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Hard work on interesting problems is enjoyable and preferable to aimless wasting of leisure time. It may also lead to unexpected findings that give insights into important related problems. Such unexpected findings -- sometimes called 'luck' -- frequently happen to the active researcher, but only rarely to those who prefer talk to study and work. So one should study and work hard, on interesting problems of any nature, with the purpose of explaining nature and helping others.

Edmond E. Snell



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COVER: A message to students by Esmond E. Snell (1914–2003). Written during his visit to Japan in 1971. He was a giant of B-vitamin and enzyme research—discovered lipoic acid, folic acid, avidin and the prototype ‘built-in’ cofactor pyruvoyl group, developed microbiological assay methods for vitamins and amino acids, and elucidated the mechanism of action of vitamin B₆. This message, which inspired and encouraged many people, summarizes his philosophy of science. [See Hayashi *et al.*, p. 451].