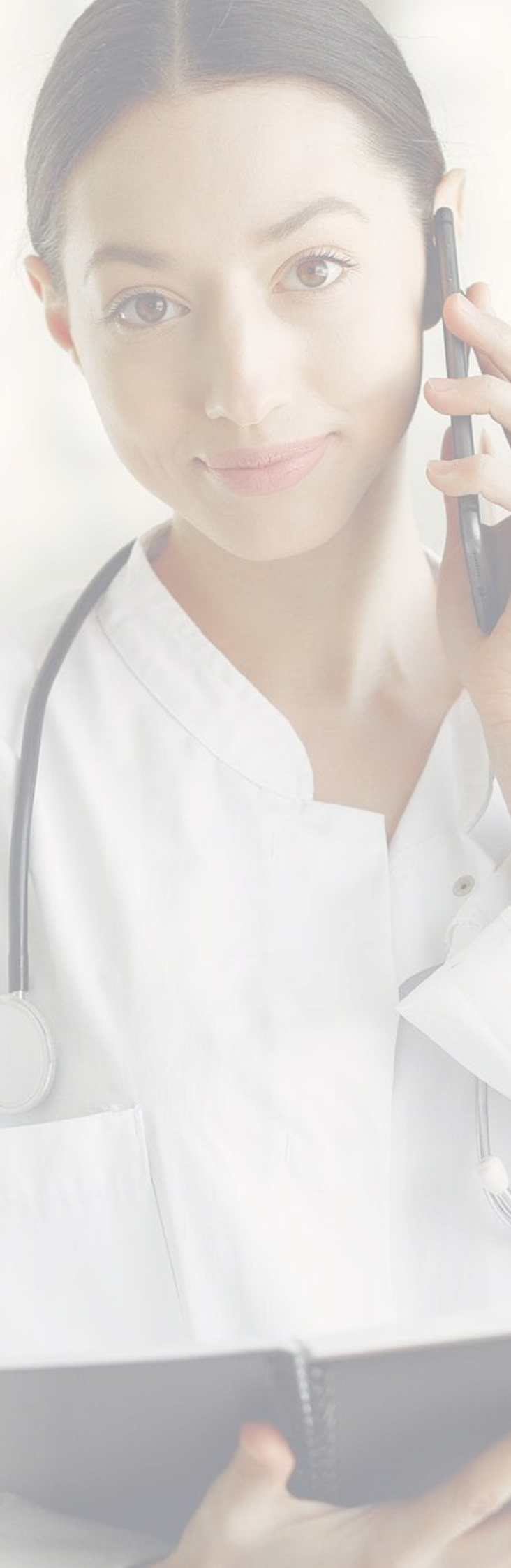
disease caused by cancer cells that do not express histocompatibility antigens. The same is true for the facial tumors of the Tasmanian devil, which have decimated 80% of this endangered marsupial population. Very rare cases have been reported in immunocompromised patients (5).

## Endogenous parasites

The human genome consists of 3.25 billion nucleotides, of which 1.5% codes for proteins (~20,000 genes). About 45% of the human genome is made up of mobile elements, mainly retrotransposons that are thought to be precursors of retroviruses. There are also endogenous, defective and inactive retroviruses (8% of the genome). About a hundred of them would have kept their replication capacity. The retrotransposons found in our genome originate from viruses. Our genome would be a graveyard of fossil viruses embedded in the genetic patrimony and transmitted by germ cells. They are the trace of the multiple viral aggressions against the living species since millions of years. Their random displacement is possible during life and induces mutations and genetic rearrangements. It is known that this mobility increases with aging. These mutations can be the source of certain cancers (colon, prostate, ovary...) where a high incidence of retrotranspositions in cancer cells is noted. Genetic pathologies linked to endogenous retrotransposon insertions in certain genes have also been described, such as those encoding factor VIII in certain hemophilias, dystrophin (Duchenne muscular dystrophy), the anti-oncogene APC (colon cancer), and the myc oncogene (breast cancer)...

Today, five classes of pathogens are known: viruses, bacteria, fungi, parasites and prions, to which we must add cancer cells. The discovery of new infectious agents that were previously totally unknown, especially prions, which indict the role of the form of a normal protein, favors the view that the line between genetic and infectious diseases is very thin. To this, we must add that infectious agents can be endogenous. This shows the wide diversity of infectious agents.

Today the burden of infectious diseases on human health remains considerable. The main causes of mortality are the acute respiratory infections, chronic obstructive bronchitis, diarrhea, tuberculosis, malaria and AIDS. In 2020, transmissible diseases are the cause of 30% of deaths in the world (17/57 million deaths per year), a figure strongly reduced thanks to advances in hygiene, vaccinations and anti-infective drugs, as compared to the early 20<sup>th</sup> century.







# Raymond Ardaillou

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## History of the Glomerular Filtration Rate: an Increasing Complexity

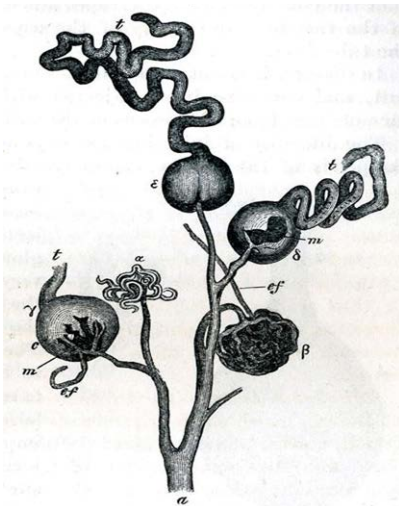


Figure 1: Malpighi corpuscles in man by William Bowman (with permission of the library of the "Académie nationale de médecine").

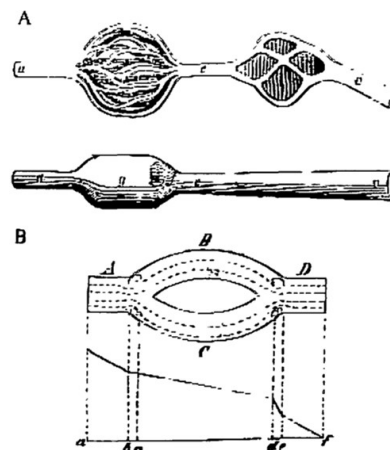


Figure 2: Renal microvasculature by Karl Ludwig showing the pressure profile in dog's glomerulus (with permission of the library of the "Académie nationale de médecine").

from the afferent artery to the efferent artery of the glomeruli (Fig. 2). Claude Bernard, in a lesson at the Collège de France, integrated all of this work stating that urine is not manufactured by the kidneys, but comes from the plasma water that is filtered through the glomeruli.

### 2- How to measure glomerular filtration rate (GFR): the first half of the 20<sup>th</sup> century

Doctors at the beginning of the century thought that clinical examination and autopsy had to be completed with functional exploration processes to establish

### 1- The premises: the 19<sup>th</sup> century and before

This story begins with the discovery, around 1670 by Marcello Malpighi, a Sicilian histologist, of corpuscles located in the renal cortex, the peripheral part of the kidney. He described them in the chapter "De renibus" of his book "De Viscerum Structura Exercitatio Anatomica". The term "glomerulus" from the Latin "glomus" (small ball) is more recent (XIX<sup>th</sup> century). Their physiological role remained unknown until an English physician, William Bowman, dissected them from human cadaver kidneys and demonstrated that these glomeruli were linked to vessels and renal tubes. He, also, showed that a dye injected into the afferent vessel leading to this corpuscle reappeared in the tube to which it was connected. He concluded that the urine was supplied by the blood through a filtration process (Fig.1). At the same time, researchers were interested in the mechanism of water transfer. In France, Henri Dutrochet demonstrated that pure water placed in the presence of a solution, the two being separated by a semi-permeable membrane (the water passes through, the dissolved particles do not) was attracted by the solution and passed through the membrane. In Germany, Karl Ludwig was interested in the renal microvasculature and observed that the hydrostatic pressure decreases

a diagnosis. The first one concerning the kidneys, proposed by Charles Achard in 1910, is the methylene blue test which consists of measuring the speed of passage of ingested methylene blue in the urine. This test lasted until the 1960s, when methylene blue was replaced by phenolsulfonephthalein. It gives a rough estimate of renal plasma flow. Soon, a test was sought that measured GFR (ml/min) based on the following reasoning: find a substance that is filtered, neither reabsorbed nor secreted. In this case, the amount filtered ( $P \times GFR$ ) is equal to the amount excreted  $UV$ , where  $P$  and  $U$  are the plasma and urine concentrations, respectively, and  $V$  is the urine flow rate (ml/min). We therefore have:  $P \times GFR = UV$  and  $GFR = UV/P$ . Donald Van Slyke in 1924 nominated "clearance" this fraction that he defined as the virtual volume of plasma totally cleared of the substance in the unit of time (1). PB Rehberg in 1926 proposed creatinine as the ideal substance to measure GFR. In fact, although correct in the dog, this is not true in man where creatinine is secreted at high plasma concentration. In parallel with this work, progress was made in the knowledge of primitive urine (2). Alfred Newton

