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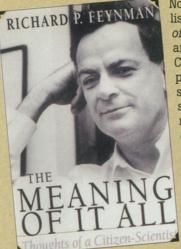
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n April 1963, Richard P. Feynman gave a series of remarkable lectures at the University of Washington in Seattle. These three consecutive talks were classic Feynman-full of wit and wisdom-but their subject matter was wholly unexpected: Feynman spoke not as a physicist but as a concerened fellow citizen, revealing his uncommon insights into the religious, political, and social issues of the day.



Now, at last, these lectures have been published under the collective title The Meaning of It All. Here is Feynman on mindreading and the laws of probability and statistics; on Christian Science and the dubious effect of prayer on healing; and on human interpersonal relationships. Here is the citizenscientist on the dramatic effect simple engineering projects could have on the plague of poverty; the vital role creatvity plays in science and religion; the efficacy of doubt and uncertainty in arriving at scientific truths; and why honest politicians can never be successful.

Many appreciate Feynman's contributions to 20th-century physics, and many have read of humorous antics, but until now his

> The MacArthur Foundation Study shows you how the

lifestyle choices you make

now-more than heredity-

determine your health and

John W. Rowe, M.D.

and Robert L. Kahn, Ph.D.

human sensitive side has remained unknown. These remarkable lectures reveal for the first time the essential Feynman; reflec--from Addison Wesley tive, amusing, and ever enlightening.

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esearch into aging has been revolutionized in the past 10 years largely due to the MacArthur Study, which, under the leadership of John W. Rowe and Robert L. Kahn created a network of leading research scientists from key fields to determine what aging actually involves. Rejecting the established approach of studying aging in terms of anticipated decline, these scientists set out to identify the factors that were enabling vast numbers of people to preserve and even enhance their mental and physical vitality in later life.

Successful Aging brings together the remarkable results of the study for the first time. They explode the myths about aging, including the biggest myth of all: "The key to aging well is choosing your parents wisely." In fact, they discovered that lifestyle choices-more than genes-determine how well we age. Rowe and Kahn outline those vital choices, including changes in diet, types of exercise, mental stim-

ulation, self-efficacy, and dynamic connections. These choices can make a difference no matter how late in life they are made. In addition, Rowe and Kahn include the latest research-based strategies to delay or prevent the common diseases of old age. —from Pantheon

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