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The formation of the editorial board is under way.

*The following colleagues have already placed their services
at Buletin's Editorial Board and we thank them warmly for this.*

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George Christodoulou

The Address of the New EAPE President

by **George Christodoulou**,
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Dear Friends and Colleagues,

It is a privilege for me to communicate for the first time with you as President of our Association.

Following Elections, carried out on the 8th March 2024, the New Board 2024-2026 has been formed with the composition presented in the previous page.

I am very happy with the new Board. I know most members personally and I am sure that we will have a pleasant and productive term. I look forward to our close and fruitful collaboration.

This provides me with the opportunity to say a few words for our President Sir Leslie Ebdon who has just stepped down after having served the Association with wisdom, efficiency and grace.

Les has been an excellent President. He led the Association with politeness, devotion to democratic principles, justice, recognition of the efforts of others and a much appreciated humorous attitude. I am sure that he will be missed (especially if one considers some not very humorous qualities of his successor!)

We will meet with some of you in London during the EAPE Congress. But before that, I would like to remind you to please see to it that you respond to the survey that has been sent to you. It will be re-sent to you by our Secretary Ms Georgia Drosatou. On the basis of your responses we will develop our new ACTION PLAN that will serve as the framework for our future activities. I promise you that I will personally read all your responses, one by one and all your suggestions, one by one.

With best personal regards and wishes,
George Christodoulou
President EAPE





The New EAPE Board of Directors

2024-2026



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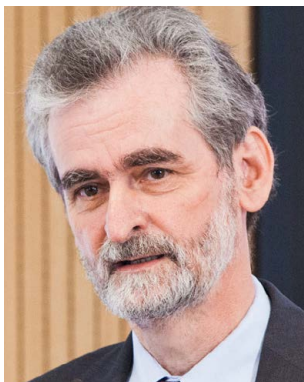
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EAPE's Position Statement

On Continuation of Academic Activities by Emeriti Professors

The European Association of Professors Emeriti (EAPE)

a) having considered that a substantial number of Professors Emeriti and retired Professors are able and willing to continue their academic and research activities,

b) having taken into account that this will be beneficial to the academic community and to Society as a whole,

express the position that University authorities should provide them with access to University Information Technology (IT) and the opportunity to carry out teaching, research, mentoring, examining and governance activities.

This is a standard position of EAPE that we would like to re-affirm in writing, as a Position Statement.

Given in Athens, 24 April 2024.





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Discovering the Origin of Cancer

At the beginning of the XX century, the studies on biological processes were at their very beginning, mostly due to the primitive analytical technologies available at the time. Nevertheless Otto Warburg, a German scientist (who was going later on to be honored by a Nobel Prize), published, in 1924, a paper (1), in which he was describing a surprising observation made on cancer cells.

These cells were found to show, in presence of oxygen, a respiro-fermentative metabolism, while it had been reported before that fermentation was occurring only in absence of oxygen. The utilization of glucose was also very much enhanced and the rates of growth and of proliferation of cancer cells were substantially increased as compared to normal ones. This complex phenotype was called "Warburg effect".

In search of the origin of cancer

Warburg was convinced that he had discovered the central function that causes neoplastic growth and, for many decades, he staunchly defended this idea, although he failed to offer conclusive experimental evidences to support it. Even as late as 1956, he wrote (2): "No one can doubt to day that we will understand the origin of cancer, if we succeed in knowing how the great fermentative capacity originates or, to put more clearly, when we know how damaged respiration and excess fermentation of tumor cells originate".

In the following years, characterized by the enormous development of molecular biology, which followed the discovery of DNA double helix, at the beginning, no new findings emerged on the molecular basis of cancer. In the 1970s, however, studies began to be published indicating the presence of genes having tumorigenic activity. Initially viral genes, followed by the entirely unexpected discovery that mutations of genes, usually present in normal mammalian cells (receptor of hormones or of growth factors, components of signal transduction pathways etc), were able to induce transformation in mammalian cells.

Thus began the era of oncogenes and of tumor suppressors (genes whose presence inhibit the expression of tumor phenotype), which brought the origin of cancer within the prevailing view of

the deterministic role of DNA in generating all different phenotypes. Cancer as a genetic disease is the currently held theory, backed by a wide body of literature and supporting the present strategy for drug discovery, obtaining drugs specifically targeting and, therefore, inactivating molecules having oncogenic proprieties, to replace or synergize standard chemo-therapeutic drugs. Needless to say, during the era of oncogenes, any reference to the Warburg effect was met with little interest, if not with outright sarcasm.

Around the 2010s, metabolism returned in the forefront of oncological research. It was observed that tumor cells usually required, to grow optimally, substantial levels of an amino acid, glutamine, to be present in the culture media, as it is present in blood. The unusual pathway followed by glutamine in cancer cells has been described.

In the meantime, hundreds of papers have continued to investigate the advantage for cancer cells in following the Warburg effect, whose existence has been confirmed again and again. But, so far, no satisfactory working hypothesis has been put forward to explain the roles that both metabolism and oncogenes may have in the origin and development of cancer. Without a full understanding of this issue, it is likely that the possibility to radically "defeat" cancer is unattainable.

Do we require a shift of scientific paradigm?

In the development of science, it has been sometimes described the occurrence of enigmas, clearly described processes, whose interpretations have been very difficult to find for a long period of time. A classical example of a scientific enigma is the Last Theorem of Fermat, which was stated by Pierre de Fermat in the late XVII century and whose solution was searched by many mathematicians for more than 300 years. Only in 1994, Andrew Wiles, Professor at the Harvard University, Cambridge, USA, was able to present the complex and correct solution. It has to be noted that new mathematical concepts, and a closer integration of mathematics and geometry were necessary to find the right solution.

So the enigma has been formulated at a time in which the development of science was not sufficiently advanced to allow to discover its right solution. If we follow the same line of thought, we may suggest

1. Warburg, O., Posener, K. & Negelein, E. *Biochemische Zeitschrift* 152, 319–344 (1924).

2. Warburg, O. On the Origin of Cancer Cells. *Science* 123, 309–314. (1956).

that, in order to solve the Warburg effect, we would need a change in the scientific paradigm (3) that is to integrate the reductionist approach, which has been followed so far to study biological processes, with a new systemic biological approach. At the beginning of the XXI century, awareness has raised that complex biological processes need to be investigated, not only following the standard reductionist approach, but also trying to understand the mechanism by which macromolecules, through dynamic interactions, produce the functional proprieties of living cells. In other words, to understand complex phenomena, like the Warburg effect, we need to integrate refined molecular analyses with quantitative mathematical models, capable to generate, through computer simulations, the complex dynamics that allow to interpret the roles played by the molecules of the phenomena under study.

This change of paradigm in life sciences (4) has been able, in my laboratory, to better understand the control of cell cycle progression (5) as well as to better describe the metabolism of cancer cells (6).