1. Eknayan G. A History of Uremia Research. J Ren Nutr. 2017; 27 :449-452.

2. Rehberg PB. Studies on Kidney Function: The Rate of Filtration and Reabsorption in the Human Kidney. Biochem J, 1926.



Richards succeeded in puncturing Bowman's space in the frog in 1924 and concluded that it contained a protein-free plasma ultrafiltrate (3). In France, Léon Ambard, obsessed by the role of urea in chronic renal failure, proposed in 1920 a formula combining plasma and urine urea ( $P/(UV)^{1/2}$ ) which is now obsolete. Finally, the ideal substance was found by Homer Smith, an American considered as the best-known renal physiologist of the time (1935). Knowing that glucose is only filtered when its reabsorption in the proximal tubule is inhibited by phlorizine, he studied polymers of hexoses and came up with inulin, a polymer of fructose whose clearance in normal humans is around 120 ml/min, thus giving an exact value of GFR (Fig.3). Finally, Homer Smith completes K. Ludwig's discoveries on the filtration equilibrium at the efferent end of the glomerular capillaries by showing that its origin is twofold, a minimal drop in hydrostatic pressure, and, above all, an increase in oncotic pressure in the blood due to the retention of proteins.

### 3- The glomerulus is not a passive filter, but a complex organ that is a source of chemical mediators and subject to endocrine regulation: the second half of the 20th century

MG Farquhar (Nobel Prize in 1974) and GE Palade discovered in 1960 a third cell type which they called "deep cells" and are in fact the mesangial cells which play an essential role in the vasomotricity of the capillary tuft. K Thureau and J Schnermann demonstrated in 1964 that sodium concentration at the "macula densa", a formation of cells in the distal tubule in direct contact with the afferent artery, regulates GFR. The higher the concentration, the lower GFR. This is the glomerulotubular feed-back. In 1970, BM Brenner succeeded in micro puncturing glomerular capillaries in the Wistar Munich rat strain, which enabled him to measure for the first time the ultrafiltration pressure and, from there, to determine all the parameters of the GFR/nephron ("single nephron glomerular filtration rate"; SNGFR) and to analyse the mechanical factors controlling SNGFR: ultrafiltration pressure, blood flow, coefficient of permeability, oncotic pressure and protein concentration (1970). Finally, JD

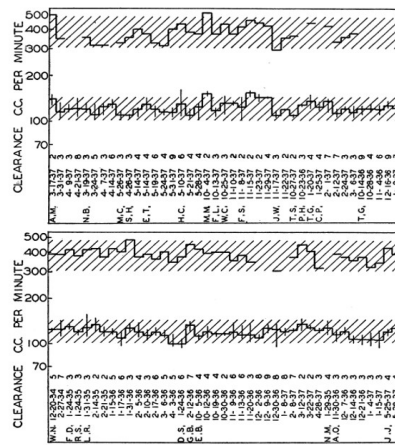


Figure 3: Inulin and phenol red clearances in two normal subjects (Smith et al. J Clin Invest. 1938; 17: 263)

Sraer and myself initiated in vitro studies on isolated murine and human glomeruli and glomerular cells in culture, including mesangial cells and podocytes. We discovered the existence of glomerular hormone receptors and chemical mediators assuming the auto-, para- and endocrine functions of the glomerulus (1974). The results concerning the endocrine control of vasomotricity obtained in vivo by B Brenner and in vitro by JD Sraer and myself converge, thus demonstrating their veracity.

### 4- Key proteins of the glomerular barrier and the genes that code for them whose mutations are responsible for nephrotic syndromes in children

Podocytes, which are epithelial cells attached to the basement membrane, play an essential role. They are attached by pedicels (small feet) which contract to allow water to filter from the plasma. This process involves many proteins including nephrin and podocin. Mutations in their respective genes are at the origin of 2 nephrotic syndromes (significant leakage of proteins into the urine) resistant to treatment with cortancyl (a glucocorticoid).

### 5- Are we moving towards artificial glomeruli?

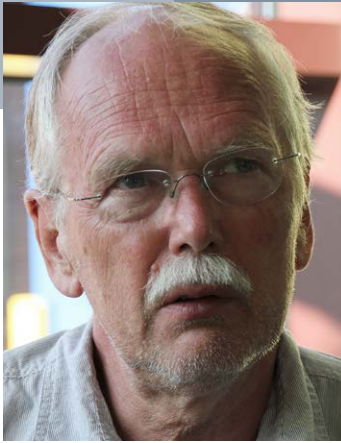
The discovery of induced pluripotent stem cells (iPS) has been a major breakthrough, as it allows the creation of all the cells in the body. Therefore, iPS are used to produce miniature organs called organoids. Mini kidneys have been constructed. These include glomeruli, which contain all cell types, endothelial, epithelial and mesangial cells. Their usefulness is limited. They are mainly used to study the phenotypes of hereditary diseases, which requires the production of iPS from skin fibroblasts of patients suffering from these diseases. They are also used to assess the toxicity of drugs. However, the lack of vascularisation prevents any functional studies, including glomerular filtration. Recent work has attempted to overcome this impossibility by associating the organoid with an artificial micro channel. Other preparations have been proposed to imitate glomerular filtration. They consist of two solutions, one representing plasma and the other urine, separated by an artificial basement membrane. These are still imperfect models. In particular, the small size of the organoids and the absence of vessels prevent any hope of substitution treatment.

3. Wearn, J.T.; Richards, A.N. Observations on the composition of glomerular urine, with particular reference to the problem of reabsorption in the renal tubules. Am. J. Physiol. 1924. 71: 209-227.

4. Shannon JA and HW Smith. The Excretion of inulin, xylose and urea by normal and phlorizinized man. J Clin Invest, 1935; 14:393-4.







# Jochen Ehrich

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## Loneliness of Young People and Solitude of Old People

"There is not even solitude in the mountains"

(TS Eliot: *The Waste Land*)

T.S. Eliot speaks about loneliness in his world famous poem of the upheavals of the beginning 20<sup>th</sup> century and the horrors caused by it. The internet is full of quotes of famous people about loneliness. The purpose of this article is to explain how young and old people deal with their feelings and emotions of being alone, with the experience of loneliness, solitude, abandonment, traumatic isolation, exclusion and subsequent withdrawal leading to separation from the community, but also with the longing for social contact.

### Definitions

Loneliness can be both a negative and a positive state of mind, emotion, mood and spirit (1). Opposites of being alone are social integration, emotional attachment, trust, caring and solidarity. Complexity of loneliness and solitude requires systems thinking. Alone simply means that a person is not surrounded by others. Choosing or having to be alone is not necessarily judgmental and mostly occupied by low affectivity. **However, the emotional, social, and existential type of loneliness** need to be differentiated, as well as their frequency (e. g. transient, situational, occasional, and chronic) and their different roots and causes. (2) Feeling lonely is associated with different degrees of sadness, lack of self-confidence, despondency, shame, shyness, mistrust, anxiety, lack of self-esteem, lack of self-recognition and attention. **Solitude** means the state of a person who is alone too; however, solitude may imply a condition of happiness and well-being although being separated from other human beings. Thus, solitude can be defined by a positive emotional stage of life in a healthy surrounding like remote nature or a picturesque small town. Not by chance were cottages and castles named "solitude".

### Population statistics

Loneliness cannot easily be measured. Psychological tests were reported to be inaccurate because there is no clear boundary between normal feelings of loneliness and pathological loneliness (1). It is probably enough for someone to say, "I feel lonely" because it is a subjective feeling. Care must be taken when comparing loneliness in different eras and between different countries, as measures of loneliness varied (1). The same argument holds true when answering the question whether or not modern societies have shown an increase of patients with loneliness (1). However, recent literature has clearly shown that although loneliness is often considered a problem of the elderly, it affects indeed people of all ages.

