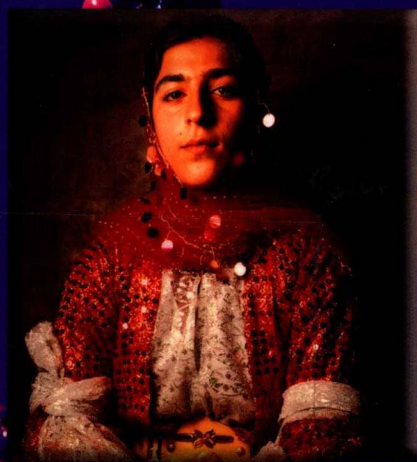
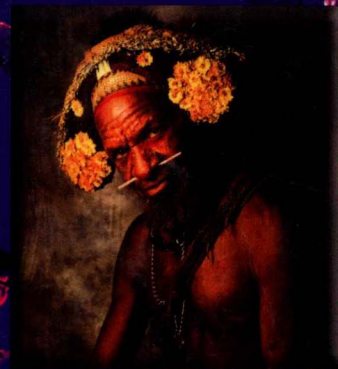


SEVENTH EDITION

# THE HUMAN SPECIES

AN INTRODUCTION  
TO BIOLOGICAL  
ANTHROPOLOGY



JOHN H. RELETHFORD



SEVENTH EDITION

# THE HUMAN SPECIES

## An Introduction to Biological Anthropology

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*State University of New York  
College at Oneonta*



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This book is printed on acid-free paper.

1 2 3 4 5 6 7 8 9 0 CCI/CCI 0 9 8 7

ISBN: 978-0-07-340526-1

MHID: 0-07-340526-4

Editor-in-Chief: *Emily Barrosse*

Publisher: *Frank Mortimer*

Sponsoring Editor: *Gina Boedeker*

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Illustrations: *Parrot Graphics, Judy and John Waller*

Photo Research: *Brian Pecko*

Production Supervisor: *Rich DeVitto*

Composition: *10.5 x 12.5 Legacy Serif Book by Aptara*

Printing: *Courier, Inc.*

Cover images: *Tribesman from New Guinea, Mennonite girl, Kurdish woman*: © William Coupon; *DNA*: © Comstock/JupiterImages

Credits: The credits section for this book begins on page C-1 and is considered an extension of the copyright page.

## Library of Congress Cataloging-in-Publication Data

Relethford, John.

The human species : an introduction to biological anthropology / John H. Relethford.—  
7th ed.

p. cm.

Includes bibliographical references and index.

ISBN-13: 978-0-07-340526-1

ISBN-10: 0-07-340526-4

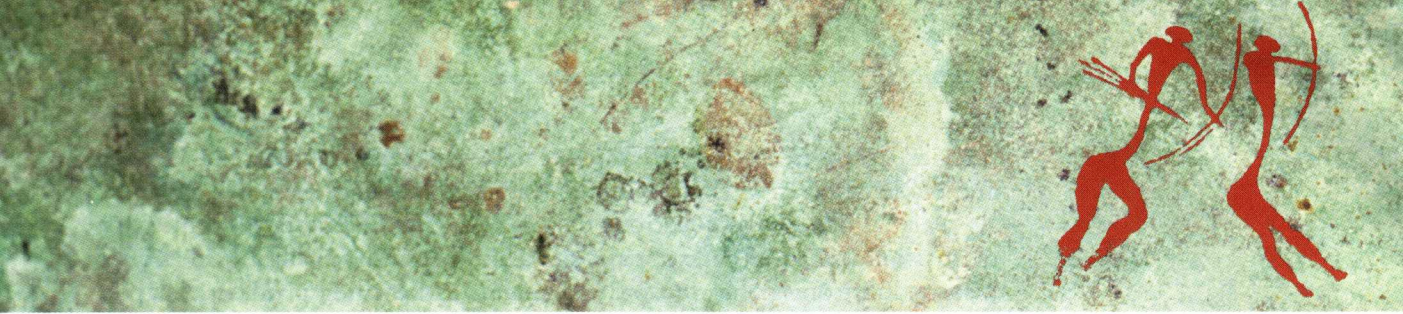
1. Physical anthropology. I. Title.

GN60.R39 2007

599.9—dc22

2007018432

The Internet addresses listed in the text were accurate at the time of publication. The inclusion of a Web site does not indicate an endorsement by the authors or McGraw-Hill, and McGraw-Hill does not guarantee the accuracy of the information presented at these sites.



