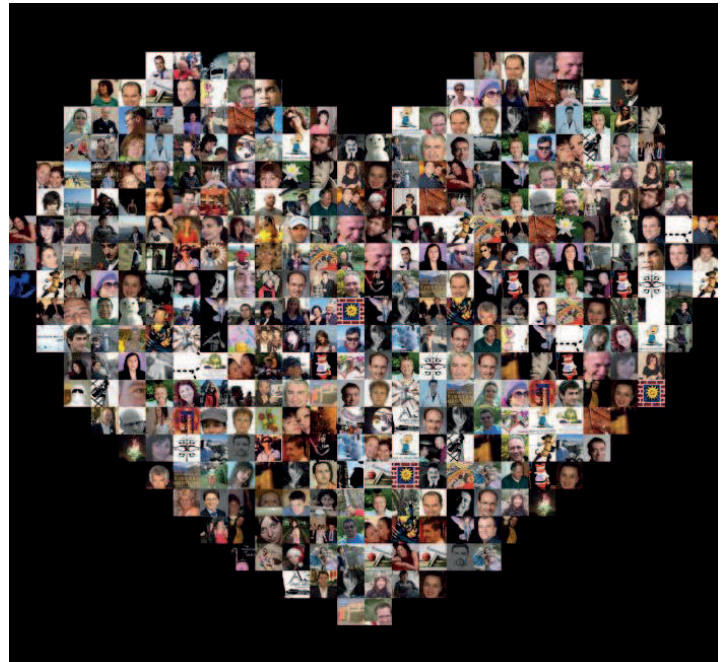




*The Brain is wider than the Sky  
For put them side by side  
The one the other will contain  
With ease - and You - beside*

*The Brain is deeper than the sea...*

**Emily Dickinson**, poem 632



*Dear Colleagues,*

Emily Dickinson's 632 poem may, in the language of adipobiology, be briefly paraphrased as *BMI* (brain mass index) *is wider than BMI* (body mass index).

We argue strongly for the creation of a bridge between the virtues of intellect (brain) and those of feeling (heart/ soul), designating such a bridge brain-and-heart friendship (BHF). Even as a brain-and-heart family. Onward, the larger the BHF, the better for the society including scientific community.

Thus BHF might indeed be considered *The Fifth Element*, the quintessence (Latin *quinta* - five, and *essentia* - the true nature of being) (1). The dynamic and plasticity of *The Elements* have been expressed by ancient Greek philosophers in the following aphorism: *Nothing new comes or can come into being: the only change that can occur is a change in the juxtaposition of element with element.*

Imaging humans as elements, we should work together on Human Philome (Friendome) Project (2). Herein illustrated by a collage called *Friendorama*, a masterpiece of Dr Vesselka Nikolova, a cardiologist in Varna, Bulgaria and Göttingen, Germany.

**George N. Chaldakov**, BHF-ly yours

1. The pre-Socratic Greek philosopher Empedocles (c. 490-430 BC) has introduced the concept of four Classical Elements (or Roots, in Greek, *rhizomata*): air, fire, earth, water. Followed by Aristotle in his book *On Generation and Corruption*, who added the Fifth Element, he dubbed *ether*.
2. Chaldakov G. Philome: the genes of friendship. *LiterNet* 27 October 2010; 10 (131) (in Bulgarian). Also, Editor's foreword of *Biomedical Reviews* 25, 2014.