

*One Man is the unity of all society  
working together to help each other. (1)*

**Ralph Waldo Emerson (1803-1882)**

*Dear Colleagues,*

When this Foreword was written Dr Kamen Valchanov, one of the Assistant Editors, reminded me of William Shakespeare's *Hamlet*, Act 2, Scene 2:

*I could be bound in a nutshell  
And count myself a king of infinite space...*

I also read the book *The World in a Nutshell* by Stephen Hawking, one of the greatest scientists and dreamers, who explains his worries about the expansion of the universe. The world may as well be a small nut but we live in it as one big family. Our cultural diversity represents a unique advantage that can encourage all those living in Europe to explore the benefits of our rich cultural heritage and opportunities to learn from different cultural traditions. Indeed, intercultural dialogue has long been a principle supported by the European Union. With Decision No 1983/2006/EC of the European Parliament and of the European Council the year 2008 was declared "European Year of Intercultural Dialogue".

On educational and scientific level intercultural dialogue aims at equipping individuals with the knowledge and skills ("intercultural competences") to participate in increasingly diverse societies. Knowledge about other cultures can also contribute to mutual respect and understanding. These aspects are key in life long learning and in the survival of *Homo reciprocans*. To share creative thoughts and warm feelings, to improve both our intelligence quotient (IQ) and our emotional intelligence quotient (EQ) (2,3). Without them it will be *bellum omnium contra omnes* (from Latin, "the war of all against all") – *commotio cerebri* and *commotio cordis*.

Because "Culture is activity of thought, and receptiveness to beauty and human feeling. Scraps of information have nothing to do with it.", quoting Alfred North Whitehead, from his book *The Aims of Education* (1929).

1. From *The American Scholar*; a lecture delivered by Ralph W. Emerson in 1837 to the Phi Beta Kappa Society. From Greek, ΦΒΚ stands for Φιλοσοφία Βίου Κυβερνήτης or *philosophia biou kybernētēs*, meaning "Love of learning is the guide of life."
2. Goleman DP. *Emotional Intelligence: Why it Can Matter More than IQ*. 10<sup>th</sup> Edition. 2005. Bantam Books.
3. Chaldakov G, Chaldakov N. *The Human: IQ + EQ* (essays and photographs). 2008. Atelie'89, Varna, Bulgaria.

## **New members of the Editorial Board**

We are pleased to welcome Dr Jerzy Beltowsky from the Department of Pathophysiology, Medical University, Lublin, Poland and Dr Krikor Dikranian from the Department of Anatomy and Neurobiology, Washington University School of Medicine, St Louis, MO, USA who were elected members of the Editorial Board of *Biomedical Reviews*.

## **Introducing *Adipobiology*, An International Journal of Adipose Tissue in Health and Disease**

*Adipobiology* is official journal of the Bulgarian Society for Cell Biology. The Journal has a distinguished editorial board with extensive research and educational qualifications, ensuring that the Journal will provide readers with state-of-the-adipobiology review and research articles, with a broad international coverage. The first volume of *Adipobiology* will be released in October 2009 during the 2nd International Symposium on Adipobiology and Adipopharmacology (ISAA), 23-25 October 2009 in Varna, Bulgaria (see page VII).