### Social loneliness of young people who are entering the adult world

Consistent with previous findings from Germany, Hawkey et al. (2) found that the age distribution of loneliness in the United States followed a nonlinear trajectory in which young adults (<30 years) and the elderly (>70 years) were particularly lonely. Young adults under age 25 were as lonely as the oldest adults. To identify risk groups for loneliness, marital status, household income, living alone, self-rated health, and frequency of social contact were considered universal predictors that apply to people of all ages. The authors found no clear evidence of age-specific effects. I interpret these data to suggest that it is not the age effect per se that influences loneliness, but rather that it is age differences in individual experiences, limited resources, dependencies, and social expectations that play a dominant role in the increased occurrence of loneliness among young people in their period of social development of autonomy. I conclude that more research is needed on the role of socio-cultural context in identifying those at risk for loneliness in adolescence and young adulthood.

1. Svendsen L (2022) A philosophy of loneliness. Chicago: University of Chicago Press

2. Hawkey LC, Buecker S, Kaiser T, Luhmann M (2022) Loneliness from young adulthood to old age: Explaining age differences in loneliness Int J Behav Dev 46: 39–49. doi:10.1177/0165025420971048



## Emotional solitude of emeriti and other old people

A quote from George Bernard Shaw reads “Being able to endure loneliness and enjoy it is a great gift.” However, from the point of view linguistics he may have meant “solitude” instead of loneliness. As a matter of fact, the Emeritus status and release into “scientific hermit existence” may be accompanied by the positive emotion of living in a protected solitude. If the coercion of scientific competition had ended, the pension is large enough to guarantee a moderately comfortable life, the children had grown up and age adequate health is sufficiently stable, old age may become very comfortable until ageing is proceeding and death is near. My own survey on the clinical and scientific activities of pediatric emeriti in 28 European countries showed that in approximately one half of countries most of the retired professors had chosen to live more or less in complete retirement and in tranquillity. Thirteen out of 28 countries reported that a wide range of 10-80% of retired professors were still active in research, and 11/28 countries reported that a similar wide range of retired professors were still active in clinical care. If they regarded their new phase of academic life as a privilege or a burden was not clarified. In fact, one or the other professor may have suffered from imposter syndrome including self-doubt, overachieving and inability to realistically assess past achievements, competence and skills. Therefore they may feel challenged to continue competition and establish new goals with the risk of feeling disappointed when they fall short. Thus, while imposter syndrome can fuel feelings of motivation for some old people to successfully achieve, for others the desired “success” may come at cost of constant anxiety.

Irrespective of their previous profession many old people live with and from their memories in the form of dreams and musings. To what extent there is a balance between positive and negative memories is probably depending on moods, external atmosphere and the own character of an individual person. A predominance of negative memories, slights, defeats, losses, disappointments over happiness and success can contribute to the reinforcement of loneliness. On the other hand dreams are primarily the recollection of feelings and emotions from the past that come together and may create an imaginative new and unconscious experience that can, in some circumstances, help to inspire and creatively reshape reality.

## What does it mean to be together lonely?

A quote of Anton Czechow reads: “If you are afraid of loneliness, do not marry.” I am using his provocative statement about married couples who

are fighting each other at home as an argument to show that loneliness is not restricted to a single person. Loneliness can affect groups of migrants, social or religious clans and any other group of social outsiders irrespectively of their ages.

## Conclusions

I agree with O’Sullivan et al. (3) who concluded that – although loneliness is not a disease – a public health approach to loneliness is needed by confronting the social and structural factors that influence the age dependent risks of loneliness across the life course, including poverty, education, transport, inequalities, and housing, and implementing policies to address them.







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**Creativity of Aged Composers, Soloists and Conductors**

### **The Last Five Piano Sonatas by Franz Joseph Haydn**

**Intelligence, Candor and Irony:  
the Late Style of a Long-lived Genius**

Franz Joseph Haydn (1732-1809) was the acknowledged master of Viennese classicism. In his instrumental production - almost half a century, more than 50 Piano Sonatas, about 70 Quartets, 104 Symphonies - has brought to perfection the classical style and its cornerstone: the 'sonata-form'. Two characterized themes, often in expressive contrast and connected by generally 'tonic-dominant' relationships (for example first theme in C, second in G) constitute the basic material on which an entire instrumental piece is built. This is the starting point for the dialectical game of a development that the wider and more varied it will be, the more it will carry away and captivate the listening and, then, of a resumption of the initial material (sometimes with some small variations, to intrigue the listener even more with a subtle 'game of differences'). An admirable mechanism of symmetries and variations, a celebration of logic and invention, dominated by the principle of maximum exploitation of the basic material: an ideal principle for the Enlightenment and the bourgeois spirit of the 18th century, in line with the productive momentum of the modern industrial revolution.

After having played fruitfully with the 'sonata-form' and all its potential for over 30 years, Haydn, on the threshold of his happy and long old age, enjoyed shuffling the cards in his last five Piano Sonatas: he transgressed the rules that he himself had dictated, This is the act of freedom of the great spirits, when greatness joins the wisdom of age.

So, let us approach these smiling masterpieces.

In the ***Sonata in C major Hob XVI: 48***, composed in 1789 at the request of the publisher Breitkopf, Haydn seemed to retrace his steps, to the old harpsichord sonata in two movements, but in reality in the old barrel flowed the new wine of the piano, an ideal instrument for intimate confessions (Romanticism was upon us!).

In the opening *Adagio* the elegant, interrogative and suspended gesture of the initial theme opens the way to intense melodic evolutions: a space of

free meditation, typical of Haydnian maturity. The *Rondò* has a masterful form, a mix of variation, rondo and sonata, but what captures us is the irresistible initial tune that climbs chromatically between the notes of the C major chord: the vital momentum of the entire piece, triumph of old Haydn's irony (1).



*Franz Joseph Haydn*

In the ***Sonata in E flat major Hob XVI: 49***, from 1790, Haydn recovered the usual division into three movements, but also here with a structure in many ways atypical; behind this page there were perhaps particular psychological and affective motives. For some scholars this Sonata would be an explicit homage to Mozart's contemporary pianism (the tonal minor episode of the central *Adagio* would evoke the second part of Mozart's *Fantasia in C minor*

1. Haydn F. J., *Piano Sonata in C Hob. XVI:48*. Emanuel Ax, piano  
[https://www.youtube.com/watch?v=SmG\\_UQipR4U&t=3s](https://www.youtube.com/watch?v=SmG_UQipR4U&t=3s)  
(accessed October 4, 2022)



K. 396). But what matters here is the nostalgia of Franz Joseph (still isolated as Kappelmeister in the provincial Esterházy for Vienna: Mozart represented the emotional symbol of the Habsburg capital. The mature artist now felt free to confess his innermost emotions on the keyboard.

After the lively and bold opening *Allegro*, here is the large, splendid *Adagio*: its enchantment certainly has something Mozartian about it, but what surrounds us is the warm and melancholy humanity of speech, the unmistakable humanity of Haydn, arrived at an unparalleled level of psychological penetration. After so much depth, the simple concluding *Minuet* would seem to disappoint us, but a secret anxiety is hidden in the graceful tune, revealed in the passage from the major to the minor key (2).

The last three Piano Sonatas were born in 1794, in the climate of fervent bourgeois and industrial modernity in London. (In 1791 the sixty-year-old musician had left for London, to submit himself to the judgment of the most demanding public in Europe. And he triumphantly passed the test with his latest splendid 12 London Symphonies). The modern grand and pedal piano, extended up to six octaves, had been perfected in the British capital by the Scottish entrepreneur John Broadwood. Here again Franz Joseph continued to ‘play’ with classical forms. In the ***Sonata in C major Hob XVI: 50*** the first movement *Allegro* seems to be built entirely around the elementary initial theme: the three notes of the C chord, which start a hopping movement with alternating hands in a vibrant ‘staccato’, an ironic memory of a Rococo harpsichord. The simplicity of the starting point gives the green light in the development of Haydn’s masterful art of modulations. Everything develops in clear geometries, which know how to exploit the colors and dynamics of the new piano. The *Adagio* is a beautiful example of Haydn’s meditating, deep and eloquent melodic mood, which at times proceeds in a gentle dialogue between the two hands. The short concluding movement, *Allegro molto*, proceeds even further along the path of a lightness that seems the happy privilege of an Olympic old age: in the small witty theme one could already feel the bold insistence of the young Beethoven (3).