# PREFACE

**T**his text introduces the field of biological anthropology (also known as physical anthropology), the science concerned with human biological evolution and variation. The text addresses the major questions that concern biological anthropologists: What are humans? How are we similar to and different from other animals? Where are our origins? How did we evolve? Are we still evolving? How are we different from one another? and What does the future hold for the human species?

## ORGANIZATION

This book is divided into four parts. Part I, “Evolutionary Background,” provides the basic background in genetics and evolutionary theory used throughout the remainder of the text. Chapter 1 introduces the science of biological anthropology, the nature of science, and the history of evolutionary thought. Chapter 2 reviews molecular and Mendelian genetics as applied to humans, providing genetic background for later chapters and including a basic review of cell biology for those whose high school biology is a bit rusty. Chapter 3 focuses on evolutionary forces, the mechanisms that produce evolutionary change within and between populations. Chapter 4 looks at evolution over longer periods of time, focusing on the origin of new species, and includes discussion on how species are classified.

Part II, “Our Place in Nature,” examines the biology and behavior of the primates, the group of mammals to which humans belong. The focus of this section is on two questions: What are humans? and How are we related to other living creatures? Chapter 5 looks at the basic biology and behavior of mammals in general and primates in particular. Chapter 6 examines the diversity of primate biology and behavior, with particular attention given to



our close relatives, the apes. Chapter 7 looks specifically at the human species and includes a comparison of human traits with those of apes.

Part III deals with questions of “Our Origins.” Chapter 8 begins with discussion of the methods of paleoanthropology and concludes with a brief history of life on earth prior to the appearance of the first primates. Chapter 9 examines the fossil and genetic evidence for primate evolution from the appearance of the primate-like mammals through the split of ape and human lines by 6 million years ago. Chapter 10 deals with the beginning of human evolution, focusing on the fossil evidence for the first hominins and the evolution of bipedalism. Chapter 11 examines the origin and biological and cultural evolution of the genus *Homo*, including early *Homo*, *Homo erectus*, *Homo heidelbergensis*, and the Neandertals. Chapter 12 looks at the fossil, archaeological, and genetic evidence for the origin of modern humans and includes a discussion of current controversies.

Part IV, “Our Diversity,” examines human biological variation in our species today from an evolutionary perspective. Chapter 13 focuses on the measurement and analysis of human variation, and contrasts evolutionary and racial approaches to human diversity. Chapter 14 provides several case studies of how information on genetic variation is used to address questions of population history and individual ancestry. Chapter 15 reviews a number of case studies of natural selection in human populations. Chapter 16 continues examining human variation from the broad perspective of human adaptation, both biological and cultural. Chapter 17 concludes the text by examining recent human evolution (over the past 12,000 years), focusing on the biological impact of culture change, with particular emphasis on changing patterns of disease, mortality, fertility, and population growth.

The organization of this text reflects my own teaching preference in terms of topics and sequence. Not all instructors will use the same sequence of chapters; some may prefer a different arrangement of topics. I have attempted to write chapters in such a way as to accommodate such changes whenever possible. For example, although I prefer to discuss human evolution before human variation, others prefer the reverse, and the chapters have been written and revised so that this alternative organizational structure can be used.

## FEATURES

Throughout the text, I have attempted to provide new material relevant to the field and fresh treatments of traditional material. Key features include the following:

- All areas of contemporary biological anthropology are covered. In addition to traditional coverage of areas such as genetics, evolutionary theory, primate behavior, and the fossil record, the text includes material often neglected in introductory texts, including genetics and population history, human growth, epidemiology, and demography.



- The relationship between biology and culture is a major focus. The biocultural framework is introduced in the first chapter and integrated throughout the text.
- Behavior is discussed in an evolutionary context. The evolutionary nature of primate and human behavior is emphasized in a number of chapters, including those on primate biology and behavior (Chapters 5–7) and the fossil record of human evolution (Chapters 10–12).
- Emphasis is on the human species in its context within the primate order. Discussions of mammals and nonhuman primates continually refer to their potential relevance for understanding the human species. In fact, Chapter 7 is devoted *entirely* to treating our species from a comparative perspective.
- Hypothesis testing is emphasized. From the first chapter, in which students are introduced to the scientific method, I emphasize how various hypotheses are tested. Rather than provide a dogmatic approach with all the “right” answers, the text examines evidence in the context of hypothesis testing. With this emphasis, readers can see how new data can lead to changes in basic models and can better understand the “big picture” of biological anthropology.

