



EUROPEAN ASSOCIATION OF PROFESSORS EMERITI

e-NEWSLETTER

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THE PRESIDENT'S ADDRESS



Dear Friends and Colleagues,

The 1st International Congress of The European Association of Professors Emeriti under the main theme "The Capital of Knowledge" was a success. More than 100 colleagues participated. All the communications were very interesting and importantly time was kept very precisely.

The Congress started with 2 sessions dedicated to the Management of Health Challenges in our Century, on Thursday May 30th.

It was followed by a session on Culture and the Environment leading to a brilliant lecture by Professor Academician Christos Zerefos: "The color of weather and climate".

A very lively general assembly followed in which the necessity of further expanding our Society was stressed.

The activities of our Association was presented and the formation of new National Committees and working groups.

Also a proposal by the Board of the Directors to declare the President of the Hellenic Republic Mr. Prokopios Pavlopoulos, Professor Emeritus of Law, as honorary President of the Association was unanimously accepted.

Also an antismoking declaration was unanimously accepted.



With the chorus of the University of Athens in the first row from the left to the right, Mr. George Yennimatas, Ambassador a.h., Secretary General of the Presidency of the Hellenic Republic, the Rector of the University of Athens, Professor Meletios Athanasios Dimopoulos, His Excellency the President of the Hellenic Republic Mr. Prokopios Pavlopoulos, the President of the European Association of Professors Emeriti, Prof. Emeritus Dennis V. Cokkinos and the Director of the Chorus of the University of Athens, Prof. Nikolaos Malliaras.

A reception followed at the roof garden of the Hotel Titania overlooking the Parthenon and the Saronic gulf.

The next day was dedicated to the Capital of Age with many interesting presentations, as well as to Scientific Achievements through the Ages.

Three special sessions followed in which the activities of many prestigious Academies and Emeriti Associations were presented such as the Academy

of Athens, the French Academy of Sciences, the French Academy of Medical Sciences, the European Academy of Sciences and Arts, and the Associations of Professors Emeriti of the University of Athens, the Universities of Northern Greece, the National Technical University of Athens, the Athens University of Economics and Business, the University Federico II of Naples, the Federation of Associations of Professors Emeriti of Greece, the European Public Law Organization, and Hellenic Medical Students International Committee.



From left to right the elected next President of the European Association of Professors Emeriti, Prof. Emeritus Natale Gaspare De Santo, the President of the European Association of Professors Emeriti, Prof. Emeritus Dennis V. Cokkinos, and the Vice President of the Academy of Athens, Professor Emerita Ms. Anna Psarouda-Benaki.

In the Great Hall of the University of Athens at 16.30 a very interesting symposium "Back to Learning – the role of Mentorship" was presented, followed by a special lecture by the distinguished English Professor Sir Leslie Ebdon with the subject: "Giving others the chance we had, the challenge of fair access to University".



The distinguished English Professor Sir Leslie Ebdon.

The opening salutation was given by his Excellency the President of the Hellenic Republic Mr. Prokopios Pavlopoulos, who also gave a very inspired



Left: The greeting of the President of the Academy of Athens, Professor Emeritus Stefanos Imellos, sitting from the left to the right, the Vice Rector of Student Support Services, Professor George Polymenas and the Rector of the University of Athens, Professor Meletios-Athanasios Dimopoulos.

lecture on “The Capital of Knowledge”. The chorus of the University of Athens presented songs from Greece but also the University songs: “Vive la Compagnie” and “Gaudeamus Igitur”.

The Faculty dinner followed at the historic Athens Club.

The morning of Saturday June 1st was dedicated to “The Contribution of Professors Emeriti to Science”. This was followed by a special lecture by Professor Academician Lars Walløe on behalf of European Academies Science Advisory Council: “The political difficulties concerning climate change and negative emission”. The final 2 sessions were dedicated to Health in our Society.

After the official congress was over a relaxing excursion to Cape Sounion followed with a visit to the temple of Neptune.

After this Professor Spyridon Flogaitis hosted the colleagues in the impressive foundation of the European Public Law Organization.

He gave an inspired presentation of the activities of the organization. This was followed by a very enjoyable show of Greek Dances and a buffet dinner.