The second London Sonata, in ***D major Hob XVI: 51*** is again in only two tempos, in the Baroque manner, but the composer filled them with sparkling experimentalism. The style is concentrated and lightened at the same time; the dimensions are very

small, just over 5 minutes. The harmonic nuances of the development in the initial *Allegro* are exquisitely modern: a fine musical joke between past and future. And the vigorous ending *Presto* has just the short form of a ‘Scherzo’ (4).

The ***Sonata in E flat major Hob XVI: 52***, after the previous ‘transgressions’, closes the extraordinary corpus of the Haydnian Sonatas with a powerful reaffirmation of the most sincere classical form. It is a demanding, far-reaching page, in which Haydn has taken the art of modulation from one key to another to the highest degree. Exquisitely pianistic is the vigorous affirmation of the first theme of the *Allegro*, with the military air of syncopated chords. Then follows the profound intimacy of the *Adagio*: the syncopated rhythm, which in the *Allegro* was an energetic push, takes a hesitant step, which gradually expands into an atmosphere of emotional suspension, disturbed a couple of times by the vague threat of low sounds. The *Presto* closes great, crackling in the pressing drive of the repeated notes: pure vital optimism, the happy outcome of a humanism that reconciles nature and rationality (5).

To understand the meaning of this fortunate path of creative longevity, we are helped by the words of another ‘great old man’, Goethe, who in *Kunst und Altertum* (“Art and antiquity”) saw in Haydn a synthesis of “temperament, sensitivity, spontaneity, sweetness, strength” and, finally, the two characteristics of genius, “candor and irony”: that right balance between life and art which is the secret of the classical artist.

A possible way to longevity.



F. J. Haydn  
Sonata Hob XVI: 52



2. Haydn F. J., *Piano Sonata in E flat Hob. XVI:49*. Alfred Brendel, piano, <https://www.youtube.com/watch?v=mWF-48jlrSU&t=26s> (accessed October 4, 2022)

3. Haydn F. J., *Piano Sonata in C major Hob. XVI:50*. Glenn Gould, piano <https://www.youtube.com/watch?v=tEEOOaj7cZM> (accessed October 4, 2022)

4. Haydn F. J., *Piano Sonata in D major Hob. XVI:51*. Artur Balsam, piano <https://www.youtube.com/watch?v=UQnUQfqp8Q> (accessed, October 4, 2022)

5. Haydn F. J., *Piano Sonata in E flat Hob. XVI:52*. Maria Yudina, piano, [https://www.youtube.com/watch?v=rGMwf\\_MsZ7o&t=3s](https://www.youtube.com/watch?v=rGMwf_MsZ7o&t=3s) (accessed, October 4, 2022)



## Annual Report of the European Association of Professors Emeriti for 2022

by **Sir Les Ebdon**, President of the European Association of Professors Emeriti

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*Sir Les Ebdon*

The year began in the shadow of the continuing COVID-19 pandemic. This affected our activities but we have learnt how to use technology to overcome many problems. The readily available technologies such as Zoom and WebEx are increasingly favoured ways of reaching out across Europe and building our sense of community.

The Board continue to meet on a monthly basis, using the WebEx platform, and I am grateful to the members of the Board and the Officers for their strong support. We owe a particular debt of gratitude to Mrs Georgia Drosatou, Executive Secretary, who is always efficient and alert to our needs. I would also like to thank my predecessor Professor Natale Gaspare De Santo for all that he achieved during his two years as President. In April not only did the President change but also the Board. It is appropriate here to thank in particular retiring members of the Board especially Professor Luigi Campanella who served two terms as an excellent General Secretary.

Partly as a result of the pandemic, EAPE has met with some financial challenges. Of 189 members, to date only 103 have paid their subscriptions for 2022. We estimate that we need over 200 paying members to cover the running costs of the Association. We need to launch an aggressive campaign to recruit new members, particularly from subject areas currently under-represented. We also need to seek new sources of income, as it is clear that we cannot raise all we need through subscriptions. Given the challenging economic conditions in much of Europe, the Board has decided to hold the subscription level at €50 for the coming year.

The highlight of the year was the Second International Congress on The Capital of Knowledge, held in Naples, on the 28,29 and 30th April, under the patronage of Professor Sergio Mattarella, President of the Italian Republic, who has awarded a medal to the Congress. The Medal is now in the Athens Headquarters of EAPE and listed in the Association inventory. According to the instructions of the President of the Republic, we might have assigned the Medal to a participant after informing the Presidency of the Republic about the recipient. The Neapolitan Committee decided to make it the perpetual property of the Association. A personal letter was received from the President of the Senate, Professor Maria Elisabetta Alberti Casellati, that is now in the inventory of EAPE in Athens. Messages

were emailed by the President of the Chamber of Deputies, Dr. Roberto Fico, and by the Minister of The South, Mrs. Dr. Mara Carfagna. The Congress was also honored by the Patronage from the The Conference of the Rectors of Italian Universities.

The Congress was structured in 13 sessions (7 plenary). There were 3 plenary State-of-the-Art Lectures, given by Professor Patrick Berche (Paris, France), Riccardo Valentini, University of Tuscia (Viterbo, Italy) and Professor Dennis V. Cokkinos (Athens, Greece). There was a total of 66 speakers, providing 64 manuscripts that are in publication in the Proceedings.

There was a section on Academies: Academy of Athens (1926); Academia Pontaniana (1468); Societa Nazionale di Scienze Lettere ed arti (1696); Italian Institute for Philosophical Studies (1975); Biogem (2006) and the Royal Society (1660). There were 4 presentations on human and animal models of ageing. A hybrid facility was available for those unable to get to Naples. The organisation of the Congress was a triumph of determination on the part of our then President, Professor Natale Gaspare De Santo and his close collaborator Professor Bonavita. Despite the residual challenges to travelling, it is pleasing to note the increase in both presentations and papers compared to our first Congress.



There has also been a number of other events of a hybrid nature that have attracted strong interest from our members and several collaborating associations. On the 1st of October, events were held to mark the World Day of the Older Person, for example a Philosophical Day in Naples. On the 6th of October, World Mental Health Day was marked by a symposium organised by our President-elect Professor George Christodoulou. On the 18th of October a seminar on 'The Long -Covid Patient' was organised by our founding President Professor Dennis Cokkinos.

We now have six committees of the Association (Culture; Ethics; Enrolment and Advocacy; Meeting the Needs of Children and Old-Olds; Nature Protection; Mental Health; Health Promotion and Prevention) who organise meetings, prepare articles for the Bulletin and look for research opportunities. They are a key part of the life-blood of our Association and we are looking to support them through a regular series of interactions between the Committees and the Board. I am grateful to the convenors and members of these groups for all their work. We recently adopted a series of bylaws to ensure the smooth running of these committees.

We have continued to publish regular issues of our Bulletin and again I pay tribute to Professor Natale Gaspare De Santo who has edited the publication for the last three years. Under his editorship the quality of the bulletin is continually improving. It will be a challenge however, because the bulletin is costing us €4200 a year to publish, even with large amounts of voluntary contribution.

Our ambitions for next year are to stabilise the financial situation by increasing membership and encouraging prompt payment of subscriptions. We will continue to search for additional funding so that we can sustain the quality of the Bulletin and of our events. There are plans to establish a series of monthly webinars on current topics of interest. We also propose to introduce a Newsletter so that the increasing activity of the Association can be better communicated to members alongside an improved and more current website.



## The Contribution by EAPE Members at the 48th Congress of the International Society for the History of Medicine held in Iasi on September 15-18, 2022

by **Athanasios Diamandopoulos**, Nephrologist/Archaeologist, Hon. Professor Medicine, National Kapodistrian University, Athens,

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Athanasios Diamandopoulos

**The 48th Congress of the International Society for the History of Medicine (ISHM)** was held in Iasi, Rumania from the 15<sup>th</sup> till the 18<sup>th</sup> September 2022. The event itself was impressive as it marked the 100 years of active life of the ISHM. Very few scientific societies managed to survive the Balkan Wars, the WWI and WWII, the expansion of the Soviet Union, the overthrowing of its regimes and are still able to organize international congresses. This time, congratulations are due to EAPE Councillor Professor Dana Baran, the Congress's President. Eight EAPE members participated. A very brief summary, in alphabetical order, of what they spoke about is presented here.

**Raymond Ardaillou**, discussed *La maladie renale chronique (mrc): Un exemple de comorbidites*. He wondered with the question if CRD could be cured or at least delayed with recent immunological treatments involving T-cells, and he contemplated on its risks.

