

## Notes and Further Reading

### Introduction: Know Thy Species

- 4 Benjamin Franklin's thoughts on the seductive qualities of Indian life are from Walter Isaacson, *Benjamin Franklin: An American Life* (Simon & Schuster, 2003), p. 153.
- 4 Darwin's shock at seeing a Fuegian for the first time is from a letter to C. T. Whitley, July 23, 1834, <http://www.darwinproject.ac.uk/letter/entry-250>.
- 4 Button's given name was Orundellico, but the British called him "Jemmy Button" because he'd been bought from his uncle for the price of a single mother-of-pearl button. See *Savage*, by Nick Hazlewood (St. Martin's Press, 2000), for a gripping account of this man's incredible life, which apparently included leading the massacre of all aboard a missionary schooner thirty years later.
- 6 "Forty-four percent of Americans earning between \$40,000 and \$100,000 told researchers that they couldn't come up with \$400 in an emergency, and 27 percent of those making more than \$100,000 said the same." Cited by Neal Gabler in *The Atlantic*, May 2016: "The Secret Shame of Middle-Class Americans," <http://www.theatlantic.com/magazine/archive/2016/05/my-secret-shame/476415/>.
- 6 Gould's denunciation of progress is from an essay called "On Replacing the Idea of Progress with an Operational Notion of Directionality," in M. H. Nitecki (ed.), *Evolutionary Progress* (University of Chicago Press, 1989).
- 7 Jared Diamond's line about industrial states not being necessarily better than hunter-gatherer tribes is from *Guns, Germs, and Steel*, p. 18 (W. W. Norton & Company, 1999).

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- 000 The apocalyptic article referred to is by Roy Scranton, “We’re Doomed. Now What?,” *The Stone*, *New York Times*, December 21, 2015, [http://mobile.nytimes.com/blogs/opinionator/2015/12/21/were-doomed-now-what/?mc\\_cid=8fe1d86a0a&mc\\_eid=f97e8b93cc](http://mobile.nytimes.com/blogs/opinionator/2015/12/21/were-doomed-now-what/?mc_cid=8fe1d86a0a&mc_eid=f97e8b93cc).
- 10 Ronald Wright’s *A Short History of Progress* (Carroll & Graf, 2005) is a fantastic survey of how civilizations arise and wither away.
- 10 I came across the quote from Jonas Salk in John Durant’s *The Paleo Manifesto* (Harmony, 2013), p. 28.

### PART I: ORIGIN STORIES

- 15 “Our ancestors were not at one with nature. Nature tried to kill them and starve them out.” This comes from an article called “Human Ancestors Were Nearly All Vegetarians,” by Rob Dunn, published in *Scientific American* online, on July 23, 2012, <https://blogs.scientificamerican.com/guest-blog/human-ancestors-were-nearly-all-vegetarians/>.
- 15 The dismal depiction of our prehistory, where everyone was apparently ugly, is from *Utopia for Realists*, by Rutger Bregman (Little, Brown and Company, 2017).
- 15 “Humanity is always moving forward”: Will Martin, “This chart shows every major technological innovation in the last 150 years—and how they have changed the way we work,” *Business Insider*, April 13, 2018. Left unaddressed is the fact that economic growth and quality of life don’t necessarily increase in tandem. In the past century, for example, automation has arguably been the greatest driver of increases in productivity and economic growth, while also driving millions of people into poverty and despair.

### Chapter I: Prehistory: What We Talk About When We Talk About Prehistory

- 22 Jean Liedloff’s thoughts on the “design” of the body expressing “expectations” are from his book *The Continuum Concept* (Da Capo Press, 1986), p. 23.
- 22 Daniel Everett’s memoir of his time among the Pirahã is a fantastic read: *Don’t Sleep, There Are Snakes: Life and Language in*

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*the Amazonian Jungle* (Pantheon, 2008). For a brief introduction to Everett's work and the Pirahã, John Colapinto's article in *The New Yorker* is great: "The Interpreter: Has a Remote Amazonian Tribe Upended Our Understanding of Language?" April 9, 2007.