We thank all colleagues who participated in the Congress and we ask all our members to further support of our Association.

Very Sincerely Yours,
Dennis V. Cokkinos

President
Dept of Medicine (Cardiology), University of Athens
Biomedical Research Foundation, Academy of Athens



BIRTHDAY No 102 for KIRK DOUGLAS whereas his wife Anne Buydens crosses the 100 year line



A unique event in the same family two centenarians. Kirk Douglas and Anne Buydens met at the time of the film *Spartacus* (1953). He, a famous actor already divorced and father of two, she, a translator assistant, living by editing dialogues for movies. They married in 1954, at the time of *20,000 Leagues under the Sea*, and have been a splendid couple for more nearly 65

“happy but not faithful years”, as Anne likes to say. Their strong relation helped them to survive difficult times including the danger of his fame, the death for overdose of their son Eric and the effects of stroke on Kirk’s capability to talk— slowly recovered with intensive long-lasting training— and to stand which persists.

Kirk, born Issur Danielovitch Densky in Amsterdam (New York), was the son of a Russian migrant and of a Ukrainian peasant. Anne Buydens, born Annelore Marx in Hannover Germany, later obtained Belgian Nationality. She has been active philanthropist, occasional actress, one of the best dressed women since 1970 and film producer. Her beginnings were modest. She earned her living by working as press aide and subtitling films because of her skills in French English and German language.

Kirk Douglas the actor of celebrated flirts with Christine Crawford, Rita Hayworth, Marilyn Monroe, Patricia Neal and Anna Maria Pierangeli says that “Anne was the most difficult woman I ever met. She even refused to have a

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dinner with me and my friends. So I had to conquer her by listening to her, by adapting to her and by giving up to be the first of the class”. This did not prevent a genuine love which persists even in present times. Nowadays Kirk and Anne who are obliged to use walking aids, and have personal trainers, live together in Beverly Hills. Their home has been adapted to the needs of old people, without stairs and elevators. They are actively involved in charity work. The contributions

to Cedars-Sinai Hospital in Los Angeles and to the Harry's Haven Center for Alzheimer's Diseases are just two of the many milestones which mark the history of their philanthropy.

They continue to be celebrated by the jet-set and is not surprising that the famous writer, editor and columnist Nancy Bilyeau celebrated Kirk and Anne Douglas on April 23 this year in *The Vintage News*, with an enthusiastic article entitled on "The Centennial Couple – Kirk Douglas is 102 and his Wife Anne Just Turned 100!"

Kirk still loves to recount with irony that he was an insecure anxious man needing psychological and psychotherapeutic support for the many aspects of

everyday life. He jokes mentioning his improbable sexual impotence and loves to remember that he once was forced to ask immediate help of his psychologist¹.

"Doc yesterday I did not fire, I failed. Terrible experience. Doc will I get out?"

The doctor then asked "can you remember the last time you were successful?"

"Oh! Doc for the preceding twenty-nine night all was OK".

The Doc's final comment "did you forget that God after creating the world on the sixth day rested?"

¹ Farina M. Lunga vita. Kirk and Douglas: avere 202 anni in due(senza nasconderli). Il Corriere della Sera, Milan, April 24, 2019, p17 col 1-6.

"THE SAD DAYS OF IMPOSSIBILITY"

George Steiner celebrates the 90th birthday



Francis George Steiner

Francis George Steiner born in Paris in 1929, was obliged to migrate in USA because of Nazism. There he attended high and university schools and in 1944 he became American citizen. He lives as emeritus professor in Cambridge, having difficulties even to move from his library to the garden. Essayist, novelist, literary

critic and educator, Steiner has been professor of comparative literature in many universities including Innsbruck, Princeton, Cambridge, Geneva, Oxford, Chicago, Harvard. He has been identified a "late, late, late Renaissance man" and is the recipient of a dozen of honorary doctorates and of honorary degrees from the Universities of Salamanca and Bologna. He has been a contributor to the *Economist*, *Guardian*, *Times Literary Supplement*, and *New Yorker*. *My unwritten books* (2013), *The idea of Europe* (2015), *A long Saturday* (2017) written with Laure Adler are his last books.