Otto Warburg in his laboratory approx. 1960.

Photographer: Dean Burk

Source: Archives of the Max Planck Society

Explanation of the Warburg effect

Following this new approach, I have been able to propose a new theory, which fully justifies the Warburg effect (7). It states that several biochemical processes need to be activated in order to generate a metabolism able to support a faster rate of growth, the principal event produced by the Warburg effect.

When strong stimulation of glucose uptake, often induced by an oncogene, takes place, it is followed by an increased glycolytic flux. The ensuing increase in concentrations of metabolites in the upper part of glycolysis, causes a previously unconsidered event: the inactivation of the OXPHOS electron transfer chain to oxygen. Thereby generating mitochondria (or mitochondrial units), in which redox reactions may take place without having oxygen as final electron acceptor. A presence of these non-canonical mitochondria, in cancer cells, has already been reported and it has been proposed that the pathway of glutamine utilization takes place in these non-canonical mitochondria.

The production of amino acids and of other building blocks, necessary to sustain an enhanced rate of growth, is stimulated by the increase of levels of their precursors, coming either from the larger glycolytic flow or from the production activity of both canonical and non-canonical mitochondria. This fact accounts for the advantage, offered by the Warburg effect, in causing an increase of growth rate.

So the Warburg effect requires the concatenation of a number of different biochemical pathways, some of which previously unknown, which linked together generate the unrestricted growth, typical of cancer cells.

The next step will be to ascertain how the rewiring of metabolism, induced by the Warburg effect, integrates with the actions that oncogenes have on various cellular functions in different types of tumors. This new understanding, brought by new experimental (especially relevant will be those analyzing metabolism) and computational approaches, would mightily improve the strategy for new drug discovery. Given the enormous amounts of data that are going to be generated, it is easy to predict that the utilization of AI would be of great importance.



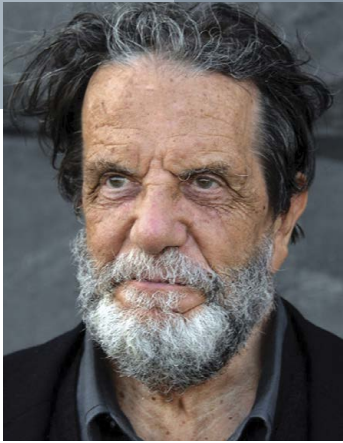
3. Kuhn, T. The structure of Scientific Revolution. The University of Chicago. (1962).

4. Alberghina, L. & Westerhoff, H. V. (eds), Systems Biology – Definitions and Perspectives (Springer, 2005).

5. Palumbo, P., et al. Nat Commun 7, 11372. (2016).

6. Gaglio, D., et al. Mol. Syst. Biol. 7, 523 (2011).

7. Alberghina, L. Int. J. Mol. Sci. 24, 15787 (2023).



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Architecture / Living Environment

A different perspective

The invitation of Elias Cornell (1) - a Swedish philosopher, later professor of theory and history of architecture at Chalmers - "*Architectes, changez la mentalité de votre temps!*" - clearly had objectives related to a different period in our history, but I like to remind it in reflecting on the substantial distinction between "architecture" and "living environments".

On a broad scale, living environments interweave the mineral, plant and animal worlds; they are much more than town planning, architecture, the built and the unbuilt; they involve landscapes, health, safety, spirituality, sociality, well-being, ...; they are fuelled by systemic vision, multi-disciplinarity, trans-generational perspectives. The characteristics of a 'living environment' influence people, moods, behaviour, the quality of life: moreover, each space welcomes us for a different amount of time, not to



From 'La Collection du Carré Bleu' n°13, pages 16-17 (by F.Damiani)

By "architecture" here I mean any building artefact, not only those bearing particular aesthetic characteristics, expressive languages or meanings, i.e. any built element that can be isolated from its context. While by 'living environment' I mean any space, any whole composed of several elements normally generated by the succession of different processes: a room, a place, a street, a square, a city. Isolated from its context, even a 'living environment' leads to selfishness; embedded in a network of relationships, on the other hand, it can also act as a 'life raft': it can foster aggregations, counteract risks, slow down ineluctable degradation.

mention the ever-increasing percentage of those who now live more as nomads than as permanent residents.

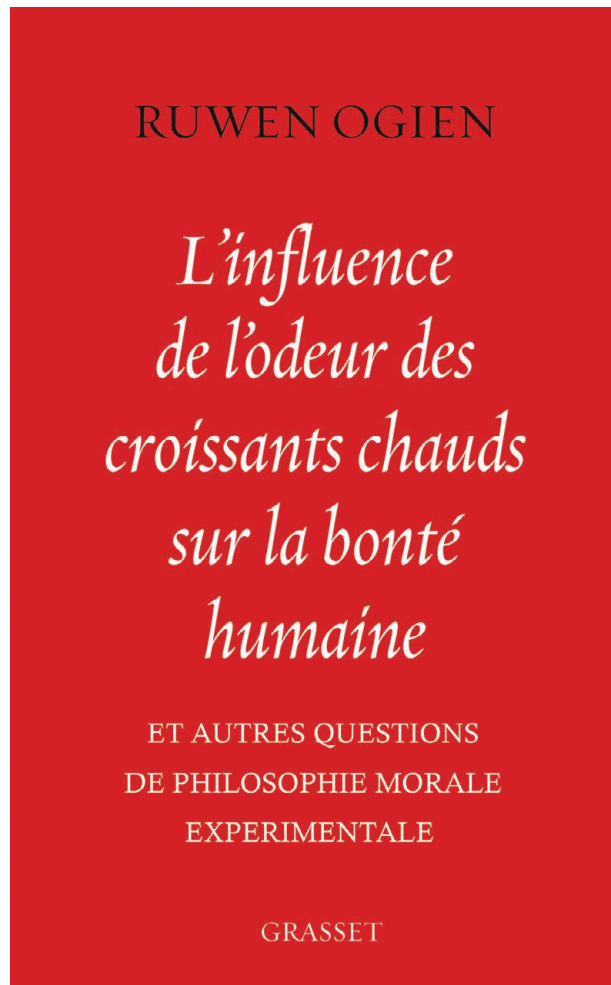
Invitations to think beyond the functions and formal expressions of the built environment are not uncommon. In the early 1950s, Richard Neutra (2) -an Austrian architect transplanted to the United States and a friend of Sigmund Freud's since his youth-published "*Survival Through Design*", a forerunner of environmental concerns as well as the relationship between architecture and neuroscience. A dozen years ago, Ruwen Ogien (3) chose an extraordinary

1. Elias Cornell, *Architectes, changez la mentalité de votre temps!*, Le Carré Bleu, feuille internationale d'architecture, n°2/1958.