- 24 See *Limited Wants, Unlimited Means* (Island Press, 1997) for more on the economics of foraging societies. A collection of essays written primarily by anthropologists, and collected and edited by John Gowdy, an economist, the book offers an excellent overview of the behavioral and social characteristics common to foragers, and explains how these characteristics arise from a shared ecological context.
- 000 Steven Pinker has the unfortunate habit of mislabeling horticulturalists—with their gardens, domesticated animals, and villages—as hunter-gatherers, who have none of these things. This mislabeling is extremely problematic in that accumulated wealth is worth fighting over. See R. Brian Ferguson's essay "Pinker's List: Exaggerating Prehistoric War Mortality" in *War, Peace, and Human Nature*, edited by Douglas Fry (Oxford University Press, 2013), pages 112–31, for more on the details and consequences of this confusion.
- 32 For more on miserable misers, see *The Paradox of Generosity*, by Christian Smith and Hilary Davidson (Oxford University Press, 2014).
- 33 Christopher Benfey's survey of utopian communities is: "Building the American Dream," *New York Review of Books*, April 6, 2017.

### Chapter 2: Civilization and Its Dissonance

- 41 For more on Nick Brooks and his work, see <http://nickbrooks.org/>.
- 41 You can read more of Jared Diamond's thoughts on the relative merits of civilization in "The Worst Mistake in the History of the Human Race," *Discover*, May 1999.
- 42 For more on the transition from foraging to agriculture, see Kirkpatrick Sale's *After Eden* (Duke University Press Books, 2006).

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- 000 The quote from Eldridge is from Sale, pp. 97–98.
- 46 For more on Göbekli Tepe, see: “Paradise Regained?” *Fortean Times*, [http://www.forteanimes.com/features/articles/449/gobekli\\_tepe\\_paradise\\_regained.html](http://www.forteanimes.com/features/articles/449/gobekli_tepe_paradise_regained.html).
- 49 For more on the similarities between contemporary climate change and what was happening around thirteen thousand years ago, see G. W. K. Moore, K. Våge, R. S. Pickart, and I. A. Renfrew, “Decreasing Intensity of Open-Ocean Convection in the Greenland and Iceland Seas,” *Nature Climate Change* 5 (2015): doi:10.1038/nclimate2688, published online June 29, 2015, <http://www.nature.com/nclimate/journal/vaop/ncurrent/full/nclimate2688.html>, and Thomas L. Delworth et al., “The Potential for Abrupt Change in the Atlantic Meridional Overturning Circulation,” NOAA Geophysical Fluid Dynamics Laboratory, Princeton, New Jersey, [https://www.gfdl.noaa.gov/bibliography/related\\_files/tdo8o2.pdf](https://www.gfdl.noaa.gov/bibliography/related_files/tdo8o2.pdf).
- 54 See Howard Zinn’s excellent *People’s History of the United States* (HarperCollins, 2003) for more on the first interactions between the Spanish and the Taíno.
- 55 For more on how the massive die-off among Native Americans may have triggered the Little Ice Age, see Alexander Koch, Chris Brierley, Mark M. Maslin, and Simon L. Lewis, “Earth System Impacts of the European Arrival and Great Dying in the Americas After 1492,” *Quaternary Science Reviews* 207 (March 1, 2019): 13–36, <https://doi.org/10.1016/j.quascirev.2018.12.004>.
- 60 Margaret Ehrenberg on the status of female foragers: *Women in Prehistory* (University of Oklahoma Press, 1990), p. 65.
- 61 Charles Darwin, *The Descent of Man and Selection in Relation to Sex* (CreateSpace Independent Publishing Platform, 1871).
- 64 For more on the question of whether or not global economic inequality is improving, see Jason Hickel, “Is Global Inequality Getting Better or Worse? A Critique of the World Bank’s Convergence Narrative,” *Third World Quarterly* (2017, <http://dx.doi.org/10.1080/01436597.2017.1333414>). Also, by Hickel, “Exposing the Great ‘Poverty Reduction’ Lie,” Al Jazeera, August 21, 2014, <https://www.aljazeera.com/indepth/opinion/2014/08/exposing-great-poverty-reductio-201481211590729809.html>. A book-length