For his birthday he gave an interview to Nuccio Ordine for *Corriere della Sera*. He enjoyed doing this since he has great memories of all voyages to Italy where he has given seminars in Turin, Venice, Bologna, Florence, Naples,

Cosenza and Palermo. He has great memories of "the evenings with Umberto Eco... the churches, the buildings, the monuments, the works of art, the seminar in the High school of Southern Italy and their enthusiastic students".

He started speaking of "The days on impossibility" ten years ago by explaining the difficulties to continue at his age to play the usual role, to continue to create. He still likes to read, to study but he easily gets tired. "So I was forced to say goodbye. At 80 years of age one becomes unable to write what he would like". It is "the sadness of the impossibility" is the professor Ordine, Professor of Italian Literature at the University of Calabria at Rende, in Italy, not only a philosopher but one of the most renowned experts of Giordano Bruno. In fact Steiner adds that "An unwritten essay is like an active shadow which accompanies with irony and sadness the works that have been brought to completion. I would have enjoyed to live that experience but it was impossible, it was like a possible travel, dreamed and programmed but not made."

Ordine N. George steiner si racconta a 90 anni/ George Steiner 90-year-old recounts himself. Il Corriere della Sera, Milan April 27, 2019.

Natale G De Santo

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BRIEF OVERVIEW OF THE HISTORY OF THE FRENCH

"NATIONAL ACADEMY OF MEDICINE"



Raymond Ardaillou
Treasurer
President of the Association Robert Debré for medical research.



Jacques Battin

National Academy of Medicine, Paris, France

The Foundation

In December 1820, King Louis XVIII created by ordinance the Royal Academy of Medicine on the advice of his doctor, Baron Portal, who urged him to join

together experts able to advise his government on public health. The Academy will commemorate in a year the bicentenary of its creation. The first members of the Academy were appointed by the king who chose, among the most famous doctors of the time, only those living in Paris because of the long duration of travel from the main cities of the kingdom. Let us quote some of them: Dominique Larrey, surgeon of the armies of the first empire, Jean-Nicolas Corvisart, personal physician of the Emperor Napoleon I and of his two successive wives, Josephine de Beauharnais and Marie-Louise of Austria, Antoine Dubois who had delivered Marie-Louise. Before the revolution, there existed medical societies such as the Royal Society of Medicine and the Royal Academy of Surgery, which, considered as corporations, were abolished by the "Le Chapelier Act" in 1791. Article 2 of the 1820 ordinance defines the statutes and missions of the Royal Academy of Medicine as follows: "This academy will be specially instituted to answer the requests of the government on all that concerns public health, and mainly on the epidemics, the diseases peculiar to certain countries, epizootics, the various cases of forensic science, the spread of the vaccine, the

examination of new remedies and secret remedies, both internal and external, natural or artificial mineral waters. It will take care of all the objects of study or research that can contribute to the progress of the different branches of the art of healing". To best fulfill these functions, the Academy included pharmacists, veterinarians and "free members" from its inception to cover all areas of public health. Among the latter, the most famous are the zoologist Georges Cuvier, the chemists Claude-Louis Berthollet and Joseph-Louis Gay-Lussac, the physicist Joseph Fourier. This initial nucleus of academicians then proceeded by co-optation to the election of new members.