2. Richard Neutra, *Survival Through Design*, 1954.

3. Ruwen Ogien, *Human Kindness and the Smell of Warm Croissants: An Introduction to Ethics*, 2011.

title for his extensive essay on moral philosophy, translated into several languages, '*L'influence de l'odeur des croissants chauds sur la bonté humaine*'. At the end of 2022, Davide Ruzzon published '*Tuning Architecture to Humans*'.



Original cover of the book by Ruwen Ogién

Human behaviour is, however, influenced not only by living environments: Antoine de Saint-Exupéry's aphorism reminds us of this: 'If you want to build a boat, don't bother calling men to gather wood and prepare tools; don't distribute the tasks, don't organise the work. First awaken their nostalgia for the distant and boundless sea. As soon as this thirst is awakened in them, they will immediately set to work to build the boat'. Epochal changes require everyone's commitment. In December 2008, at Palais de Chaillot - exactly where in December 60 years earlier the United Nations approved the '*Universal Declaration of Human Rights*' - the '*Declaration of Human Duties*' was launched with regard to habitats and lifestyles: this time not universal, but respecting diversity.

Poetics of Fragment

In the division of labour inherent in every human organisation, some are entrusted with designing and building. Wonderful creative activity: it presupposes participation, complicity, dialogue. An activity that must certainly be stimulated by project questions

that are not selfish or sectorial, far-sighted, attentive to contexts, the logic of relationships, flexibility, growth, integration; open to the future. Questions not reduced to schemes, to trivial functional needs; but complex, extended to the unbuilt; aimed at the logic of the "fragment", not that of the "object"; aware of how at every scale living environments affect, sometimes profoundly, human behaviour. If the 'questions' evolve, the 'answers' will evolve, and interest will be tempered in whatever does not introduce a 'gift' or contribute to improving the human condition.

However, the Vitruvian triad - *Utilitas / Firmitas / Venustas* - still pervades common sense. It convinces: it leads one to consider each building in its autonomy, even to tolerate its indifference to its context. Forgotten for centuries and brought back into vogue in the Renaissance, this triad is more than anachronistic: not only because of the ever-increasing precariousness of any functional use that requires thinking about future adaptability, defining areas of flexibility, reducing constraints and fixed points, thinking about the entire life cycle of any building. While functions are precarious due to their being conventional concatenations of activities, it is these that are substantially stable over time. All too often buildings today clutter up the land, they do not contribute to forming 'landscapes' and 'cities' (*civitas*). Then beauty is not enough: harmony, transmission of meaning and so on are indispensable.

In a still recent piece of writing, Juhani Pallasmaa (4) rhetorically asks whether design should be reduced to a technocratic service or whether it should not express an existential poetics: in the words of Edoardo Persico, whether architecture is not above all "*the substance of things hoped for*". This question also reflects the distinction between what can be translated into expressive language - i.e. the "materials of construction" (at one time stones, bricks, loose materials; then increasingly often pre-defined industrial components, placed in space thanks to the instrumental use of Euclidean geometry) - from what conveys meaning and significance, i.e. the "materials of architecture" (spaces, centralities, links, filters, continuities, limits and so on: supported instead by topological principles).

Topological logic and the lattice of relations, moreover, push one to think outside the physical limits of the project, invading even wide surroundings. They mitigate attention to the single building or single object; they make interest in the complex relationships with the various contexts in which the building is immersed prevail. Schematically, I trace these relations back to a different triad - Environment / Landscapes / Memory - which reflects the simultaneous relations that every modification has with three scales of actions: the planetary one (proper to environmental issues); the one that identifies the culture of a community ("landscape", in its European

4. Juhani Pallasmaa, Introduction to D. Ruzzon, *Tuning Architecture to Humans*, 2022.

declination); the one also immaterial inherent in places, often particularly loaded with collective or even just individual memories. To break away from the Vitruvian triad and focus on inter-scalar relations is a mental mutation of building comparable to the Copernican revolution.

For living environments

Over the centuries, architecture has maintained an aristocratic detachment from current building. Distinguishing it from building does not consider William Morris' inclusive definition (*"architecture is the totality of modifications and alterations made on the earth's surface in view of human needs"*). Distinguishing architecture and building construction pushes to separate the built and the unbuilt, green and landscape, material and living; it avoids considering the built first and foremost as a component of a "living environment"; it seems to forget that a construction is never autonomous, never closed in on itself, always a prototype, always a fragment of contexts in the making. In the above-mentioned paper Pallasmaa goes so far as to state that "a new responsible building makes the less successful neighbouring ones look better than they are in themselves: this is the moral task of a contextually inclusive and responsible project".

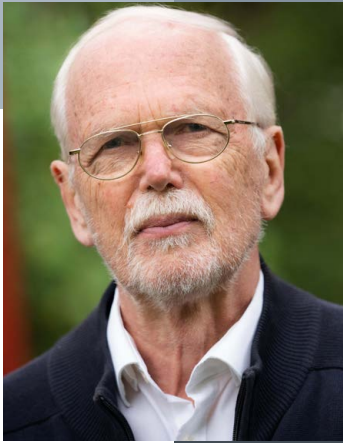
"Living environment" is a room, a house, an open space, a place of social condensation, any space that we are in or in which we are immersed, that we pass through or in which we are stationary. In the past this could be guessed, but now neuroscience can show how 'living environments' - regardless of their size - influence moods and behaviour. Human and planetary health is the perspective that animates 'living environments' (which also have the potential to help mitigate inequalities, generate social cohesion, foster spirituality /sociality / security / economy / wellbeing).

Reflecting on 'living environments' therefore pushes us to move beyond any sectorial perspective, to pursue systemic objectives; to also consider trans-generational logics; to interweave material and immaterial aspects; to the positive evolution of mentalities through the dissemination of these issues, at the same time hoping that each culture will decline them with its own diversity. Avoiding physical obstacles that could consolidate psychological obstacles, with attention to air quality, to minimising carbon dioxide emissions, to the different forms of perception of our senses. Even in a defined place, one always has to wonder what the gazes are looking at, whether any smells or surroundings are pleasant, how the variability of light affects them. In some contexts, it may be interesting to use thermal comfort techniques to encourage 'places of social condensation'; or to make use of the plant world for air quality, colour variations, seasonal variations. The intertwining of different experiences and sensitivities is valuable.

The *"European Design Code for the Quality of Living Environments"* (5) tends to create the preconditions so that the "Davos Baukultur Alliance" can really spread, also intertwining with *"Frugalité heureuse & creative"*. *"The Code"* was generated by the European network of *"Le Carré Bleu"* by taking part in one of the *"Festival Architettura 2023"* promoted by the Italian Ministry of Culture, the one coordinated by "SEED - Design Actions for the Future" of which INARCH - National Institute of Architecture was also a member.