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- discussion of the issue is *The Growth Delusion: The Wealth and Well-Being of Nations* by David Pilling (Tim Duggan Books, 2018).
- 64 For more on the situation with Coca-Cola in India, see <https://www.theguardian.com/environment/2014/jun/18/indian-officials-coca-cola-plant-water-mehdiganj>. A few excellent, nuanced explorations of the situation in Cochabamba can be found here: <http://www.newyorker.com/magazine/2002/04/08/leasing-the-rain>, and here: <http://www.ucpress.edu/content/chapters/11049.ch01.pdf>, and in this *Frontline* documentary: <http://www.pbs.org/frontlineworld/stories/bolivia/thestory.html>.
- 68 Despite his shaky calculations, Malthus was correct in the most basic and chilling sense: Population grows; the planet doesn't.
- 68 Mark Lilla's description of Hobbes's life and times is from *The Stillborn God: Religion, Politics, and the Modern West* (Knopf, 2007).
- 70 Richard Dawkins's freak-out about rasping parasites and so on can be found in *River Out of Eden* (Basic Books, 2008), pp. 131–32.
- 000 See Eric Michael Johnson's article for more on the interplay of selfishness and group welfare: <http://economics.com/ayn-rand-vs-anthropology/#comment-2389720011>.
- 81 Kelly's explanation of "egalitarianism" is from *The Foraging Spectrum: Diversity in Hunter-Gatherer Lifeways* (Washington, D.C.: Smithsonian Institution Press, 1995), p. 296.
- 82 Frans de Waal has been studying the primate impulse toward justice for several decades. See, for example, *Chimpanzee Politics: Power and Sex among Apes* (Johns Hopkins University Press, 2007) and *The Bonobo and the Atheist: In Search of Humanism Among the Primates* (W. W. Norton & Company, 2013).
- 000 The story about "cooling the heart" of a boastful hunter is from Richard Lee (1979, pp. 244–46), cited in *Hierarchy in the Forest*, by Christopher Boehm (Harvard University Press, 1999), p. 45. (Previous block quote, same source.)
- 83 The egalitarianism of the Inuit is from Kent Flannery and Joyce Marcus, *The Creation of Inequality* (Harvard University Press, 2012), p. 24.
- 83 Boehm hammers his point about the generosity of leaders in a paragraph that offers a sense of how universally selfless qualities are admired in band-level societies around the world and how

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much scholarship the neo-Hobbesians have to ignore to stick to their “selfish infiltrator” theory:

Among the Coeur d’Alene, wisdom, *generosity*, and honesty were valued (Teit 1930:152–153). A Mescalero Apache chief was good at talking and thinking, *generous*, and respectful (Basehart 1970:99), while Godwin says of the Apache that a chief should be capable as a warrior and hunter and successful economically, but also *generous*, impartial, patient, and in control of his temper (see Basso 1971:14). Denig (1930:449) says of the Assiniboin that *parsimony*, along with exceptional meanness, was criticized—and in fact the chief tended to be the poorest man in the camp. Arapaho leaders were expected to be brave, trustworthy, *willing to share food unselfishly*, and to have good sense and judgment (Hilger 1952:190). Jenness (1935:2) delineates how an Ojibwa chief would *provide for a needy family from his own resources*, or arrange contributions from other band members. For the Australian Pintupi, Myers (1980) makes the case that a primary role of chiefs and elders was to *take care of* other Aborigines. For the Kalahari !Kung, Marshall (1967:38) says that headmanship is not much desired and that the leader has to be *generous* and careful not to stand out. (All emphases in the original).

000 Peter Bogucki, *The Origins of Human Society* (Wiley-Blackwell, 2000), p. 77.

84 Sebastian Lippold et al., “Human Paternal and Maternal Demographic Histories: Insights from High-Resolution Y Chromosome and mtDNA Sequences,” *Investigative Genetics* 5, no. 13 (2014), doi:10.1186/2041-2223-5-13. The electronic version of this article is the complete one and can be found online at <http://www.investigativegenetics.com/content/5/1/13>.

000 The authors of a 2008 review (Aureli et al., “Fission-Fusion Dynamics: New Research Frameworks” *Current Anthropology* 49, no. 4 [2008]: 628) summarize the anthropological literature like this:

Fission-fusion dynamics are . . . typical of modern humans, including hunter-gatherers (Marlowe 2005), although they are not often explicitly recognized. The following quote captures this apparent anomaly: “Fission-fusion sociality seems so natural and necessary

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- to humans—including anthropologists—that it hardly demands explanation, if it is noticed at all.” (Rodseth et al. 1991, 238). The sharing of this flexible social nature with our closest living relatives suggests that fission-fusion dynamics were characteristic of the social system of the last common ancestor of chimpanzees, bonobos, and modern humans.
- 84 The Nurit Bird-David quote is from *Limited Wants, Unlimited Means*, p. 130.
- 86 Crockett’s research: “Most People Would Rather Harm Themselves Than Others for Profit,” UCL News, November 18, 2014, <http://www.ucl.ac.uk/news/news-articles/1114/181114-rather-harm-selves-than-others-for-profit#sthash.KBwLtz4x.dpuf>.
- 87 Cited in *Tribe*, by Sebastian Junger (Twelve, 2016).
- 88 Frans B. M. de Waal, “Morality and the Social Instincts: Continuity with the Other Primates,” Tanner Lectures on Human Values, delivered at Princeton University, November 19–20, 2003.