The nineteenth century

Among the many tasks that were asked by the royal government, the most important were to spread vaccination against smallpox throughout the country and to define the best preventive measures and treatments against cholera epidemics, frequent in the 19th century. The academy created a network of correspondents in all departments of the country to convince the population of the benefits of vaccination. The academy organized a dispensary in its premises where infants could be vaccinated by transferring pus taken from the skin of infected heifers on the arms of these children, who had been first scarified. In 1831, the Academy published its conclusions on the treatment of *cholera morbus*. Rejecting the traditional treatments such as bloodletting, opium or calimel, the academicians insisted on the need to compensate for vomiting and stool whose frequency led to the patient's death. One of the most famous battles of the Academy was in 1835 its conviction of homeopathy introduced in France by his creator Samuel Hahneman, a German doctor, who moved to Paris. This event showed the independence of the Academy from the government whose Prime Minister François Guizot supported this practice. Exchanges on the great problems of the time were sometimes stormy. Always famous academicians presented, at the weekly meetings of the Academy, discoveries that have up to now never been denied. These include, among many others, Claude Bernard, Paul Broca, Jean-Martin Charcot, Louis René Villermé and Louis Pasteur. Claude Bernard was the initiator of experimental medicine. He discovered many physiological phenomena including the function of glycogen storage of the liver and the digestion of fats by the pancreatic juice. He trained many collaborators around him as we can see in a famous painting that the Academy possesses. The name of Paul Broca is attached to the discovery of the locations of the motor cerebral areas. Jean-Marie Charcot described new neurological diseases and, by his descriptions of hysteria, opened the doors of the unconscious to his pupil Sigmund Freud. Louis-René Villermé is the first in France to have carried out epidemiological studies. Among other things, he showed that overall mortality was increased in poor neighborhoods in comparison with wealthy neighborhoods and that, similarly, the size of conscripts depended on their origin, being higher among those coming from wealthier neighborhoods whose food was more abundant. Louis Pasteur who was not a doctor, is the most famous of the free members of the Academy. His work on asepsis and the development of the first vaccinations in animals (chicken cholera, anthrax) and humans (rabies) are universally known. He triumphed over Felix Pouchet by demonstrating the inanity of spontaneous generation by a simple experiment: a culture broth is heated in a bottle with a straight neck and in a gooseneck bottle to kill the microorganisms. Then, the broths are left in the open air for a few weeks. Microorganisms enter the straight neck flask and contaminate the broth. In the gooseneck bottle, the microorganisms cannot reach the broth and grow there; so when there is no outside contamination, the broth remains clear.

The twentieth century

From its foundation, the Academy moved several times because the number of

academicians increased and it was necessary to enlarge the premises. It was only in 1902 that the Academy was able to settle in its hotel in the rue Bonaparte. The architect Justin Rochet, influenced by the art nouveau style, multiplied the floral motifs in the mosaic tiles and the grand staircase leading to the floor of the meeting room that has recently been restored to its original pastel gray color. The ceiling is decorated with a calligraphy of the name of the academy by Georges Mathieu and behind the platform where the academy executive board sits, stands the Hippocrates statue by Dimitrios Filippotis, a gift from the Greek government (Fig.1). The Academy was organized into sections and members not living in Paris called non-residents were recruited. Its name also changed three times according to the political events. From royal, it became imperial and then national. The Academy, soon after its creation, decided to encourage research by distributing prizes that were financed by generous donors. Initially, these prizes answered questions of the jury on a medical problem; but, quickly, the Academy accepted prizes respecting the wishes of the donors, but whose themes were chosen by the candidates.

The twentieth century was marked by considerable progresses in medicine, to which several academicians have contributed. An important place must be given to Marie Curie. She was the first woman elected to the Academy and distinguished herself by awarding two Nobel Prizes. During the First World War she created the first radiology ambulances for fracture treatment. Pasteur's students and those who succeeded them also occupy a special place. Gaston Ramon prepared from diphtheria and tetanus toxins, toxoid-free but immunogenic toxoids that were utilized as anti-diphtheria and anti-tetanus vaccines. Emile Roux, Director of the Pasteur Institute, developed the anti-diphtheria serum. More recently, Jean Dausset and Luc Montagnier were awarded the Nobel Prize, the former for the discovery of HLA groups allowing organ transplantations in humans to be better accepted by the recipient and the latter for the identification of the HIV (Human immunodeficiency virus). At the beginning of the century, Charles Richet and Alphonse Laveran were also awarded the Noble prize. Charles Richet discovered anaphylaxis paving the way to the development of immunology. Alphonse Laveran showed that hematozoons were responsible for malaria. He also identified the protozoan responsible for Kala Azar. Many other academicians gained a wide recognition. Early in the century, Felix Widal showed the role of alimentary salt in the formation of oedema. Important contributions in organ transplantation were brought by academicians. Jean Hamburger succeeded in transplanting a kidney from a dizygotic twin to his brother and René Kuss in transplanting, for the first time, a kidney to an unrelated recipient. The Academy counted among its members illustrious characters, including Georges Clemenceau, a physician by profession, considered in France as the architect of victory ("l'artisan de la victoire") at the end of the First World War. The Academy evolved towards a greater involvement in the medicine-related scientific, ethical, administrative and societal issues of the time, making known its position and making recommendations to the public authorities. The German occupation of Paris was a difficult time that showed the determination of many academicians to resist the Nazis. Charles Richet Jr, the son of the Nobel Prize, was deported to Buchenwald. Louis Pasteur Valéry Radot, the grandson of Louis Pasteur, animated a network of resistance. At the end of the war, it was necessary to reconstruct French medicine and, in particular, to raise it at the level of what was done in the United States. Many doctors devoted themselves to this task, a number of whom were elected to the Academy like Jean Bernard, Jean Hamburger, Jean Dausset, Robert Debré, Jean Lenègre.