## NEW TO THIS EDITION

The text has been revised in light of new findings in the field and comments from users of the sixth edition and reviewers. Specific changes include the following:

- Several changes have been made in structure and chapter content. The chapters on human variation have been placed together and now appear after the chapters on human evolution, thus forming a more logical sequence of topics in human evolutionary history from past through the present. The discussion of species and classification methods has been moved to the chapter on macroevolution (4).
- The chapter on mammalian and primate biology and behavior (5) has been revised extensively to include material on life history theory, primate reproductive strategies, alloparenting, and dispersal and behavior.
- A new chapter (8) has been added on methods of paleoanthropological research, including dating methods, methods of ecological and behavioral analysis from fossils, and a brief history of evolution before the appearance of the first primates. This chapter also includes new material on how sex and age are determined from fossils, stable isotope analysis, experimental archaeology, and the use of nonhuman primate models for reconstructing behavior.
- The term *hominin* is now used throughout the text to refer to humans and their relatives since the time of divergence from the chimpanzee–bonobo line.



- The chapters on the fossil record of human evolution have been rewritten extensively to increase clarity and provide data on new discoveries and interpretations, including the virtual reconstruction of *Sahelanthropus*, foraging and the origin of bipedalism, debates over hunting versus scavenging in *Homo erectus*, the expensive tissue hypothesis, discovery of “the Hobbit” (*Homo floresiensis*), the increasing recognition of *Homo heidelbergensis* as a valid fossil species, and the extraction of nuclear DNA from a Neandertal fossil.
- Additional new topics have been added throughout the remainder of the text, including discussion of uniformitarianism and geologic time, recent developments in the “intelligent design” movement, new research on natural selection in the Duffy blood group and the CCR5Δ32 allele, and new interpretations on nutrition in hunting-gathering societies, among others.
- There are four new “Special Topic” boxes, dealing with the issues of “Humans and Apes—What Genes Are Different?” (Chapter 7), “A Perspective on Geologic Time” (Chapter 8), “Our Common Ancestry” (Chapter 14), and “Are Humans Still Experiencing Natural Selection?” (Chapter 15).

## STUDY AIDS

To make the text more accessible and interesting, I have included frequent examples and illustrations of basic ideas, as well as abundant maps, to help orient students. I have kept the technical jargon to a minimum, yet every introductory text contains a number of specialized terms that students must learn. At first mention in the text, these terms appear in boldface type, and accompanying short definitions appear in the text margins. A glossary is provided at the end of the book. Each chapter ends with a summary, a list of supplemental readings, and a list of Virtual Explorations, which provide hands-on exercises and activities for real-time applications of text material. Several appendices provide additional reference material, including a primer on mathematical population genetics and figures showing comparative primate anatomy. A list of references appears at the end of the book, providing the complete reference for studies cited in the text.

## ANCILLARIES

Visit our Online Learning Center Web site at [www.mhhe.com/relethford7](http://www.mhhe.com/relethford7) for robust student and instructor resources.

### For Students

Student resources include self-quizzes (multiple-choice, true or false, essay), Internet links and exercises, flashcards, and chapter study aids.



### **For Instructors**

The password-protected instructor portion of the Web site includes the instructor's manual, a comprehensive computerized test bank, PowerPoint lecture slides, and a variety of additional instructor resources.

## **ACKNOWLEDGMENTS**

My thanks go to the dedicated and hardworking people at McGraw-Hill, both those whom I have dealt with personally and those behind the scenes. I give special thanks to my sponsoring editor, Monica Eckman for encouragement and support, and for listening to assorted complaints with great patience and understanding. My heartfelt thanks also go to Kate Scheinman, developmental editor, for her guidance in the revision process and patience in answering the same questions repeatedly. Special thanks also go to David Blatty, production editor, for excellence and professionalism. Thanks also Sheri Gilbert, permissions editor; Tom Briggs, manuscript editor; Cassandra Chu, design manager; Robin Mouat, art manager; Brian Pecko, photo researcher; and Rich DeVitto, production supervisor.

I also thank my colleagues who served as reviewers: John A. Alsoszatai-Petheo, Central Washington University, Ellensburg; Alison Bell, Washington and Lee University; Claire Cesareo-Silva, Saddleback College; Patrick F. Clarkin, University of Massachusetts, Boston; Arthur Durband, Texas Tech University; and Gilliane Monnier, University of Minnesota. Having been a reviewer myself, I appreciate the extensive time and effort these individuals have taken.