The *"European Code for the Quality of Living Environments"* (this simplified name makes the objective clearer) presupposes a mental mutation for which it is essential, a priority, that every act of building participates in creating or consolidating a living environment. Creating, regenerating current living environments requires visionary vision, new mindsets, a commitment to 'moral rearmament'. This can only be done by communities convinced of the consequences on everyday life produced by 'built + unbuilt' of high ecological and environmental quality. Regenerating from this perspective considers man fully part of nature, i.e. it frees us from egocentric or anthropocentric visions. It can also be a premise of social equity and is - albeit limited - a good contribution to the immense environmental issue.





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Robert P Woroniecki

The Crisis of European Health Care Delivery Systems calls for New Enlightenment:

Part 2 European Medicine and Health Care Systems

European medicine and health care systems

In its long history, the European development of medicine benefited both from non-European cultures and especially from its own two epochs of enlightenment. Already the first Enlightenment led to the fact that medical action in Europe was not only based on mystical cult, but was complemented by a health culture and enlightened disease management. Nevertheless, old mystical, religious and esoteric medical practices have not been completely replaced until today. According to Heinrich Schipperges (1), Immanuel Kant in the "Disputation of the Faculties" - from 1798 - established an original ranking of basic human motives and needs at the time of the Second Enlightenment: 1. the eternal good of man was represented by theology, 2. the civic good was the subject of social sciences such as history, political science, jurisprudence, ethics and philosophy, and 3. the welfare of the body would be mediated by medicine and natural sciences.

Kant concluded that physicians were the most important persons for human beings because they would develop their rules of conduct directly from the "nature of things themselves." Therefore, according to Kant, medicine was also "very closely related" to the philosophical faculty (4), especially since the laws

of nature do not arise from human authority but from nature itself. Like Hufeland, who had published in 1797 his standard work "The Art of Prolonging Human Life" (1), Kant wanted the task of the coming medicine of the 19th century to be understood as "moral culture" that should "treat the physical in man morally." Thus Kant - as an enlightened critic of earlier medical rules - wanted to develop a new medical culture from "pure reason". These rules were to be made available to physicians in lawful form, which, as "practical philosophy, at the same time gives a universal medicine, which, although it does not help everyone for everything, cannot be lacking in any prescription" (1). In our opinion, the concept of universal medicine should not be confused with the concept of holistic medicine. The idea of a new medical universalism should also not be mistakenly associated with static ideas, but with the realization that some Eurocentric, anthropocentric, and economic models of the 20th century have proven to be inadequate and out of date, thus needing to be redefined (2). Today's medicine in Europe is far from a new universal thinking that could follow and extend the Kantian model.

The present work aims to answer the question to what extent the advancing crises of the health care service systems - such as in the United Kingdom, Germany and France - could be explained due to insufficient cooperation between science-oriented

medicine and humanities such as philosophy (2, 3, 4). In other words, our questions are whether the care crises might be related to the lack of a third enlightenment and how the health systems could benefit from new perspectives and reforms.

Why might health care systems in Europe benefit from a Third Enlightenment?

Michael Hampe (5) conceded that "a Third Enlightenment has a chance only if it brings about an epochal cultural change." In our opinion, this call for "cultural change" is particularly relevant to the dilemma of contemporary medicine, which is characterized by a lack of complex systems thinking in patient care and research (3), insufficient planning of time, finances and personnel in hospitals and outpatient clinics (6), dominant technology in diagnostics and therapy (6), exaggerated profit motives of employers in companies and hospitals (6), fragmented services that create large gaps between primary and tertiary care (7), and insufficient communication and cooperation of the Europe of 53 countries to better understand how and why health care systems differ so much from country to country (6). These criticisms and arguments are not limited to medicine, but can also be found in other public areas of the various political systems in Western Europe.

The current crises in healthcare are embedded in political crises, pandemics, social inequalities, educational deficits and strained civilization and cultural lifestyles in a Europe whose aspired unification process seems to have stalled. Some national health systems have been victims of endless "reforms", but nothing seems to have stopped the growing paradox of success and distrust among the population. A safe and solid medical culture cannot be based on professional education and specialization alone, because the entire health care system cannot develop

healthily without cooperation with representatives of the various humanities, natural sciences and arts.

For the individual health and for the entire health care system, life skills, resilience, resonance and adherence to treatment agreements are of central importance. Contrary to what the name "life skill" suggests, life skill and life satisfaction are not about viewing a healthy life as an object of one's abilities (2). This is where concepts of clinical philosophy in hospitals and philosophical practice must come in, with a special focus on enduring the unavailable and unavoidable in people's lives (2). In a sick healthcare system, the patient cannot easily get well, and an unstable or politically unwilling country cannot adequately protect healthy people from large waves of disease, as the Covid19 pandemic has shown. Philosophy is commonly regarded - and probably by many medical professionals - as a place of solitary study, where great geniuses work late into the night on monumental works that few people end up understanding. It is widely assumed, and possibly not only by laymen, that philosophical loners want to be as independent as possible and maintain contact with other scholars only through correspondence with their colleagues. Indeed, with some exceptions such as psychology and sociology, other academic schools of thought, such as medicine, are unfortunately not closely related to philosophy (2), although they have in part emerged from it. There is no doubt that philosophers have their great share in this dilemma. Doctrinaire philosophy seems to want to regulate language "top down" through its own system of discourse. The failure of doctrinaire efforts to unify German philosophical linguistic styles and the fact that philosophical doctrines are not heard outside the academies has to do with the strength of explanatory and narrative alternatives in science and literature (2).

Rather than asking why this unfortunate tradition in medicine and philosophy finds so little entry into contemporary public perception-and especially into medical practice (2)-this article aims to make connections between philosophy and medicine. Specifically, we ask whether contemporary European medicine could benefit from a third enlightenment-induced by philosophy and medicine. What would the start of this third enlightenment have to look like in order to create the conditions for eliminating the seemingly intractable problems of health care in today's 53-countries of Europe? To stimulate discussion and discourse among physicians and philosophers, several problem areas are presented in the Table showing the advantages of a close collaboration between the humanities and the natural sciences, as an enlightenment would bring.

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Table.

Practical concepts for a new medical culture: The aim is to work closely with philosophers, sociologists and psychologists to introduce a third enlightenment through complex systems thinking.