The present time

Nowadays, the Academy of Medicine demonstrates that it remains an

indispensable institution to advise and, possibly criticize, the government on its public health decisions. It is also an institution giving the public, through its website and its releases to the newspapers, an exact view of medical problems and, thus, fights against “fake news” often spread by the press and social networks. Indeed, academicians are independent of political power and express their opinions freely. Coming from diverse backgrounds, they cover all areas of medicine. They remain close to the ever-changing medicine with their corresponding members, most of whom are professionally still active. The Academy is increasingly consulted by both Houses of Parliament when laws affecting medicine are being prepared. It is developing its international contacts and, to this end, has created a foundation that has organized meetings with local academies in several countries. The Academy of Medicine was one of the founding members of the European Federation of Academies of Medicine and of the Interacademy Partnership that is a world organization. As examples of international cooperation, the Academy participates, with Chinese academies, in the redaction of a report comparing the situation of tuberculosis in France and China that is in progress and, on the request of the Science Advice for Policy by European Academy (SAPEA), a report on transforming the future of ageing is being prepared. This report will provide scientific perspectives for a better social and medical care in the European countries. Another of its missions is to keep books and archives in its library, including more than 100 incunabula, which represent an important source of documentation for all those, many of whom



Figure1. Statue of Hippocrates by Dimitrios Filippotis (Library of the National Academy of Medicine, snapshot by Philippe Fuzeau)

are academicians, who work and write on topics of the history of medicine. As written here above, the Academy will celebrate in 2020 its bicentennial and thus hope to affirm its perpetual youth.



AN OLD AND RENOWNED HOSPITAL PRODUCING WINE
WINE STILL BE CONSIDERED A REMEDY?



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“Whether wine a nourishment, medicine or poison is a matter of dosage.”

Paracelsus

Strasbourg: a name of German origin meaning “Town (at the crossing) of roads”. Notwithstanding the historical crisscrossings that the town has endured throughout its tumultuous existence, there is a peculiar landmark in the city that entwines Medicine and Oenology. However, Economics, as will be appreciated below, is the *fons et origo* as well as a distinctive feature of the intermediate stages of this auspicious affiliation.

“L’Hôpital Civil de Strasbourg” (Fig. 1) was founded in the early 12th century and starting in 1395 wine cellars just beneath the hospital came into being. The motive: not a few patients paid their medical bills not in money but by transferring ownership of tracts of vineyard and hence income to the hospital. In these cool wine cellars fine wine of the Gewürtztraminer, Muscat, Riesling and Pinot Gris varieties was produced. Then, the medical treatment ensued but

not necessarily by dispensing local varieties: Châteauneuf-du-Pape would be prescribed for bloating, Côtes de Provence rosé for obesity, Bergerac for high cholesterol, Muscat de Frontignan for herpes and the appropriately called Saint-Amour to enhance libido etc. There was a time when up to two bottles a day of wine were administered to patients. Eventually, in 1990 wine treatments were stopped.



Fig. 1:
L’Hôpital Civil de Strasbourg

“Today, the cellar produces 140,000 bottles of Gewürtztraminer, Klevener de Heiligenstein, Sylvaner and Riesling per year, using grapes grown by 26 different wine partners. The wines are aged for six to ten months in mammoth oak barrels before being bottled and sold to the public. [...] The proceeds from the cellar’s portion of the production are invested into the purchase of medical equipment for the hospital, while the partners benefit from the lion’s share of the wine.” (Melissa Banigan, “France’s fascinating “wine treatment”, <http://www.bbc.com/travel/story/20190501-frances-fascinating-wine-treatment>).