**Baran Dana**, in spite of the chaotic atmosphere usual during an international congress' preparations, she authored or inspired ten papers. Eight of them concerned famous Rumanian professors and their role in transferring the western ideas of medicine

to the country and further developing it to high European standards. The fields of their work are evident by the titles of the relevant papers. These were, 1). *Jacob Czihaac (1800-1888), a universal spirit professor*, 2). *Dr. Traian Baran, organiser of the*

first laboratory of nuclear medicine in Moldavia, 3). Professor Ernest Juvara, a European-type surgeon and modernizer of the Iasi Medical School, 4). A European surgeon: Thoma Ionescu (1860-1926) – founder of the modern Romanian school of surgery, 5). From the Universe of Romanian Dental Technique in the first half of the 20th century, 6). Victor Gomoiu – the first promoter of international integration of Romanian history of medicine, 7). Biomedical epistemology in Grigore T. Popa`s writings. Professor Baran also presented three works of a more general interest: 1). *The prophylactic role of quarantines in the Romanian Principalities in the first half of the 19th century*, 2). *“St. Spiridon” Hospital – tradition and concern for progress*, 3). *History of Surgery in professor Alexandru Moruzi`s inaugural lesson*.

**Patrick Berche**, lectured on *The evolution of the concept of contagion, from scabies sarcoptes to prions*. Prof. Berche lectured on the topic that some contagious diseases were transmitted by tiny pathogens called viruses. Other molecular parasites were later discovered, plant viroids and prions. In 1957, Carlton Gajdusek discovered that kuru, a disease of the nervous system similar to Creutzfeldt-Jakob disease, was transmissible. The nature of the agent was identified by Stanley Prusiner in 1982. It is a protein of abnormal conformation that he called prion.

**Natale Gaspare De Santo** presented three topics. 1). *For the history of sleep apnea (SA) in kidney disease*. He elaborated on some abnormalities caused by SA. Indicatively, hypoxemia and Oxidative stress as associated with diabetes mellitus, cardiovascular morbidity and mortality. SA is not cured by dialysis or peritoneal dialysis; is cured by nocturnal daily hemodialysis and by cyclical assisted peritoneal dialysis and is ameliorated, but not cured, by transplantation probably for the fact that the transplanted kidney is denervated; It is cured by CPAP. 2). *Malaria, a Papal disease*. His paper started with malaria's first appearance in Venice in the XVth Century continued with the stories of all Popes affected by the disease from the early periods of the Papacy till a century ago. Rome and the Pontine plains have been malarial sites. So being pope and obliged to reside in Rome represented a risk factor for contracting the disease. 3). *Septic acute kidney injury, a leading cause of 20 Papal deaths in the years 1277-2005*. This study found that a total of 21 of 78 popes (26.9%) reigning between the years 1277-2005, died of AKI. Sepsis was identified as the leading cause of Acute Kidney Injury and death in 20 of these 21 (95.2%) popes. Age at death of the 21 popes was  $69.4 \pm 2.26$  years

**Athanasios Diamandopoulos** presented four papers. Two of them were introductions to specific sessions incorporated in the Congress. One of them was the Joint ISHM/IAHN Session where he

presented the paper 1). *Nephrology as a craft and not as a science, according to some Hippocratic writings*. It was about Hippocrates' relation of cooking with the regulation of a balanced internal milieu of a healthy and an ill person. The paper elaborated on its application to achieving a normal pH of a human either by giving neutralizing agents or by subtracting damaging ones. The second specific of the congress session was devoted to the celebrations of the 800 years' anniversary of the Padua University. In this session the paper 2). *The links between the Medical School of Padua and the Hellenic Medical World* was presented. It reported the lives and works of ten famous medical doctors and politicians of Greek origin who studied in Padua during the 17<sup>th</sup> and 18<sup>th</sup> centuries. 3). *Two different ideologies between the bodies' cremation in the past and during the current times*. His conclusions were that since Homer till very recently in India cremating pyres had always a religious content. In modern times they are gradually losing it reaching a covered or not atheistic element. 4) *Debunking the myths about Hippocrates*. The author debunks several urban myths about Hippocrates' lack of faith, his patriotism, his teaching under the Cos Plane Tree, even the authorship of the Oath. He further discusses the modern political, social and cultural climate that is against the Hippocratic principles and underscores his belief that only a few devoted physicians and ethicists would adhere to those principles against all odds

**George Christodoulou** reported on *Greek psychiatric texts: a reflection of the history of psychiatry in Greece*. Prof. Christodoulou recalled that the ideological point of reference for Greek thought and science was that of “inheritance” of the scientific and philosophical work produced in classical Greece in a mutated form influenced mainly from Europe. Fundamental concepts of ancient Greek Psychosomatic Medicine, like the therapeutic relationship, the scientific method, holism and the psyche-soma interaction, if taught skillfully, may benefit immensely many generations of physicians to come.

**Robert van Hee** enlightened *The activities of Vesalius in Padua: a paragon for the 21<sup>st</sup> century professor*. Prof. van Hee presented Vesalius's activities during his six years stay in Padua where he wrote his famous *Fabrica* as a compass for the modern professor of medicine. The latter are supposed to combine three sorts of activities at the possibly highest level, namely teaching, research and social service.

**Dušana Mičetić-Turk** reported on *Life and academic activities of Professors Emeriti and retired professors on University of Maribor*. Prof. Mičetić-Turk argued that the fact that we live longer and healthier than the generations before us is also reflected in



the results of our research, which showed that the majority of the retired professors were in good health and still quite active with more than half of them still attending scientific and professional meetings and conferences. Some of participants still lectured at foreign universities as invited speakers. The results of her research showed that the majority of retired professors are still academically active and associated with University of Maribor.

Taken as a whole the congress was outstanding and gave the possibility to those participating in presence to enjoy the surroundings and the great architecture of the city.



## Professors Emeriti at the 5<sup>th</sup> Congress of the Mediterranean Kidney Society

by **Halima Resic**, EAPE Board Member, Professor Emerita University of Sarajevo, Bosnia and Herzegovina

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Halima Resic

The 5<sup>th</sup> Congress of the Mediterranean Kidney Society (MKS) took place in Dubrovnik on September 29 - October 2, organized by EAPE Board Member Professor Halima Resic, President of MKS and by Sanjin Racki, Full Professor at the University of Rijeka.

Co-Chaired by Halima Resic and Vincenzo Savica the Emeriti Session took place. There were lectures on (i) Green and Incremental Nephrology by Halima Resic, (ii) Metaphors in the description of renal colics by the sufferer himself. The 13<sup>th</sup> century bishop Apocaucos of Naupactos (Southwestern Greece) by Athanasios Diamandopoulos and (iii) Urine from Earth to the Moon by Vincenzo Savica.

The Board Member of the Italian Branch of EAPE Professor Vincenzo Savica was Elected President of the MKS for the 2022-2024. President Elect was nominated Professor Sanjin Racki, Full Professor of Medicine at University of Rijeka, Member of the Croatian Academy of Science, Director of Department of Nephrology, Dialysis and Kidney Transplantation at the Clinical Hospital Center Rijeka (a European excellence) and Regional Board Leader and Councilor of the International Society of Nephrology.

The next Congress will take place in 2024 in Croatia and will be organized by Professor Sanjin Racki.



# The 2022 World Day of Older Persons Celebrated in Naples at the Italian Institute for Philosophical Studies

by **Natale Gaspare De Santo**, Member of EAPE, Emeritus University Luigi Vanvitelli, Naples, Italy

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Natale Gaspare De Santo

Co-promoted by EAPE and the Italian Institute for Philosophical Studies the 2022 World Day of Older Persons was celebrated in presence at Palazzo Serra di Cassano in Naples on October 1.

The event was organized by Vincenzo Bonavita, Giancarlo Bracale, Paolo Ciambelli, Natale G. De Santo and Luigi Santini (all EAPE members) and by Massiliano Marotta, President of the Italian Institute for Philosophical Studies, Gold Medal of the European Parliament.

The event lasted more than 3 hours, was moderated by Marco De Marco editorialist of *Il Corriere della Sera*, the first Italian daily. It was well attended (all seats available were occupied). The event has been posted by the Philosophical Institute on *YouTube* at the following link <https://youtu.be/ZFIYE5XauEk>. Soon a PDF with all presentation will be posted and a book with all presentations will be edited and printed.

