

It's annual meeting time again! And for the third year in a row, the first issue of the *Journal of Physiological and Biomedical Sciences* doubles as the Proceeding of the Annual Scientific Meeting of the Physiological Society of Thailand, to be held in Cha-Am, Phetchaburi, Thailand. This time we have four original articles and thirty-three abstracts. A cursory glance over the content speaks volumes of how far we, the physiological science community in Thailand, have come and the future directions we are heading towards. Research on herb extracts still dominates the scientific landscape, as it should be, but the variety of systems being explored and the depth of the questions that we are able to answer have expanded every year with available techniques and approaches.

Internalization is necessary for people in science, and the *Journal* can be one of the much needed support for the regional physiological scientists. Last year, the Thai-Journal Citation Index Centre (TCI) announced the ranking of local journals, in which the *J Physiol Biomed Sci* was categorized in the "Group 1," the best group, of the journals in the TCI database. We strive to keep up with the high standards, not just to stay in the TCI best list, but also to be able to move on and ultimately be incorporated into a more

international database. TCI Director, Professor Dr. Narongrit Sombatsompop, PhD, has talked about the possibilities of establishing a regional database, the ASEAN citation index, which received welcoming support from ASEAN members.¹ Regional database is a realistic goal for the *Journal*, however we must also set our sight higher, for a more global database, in order not to lose our long-term direction, i.e. to be able to help more fellow local and regional scientists.

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