### Chapter 3: The Myth of the Savage Savage (Declaring War on Peace)

- 91 Parts of this section are adapted from an essay I wrote that originally appeared online as “Hobbled by Hobbes: How Chimpanzees Became Nasty, Brutish and Short,” published by the Evolution Institute, <https://evolution-institute.org/hobbled-by-hobbes-how-chimpanzees-became-nasty-brutish-and-short/>.
- 94 Similarities between bonobos and humans include having sex face-to-face, kissing, mothers passing infants to other females soon after birth, frequent same-sex interactions, etc. For much more on our shared traits with bonobos, see Frans de Waal and Frans Lanting, *Bonobo: The Forgotten Ape* (University of California Press, 1997).
- 94 In *Untrue*, Wednesday Martin reports observations by primatologist Amy Parish that may be interpreted as coercive sexual interactions initiated by female bonobos with unwilling males. So the closest thing to “rape” in this species may be overly persistent females harassing males.
- 95 Sapolsky’s description of the peaceful baboon troop can be found in many places, including this article he wrote for Yes maga-

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- zine: <https://www.yesmagazine.org/issues/can-animals-save-us/warrior-baboons-give-peace-a-chance>.
- 96 Douglas P. Fry and Patrik Söderberg's article is "Myths about Hunter-Gatherers Redux: Nomadic Forager War and Peace," *Journal of Aggression, Conflict and Peace Research* 6, no. 4 (2014): 255–66.
- 98 The article I refer to by Bowles is: "Did Warfare Among Ancestral Hunter-Gatherers Affect the Evolution of Human Social Behaviors?" *Science* 324 (2009): 1293–98.
- 000 For more on rates of same-species lethality among mammals, see José María Gómez, Miguel Verdú, Adela González-Megías, and Marcos Méndez, "The Phylogenetic Roots of Human Lethal Violence," *Nature* 538 (October 13, 2016): 233–37, <https://www.nature.com/articles/nature19758>.

### Chapter 4: The Irrational Optimist

- 102 For scholarship on the seemingly inevitable collapse of civilizations, see, for example, Joseph Tainter's *The Collapse of Complex Societies* (Cambridge University Press, 1990).
- 105 Ridley claims the air and water are cleaner now than ten thousand years ago, yet *The Lancet* published a robust research report showing that pollution is the world's leading environmental cause of disease, causing 9 million premature deaths in 2015, and 16 percent of all deaths worldwide. This is three times the toll taken by AIDS, tuberculosis, and malaria combined, and fifteen times more than the toll of all wars and other forms of violence. Most of these deaths were in low- and middle-income countries, and in the poor communities of rich countries, which don't seem to be included in Ridley's calculations. [https://www.thelancet.com/journals/lancet/article/PIIS0140-6736\(17\)32345-0/fulltext](https://www.thelancet.com/journals/lancet/article/PIIS0140-6736(17)32345-0/fulltext).
- 106 For more on the health of foragers, see, for example, P. Carrera-Bastos et al., "The Western Diet and Lifestyle and Diseases of Civilization," *Research Reports in Clinical Cardiology* 2 (2011): 15–35. Another excellent source is *Health and the Rise of Civilization*, by Mark Nathan Cohen (Yale University Press, 1989).
- 107 Bodley's research is presented in *Victims of Progress* (Rowman & Littlefield, 2014).



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108 For more on tooth decay, see K. Gruber, “Oral Mystery: Are Agriculture and Rats Responsible for Tooth Decay?” *Scientific American*, February 6, 2013; D. L. Greene, G. H. Ewing, and G. J. Armelagos, “Dentition of a Mesolithic Population from Wadi Halfa, Sudan,” *American Journal of Physical Anthropology* 27 (1967): 41–55; and W. Price, *Nutrition and Physical Degeneration* (Price-Pottenger Nutrition, 2008).

