

Wellness — the optimum state of health and well-being achieved through the active prevention of illness — is an idea whose time has come. And no publication has done more to clarify and inform Americans on these issues than the University of California, Berkeley, Wellness Letter, the most widely read newsletter in America, with more than one million subscribers. Now the editors of this newsletter (which has been ranked the number-one health publication by *Money* and the *Washington Post*) have compiled *The Wellness Encyclopedia*, the essential reference for every home.

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*The Wellness Encyclopedia* is divided into five major sections that correspond to the key areas of wellness: longevity, nutrition, exercise, self-care, and environment and safety. Within these sections is the kind of complete information each of us needs to make choices for a better, healthier life.

—from the publisher

University of California, Berkeley  
**The Wellness Encyclopedia**  
 The Comprehensive Family Resource for Safeguarding Health and Preventing Illness



From the Editors of the University of California, Berkeley, Wellness Letter

Houghton Mifflin, 1990, 541 pages, 8 3/4" x 11", hardcover, \$29.95

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In addition, words like "safe," "chancy" and "often" can be misleading because their interpretation depends on the context and the reader.

Barbara Mandula  
 Biochemist  
 Elizabeth Margosches  
 Biostatistician  
 Washington, D.C.

Reason and recognition

I see no threat to the integrity of reason in the notion that "a proposition must be accepted provisionally . . . [to] be rationally analyzed" (Letters, SN: 2/23/91, p.115). It's a truism of natural science that hypotheses cannot be proved true, whereas many can be proved false. In "True Believers" (SN: 1/5/91, p.14), Bruce Bower made clear that the analysis is the crucial part. Time to think is certainly no luxury.

Certain illusions or failures of perception suggest that here, too, we must provisionally recognize a new datum before absorbing it. I have several times had the experience of seeing something (such as the flank of a large ship or a view of a building) as part of a cluttered field and for a moment being unable to place it in space and scale. The effect was eerie. Not only the unknown but also the surrounding and occluding objects appeared as abstract "color areas" in the midst of a "real" scene. When I realized what and where the thing was, the whole view "snapped into place."

Sam Warden  
 Portland, Ore.

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