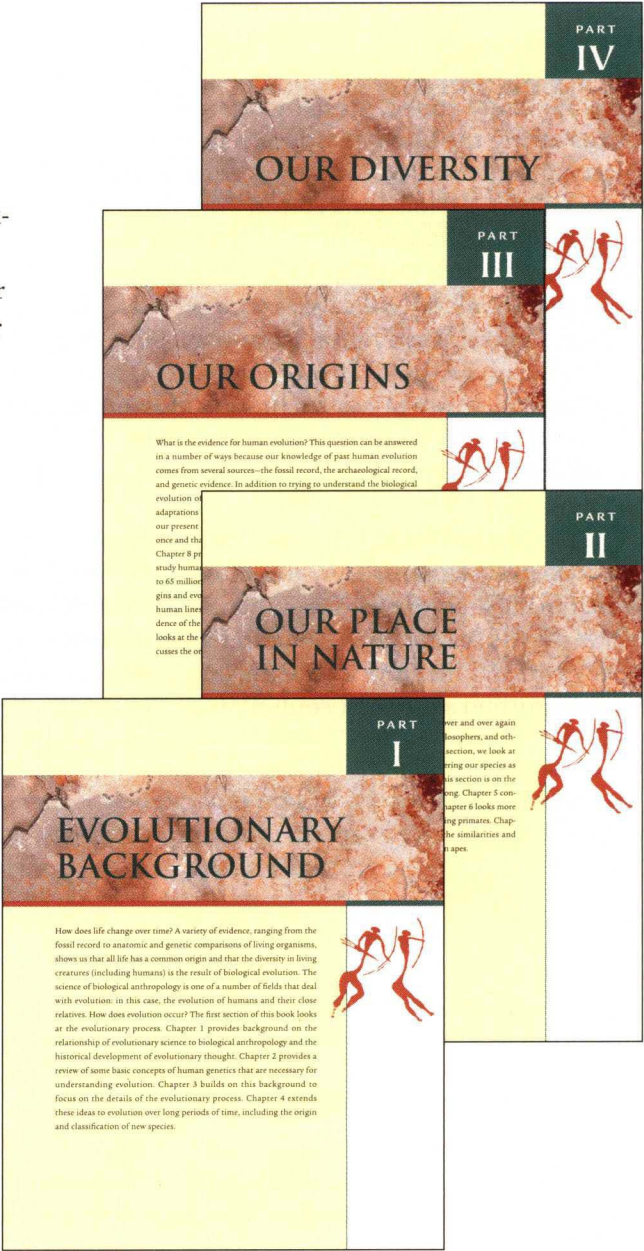
Last, but not least, I dedicate this as always to my family. To my wonderful sons, David, Benjamin, and Zane—thanks for all the smiles and hugs, which make it all worthwhile. Thanks also for all those questions that really make me think (the ones I couldn't answer as well as those I could). Finally, to my wife, Hollie, love of my life and my best friend—thanks for the love, friendship, and support. I couldn't have done this without you.





# WALKTHROUGH

This book is divided into four major units: Part I, “Evolutionary Background,” provides the basic background in genetics and evolutionary theory used throughout the remainder of the book. Part II, “Our Place in Nature,” examines the biology and behavior of the primates, the group of mammals to which humans belong. The focus of this section are the questions “What are humans?” and “How are we related to other living creatures?” Part III deals with questions of “Our Origins.” Part IV, “Our Diversity,” examines human biological variation in our species today from an evolutionary perspective. The reorganization of the Seventh Edition provides a more logical sequence of topics in human evolutionary history from the past through the present.

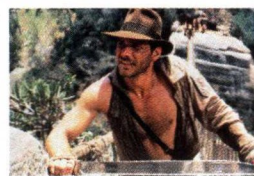


## THE BIOCULTURAL FRAMEWORK

The relationship between biology and culture is a major focus of this text. The biocultural framework is introduced in Chapter 1 and integrated throughout the text.

4 PART 1 ■ Evolutionary Background

FIGURE 1.1  
Indiana Jones, the fictional  
archaeologist who serves as a  
model in the popular media  
for an anthropologist.



**anthropology** The science  
that investigates human  
biological and cultural  
variation and evolution.  
**culture** Behavior that is  
shared, learned, and socially  
transmitted.

### WHAT IS ANTHROPOLOGY?

What, then, is a suitable definition of anthropology? Anthropology could be described as the science of human cultural and biological variation and evolution. The first part of this definition includes both human culture and biology. Culture is shared learned behavior. Culture includes social and economic systems, marriage customs, religion, philosophy, and all other behaviors that are acquired through the process of learning rather than through instinct. The joint emphasis on culture and biology is an important feature of anthropology, and one that sets it apart from many other fields. A biochemist may be interested in specific aspects of human biology and may consider the study of human cultural behaviors to be less important. To a sociologist, cultural behaviors and not human biology are the main focus of attention. Anthropology, however, is characterized by a concern with both culture and biology as vital in understanding the human condition.