Also, the recent explosion in myopia—up 66 percent in the United States in the past thirty years—appears to be due to our modern appetite for indoor screens rather than outdoor sunlight. So the claim that eyeglasses are a good reason to prefer modern life falls into the same nonsense category as dental care.

108 As Frank Marlowe explains in *The Hadza: Hunter-Gatherers of Tanzania* (University of California Press, 2010), Hadza women reach puberty around eighteen, bear an average of 6.2 children (plus two to three noticeable miscarriages) starting at nineteen, and hit menopause in their early forties. Babies typically breastfeed for about four years. So of these twenty-five years of reproductive life, roughly twenty are spent lactating and 4.5 pregnant, resulting in fewer than a dozen menstruations in a woman’s lifetime. Other studies have estimated around a hundred menstruations for foragers. For example, a study of the Dogon of Mali based on 57 women estimated the median number of lifetime menses at 109. Beverly I. Strassman, “The Biology of Menstruation in Homo Sapiens: Total Lifetime Menses, Fecundity, and Nonsynchrony in a Natural-Fertility Population,” *Current Anthropology* 38, no. 1 (February 1997): 123–29.

109 To be clear, my discussion of how increased menstrual cycles may affect cancer rates is not meant as a critique of hormonal contraception or to advocate early pregnancy, but merely to show ways in which modern advances can have unexpected consequences. For much more on these unintended consequences, see Daniel Lieberman’s *The Story of the Human Body* (Pantheon: 2013).

109 The information about health of the Waorani is from J. W. Larrick, J. A. Yost, J. Kaplan, G. King, and J. Mayhall, “Patterns of Health

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and Disease Among the Waorani Indians of Eastern Ecuador,” *Medical Anthropology* 3, no. 2 (May 12, 2010): 147–89.

Also see: <http://www.nytimes.com/1983/11/08/science/a-doctor-in-the-amazon-probes-for-genetic-links-to-disease.html>. (Despite the amazing general health of the Waorani, the scientists reported that they seemed to lack an enzyme that protects teeth, so their oral health wasn't so good.)

- 110 The variety of the !Kung diet is discussed by Jared Diamond in *The Third Chimpanzee* (HarperCollins, 1992), p. 166.
- 110 The data on world hunger are from: <http://www.worldhunger.org/articles/Learn/world%20hunger%20ofacts%202002.htm>.
- 112 For more on how a little hunger can be a good thing, see Krista A. Varady and Marc K. Hellerstein, “Alternate-Day Fasting and Chronic Disease Prevention: A Review of Human and Animal Trials,” *American Journal of Clinical Nutrition* 86, no. 1 (July 2007): 7–13, <http://ajcn.nutrition.org/content/86/1/7.full>. This article includes detailed references for each of the specific benefits of calorie restriction.
- 113 Child mortality among the Hadza, see Marlowe, *Hadza*, p. 150.
- 114 The definitive study of longevity among foragers is from Michael Gurven and Hillard Kaplan, “Longevity Among Hunter-Gatherers: A Cross-Cultural Examination,” *Population and Development Review*, May 29, 2007, <http://onlinelibrary.wiley.com/doi/10.1111/j.1728-4457.2007.00171.x/abstract>.
- 114 The longevity study looking at anatomical similarities among primates is: James R. Carey, “Life Span: A Conceptual Overview,” in *Life Span: Evolutionary, Ecological, and Demographic Perspectives*, edited by James R. Carey and Shripad Tuljapurkar (Population Council, 2003). Available online at <https://pingpdf.com/pdf-life-span-evolutionary-ecological-and-population-council.html>.
- 116 The data on founding hospitals are from Sandra Newman, “Infanticide,” *Aeon*, November 27, 2017, <https://aeon.co/essays/the-roots-of-infanticide-run-deep-and-begin-with-poverty>.
- 117 Abortion in China reported by *China Daily* and cited in Vicky Jiang, “Of the 13 Million Abortions in China, Most Are Forced,” *Epoch Times*, December 9, 2012, <http://www.theepochtimes.com>

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/n2/china-news/one-child-policy-abortion-in-china-most-are-forced-21819-all.html.