Ancient throwbacks

“Mnesitheus said that the gods revealed wine to mortals to be the greatest blessing for those who use it correctly, and, for those who use it unregulated, the opposite. For it gives nourishment to those who use

it well and strengthens the soul and the body. In medicine, it is a very useful thing. Indeed, it can be mixed with medicines in a potion, and it is beneficial for those who have wounds. In daily gatherings, for those who drink a moderated and mixed amount, it adds to their wellbeing. However, if it is drunk in excess, it leads to violence. If it is drunk in equal measure, it provokes madness; and if it is taken undiluted, it leads to paralysis of the body. This is why Dionysus is everywhere called doctor."

Athenaeus, Deipnosophists, 2.36a-b

The curative properties of wine had not gone amiss by the medics of the days of lore. It has been reported that "Wines were incorporated in the materia medica and appeared as menstrooms in the ancient Chinese writings." whereas the use of wine as medicine was mentioned in the oldest known medical handbook, a Sumerian pharmacopeia inscribed on a clay tablet ca. 2200 BCE.¹ (http://www.dmorrie.info/html/article_winechronology.html). Furthermore, there is evidence that the healing potential of wine was recognized in ancient Egypt (e.g. the Ebers Medical Papyrus ca. 1500 BCE) and India (2nd millennium BCE).

Then came the Greeks bearing, once again, 'gifts' and with them words of caution for the judicious use of wines. The 'gifts' started in Hippocratic times and followed subsequently by Greek medics in Rome and the era of Galen up to contemporary state-of-the-art. They consisted in the differentiation of the properties of wine varieties connecting them to their purported therapeutic usefulness and potential damage inflicted as pathogenic agents, in internal and external usage, on specific organs. And all this related to the different varieties of individuals and their state of health.² So closely akin to the reflection of Charles Baudelaire in *Les Paradis artificiels*: "[...] une idée juste et nette de tous les vins, de leurs différentes qualités, de leurs inconvénients, de leur puissance sur l'estomac et sur le cerveau".

Keeping corks moist

"There is no topic more difficult to handle, or more full of detail, seeing that it is hard to say whether wine does good to people rather than harming them"

Pliny the Elder, Natural History, Book XXIII, xviii, 31.

The cellar of the venerated établissement de santé (L'Hôpital Civil de Strasbourg) houses what is reputed to be the world's oldest barrel-stored white wine dating from 1472.³ (Fig.2)



Fig. 2: The cellar of the venerated établissement de santé (L'Hôpital Civil de Strasbourg)

Each time the cork is dry about 4 to 6 litres are emptied into the original 400 litres, usually a Riesling or a Sylvander that have also aged in the same

cellar. The natural treatment of the cork dryness is reminiscent of what Plato (Laws, 666 a-c) observed: "[...] Dionysus [...] bestowed [wine] on mankind as a medicine potent (φάρμακον) against the crabbedness of old age, that thereby we men may renew our youth, and that, through forgetfulness of care, the temper of our souls may lose its hardness and become softer and more ductile, even as iron when it has been forged into the fire." Almost four and half centuries later, Rufus of Ephesus (70-110 CE) concurs by stating that "[...] medicinal benefits are also amplified for the older population as [...] people become colder and drier with age and are more in need of wine's warming and moistening effects." (Emily Kate, "A historical perspective on health benefits of wine", <http://www.academicwino.com/2014/05/historical-perspective-health-benefits-of-wine.html>). With a proviso we may add: "Anxiety, yawning and rigor are removed by drinking equal parts of wine mixed and water" (Hippocrates, Aphorisms, 7. 56). Furthermore, let us recollect that: "When one of Alexander's toasts was offered to Callisthenes, the expedition's historian, he turned it down: 'I don't wish to be in need of one of Asclepius curative cups after drinking from one of Alexander's', he is said to have said."⁴ Finally, an additional word of caution: "Romans believed that wine, baths and oysters are the three main enjoyments which can provoke the self destruction of anyone" (Athina N. Malapani, "Materia Medica of Cyprus in Roman writers: its use in health, medicine and diet" https://www.academia.edu/15109580/WINE_IN_ANCIENT_MEDICINE).