### Biology and Culture

To the anthropologist, humans must be understood in terms of shared learned behavior as well as biology. We rely extensively on learned behaviors in virtually all aspects of our lives. Even the expression of our sexual drive must be understood in light of human cultural systems. Although the actual basis of our sex drive is biological, the ways in which we express it are shaped by behaviors we have learned. The very inventiveness of humans, with our use of technology, is testimony to the powerful effect of learning. However, we are not purely cultural creatures. We are also biological organisms. We need to eat and breathe,

CHAPTER 1 ■ Biological Anthropology and Evolution 13



FIGURE 1.3  
A skull of *Australopithecus afarensis*, a hominid species that lived 2.5 million to 3.5 million years ago. Paleoanthropologists use the fossil record to learn about our evolution.

is, however, easily shown to be incorrect (air movement can be measured, and it does not flow in the postulated direction).

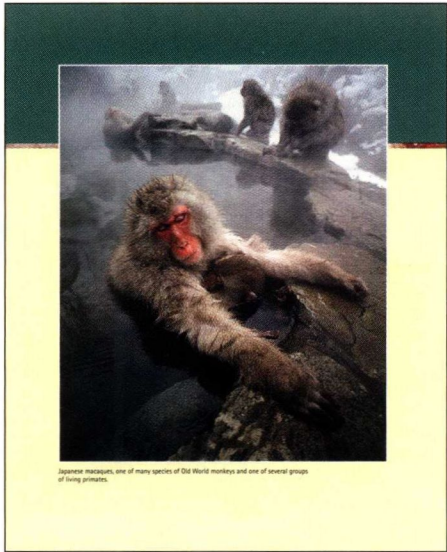
**Testability** To be scientific, a hypothesis must be testable. The potential must exist for a hypothesis to be rejected, just as the presence of the hypothetical gene in the earth can be tested (in down's east), predictions about gravitational strength can also be tested. Not all hypotheses can be tested, however, and for this reason, they are not scientific hypotheses. That doesn't necessarily mean that they are true or false but only that they cannot be tested. For example, you might come up with a hypothesis that all the fossils we have ever found were put in the ground by God to confuse us. This is not a scientific hypothesis because we have no objective way of testing it.

Many revolutionary hypotheses, however, are testable. For example, specific predictions about the fossil record can be made based on our knowledge of evolution. One such prediction is that humans evolved after the extinction of the dinosaurs. The potential exists for this statement to be rejected; all we need is evidence that humans existed before, or at the same time as, the dinosaurs. Because we have found no such evidence, we cannot reject the hypothesis. We can, however, imagine a situation in which the hypothesis could be rejected. If we cannot imagine such a situation, then the hypothesis cannot be tested. For example, suppose someone tells you that all the people on the earth were created five minutes ago, complete with memories! Any evidence you muster against this idea could be explained away. Therefore, this hypothesis is not scientific because there is no possible way to reject it.

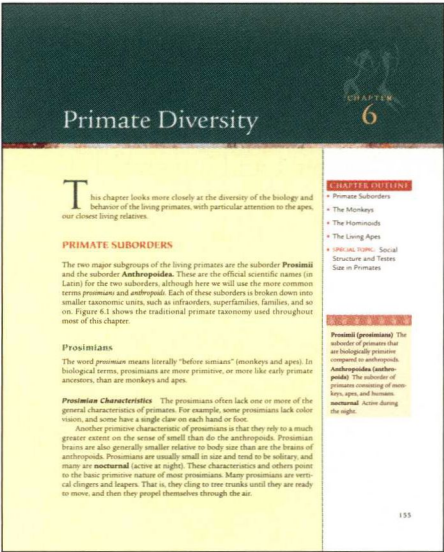
## HYPOTHESIS TESTING

Hypothesis testing is emphasized throughout the text, starting with Chapter 1, where students are introduced to the scientific method. Rather than providing a dogmatic approach with all the “right” answers, the text examines evidence in the context of hypothesis testing. With this emphasis, readers can see how new data can lead to changes in basic models and can better understand the “big picture” of biological anthropology.



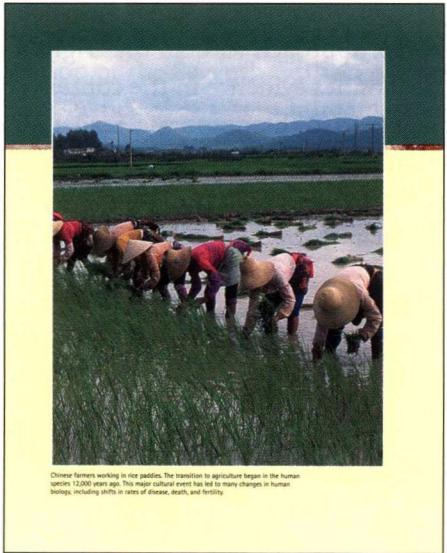


Japanese macaques, one of many species of Old World monkeys and one of several groups of living primates.