There were been 12 talks: *EAPE and the protection of creativity of the human capital of knowledge and age* (N.G. De Santo), *The philosopher and aging* (B. Moroncini, former Professor of Moral Philosophy at the University of Salerno), *De senectute* (Ortensio Zecchino, President of Biogem, former Italian Minister for Education and Science), *Innovations in preventing fragility* (Maddalena Illario, Reference Site Collaborative Network), *Surgery of old olds* (Luigi Santini), *Peripheral vacsulopathy a non-minor cause of impaired quality of life in the older persons* (Giancarlo Bracale), *Giving happiness to older persons* (Antonio Maione, Theologian-Pastoralist), *From the inversion of the paradigm between age and diseases to the concept of biomedical person* (Francesco Salvatore, Emeritus Professor University Federico II, Naples), *The neurologist and old-age* (Vincenzo Bonavita), *The role of the Forum of the Associations*

*for Health and Social Care Medicine and Health in protecting old-age* (Aldo Bova, orthopedic surgeon and President of the Forum), *Being old in Naples* (Marco Rossi, President of the Community of Sant'Egidio in Naples), *Political and legal relevance of childhood and old age* (Raffaele Cananzi, former State Lawyer and former Secretary of Council of Ministers of the Italian Government).

The event has given a strong message to the city of Naples and its older persons on the various aspects of life in old-age providing stimulating suggestions for the things to be done.





# The World Mental Health Day 2022 Celebrated in Athens

by **George Christodoulou**, President Elect of the European Association of Professors Emeriti

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George Christodoulou

The World Mental Health Day was celebrated on the 6th October 2022 by the Society of Preventive Psychiatry headed by Prof. George Christodoulou, the European Association of Professors Emeriti (EAPE) presided upon by Sir Leslie Ebdon and EPIONI, a network of advocates whose President is Spyros Zorbas.

The theme of this year's Mental Health Day is "Making Mental Health and Well-being a global priority".

The theme is linked to Mental Health Promotion, a concept that is even more important than Prevention as it is associated with Health rather than just Illness (as is the case with Prevention).

Additionally, the theme touches on an important and sensitive issue, that of Equity (Mental Health and Well-being FOR ALL) in view of the fact that inequities lead to greater probability of developing mental illness.



The celebration was carried out electronically and some of the most important international protagonists in Mental Health participated.

Prof. Juan Mezzich (Founding President of the International College of Person-Centered Medicine) talked about the whole-person approach in Medicine, Prof. Danuta Wasserman (President elect of the World Psychiatric Association) discussed the issue of suicide during the COVID pandemic, Dr Nasser Loza (President of the World Federation for Mental Health) highlighted the importance of his organization in advocating for Mental health, Prof. Peter Falkai (President of the European Psychiatric Association) talked about mental health in times of war, Dr Ledia Lazeri (Regional Director of the WHO) talked about the importance of mental health promotion and Dr Afzal Javed (President of the

World Psychiatric Association) dealt with inequalities in the provision of mental health care.

There were two dissidents, Professor Norman Sartorius and Prof. Nikos Christodoulou.

The Minister for Education Ms Niki Kerameos and the Deputy Minister of Health, responsible for Mental Health Ms Zoi Rapti as well as the President of the Regional Government of Attica Dr Georgios Patoulis have also addressed the participants.

The celebration has been videotaped and will soon appear in the website of the World Psychiatric Association.



## New Editorial Board of *Deltos*

by **Athanasios Diamandopoulos**, Nephrologist/Archaeologist, Louros Foundation, Athens,

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*Athanasios Diamandopoulos*

I have been invited to write a few lines about the Greek Journal “Deltos” which is exclusively devoted to the History of Greek Medicine. Its name is a derivative of the Greek letter Delta, Δ in Greek, because of such a triangular shape were the wooden writing tablets covered with bee’s wax, easily inscribed. From it derives the English word Deltiology i.e., the hobby of collecting postcards.

The Journal was launched in 1991 and since then has become the only forum for the Greek History of Medicine written in a very correct - but not archaic Greek language. It was the offspring of the Association of Friends of the Museum for the History of Hellenic Medicine. Its initial nucleus were members of the echelon of Army Medical Officers and of University Professors. The moving force of it all was Grigorios Scampardonis, (1935-2020) a cardiologist and, by the end of his career, Lieutenant Commander of the Army Medical Division. He never abstained from the meticulous editing of the Journal, even during the seven final years of his life when he suffered from acute leukemia.

The standard of the articles published was very high, but, written in Greek, were unavailable to international readers. However, little by little the readership was aging, the appreciation of the correct form of Greek—as for any other-language was diminishing and after Scampardonis’s death Georgios Antonakopoulos, Professor Emeritus with teaching experience of the History of Medicine took charge of the Journal and managed to keep it alive, a fact we wish to thank him for.

The Louros Foundation for the History of Medicine, The Hippocratic Foundation of Cos and the Athens Medical College came to its financial rescue. However, times are changing and the new breed of historians of medicine is gradually orientated toward the ethics and sociology of medicine, dominated internationally by the English language. Hence, after the elections last month in the Association of the Friends of the Museum for the History of the Greek Medicine, a new Board was elected and the author of this article was appointed as its President and, via new elections, Editor in Chief of *Deltos*. With some melancholy it was decided to abandon the Greek language—apart from an abstract for each published paper- and print it in English.

The papers with Greek interest, but also with an international one will be welcomed. The Louros Foundation for the History of Medicine, The Hippocratic Foundation of Cos and the Athens Medical College will keep supporting the Journal. The Editorial Board includes well known historians of medicine from Greece and abroad and a Scientific Board is under construction with some eminent colleagues already agreeing to participate. The Journal will be on the web only and the papers will be strictly and anonymously reviewed. Soon the call for papers will be announced. The readers of the EAPE’s Bulletin may have a look at the appearance of the last three issues of the Journal in the following links:

<https://altagrafico.com/12/06/14/60947/>

<https://altagrafico.com/12/06/14/60945/>

<https://altagrafico.com/12/06/14/60943/>





# The 2023 Programs of the Italian Branch of EAPE

by **Natale Gaspare De Santo**, Member of EAPE, Emeritus University Luigi Vanvitelli, Naples, Italy

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Natale Gaspare De Santo

The Council of the Italian Branch of EAPE is developing the programs for 2023. Four main topics have identified. They will be discussed in seminar form in presence and online over the next 12 months. All Italian members of EAPE are invited to participate.

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The first topic is *Life in the Northern and Southern Shores of the Mediterranean Sea*.

The Mediterranean Sea that has been a cross point of cultures - Mediterranean, the unifying sea - where live and work more than 400 million people, a number comparable to the persons living in the European Union. The birth rate in the Southern shores is twice that of the Northern shores; there are differences in economy and education. Thus, the Southern shores of Europe have an identical role with the Northern European countries in the European Union. In addition, the Southern shores are the penultimate stage of migrants to Europe.

There has been long-lasting interest of many EAPE members (before EAPE came into being, for the Mediterranean shores. Guido Bellinghieri, Natale G. De Santo, Vincenzo Savica, Halima Resic together with many outstanding and open-minded physicians of Algeria, Tunisia, Libya, Morocco, Egypt, Turkey, Greece, Slovenia, France and Spain,

have founded and nurtured the *Mediterranean Kidney Society*, now Presided over by Vincenzo Savica. Giancarlo Bracale, in turn, has more recently founded and nurtured with energy, an open mind and competence, the *Mediterranean Federation for Advancing Vascular Surgery*.

The Italian Branch of EAPE aims to focus on things that those living in the Northern shores of the Mediterranean Sea can do for those living in the Southern.

The second topic for debate will be End of Life Care, a crucial debate in Europe nowadays, not only centered on Italy. Two specific seminars will be devoted to professors emeriti in Italy, the way they are enrolled and what they are allowed to do.



