

CONTENTS

Preface *xiii*

- Chapter 1 Race and Biological Diversity in Humans 1**
On the Nonexistence of Human Races 1
Defining Race 5
The Nature of Biological Variation in *Homo sapiens* 6
The Arbitrariness of the Race Concept 6
An Alternative Approach to the Study of Human Diversity 8
A Note on Terminology: Using the "R" Word 10
Discussion Questions 10
- Chapter 2 Charles Darwin and Evolutionary Theory 11**
Darwin and the Galápagos 11
Scientific Precursors to Darwin 20
The Elements of the Theory of Natural Selection 24
The Making of *The Origin* 25
Discussion Questions 28
- Chapter 3 Genetics from Mendel to the Human Genome Project 29**
Gregor Mendel and the Birth of Genetics 29
Genes, Chromosomes, and Cell Division 34
The Watson-Crick Model of DNA 41
The Modern Synthesis and the Four Forces of Evolution 49
The Human Genome Project 51
Discussion Questions 53
- Chapter 4 The History of the Race Concept 54**
The Concept of Race 54
The Recent Origins of Race 55
Race and Racial Classifications 56
Race, Inequality, and Ethnocentrism 63
Nineteenth-Century Views 64
Twentieth-Century Anthropological Views 68
The Present and Future of the Race Concept in Anthropology 76
Discussion Questions 80
- Chapter 5 Human Adaptation: Thermoregulation and Skin Color 81**
Introduction to Human Adaptation 81
A Classification of Adaptations 84

Principles of Thermoregulation	85
Adaptation to Cold Environments	89
Adaptation to Hot Environments	93
Thermoregulation and Body Size and Shape	96
Skin Color and Solar Radiation	99
The Structure of Skin	102
Biological Effects of Solar Radiation	103
The Evolution of Skin Color	108
<i>Discussion Questions</i>	110

Chapter 6 Human Adaptation: Life at High Altitude 111

High Altitude as a Human Stressor	111
Air Pressure, Oxygen Availability, and Altitude	112
Anatomy and Physiology of the Cardiovascular and Respiratory Systems	114
Acclimatization and the Effects of Hypoxia	117
Adaptive Responses to Hypoxia	120
Adaptation to High Altitude in South America	121
Diverse Adaptations to Life at High Altitude	123
<i>Discussion Questions</i>	125

Chapter 7 A Biocultural Examination of Nutrition, Health, and Growth 126

Introduction	126
The Human Diet Before and After the Agricultural Revolution	126
Nutrition and Malnutrition among Modern Populations	130
Malnutrition and Human Growth and Development	132
Racial Disparities in Morbidity and Mortality	136
Low Birthweight and Premature Births	137
Hypertension and the "Slavery Hypothesis"	137
Sickle-Cell Anemia and Malaria	139
<i>Discussion Questions</i>	144

Chapter 8 Race, Intelligence, and Genetics 145

Race and Intelligence	145
Linnaeus and Racial Stereotypes	146
The Science of Measuring Intelligence	147
Measuring the IQ of Immigrants and Soldiers	149
Arthur Jensen and the Hereditarian View Restated	152
Return to the Future: <i>The Bell Curve</i>	155
An Evolutionary Theory of Race?	160
<i>Discussion Questions</i>	162

Chapter 9 Race as a Cultural Construction 163

The Central Paradox of Race 163

Race in American History 164

The Civil Rights Era 168

Race, Ethnicity, and American Citizenship 173

Becoming American 174

A Nation of Immigrants 175

Affirmative Action and the Dream of a Color-Blind Society 178

Race as a Cultural Construction 181

Postscript 183

*Discussion Questions 183***Bibliography 184****Index 188**