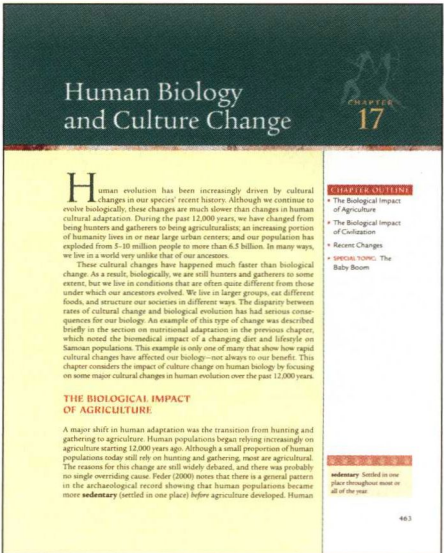


CHAPTER INTRODUCTIONS AND OUTLINES

Spectacular chapter openers provide a general overview of the upcoming content.

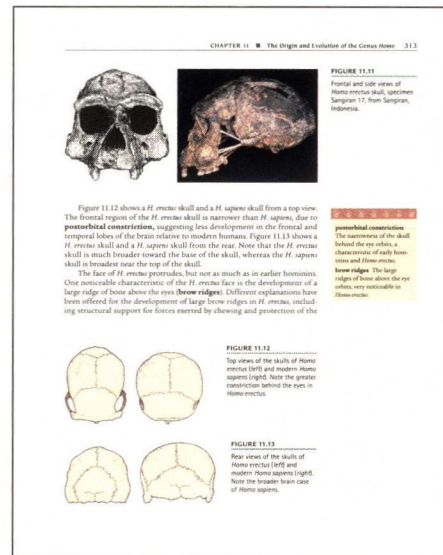


Chinese farmers working in rice paddies. The transition to agriculture began in the human species 12,000 years ago. This major cultural event has led to many changes in human biology, including shifts in rates of disease, death, and fertility.



## RUNNING GLOSSARY

New terms are defined in the text margin when first introduced, and a comprehensive glossary is provided at the end of the book.



## SPECIAL TOPICS BOXES

High-interest, “hot topics” are featured in these boxes. Discussions include “Biological Anthropologists at Work” (Chapter 1), “Humans and Apes—What Genes Are Different?” (Chapter 7), “A Perspective on Geologic Time” (Chapter 8), “Our Common Ancestry” (Chapter 14), and “Are Humans Still Experiencing Natural Selection?” (Chapter 15).





EXTENSIVE VISUAL PROGRAM

To make this text accessible and visually interesting, we have included abundant color illustrations, photographs, and maps.

CHAPTER 7 ■ The Human Species 197

**FIGURE 7.4**  
The modern human skeleton from a frontal view.

out in the same way that the thumb of all hominids sticks out from the other fingers. The divergent big toe allows chimps to grasp with their feet. The big toe of the human is tucked in next to the other toes. When we walk, we use the nondominant big toe to push off during our strides.

Our balance while we stand and walk is partly the result of changes in our legs. Figure 7.4 shows a human skeleton from the frontal view. Note that the width of the body at the knees is less than the width of the body at the hips. Humans are literally “knock-kneed.” Our upper leg bones (the femurs) slope inward from the hips. When we stand on one leg, the angle of the femur transmits our weight directly underneath us. The result is that we continue to be balanced while one leg is moving. In contrast, the angle of an ape femur is very slight. The legs of an ape are almost parallel from hips to feet. When an ape stands on two legs and moves one of them, the ape is off balance and tends to fall toward one side (more so than humans, because we compensate more quickly). When an ape walks on two legs, it must shift its whole body weight over the supporting leg to stay on balance. This shifting explains their characteristic waddling when apes walk on two legs.

CHAPTER 12 ■ The Origin of Modern Humans 349

**FIGURE 12.12**  
Cave painting of a running horse from Lascaux Cave, France.

dating to 77,000 years ago, which supports the latter view (Henshiwood et al. 2002). In either case, artistic expression became more pronounced in modern humans.

