



Biopsychosocial Approaches in Primary Care: State of the Art and Challenges for the 21st Century

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ST MEDICINE IN A CHANGING UNIVERSE AT THE THRESHOLD OF THE 21 CENTURY Hoyle
Leigh, M. D. I Professor of Psychiatry San Francisco, University of California, and Fresno VA Medical Center
INTRODUCTION During my lifetime, the universe has changed beyond recognition. The universe into 111
which I was born, in the first half of the 20 century, was still infinite, permanent, orderly, and tranquil --- a
universe that worked like a masterfully constructed clock. Matter and energy followed Newton's
laws of conservation. Shortly after my birth, Hiroshima proved, with a big bang, that matter was no longer
permanent, everything was relative. Einstein had also shown that everything that happened was local, that is,
there was an event horizon beyond which no information could reach as nothing can travel faster than light.
When I was growing up, the moon was for lovers, and going there was an impossible dream.
Cosmologically, the Big Bang theory that postulates that the universe was born out of an explosion some 10-
15 billion years ago from a primordial point won over steady state. It has been expanding ever since, although
the ultimate fate of the universe is still unknown whether it will keep on expanding resulting in a perpetual
state of heat death, or will at some point start contracting, resulting in a big crunch of gravitational collapse
ending in a single black hole out of space, time, and existence. Quantum theory has defeated even Einstein's
genius and proven that God indeed plays dice.

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