Arm	Role or Goal
Philosophical Institutions	Implementing theoretical, clinical, practical and pastoral philosophy in medical institutions. Content goals of enlightenment thought: thinking for oneself and complex systems thinking, thinking and acting according to chance, necessity and desire, conceptual explanations of perception and truth, shaping of life, definition of progress, ethics and morality in all areas of society in relation to medicine, economy, etc. In addition to understanding and dealing with philosophical terms such as hope and trust, the training of patients should not be artificially generated in an abstract way in preparatory talks. Rather, it depends on the processing of the experiences that the sick people have due to their life situation, e.g. by listening to narratives of patients.
Psychological Institutions	Empowerment of maturity in young and old people. In summary, reducing false expectations, encouraging dreams and utopias. Above all, support autonomous life skills.
Sociological Institutions	Coordination of individual and collective goals of population societies (to name a few examples: Change of regional agrarian society, and industrial society. Change from information society to communication society, knowledge society and cultural society. Promotion of civil society. Dismantling of class society. Increased questioning of the affluent, adventurous, touristy and fun society. Promotion of multicultural society. Avoiding the conflict between generations. An understanding of culture requires not only an understanding of language differences, but also of differences in knowledge, perceptions, beliefs, attitudes, and behaviours.
Medical Institutions	Eliminate gaps between primary, secondary, tertiary, and quaternary care and reduce industrialization of care. Streamline management. Empower staff and patients with clear rights and responsibilities; invest in training, increase skills and knowledge. Put the right staff in the right place at the right time, avoid duplication and competing multiple services. Medical scientific societies: Encourage multidisciplinary and cross-border medical care in outpatient clinics and hospitals. Public health organizations: improvement of international and cross-cultural research and dialogues. Patient safety and protecting public trust in physicians are at the heart of what health systems must do. Cyber medicine: Improve data collection and security, Use controlled artificial intelligence as a helper of people. Improve palliative care and legalize assisted suicide. Improvement of communication and cooperation on a European level to better understand how and why health care systems differ from country to country.
Educational Institutions	Distinguishing between knowledge and opinion, encouraging lifelong information on healthy aging. It is done out of the conviction that our speech and life are so closely connected that changes in our language can also bring about changes in life, i.e. especially when terms are "meant seriously" or are reinterpreted or redefined. Wisdom love, in this sense, is the tendency to improve life conceptually by thinking and speaking about new concepts.
Art Institutions	Reinforcement of cultivated aesthetic experiences of patients.
Political Organizations	Creation of a Ministry of Family Affairs, Seniors, Women and Children/Youth in all European countries. Coordinate the different ministries directly or indirectly responsible for the right to protection and a healthy life style in the 53 European countries. Creation of effective safety nets for young and old people.
Legal Institutions	Rights, duties and responsibilities of people cannot be separated. Limitations of freedom must be specified. Legalize assisted suicide according to national culture. Protect vulnerable people from violence and poverty.
Banking and Financial Institutions	Medicine should be practiced according to the concept of maximized patient benefit given limited resources rather than financial profit.
Food and Pharmaceutical Industry	Create more accountability and trust in food and pharmaceutical agents such as vaccines and antibiotics.
Information Media	Properly address the problem of non-violent aggression among youth, frustration rage among the elderly, and inhumane violence on the streets instead of pouring oil on the fire. Restrict inappropriate reports, videos, and films, and identify and eliminate war propaganda and misinformation.



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Digital Revolution and Artificial Intelligence powered Society in Favour of Third Age

Digital revolution surely helps third age as it supports the exploitation of daily life services and gives aids to contrast pathologies and disabilities. The use of digital technologies in active aging is crucial for promoting social engagement, providing access to information and healthcare, ensuring safety and security, supporting cognitive function, and enhancing the overall well-being and quality of life. Applying Artificial Intelligence (AI) to seniors aged 55 and above in the silver economy can lead to various advantages and improvements tailored to their unique needs and challenges. The silver economy refers to the economic activities and opportunities arising from the growing older population. AI can enable personalized and proactive healthcare solutions, including early detection of health issues, remote monitoring of chronic conditions, and optimized treatment plans. This can result in better health outcomes, reduced hospitalization, and improved overall well-being for seniors.

AI-powered smart home technologies can support aging in place, allowing seniors to live independently and comfortably in their own homes. These technologies can assist with daily tasks, provide safety and security features, and offer virtual companionship.

AI applications, such as brain-training programs and memory assistance tools, can help seniors maintain cognitive function and potentially delay the onset of age-related cognitive decline. But connected to these advantages, almost a second face of the medal, we have the attack to privacy rights, the difficult education to the management of it, the contribution from it to a further polarisation of society, divided into strong and weak, rich and poor, trained and not. We must be sure that seniors are not left behind in the digital age and that the workforce is prepared for the changing demands of the economy. This includes investing in digital infrastructure, providing digital skills training, and support for seniors, and developing policies that support the needs of an aging population. Governments, businesses, and individuals have a role to play in this process, and the sooner we act, the better prepared we will be for the future. Another point is the reciprocal involvement with the green revolution. Really digital revolution needs to be fulfilled by digital ICT technologies development. These are based on big data the production of which consumes energy and produces environmental pollution that the same digital revolution with the related energy consumption decrease aims to avoid.





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Bulletin's Smile: A Musical Gastronomy

"There is no sincerer love... than the love of food."

G. Bernard Shaw

Needless to say, the preoccupation with diet is part of a culture. Marco Polo described the feasts in Asia, Rabelais with his *"ripaille joyeuse [happy feast]"* used Pantagruel to define the evolution from *homo sapiens* to today's *homo devorans* [*The Devourer (Homo devorans)*, chapter, pp 123–146 in « *Surviving the 21st Century. Humanity's Ten Great Challenges and How We Can Overcome Them* » Springer].

During the "Golden Age of Gastronomy (1825-1870): between gluttony and nostalgia", restaurants multiplied at high speed, while the bourgeois apartment was reorganized around kitchens and the dining room. The famous Brillant-Savarin, more famous for his cake than for his philosophy, wrote a

book about the *Physiology of Taste* (1825) stating that "gastronomy governs the whole life". Balzac created an entire dissertation about coffee in his " *Traité des excitants modernes*", and Dumas published " *Le Grand Dictionnaire de cuisine*" in 1872 (basically, in addition to duels and love scenes the musketeers were also eager for culinary pleasures). And let's not forget Proust with his lustful references to the little cakes called "madeleines".

What might puzzle you is the connection between music and our dinners. It is not a matter of psychiatric concerns the idea that each of us has synaesthetic tendencies; that means, for example, that a certain sound can play a role in our taste. It has been



Liszt playing piano: painting by Joseph Danhauser 1840; Standing (from right): Gioachino Rossini, Niccolò Paganini, Victor Hugo. Sitting (from left): Alexander Dumas père, George Sand, Franz Liszt, and Countess Marie d'Agoult.

demonstrated that low-frequency sounds enhance the taste of bitterness and high-frequency sounds enhance the taste of sweetness. Thus, experimenters in gastronomic musicology appeared. Someone has speculated in a somewhat Pavlovian manner that one may feel the taste of fresh fish while listening to the sound of the sea.

