

EDITORIAL

Dopamine, endorphins and epinephrine

Once, I was asking a friend: “How can you work so hard and for such a long time?” He told me what he read in a book, that our brain secretes, among other, three important substances: dopamine (D), endorphins (En) and epinephrine (Ep). Dopamine plays a major role in reward-motivated behaviour that mediates seeking. With other words we may say that is associated with the hope of achieving sometime a good result - a pleasure. The endorphins come with the result itself but the effect lasts for a short time comparing with the dopamine. On the other hand, the epinephrine is positively correlated with an arousal state of negative feelings, in our case with the failure on obtaining the good expected result. “You see, told my friend, I think that my brain normally secretes quite high levels of dopamine and everyday I live with the expectation of achieving something good in my life, and so I continue my work with the enthusiasm that you have noticed.” “On the other hand, he continued, there are persons which are not able to produce enough dopamine but mostly epinephrine. In order to deal with this they try to access the endorphins by looking for short time pleasures. In fact this is not solving their problem, but in most cases is accentuating it. However, you can educate/motivate yourself in order to increase the level of dopamine.”

If my friend is true in his explanation, I think that many people of the young generation have this problem and it seems that Mark Bauerlein was totally inspired on choosing the title of his book ‘The Dumbest generation: How the Digital Age Stupefies Young Americans and Jeopardizes Our Future: *Or, Don’t Trust Anyone Under 30*’ [1].

Now, I will present you a short report on our journal’s activity associated with the above mentioned substances.

2013 was a very busy year at EJST (Ep). As told last year [2] we passed at six issues per year but it seems that this is not enough (Ep). According to the number of papers received for publication, the interest for the field of Science & Theology has tremendously grown but being yet at a beginning we may become the victim of our own success (paradox – En & Ep). Due to the fact that we have published a quite large number of articles the impact factor has decreased from 0.6 to 0.389 and for this reason we will remain at the same number of issues in 2014 (Ep). However, the quality of the received works is good and among them there are some exquisite ones which will surely bring many citations in the next years (D).

As usual, the internet access to our web site has doubled again, while the interest of the readers outside Romania has increased from 24% in 2010 to 41% in 2012 (En). Due to this reason and at the suggestion of ISI Thomson Reuters editors (En), we decided to put all articles on the website, even if for the last issues one needs an username and a password in order to access them (D).

EJST was involved on organising different conferences. Among this, I must to say that we were very keen on being invited to participate at the International Scientific Conference held in the Romanian Parliament, in partnership with the Committee for Human Rights, Cults and National Minorities Issues of the Chamber of Deputies (En). The co-operation with National School of Political and Administrative Studies continued (D) and in June next year, the 6th European Symposium on Religious Art Restoration & Conservation will be organised in Florence (Italy) together with ICVBC-CNR (Istituto per al Conservazione e la Valorizzazione dei Beni Culturali), OPD (Opificio Della Pietre Dure), Pontificia Commissione di Archeologia Sacra, Ufficio Arte Sacra e Beni Culturali dell' Archidicesi di Firenze and Dipartimento Scienze Umane e Sociali – Patrimonio Culturale (En and a lot of D!).

Speaking about ESRARC, I also have to say that in May this year, EJST has granted together with the University of Alba Iulia its first Excellence Awards on Religious Art Restoration and Conservation (En & D).



Also in 2013, the Romanian Inventors Forum has organized the 5th edition of EUROINVENT (European Exhibition of Creativity and Innovation). EUROINVENT promotes the international and Romanian creativity in the European context by exposing the most valuable contributions coming from universities. The international jury formed from 20 personalities from: Romania, Great Britain, Republic Moldova, Croatia, Malaysia, South Korea, Taiwan, Spain and Russia had to choose the prize winners among the over 300 inventions and new research themes presented by authors coming from more than 20 countries. A special place was occupied by the Salon of techno-scientific, artistic and literary books with works presented by 19 Romanian and international publishers. With this occasion, the jury has awarded European Journal of Science & Theology a diploma of excellence for the activity and the results achieved during its existence (En & D).

Another action that we have started regards the renewing of our Editorial Board (D). I must to use the opportunity of this editorial in order to thank some editors who have worked until now in promoting and supporting the journal by their effort. I speak about Dr. Ovidiu Bojor – the so called ‘patriarch of the Romanian pharmacology’ and Father Nicolae Dascalu – the Director of the Romanian Orthodox Patriarchy Press Centre (Basilica). A special mention deserves Dr. Alexandros Papaderos, the former General Director of the Orthodox Academy from Crete (Greece), for organising in co-operation with EJST the conference ECOTHEE-08.

On the other hand, as you have maybe noticed, during the last two years we have co-operated with a number of guest editors, many of them young academics, who helped on preparing different regular or special issues of EJST (D). I am pretty sure that among them there are persons who will become in the future full members of our board (a lot of dopamine!).

Therefore, I may conclude that 2013 has brought satisfaction for our work at the journal and I hope that the situation will be at least as good next year.

As usual, I take this opportunity in order to thank for all your support, and to wish you *Happy winter holidays* along a lot of dopamine and endorphins for 2014!

Dr. Iulian Rusu

References

- [1] M. Bauerlein, *The Dumbest generation: How the Digital Age Stupefies Young Americans and Jeopardizes Our Future: Or, Don't Trust Anyone Under 30*, Penguin Group, New York, 2008.
- [2] I. Rusu, *Eur. J.Sci.Theol.*, **8(4)** (2012) 1.