## AUTHORS Bull Eur Assoc Profs Emer 2022

CONTRIBUTOR'S NAME	PAGE
Ardaillou, R	36, 109
Bajd, T	74
Berche, P	66, 107
Bonavita, V	12, 56
Bracale, G	14
Bracale, UM	14
Burchard, G	5
Campanella, L	44, 47, 56, 91
Christodoulou, G	23, 120
Čok, L	105
Cokkinos, D	56, 67
De Santo, NG	1, 3, 10, 30, 56, 72, 77, 100, 102, 119, 122
De Santo, RM	85, 97
Derzsiová, K	28
Diamandopoulos, A	116, 121
Ebdon, L	43, 115
Ehrich, J	5, 10, 38, 79, 93, 111
Eknoyan, G	34, 46
Fabian, A	25
Fan, Q	83

CONTRIBUTOR'S NAME	PAGE
Gargano, A	70
Gričar J	10, 18, 21
Illario, M	16
Lorber, L	19
Marrucci, G	68
Melodia, C	69
Newell, D	76
Perna, A	6
Phillips, M	3, 30, 85, 97
Priovolou, S	37
Rácz, O	26, 28
Resic, H	118
Sapountzakis, EJ	42
Savica, V	45
Sciaudone, G	69
Smith, A	71
Valentini, R	67
Viccaro, E	8, 40, 81, 95, 113
Virzo, A	90
Zecchino, O	70
Zerefos, C	69





# SUBJECTS Bull Eur Assoc Profs Emer 2022

SUBJECT	PAGE
<b>A</b>	
Academy of Athens	115
Accademia Pontaniana	115
<i>Accademia Pontaniana: a brief history</i>	68
Accidents (traffic accidents, falls)	6
Achelous	56
Active and Healthy Ageing	16
Adaptive ageing	23
Adult learning: benefits for learners	20
<i>Ageing of the Population: Challenges and Opportunities for Society and University</i>	56
Ageing population	91
<i>Aging Thoughtfully</i>	10
Agri-food systems transformation	86
<i>Altern als Problem für Künstler</i>	11
Altitude sickness	6
Alzheimer A	12
Ambard L	110
Ambassador of the year Award – Global Kidney Academy	30
American recordings of the last Toscanini	9
Analytical and, and unitary interpretation of the musical score	9
<i>Antigones</i>	77
Aortic aneurysms	14
Appeal for Protecting the Creativity of Professors Emeriti(ae) in Europe	73
Appeal for the Establishment of Ministries for Seniors	10
Artificial glomeruli	110
<i>At the end of the Great Blue Road</i>	102
Athens Medical College	121
Atherosclerosis	14
Auden WH	82
Austrian Academy of Sciences	74
<b>B</b>	
Balkan Association of Nephrology, Dialysis, Transplantation and Artificial Organs	30
BANTAO Award to Halima Resic	30
Baran T	115
Botanical Garden University of Camerino	90
<i>Beauty is truth, truth beauty</i>	8
Benn G	56, 72
Bernstein L	96
Biogem	115
Biological clock	98
Blaise Pascal Medal to J.T. Katsikadelis	44
Boulanger E	95
- Craftsmanship	96

- generativity	96
<i>Brave New World</i>	35
Brendborg N	97
<i>Building an age-friendly University</i>	56
<i>Building an emeriti/emeritae friendly university</i>	56
Buon cristiani Award To G. Bellinghieri	45
Bust in Honour of Carmela Cortini	90
<b>C</b>	
<i>Can We find the Common Good?</i>	35
<i>Cardiology in the 21<sup>st</sup> century</i>	67
Cellular senescence	27
Chances and risks of travel	5
Changes in the equilibrium of the orthostatic posture	12
Child as Philosopher	38
Children's healthcare systems	38
Chronic Kidney Disease	7
Classes of pathogens	108
<i>Classical Writers of Antiquity and Biological War</i>	37
<i>Climate change and the challenge of a rapid ecological transition</i>	67
Clinical research and prevention	2
Cloning and Sequencing the Hepatitis B Viral Genome	36
College and University Retirees Association of Canada	76
<i>Colloquia on Science Diplomacy</i>	85
Complex Systems Thinking	78
Coopland A	96
Cornaro A	98
<i>Covid-19 syndemic a new concept in public health</i>	66
Creatinine Clearance	109
Creative Europe of Bell Towers	72
<i>Créativité et découvertes scientifiques après 65 ans.</i>	11
Creativity of Aged Composers, Soloists and Conductors	8, 40, 81, 95, 113
Czechow A	112
<b>D</b>	
Dancing to prevent and to treat neurodegenerative diseases	29
de Montaigne M	13
<i>Death of the Guilds</i>	2
Decade of Healthy Ageing	16
<i>Deltos</i>	121
Dementia	12
Desires, dreams, memories, prayers	26
Deterioration of social relationships after Covid-19	46
Diabetes treatment in older patients	29
Diener T	107
Digital learning	18
Digital literacy	19
Dilemma of society	78



<i>Discorsi e Dimostrazioni matematiche intorno a due nuove scienze</i>	11
DNA methylation epigenetic regulatory mechanism	7
<i>Don't Die of Ignorance!</i>	1
Donors Network of Bosnia and Herzegovina	30
<i>Dynamic Analysis of Structures</i>	42
Dysfunctional ageing	23
<b>E</b>	
EAPE	119, 120
EAPE Board of Directors 2022-2024	44, 88
EAPE channels of communication	43
EAPE Committees	116
EAPE for Ukraine emeriti	44
EAPE Italian Branch Programs for 2023	122
EAPE Second Congress 2022	114, 115
EAPE Third Congress	44
Eckerdt A	102
Educationally-disadvantaged	20
Ehrlich P	1
<i>Elegies of the old age</i>	12
<i>Elegy for Young Lovers</i>	82
Emotional solitude	112
Enabling factors for active and healthy ageing	16
Endogenous parasites	108
Endovascular Aneurysm Repair	14
Endovascular surgery	15
Enrolling Emeriti at the University of Calabria at Rende	72
Enrolling Emeriti at University of Ca' Foscari	72
<i>Enze's Third Violin Concerto</i>	82
Epidemic diseases	107
Epigenome	7
e recall of beautiful or beautified memories of the past	23
eServices for Seniors 55+	21
<i>eServices Provision for the Elderly 55+ Consultation</i>	21
European Academy of Sciences	45
European Association of Professors Emeriti	56, 102, 115
European Higher Education Area	20
European Pediatrics Societies	93
Evolution of the concept of contagion	117
Experience of grandfathers and grandmothers	29
Exposome	7
<b>F</b>	
Fauré G	95
<i>Faust et Hélène</i>	95
Fear of old age	24
Field medal to Sir Michael Athiyah	11
<i>Flora of Italian Mosses</i>	90

Foscolo U	12
Frailty	27
Fran Ramovš Institute of the Slovenian Language	74
Frankl VE	25
Future belongs to the younger generation	79
Future Direction of the European Association of Professors Emeriti	43
<b>G</b>	
Gadamer HG	1
<b>H</b>	
Happiness	76
- Constitution of the United States of America	77
- definition of Democritus of Abdera	77
- Epicurus	77
- generosity	76
- Gross Domestic Product per Capita	76
- perception of the prevalence of corruption	76
- sense of freedom	76
- social support	76
- Sophocles	77
Haskell T	2
Haydn FJ	113
- piano sonatas	113, 114
Health and Quality of Life	17
Heliot TS	111
Helliwell J	76
Henze HW	80
- <i>A Dance</i>	82
- <i>A Hymn</i>	82
- <i>A Storm</i>	82
Hillman J	9
Hippocratic Foundation of Cos	121
History of psychiatry in Greece	117
Honors for emeriti	104
Hood L	2
Horowitz V	40
Hoxha L	90
Human Model of Accelerated Aging	7
<b>I</b>	
<i>I am not who I was; most of us perished</i>	12
Old age	12
IHSM Congress	116
<i>Ikaria, Greece, The Island where People Forget to Die</i>	28
Influence of Philosophy on Pediatrics	38
integration of health and social care	29
Interference of diseases with physiological senescence	12
Intermittent claudication	15



International Association for the History of Nephrology	100
International Day of Older Persons	10, 18, 23, 25
International Society of History of Medicine (IHSM)	103, 116
Investing in solidarity	86
Ionescu T	117
Italian Branch of EAPE	89, 122
Italian Institute for Philosophical Studies	115, 120
Iwanovski D	107
<b>J</b>	
<i>Jellyfish Age Backward</i>	97
Juvara E	117
<b>K</b>	
Katsikadelis JT	42
Kickbusch KG	16
Killfish	98
Krause EA	2
<i>Kunst und Altertum</i>	114
<b>L</b>	
<i>Les combats de la vie: mieux que guérir, prévenir</i>	1
Levmore S	10
<i>Life's Lessons Learned</i>	4
Lifelong eEducation	18
Lifelong eLearning	18
limitations in intellectual work	23
<i>Lingua franca</i>	75
Loneliness of young people	111
Longevity	97
- genes	97
- nutrition	98
- of rigor	8
- of the Phoenix	40
- rapamycin	98
Loss of nephrons	7
Louros Foundation of History of Medicine	121
Lucretius	37
Ludwig K	110
<b>M</b>	
Making Peace with Nature	86
Malaria and travelling	5
<i>Manmade climate change and the world cultural and natural heritage</i>	69
Man-made disease	2
Mattarella S	106, 115
Matthews G	38
Maximianus	12
Maximum life span potential	27
McLean R	2

