CONTENTS

| _ | _ | |
|---|--------|------|
| Р | reface | 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 <i>The Origin</i> 25 | |
| | Discussion Questions 28 | |
| | | |
| Chapter 3 | Genetics from Mendel to the Human Genome Project | 29 |
| Chapter 3 | Genetics from Mendel to the Human Genome Project Gregor Mendel and the Birth of Genetics 29 | 29 |
| Chapter 3 | - | 29 |
| Chapter 3 | Gregor Mendel and the Birth of Genetics 29 | 29 |
| Chapter 3 | Gregor Mendel and the Birth of Genetics 29 Genes, Chromosomes, and Cell Division 34 | 29 |
| Chapter 3 | Gregor Mendel and the Birth of Genetics 29 Genes, Chromosomes, and Cell Division 34 The Watson-Crick Model of DNA 41 | 29 |
| Chapter 3 | 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 | 29 |
| Chapter 3 Chapter 4 | 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 | 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 | 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 The History of the Race Concept 54 | 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 The History of the Race Concept 54 The Concept of Race 54 | 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 The History of the Race Concept 54 The Concept of Race 54 The Recent Origins of Race 55 | 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 The History of the Race Concept 54 The Concept of Race 54 The Recent Origins of Race 55 Race and Racial Classifications 56 | 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 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 | 29 |

Chapter 5 Human Adaptation: Thermoregulation and Skin Color 81

Introduction to Human Adaptation 81 A Classification of Adaptations 84

Discussion Questions 80

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

Discussion Questions 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
Discussion Questions 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
Discussion Questions 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: *The Bell Curve* 155
An Evolutionary Theory of Race? 160 *Discussion Questions* 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