Perhaps the best example of prehistoric art is cave art, which dates back more than 30,000 years in Europe, Africa, and Australia. Some of the best-known cave art, primarily paintings of large game animals and hunting, comes from sites in Europe (Figures 12.12 and 12.13). These paintings are anatomically correct and are well executed. Painting is a human activity that is spiritually rewarding but has no apparent function in day-to-day existence. Why, then, did early humans paint images on the walls of caves? Several interpretations have been offered, including sympathetic magic (capturing the image of an animal to improve hunters' chances of actually killing it). Other interpretations focus on cultural symbolism or a means of communicating ideas and images. We will never know exactly why early humans made these paintings. What is clear, however, is that they did

266 PART III ■ Our Origins

**OVERVIEW OF HUMAN EVOLUTION**

The study of human evolution is fascinating but often confusing the first time around. To follow the evolutionary history of the first hominids, you must become familiar with a multitude of names, places, and events. Just as reading a book often yields more insight because you now have a framework within which to integrate the information, it is useful to consider the general picture of human evolution before absorbing the details.

Let us look at the broad story of human evolution (Figure 10.1) provides a graphic representation of this review. As discussed in the previous chapter, our best estimates from molecular dating suggest that the hominid line split

**FIGURE 10.1**  
Simplified summary of human evolution emphasizing major evolutionary events.

**FIGURE 6.2**  
A tarsus, a primate from Southeast Asia.

**FIGURE 6.3**  
A tarsus, a primate from Southeast Asia, unlike other primates, the tarsus does not have a meaty nose.

**FIGURE 6.4**  
Ring-tailed lemur from the island of Madagascar.

CHAPTER 11 ■ The Origin and Evolution of the Genus Homo 329

**FIGURE 11.23**  
Location of major Neanderthal sites.

**Physical Characteristics**

The Neanderthals had very large brains, averaging about 1,450 cc. Although Neanderthals on average had larger brains than living humans do, they also had large body mass. Relative to body size, Neanderthal cranial capacity is slightly lower than that of living humans (Ruff et al. 1997). According to Holloway (1985), the structural organization of Neanderthal brains, as assessed from endocasts, is no different from that of modern humans.

**Cranial Features** Neanderthals shared many characteristics with earlier hominids, such as a low skull, sloping forehead, lack of chin, and large brow ridges. Neanderthals also possessed a number of features that were unique to

270 PART III ■ Our Origins

**FIGURE 10.2**  
Location of some of the major sites in Africa where early hominid specimens have been found.

**Pleistocene epoch** The sixth epoch of the Cenozoic era, lasting from 1.8 million to 11,700 years ago. Several species of the genus *Homo* evolved during the Pleistocene, including the first modern humans, *Homo sapiens*.

and the **Pleistocene epoch** (1.8–0.01 Ma). All of the early hominids described in this chapter have been found only in Africa, which supports Darwin's idea that Africa was the birthplace of human evolution and is consistent with the fact that our closest living relatives are the African apes. It also means that early hominids were limited to a specific environment—woodlands and tropical grasslands for the most part. Not until later in hominid evolution do we see evidence for movement out of Africa, as discussed in the next chapter.

Figure 10.2 shows the location of some of the major sites of hominids discussed in this chapter, and Table 10.4 gives details on some of these sites. Most of the early hominid species have been found at sites in South Africa

## END-OF-CHAPTER AIDS

Each chapter concludes with a summary, a list of supplemental readings, and a list of Virtual Explorations, which provide hands-on exercises and activities for real-time applications of text material.

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**FIGURE 4.8**  
Illustration of the use of an outgroup in cladistic analysis. The diagram shows the relationship among humans, apes, and monkeys based on the presence or absence of a tail. Humans and apes lack a tail, which makes them different from monkeys. According to the principles of cladistics, tail is a trait that can be considered a shared derived trait in humans and apes if the presence of a tail was indeed the primitive condition. Using an outgroup, such as other mammals, shows that the presence of a tail is very widespread apart from humans and apes, and it is the primitive condition. According to this model, monkeys have tails because they retained this primitive trait, whereas the inferred common ancestor of humans and apes lost the tail, a trait inherited in both from this common ancestor.

**Summary**  
Macroevolution, the process of long-term evolution, can occur in two ways: anagenesis, the evolution of a single species over time, or cladogenesis, the splitting off of one or more new species from the original parent species. In cladogenesis, new species form through the process of reproductive isolation followed by genetic divergence. Both steps are understood in terms of evolutionary forces. Reduction or elimination of gene flow provides for the beginning of reproductive isolation. Mutation, genetic drift, and selection can then act on this isolation to produce a new species. The relative importance of the evolutionary forces in speciation is still debated. Two models of macroevolutionary change can be applied to the fossil record. Gradualism states that most evolutionary change is the result of slow but constant change over many generations. New species are believed to form as a by-product of natural selection operating over time. Punctuated equilibrium states that there are long periods with little evolutionary change (stasis), punctuated by rapid evolutionary events. New species are seen as forming in small, isolated populations. The most common evolutionary pattern in extinction. Some scientists have argued that the evolutionary record is best understood as the process of new species forming from old, with many species becoming extinct. The evolutionary trends we observe in the fossil record may reflect the differential survival of species with certain adaptations. There are many misconceptions regarding natural selection and evolution. Some of the more common of these are that bigger is better, that never is better, that natural selection always works, and that there is an inevitable direction to natural selection. There are also misconceptions regarding the relationship of biological structures, their functions, and their evolutionary origin.