However, a controversy about wine has emerged today. Although up to recently, low-volume drinking was considered beneficial⁵, more recent studies are suggesting that there is no safe minimal dose for alcohol that is devoid of harmful effects⁶. In a large study in a Chinese population 512.715 adults were followed for 10 years⁷. They found that alcohol intake in men had a continuously positive linear association for stroke but not for myocardial infarction: systolic blood pressure was also strongly associated with alcohol consumption. However, since most individuals would be loath to completely deny the pleasures afforded by wine, the moderation already alluded and appearing in all alcohol advertisements should be observed, which is in accordance with the axioms of Athenaeus, 19 centuries ago. Hopefully alcohol in moderation should not be condemned as has rightfully happened to smoking.

Further genetic studies may provide more pertinent information, which would be expected to influence our mode of living.

Fellow emeritae and emeriti please take heed!

NOTES & REFERENCES:

1. Is it not an uncanny coincidence that Strasbourg is the seat of the European Directorate for the Quality of Medicines most commonly known in French as "Pharmacopée Européenne"?
2. Two relevant *obiter dicta* betraying the authors' professional deformation: "[...] undiluted wine [...] is recommended for 'cardiac' illnesses, where it is sometimes 'the only means of health' according to Aretaeus [of Cappadocia, 1st century CE]." and "The interest of vineyards became such amongst doctors after Hippocrates that they seem to have sometimes contributed to the 'promotion' of a vintage." Jacques Jouanna, Greek Medicine from Hippocrates to Galen: selected papers, Brill, Leiden, 2012, 180, 4.
3. No less than five doctors associated with the hospital were awarded the Nobel prize for physiology or medicine between 1907 and 1936.
4. James Davidson, Courtesans and Fishcakes: the consuming passions of classical Athens, HarperCollins Publishers, Hammersmith, 1997, 158.
5. Stockwell T, Zhao J, Panwar S, Roemer A, Naimi T, Chikritzhs T. Do "Moderate" Drinkers Have Reduced Mortality Risk? A Systematic Review and Meta-Analysis of Alcohol Consumption and All-Cause Mortality. *J Stud Alcohol Drugs*. 2016;77: 185-98.
6. Burton R, Sheron N. No level of alcohol consumption improves health. *Lancet*. 2018; 392: 987-988.
7. Millwood IY, Walters RG, Mei XW, Guo Y, Yang L, Bian Z, et al. Conventional and genetic evidence on alcohol and vascular disease aetiology: a prospective study of 500 000 men and women in China. *Lancet*. 2019; 393: 1831-1842.

HISTORY OF ATHENS SCHOOL OF DENTISTRY

George Vougiouklakis

Professor Emeritus, Dental School, NKUA
Scientific Responsible Of the Museum of Dental School

The Dental Department of the National and Kapodistrian University of Athens was founded in 1911 as a branch of the Medical School. It was called "Οδοντοϊατρικό Σχολείο" – Dental School. Its mission was the education of scientist-dentists. However, due to the Balkan wars, it opened in 1916, but in an embryonic state. The studies lasted three years, while the instructors were professors of the medical school. In addition L. Kokkoris was appointed as the first professor of Dentistry and Stomatology.

At the beginning of the 1920s, the Dental School developed rapidly; the tuition became four year and the administration of dental lessons was upgraded in theory, laboratory and clinical practice. The Board of Professors was formed by its own instructors but was directed by a Professor in Medicine. Nevertheless, it gained some degree of independence.

In the decade of 1930, the number of students raised significantly. Also, professors were appointed to teach efficiently the dental subjects of Dental Radiography and tooth extractions, Orthodontics, and Higher Prosthodontics. It worth's to note that the first professor in Operative Dentistry and Dental Pathology and Therapeutics was Efth. Papantonopoulos, student of G.V. Black who was a pioneer and one of the founders of modern dentistry.

The year 1952 is a landmark as the Dental School becomes a department of the Medical School. The studies last five years, the number of special dental lessons increases, PhD degree dissertations may be conducted and lecturers were elected. At the same time it became even more independent as it was directed by a board consisting of professors in dentistry.