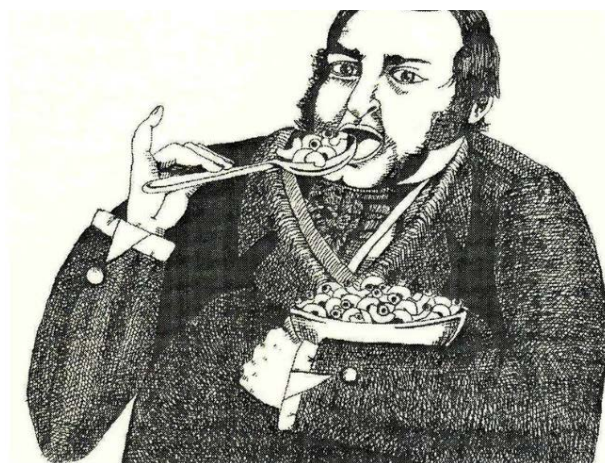
In a London pub - "House of Wolf" – a sensory psychologist, Charles Spence, and a culinary artist, Caroline Hobkinson, served "sonic-cake-pop" of chocolate-coated bittersweet toffee, which came, intriguingly, with a telephone number; at the end of the line, the operator prompted the listener to press 1 for bitter and 2 for sweet and put in contact with the corresponding frequencies (low-pitched sound for bitter, high-pitched sound for sweet).

A paper published in the journal *Chemosensory Perception* (<https://doi.org/10.1007/s12078-012-9138-4>) looked at matching pitches and instruments with odors (smell being the dominant sense in flavor appreciation). The aromas of candied peel, dried plums, and iris flowers were all matched with piano significantly more than woodwind, strings, or brass. Musk, on the other hand, was overwhelmingly brass. In terms of pitch, candied orange and irises were significantly higher than musk and roasted coffee.

A study published in 2011 demonstrated that the continuous noise from the plane suppressed the taste of sweet and salty and the pleasure of eating. The airlines refused to lower the price of tickets, but they reconsidered serving food in economy class.

Many composers linked their names to culinary hedonism. For example, Jan Sibelius used to drink champagne and to eat clams before every concert. Rossini confessed that he only cried three times in his life: when his first opera was a fiasco, when he listened to Paganini playing, and the third time, on a ship when his favorite dinner, turkey with truffles, fell overboard. Liszt boasted about his passion for asparagus, actually a way to hide that the dentists of the time made fun of his teeth and he was practically edentulous. Mahler used to shock his friends drinking only water and eating spinach and apples when they had dinner together; bad-mouth claims that this is the origin of the constant tension in his work.

And that is not all: the composers dedicated their work to gastronomic pleasure: Bach composed the 'Kaffeekantate' BWV 211 and the famous Fugue of the Fantasy in G minor BWV 542 on the theme of the popular song "Let's drink a cup of coffee". Telemann composed the well-known *Tafelmusik* (table music), Mozart - *La tartine de beurre*, and the "Wine Aria" from *Don Giovanni*, Mahler, the sober, wrote the soprano theme from the 4th Symphony praising the benefits of the vegetable garden. And the list could go on with Carl Orff' *Carmina Burana*, Jean-Phillipe Rameau going to bed after a "Canon à 3 voix *Avec du vin, endormons nous*", Rossini (author of a well-known cookery book) with "*Prélude pétulant-roccoco* [*Sparkling-Roccoco Preludium*]" or Gounod with the choir dedicated to wine and beer in his *Faust*-opera.



Rossini gourmand.
Rossini once said, "I know of no more admirable occupation than eating."

Finally, many culinary delights have a musical patronymic: Caruso sauce (sour cream, ham and onion - the pride of Uruguayan cuisine), tournedo Rossini, ravioli Paganini (who was a great epicurean and loved pasta with tomato sauce), eggs Berlioz (with potatoes and truffles), peach Melba (after the famous Nellie Melba from Covent Garden), Mozart kugel.



Rossini and his famous Maccaroni.

The famous Francois Couperin called "the Great", whose piano lessons lasted as long as drinking a bottle of wine, used to end his organ mass with the phrase "La messe est termine, allons dinner!" (The mass is finished, let's go to eat).



The Good Life



LESSONS FROM THE WORLD'S LONGEST
SCIENTIFIC STUDY OF HAPPINESS

CREATE A MORE MEANINGFUL
AND SATISFYING LIFE

Robert Waldinger, MD
and Marc Schulz, PhD



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What Makes a Good Life?

BOOK: *The Good Life*

by Robert Waldinger and Marc Schulz

New York, Simon & Schuster, 2023

Robert Waldinger, MD is Director of the Harvard Study of Adult Development,
March Schulz Ph.D. is the Associate Director of the Harvard Study of Adult Development.

The last publication of the Harvard Study on adult development, started in 1938: a book “built on a bedrock of research” answers to the question *What makes a Good Life?* The study “expanding to now include three generations and more than 1,300 of the descendants of its original 724 participants. It continues to evolve and to expand today and is the longest in-depth longitudinal study of human life ever done”. The book is structured in 10 chapters (the first “What makes a good life” the last “All friends have benefits” plus a conclusion (“It’s never too late to be happy”).

The first chapter starts with a citation from Mark Twain: “There isn’t time, so brief is life, for bickerings, apologies, heartburnings, callings to account. There is only time for loving, and but an instant, so to speak, for that” (p. 1).

Immediately the reader learns that in a 2007 survey, millennials were asked about their most important life goal. Seventy-six per cent answered to be rich and fifty per cent to be famous. Years later in a second survey on the same population making money was the first aim, but fame ranked lower in the list of goals.

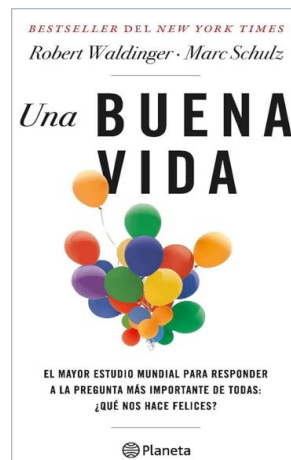
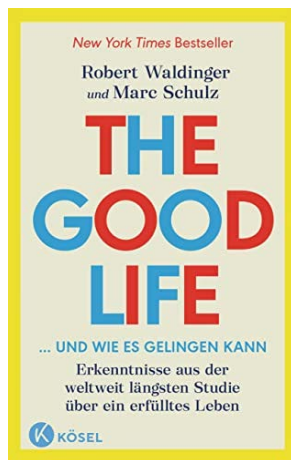
The study shows that the thing that counts most in life is “good relationships”. Indeed, good relationships keep us healthier and happier. So, if you are going to make that one choice, that single decision that would best ensure your own health and happiness, science tells us that your choice should be to cultivate warm relationships” (p. 10).



The Harvard study, as well as many other regional and international ongoing studies with the same goals, “bear witness to the importance of human connections. They show that people who are more connected to family, to friends, and to community are happier and physically healthier than people who are less well connected. People who are more isolated than they want to be find their health declining sooner.” (p. 21).

The real question is “are we destined to be loved or lonely, destined to be happy or unhappy? Do our childhood experiences define us forever?” ... “Is it too late for me?” No! destiny is not written on stone. And meaningful changes are possible. What counts is the quality of relationships- warm relationships are protective and in the hardest days they allow a stable mood.