CHAPTER 4 ■ The Evolution and Classification of Species 121

Species are classified according to similarity in traits that arose because of descent from a common ancestor (homology) and not according to similar traits that evolved independently (homoplasy). Homologous traits can be categorized as primitive (unchanged since the time of a common ancestor) or derived (having changed since the time of a common ancestor). Different approaches to classification place different weight on primitive or derived traits depending on whether the purpose of classification is to provide a measure of overall similarity or to reveal evolutionary relationships.

**Supplemental Readings**  
Foreman, D. J. 1997. *Evolutionary Biology*. 4th ed. Sunderland, Mass.: Sinauer.  
Ridley, M. 2004. *Evolution*. 4th ed. Malden, Mass.: Blackwell. Two comprehensive treatments of evolutionary theory.

**VIRTUAL EXPLORATIONS**  
Visit our textbook-specific online learning center Web site at [www.mhhe.com/relethford7](http://www.mhhe.com/relethford7) to access the exercises that follow.

1. **The Scientific Case for Common Descent** The site "29+ Evidence for Macroevolution: The Scientific Case for Common Descent" (<http://www.sadava.org/fgap/comdesc/>) delves further into the subject of macroevolution. It provides evidence that favors both common descent and macroevolution. Read through the "Introduction" section. You will learn more about the definition of universal common descent and evidence supporting it.

- What is considered "scientific evidence"? If you wish to read more about it, click on the following link to "Scientific proof," scientific evidence, and the Scientific Method": <http://www.sadava.org/fgap/comdesc/sciproof.html>.
- Now, define *universal common descent*.
- Do you think that there is any validity to this theory? Why or why not?
- Now find the "macroevolution" link in the text above and click on it: <http://www.sadava.org/fgap/macroevolution.html>.
- Define *macroevolution*.
- Why is it important to gain a basic understanding of macroevolution to better understand the evolution and classification of species?

2. **Speciation** The site [http://www.sadava.org/johnhballman\\_ultimate/BiologyPage/VS/Speciation.html](http://www.sadava.org/johnhballman_ultimate/BiologyPage/VS/Speciation.html) contains an explanation, by John Korbali, Ph.D., of why and how speciation occurs.

## SUPPLEMENTS

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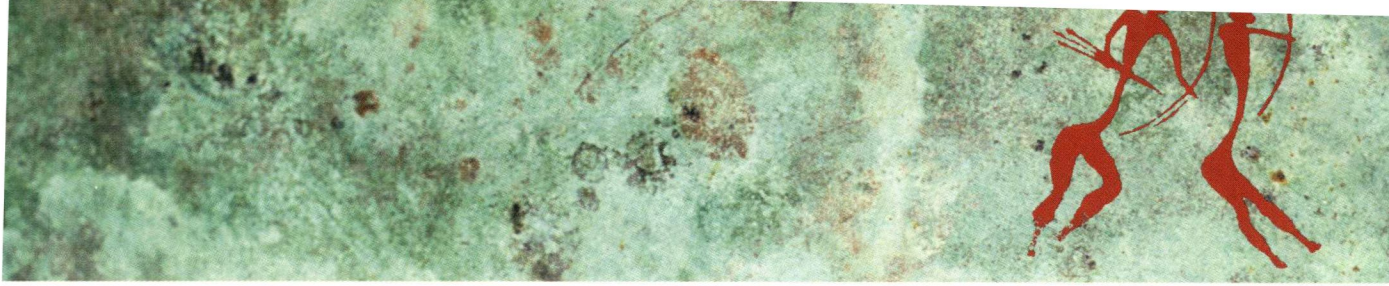
**The Human Species: An Introduction to Biological Anthropology, 7/e**  
John Relethford, SUNY Oneonta  
ISBN: 0073405264  
Copyright year: 2008

This text introduces the field of biological anthropology (also known as physical anthropology), the science concerned with human biological evolution and variation. It addresses the major questions that concern biological anthropologists: "What are humans?" "How are we similar to and different from other animals?" "Where are our origins?" "How did we evolve?" "Are we still evolving?" "How are we different from one another?" and "What does the future hold for the human species?"

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