Median life span	26
Mediterranean Kidney Society	30, 118, 122
<i>Meeting the Needs of Children and Old-Olds</i>	10
Mental health in times of war	120
Mental Health Promotion	120
Mentoring vocation	56
Merit and meritocracy	35
<i>Meritocracy. A Solution that Became a Problem</i>	34
Methylome	7
Ministers of Seniors in the European Union	11
Miroslav Mydlik Memorial	102
Mitochondrial dysfunction	8
Montagnier L	1, 37
<i>Moral Courage: Abraham Lincoln, Mahatma Ghandi, Nelson Mandela, Martin Luther King Jr</i>	4
Morin E	11
Mortality	26
Motion sickness	6
Mozart's <i>Piano Concerto No. 23 in A major K 488</i>	41
Muapas, P	36
Multilateralism	87
Mydlik M	102
<b>N</b>	
Nadia Boulanger	95
National terminology still essential	74
<i>Necropolis</i>	106
Needs and capacities of older people	20
Needs of the ageing society	12
Nephrotic syndromes	110
<i>New Year Letter to Family and Friends</i>	46
New York Philharmonic Orchestra	41
<i>No poverty. Zero hunger</i>	86
Non-integrated healthcare	29
Number of centenarians	27
Nussbaum M	10
<b>O</b>	
O'Sullivan R	112
<i>Old age as a problem for the artists</i>	72
Old age, speed and vitality	24
Older people and the production of new ideas	24
Oldest Old	26
Omran AR	2
Open revascularization	15
Opportunities of Lifelong eEducation	19
Opportunities of Lifelong eLearning	19
Ormandy E	41



<b>P</b>	
p.53 pathway	7
P.J. Šafárik University	102
Padovani G	1
Pahor B	105, 106
<i>Pando</i>	97
Parkinson J	12
Parrish L	97
Parthenope	56
Past memory	23
Pautza S	84
Peripheral artery disease	15
Personality	23
Philosopher as Therapist	38
Philosophical thinking	39
<i>Philosophy and the young child</i>	38
Physiological senescence of the nervous system	12
Pioneer Award of the ISN for Eastern and Central Europe Region	30
Plato: the cure of the body and of soul	77
Pleasantness and satisfaction of life	77
Polarity	78
Popa GT	117
Population ageing	16
Preliminary program Second EAPE Congress	31
Preserving national professional terminology	74
Prions	107
Profesasors emeriti	102
Professional Terminology	74
Professors Emeriti	103
Professors emeriti	115, 118
<i>Profiles of American Presidents in the Twentieth Century: Merits and Maladies</i>	4
Progressive loss of balancing reflexes	12
Protecting the Creativity of Professors Emeriti(ae)	72
Provessors emeriti and the history of nephrology	100
Prusiner S	107
<b>R</b>	
Rachmaninov's <i>Third Concerto</i>	41
Reference Site Collaborative Network	17
<i>Regimen</i>	100
Renal fibrosis	7
Renal Medicine	3
Resources limitedness	87
Role for seniors	121
Role models at European Universities to protect emeriti	73
Role of Children in Philosophy	38
Role of opinion makers	78

Role of self-declared experts	78
Royal Conservatoire of Liège	84
Royal Society	115
Rozalia cemetery	102
Ruscelli J	101
<b>S</b>	
Sandel M	34
Scampardonis G	121
Schrier RW	3
Science and Solidarity for a Sustainable Planet	85
Science diplomacy in war time	93
Science diplomacy, impact	93
Scientific knowledge of experts	78
Scirocco project	29
Second EAPE Congress	54, 56
- Abstracts Selection Committee	54
- Academies	68
- Advisory Committee	54
- Chairpersons	63
- Italian Committee	55
- Lectures	66
- Medal of Hon. Prof. Sergio Mattarella, President of the Italian Republic	53
- Patronages	53
- Presidents	53
- Congress, Program	57
- Scientific Committee	53
- Secretariat	7, 55
- Speakers	64
- <i>The Capital of Knowledge</i>	31
- Welcome letter	56
Seneca and happiness by living according to nature	77
<i>Senior – More Than a Protocol of Life</i>	25
<i>Seven Country Study</i>	99
<i>Sherban Lupu and the Works for Violin of George Enescu</i>	46
<i>Sherban Lupu's Eugène Ysaÿe Violin Discoveries</i>	83
Shift of sustainability	86
Shortening of the telomeres	27
Silver age	91
Silver Economy	91, 103
- definition	91
<i>Sixth Symphony in E major op. 68 "Pastoral"</i>	9
Slovenian Academy of Sciences and Arts	74
Slovenian literature	105
Smith H	110
Social loneliness	111
Società Nazionale di Scienze Lettere ed Arti	115



Society of Nephrology, Dialysis and Kidney Transplantation in Bosnia and Herzegovina	30
Solitude of old patients	111
Stanislaw Konopka Central Library of Medicine in Warsaw	104
Stem cell exhaustion	8
Suicide during covid pandemics	120
Sustainable and Efficient Health Community Services	17
Sustainable Growth	17
Sustainable Medical Systems	2
<b>T</b>	
Telemann GP	81
<i>Telemanniana</i>	81
Telomere attrition	8
Terpsichore	56
<i>The Capital of Knowledge</i>	48, 56
<i>The communication of science in a pandemic</i>	70
<i>The crisis of our age and the Italian Institute for Philosophical Studies</i>	70
<i>The Dawn of Everything: A new history of mankind</i>	34
<i>The Enigma of Health: The Art of Healing in a Scientific Age</i>	1
<i>The exorcist</i>	81
<i>The Force of character</i>	9
<i>The Human Capital of Age</i>	72
<i>The man who saw too much</i>	106
<i>The need for a unification of "knowledge" in medicine to protect the patient</i>	69
<i>The New Aristocracy</i>	2
<i>The origin of Biogem</i>	70
The peculiarity of the physician's job	1
The protocol of life	25
<i>The raft of the Medusa</i>	80
<i>The Rise of Meritocracy</i>	34
<i>The secreti novi</i>	101
<i>The Tyranny of Merit</i>	34
<i>The Waste Land</i>	111
<i>Theory of Epidemiological Transition</i>	2
Thucydides	37
Tiollai P	36
Tobacco mosaic	107
Toscanini A	8
- Character	40
- Domination of the orchestra	40
- Last concert	9
Totalitarian regimes of the 20th century	105
Treasury of Merits	34
<i>Treaty on Prohibition of Nuclear Weapons</i>	85
Turkish Professors Emeriti and Emeritae	100
<b>U</b>	
Universities protecting emeriti(ae)	73

Uremic toxicity and accelerated aging	7
Urine and Sumerian doctors	101
<b>V</b>	
Valley of death	2
Vascular Pathologies in the Elderly	14
Vascular surgeon for older patients	14
Vascular surgery	14
Vulnerability to diseases	27
<b>W</b>	
Weakening of recent memory	23
Wengrow, D	34
What can we do as a society and active seniors for all seniors?	29
Wojtech Löffle Museum	102
Women and men from 20th century science	74
Working remotely	19
World Day of Grandparents and Seniors	25
World Day of Older Persons	116
- in Košice	28
- in Naples	104, 119
World Happiness Report	76
World Mental Day 2022 in Athens	120
World Travel by Old People	5
<b>Y</b>	
Young M	35
Ysaÿe's <i>Concerto No. 8</i>	84
Ysaÿe's distinctive improvisational style	84
Ysaÿe's revolutionary violin techniques	84
Ysaÿe's <i>Violin Concerto in G minor</i>	84





## INSTRUCTIONS TO AUTHORS

The *Bull Eur Assoc Profs Emer* is the bimonthly cultural Journal of the European Association of Professors Emeriti ([www.Europemeriti.org](http://www.Europemeriti.org)) that supports the vocation of Professors Emeriti for teaching and Research. It is structured in two main section *Original manuscripts* that undergo peer review and the *section on News* that covers the life of the association and is under the care of the Editorial board.

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.

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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 1<sup>st</sup> 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.

### INTERNET REFERENCES

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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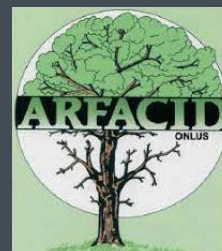
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