"The best ideas aren't hidden in shadowy recesses. They're right in front of us, hidden in plain sight"-a citation of Richard Parson and Ralph Keys-opens a chapter on "Why relations matter". Everything started with our ancestors who "lived short, hard, and probably terrifying lives. And yet they survived. Why? They survived because they were social". Although lives are changed nowadays, the "human animal has evolved to be connected with other humans". Indeed, human beings need not only food, motion, goals, "we need each other". And trying to summarize in one sentence the whole pool of data collected in 84 years of the Harvard Study the answer is "Positive relationships are essential to human well-being". (p. 28-29, *passim*)



A 2010 study on data collected by Angus Deaton and Daniel Kahneman at Princeton (one year Gallup survey in households making \$75,000 a year, in 450,000 national daily responses) showed that "money can't buy happiness, however for those making less than \$75,000 a higher income correlated with more happiness". "When money is scarce, and basic needs cannot be met with certainty, life can be incredibly stressful, and in this situation, every dollar matters. Having a basic amount of money allows people to meet those needs, have some control over life, and in many countries affords access to better health care and living condition" ... "More money does not necessarily buy more happiness but less money is associated with emotional pain". However, when "you get beyond that threshold, money does not seem to matter much, if at all, when it comes to happiness" (p. 41).

How much happiness is in our control? We need to make distinctions. Black Americans are disadvantaged, have poor health and live shorter lives. "Social connections increased the likelihood of surviving in any given year by more than 50%. "In individuals with the fewest ties mortality was more than doubled in men and nearly trebled in women. Like the effect of smoking for cancer. All studies after 2010 "reinforce the connection between relationships and health, regardless of a person's location, age, ethnicity and background". (p. 47-48).

Humans have a happiness set point not influenced by our genes and by our personality traits, so if something makes us unhappy, we soon return to our set point. However, 40% is under our control and we can adapt, "that is the general level of happiness we have always felt". However, "Relationships are not just essential as stepping-stones to other things, and they are not simply a function route to health and happiness, they are ends in themselves".

The engine of a good life

"Thus, the engine of a good life is not the self, but rather our connections to others" and

"Loneliness hurts:". It is associated with increased sensitivity to pain, suppression of immunity, inefficient sleep, impaired brain function, sense of tiredness and irritability. This has a cost, since people have an excessive turnover rate at work and have mental problems.

It all started 50,000 years ago when separation from the community imposed more stress on providing control over everyday problems, detecting dangers and thus increasing stress hormones. "There is now a vast body of research revealing the association between health and social connection. Indeed, we need love, connection, and feeling to belonging.... The frequency and the quality of our contact with other people are two major predictors of happiness. (p. 97)

"We need others to interact with and help us, and we flourish when we provide that same connection and support to others" this process of giving and receiving is the foundation of a meaningful life. (p. 98.)

We were forced to isolation during the Covid-19 pandemics. We have learned that virtual life at school, in religious services, funerals was not sufficient "the physical presence of another human being cannot be duplicated by a machine". (p. 129).

How intimate relationships shape our lives (p. 165)

"From the moment we are born we begin seeking close connections, both physical and emotional, to other people. Being close to our mothers, fathers, grandparents or aunts is comforting and provides a refuge from danger". "The benefits that come from having secure connections continue through every phase of life". "Relationships live inside us. The mere thought of a person who is important to us can generate hormones and other chemicals that travel through our blood and affect our hearts, our brains and numerous other body systems" (pp. 171-175, *passim*).

The book has many great goals, the first and most important is related to the search for and conquest of happiness. Some of the many outstanding topics covered are: (1) good relationships, Aristotle's

eudaimonia and *hedonia*; (2) selecting paths for health and happiness; (3) positive relationships; (4) the foundation of a good life is money, of course very few people would say it; (5) talking about money; (6) the control of happiness; (7) the engine of a good life; (8) teaching along with reading, writing, arithmetic and social fitness? the last is a great program. First evidence comes at the end, nurtured by each page of the book.

Having lived the experience of Covid-19 we know that “schools, movies, theatres, restaurants and ball parks weren’t just about learning. These are just a few of the reflections but we could go on for a page or two to make an accurate list.

On retirement

“Retirement is one of the most impactful transitions in life” (p.242). People need to work; their unexpressed wish is to never retire. Since at work they have generated their supporting network, many refuse the idea of retiring. However, it is a crucial step in life; there is a need to create new connections; it is a challenge. The reason is that “work represents the major source of socializing and connection. Change the nature of work and you change the nature of life” (p. 246). Obviously working at home is not a solution, rather it is an additional complication.

“All friend have benefits

Chapter 10 opens with two special citations:

“I have realized that half of the path of the holy life is made of good friendship (a Buddha’s disciple).

“No, they are all of the holy life (Buddha).

The chapter demonstrates that “Having friends, having a group that we belong to, has always made survival in dangerous environments more likely and friends also protect our health in stressful modern environments” (p. 256). It has shown that strong and weak ties are equally important.

Making a good life: does it apply to professors emeriti(ae)?

Professors emeriti(ae) have had a challenging life. First of all, they are in the highest centile of the cultural enterprise in the countries they live in, second, they have had the good fortune to work with a younger generation and to have been able to meet their needs and, much more, to have lived giving and receiving. Their work has been appreciated, their lives were nearly free of economic difficulties, they have had access to wisdom and to powerful personal relations to nurture it. They may be considered in the category of wisdom. They have the qualities needed for fruitful exchange giving healthier and longer life. So as a category they are very lucky. Thus, one easily understands why they strive to continue to work in their teams, at university and to teach. though not

necessarily in a leading role. It is the stimulating atmosphere typical of the university that gives sense to their life. University and research are also the places where their networks are grown.

Because of their knowledge and their role in the society professors emeriti(ae) should take the lead of all retired who have had less appealing jobs and probably will see their nets dissolved. Their presence and action is needed not only at their universities but also as representative of the need and of the rights that are typical of the retired status. This is something that professors emeriti(ae) are learning through their active participation in the activities of the International Day of Older Persons an event promoted by UNO, WHO and European Union.





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A Selection of Short Clinical Stories of an Old Physician (The connection of the past with the present)

Dear Colleague,

It is for me a pleasure and honour to present you a small book under the title "A selection of short clinical studies of an old physician (The connection of the past with the present)" which I wrote within this year initially in Greek. It is now translated in English by my colleague Dr. Chrysi Koliaki.

This small book concerns characteristic medical stories of patients with a broad spectrum of illnesses in which I was personally involved from the time I was student up to now.