However 1970 became the turning point in Greek Dental Education, as the Department of Dentistry was upgraded in an independent Dental School that moved in new contemporary premises. The Dental School was then governed exclusively by the professors in dental subjects.

Furthermore, in the decade of 1990 a new building was erected to host the postgraduate studies and the clinical specialties. Thereon the Dental School incorporates any modern advances in dental science and education, being a pioneering institution in areas of dental research like biomaterials. As a result it has received distinctions and has been rated at the 44th position globally according to the QS rating.



MUSEUM OF THE SCHOOL OF DENTISTRY

George Vougiouklakis

Professor Emeritus, Dental School, NKUA
Scientific Responsible Of the Museum of Dental School

The Museum of Dentistry at the Dental School of the National and Kapodistrian University of Athens was established in 2012. The main exhibition area of the Museum is located on the first floor of the new building of the Dental School in Goudi. There is a large selection of exhibits which are continuously enriched by

contributions from institutions and individuals. The collection includes instruments, devices, materials and complete dental units used in dentistry, reflecting not only the history of the Athens School of Dentistry and dentistry in Greece, but also the historical evolution of dentistry on a global level. For example, dental drills, surgical instruments such as dental forceps and levers, operative dentistry devices, the first airtor contra-angle hand piece that was used at the operative dentistry dpt., amalgam dispensers, and tools and devices of prosthetic dentistry (e.g. porcelain teeth, impression trays, vulcanizing device for the manufacturing of dentures), various types of dental headpieces and a rare dental unit with an even most rarer dental office light.

One of the most striking exhibits is a portable wooden cabinet with materials and tools for exercising the dental art, which inter alia contains a significant number of glass vials with pharmaceutical preparations for dental use, a great collection of hand tools for placing materials, endodontics tools, needles, syringes, intact local anesthetic vials, etc.

The Museum incorporates the historical archive of Athens Dental School and supports the research the archive. The rare archival footage tracks the evolution of the "Οδοντοϊατρικόν Σχολείον" (Dental School) from the very early steps of establishment in 1916 until the early 1980s.

The documents illustrate the way in which the first University Dental educational institution was formed, as well as the changes over the years. At

the same time, unknown aspects of Athens University academic activity are illuminated.

The museum's photographic collection comprises of digitized archival material, such as case laws, statutes, proceedings excerpts of the "Iatrosynedrio" (early version of the National Medical Council), the University, the School of Medicine and the School of Dentistry, as well as general material relating to the evolution of dental theory and practice.

The Dental Department Museum utilizing the advantages of modern Internet and Multimedia Technology developed a Digital Museum (www.museum.dent.uoa.gr). The purpose was not only to present the exhibits but also to feature the history of Dental Education and Practice in Greece through time.

In the digital crossroads of Contemporary Technology and Dental History, individualized action is allowed based on digital storytelling. Thus, the website visitor can wander around and study the entire dental legislation since the establishment of the Modern Greek State until our days.

One of the most ambitious programs that are running at the moment is the creation of open, freely accessible online library for the specialist, the student, the scholar, everyone. Rich material about the Museum and Dentistry will be offered in electronic form. Already, the Museum has undertaken the digitization of all English dental books which are copyright free.

The website also presents the teaching staff, wishing to pay homage to

all those who contributed to the upgrading of dental education in our area. In addition, a special section is devoted to all doctorates of Dental School of Athens. Currently, an effort is in progress, so that all the graduates will be recorded, from the first one who graduated in 1916 to the present day.

Our goals for the Museum of Dentistry are to not have it be a static memorial exhibition space but a living educational environment, a cradle for research and culture accessible to all; to have it contribute to the study and promotion of the History of Dentistry, in general, and that of the School of Dentistry, specifically.

The Museum of Dentistry supports a remarkable number of research projects. A monograph on "Dentistry in the Ancient Greek World" has been issued already. Another study about the role of "Iatro-synedrio" (medical council) in the support of the dental profession and the promotion of dental education in Greece is already at the stage of final writing.

Educational programs have been designed for schoolchildren, both for primary and secondary education. The capability of the Museum of Dentistry to plan and realize innovative educational programs has begun to bear fruit and also to gain distinction.