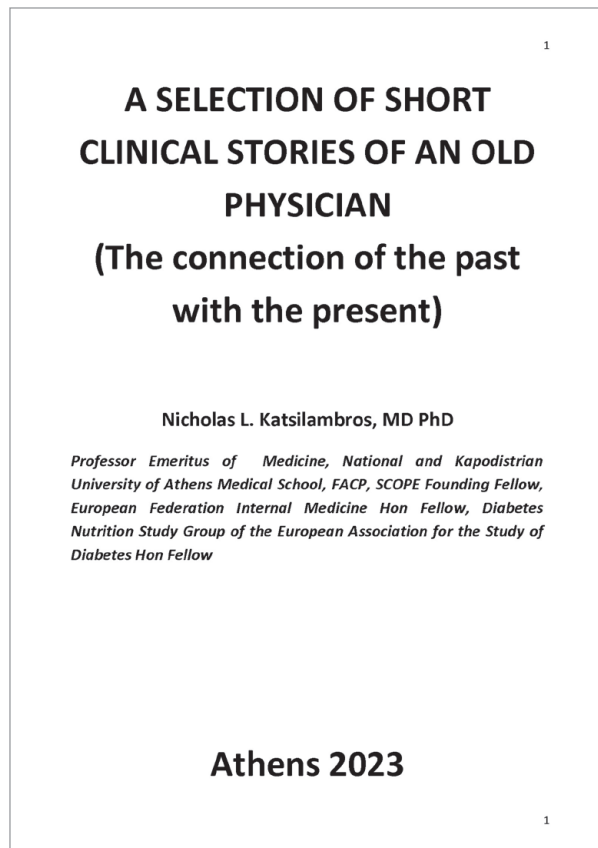
I may note that the book has a didactic character especially for young doctors. It is written in a narrative way and has an encyclopedic style so that it can be read without great effort also by non-medical doctors. It emphasizes the importance of clinical medicine since the described cases are mainly based on clinical observation and history.

Besides, as you know, some doctors in many countries underestimate the profits of the clinical evaluation of the patient and are mainly based on the laboratory findings. This, potentially leads to serious diagnostic failures. At the same time, when indicated, the book provides new knowledge in certain areas.

Certainly, it is not supposed to replace any official medical book, but its aim is to provide some characteristic examples showing the importance of the approach to the patient before complex and expensive laboratory tests are applied. No doubt, artificial intelligence will be an important help but not a substitute for the doctor's intervention.

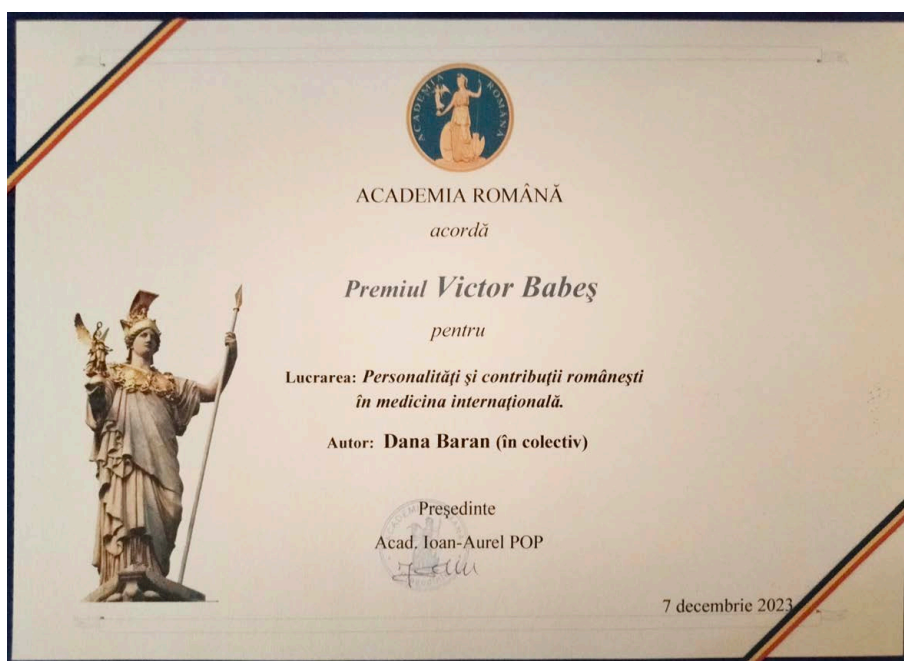
With Kindest Regards,
Prof Em. Nicholas Katsilambros

P.S. If any colleague has not received this booklet yet, and is interested to have it, please be so kind to send me an email to the following address:
nicholaskatsilambros@gmail.com



News

**The Romanian Academy
"Victor Babes Prize and Romanian Academy of Scientists
"Carol Davila"
for Professor Dana Baran for her book "Romanian
Personalities and Contributions to International Medicine"
– Academy Ed, 2021**





Bulletin Redistribution

Restrictions and Guidelines

We would like to inform all colleagues, members of the EAPE and all readers of this Bulletin, for the possibility that a version of this issue may have come into their possession containing an article or articles that have been removed from the official version currently being read.

This happened because of a procedural misunderstanding, in which some colleagues thought it appropriate to redistribute the issue that came into their possession before the official distribution, without taking into account that it was addressed exclusively to authors of articles, in order to check their texts and make the appropriate corrections to them, if necessary.

This resulted in some colleagues receiving an issue containing the wrong material which was not approved by the Editorial Board of the EAPE Bulletin.

For all the above reasons, we consider it necessary to inform all our colleagues, in whose possession each issue of the Bulletin comes, either by direct distribution or by redistribution, of the way in which each issue is completed and reaches its official distribution. And on this occasion, to inform you of some restrictions that exist during this process.

The procedure is the following:

STEP 1: The authors send their contributions for each issue to the Editorial Board.

STEP 2: The Chief Editor together with the Deputy Editors make the first editing of the material and send it to the team responsible for the creation of the Bulletin.

STEP 3: When the first DRAFT is created, it is sent back to the Editorial Board to receive its approval or comments and corrections that need to be implemented.

STEP 4: After Step 3 is completed and potential corrections instructed by the Editorial Board have been implemented, this DRAFT, is sent to all authors so they can check their respective contributions and send back their approval or comments and corrections that need to be implemented.

STEP 5: After everything is checked and corrected if needed, then the Issue is ready for its official distribution.

Prior to its official distribution and during the above mentioned process, the redistribution of the DRAFT between colleagues, members or not, IS STRICTLY PROHIBITED.

Redistribution is allowed ONLY AFTER the official distribution that is made through the usual method, which is the sending of an email containing the link to see and/or download the Bulletin, from the official email account of the EAPE.

Thank you all for your understanding and cooperation.

THE CHIEF EDITOR
George-Andrei Dan



INSTRUCTIONS TO AUTHORS

The *Bull Eur Assoc Profs Emer* is the bimonthly cultural Journal of the European Association of Professors Emeriti (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, Gheorghe-Andrei Dan.

• Email: andrei.dan@gadan.ro

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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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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