- 117 Hrdy quoted by Eric Michael Johnson in “Raising Darwin’s Consciousness: Sarah Blaffer Hrdy on the Evolutionary Lessons of Motherhood,” *Scientific American*, March 16, 2012, <http://blogs.scientificamerican.com/primate-diaries/2012/03/16/raising-darwins-consciousness-sarah-blaffer-hrdy-on-the-evolutionary-lessons-of-motherhood/>.

### PART III: REFLECTIONS IN AN ANCIENT MIRROR (BEING HUMAN)

- 122 David Dobbs, “Die, Selfish Gene, Die,” *Aeon*, December 3, 2013, <http://aeon.co/magazine/science/why-its-time-to-lay-the-selfish-gene-to-rest/>.
- 124 S. Zuckerman, *The Social Life of Monkeys and Apes* (Mellon Press, 2011).
- 000 <http://blogs.scientificamerican.com/primate-diaries/httpblogs.scientificamericancomprimate-diaries20110711frans-de-waal/>.
- 125 Eric Michael Johnson, “Frans de Waal on Political Apes, Science Communication, and Building a Cooperative Society,” *Scientific American*, July 11, 2011, <https://arstechnica.com/tech-policy/2018/04/curing-disease-not-a-sustainable-business-model-goldman-sachs-analysts-say/?comments=1&post=35150219>.

### Chapter 5: The Naturalistic Fallacy Fallacy

- 129 The business consultants explaining how cultivating dissatisfaction is good business are quoted in Stuart Ewen’s *Captains of Consciousness: Advertising and the Social Roots of the Consumer Culture* (McGraw-Hill, 1976), p. 39.

### Chapter 6: Born to Be Wild

- 134 The information about Efé adult contact with infants is from [http://anthro.vancouver.wsu.edu/media/Course\\_files/anth-302-barry-hewlett/melkonner.pdf](http://anthro.vancouver.wsu.edu/media/Course_files/anth-302-barry-hewlett/melkonner.pdf).

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### Chapter 7: Raising Hell

- 000 Richard Schweid, in his 2016 book *Invisible Nation: Homeless Families in America*, reports that 2.5 million children experience homelessness every year in the United States, sleeping with their families in cars, motel rooms, or packed into the home of whatever relative will take them in. Study after study shows that homelessness is both mentally and physically unhealthy for children and that the “toxic stress” of homelessness can have deleterious effects on them even after they grow into adults. While it’s tempting to see the disregard for American children as an unfortunate coincidence, there are only two nations in the world that steadfastly refuse to ratify the UN Convention on the Rights of the Child: South Sudan and the United States. While South Sudan can point to a lack of funding to implement even the most basic protections for children, the United States has no such excuse. In the six years from 2009 to 2015, both America’s wealth *and* its population of homeless children grew by roughly 60 percent. Study after study has demonstrated that wealth disparity is correlated with infanticide. The United States, often described as the world’s wealthiest nation, leads the developed world with a maternal infanticide rate of eight deaths for every hundred thousand live births—twice Canada’s rate. Again, this is not merely a result of poverty. The highest rates of maternal infanticide are found not in the poorest states, but in those with the widest disparities in wealth. Babies born to impoverished women in Colorado, Oklahoma, and New York, for example, are three to five times more likely to be killed by their mothers—as compared to the national average.
- 146 The data on overtreatment of ADHD are from Ryan D’Agostino’s heartbreaking essay called “The Drugging of the American Boy,” *Esquire*, March 27, 2014.

### Chapter 8: Turbulent Teens

- 154 The accounts of Kellogg’s child abuse are from John Money’s *The Destroying Angel: Sex, Fitness & Food in the Legacy of Degeneracy*

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*Theory, Graham Crackers, Kellogg's Corn Flakes & American Health History* (Prometheus Books, 1985).

- 155 Stephen T. Asma, "The Weaponised Loser," *Aeon*, June 27, 2016, <https://aeon.co/essays/humiliation-and-rage-how-toxic-masculinity-fuels-mass-shootings>.
- 156 Alek Minassian, the man who killed ten people by driving a van down a busy sidewalk in Toronto in 2018, gave Elliot Roger a shout-out, calling attention to the so-called Incel movement, referring to the involuntary celibacy that they shared.
- 156 Jane Lewis and Trudie Knijn's research on sex ed in the Netherlands, England, and Wales can be found in the *Oxford Review of Education* 29, no. 1 (2003): 113–50, or online at <https://doi.org/10.1080/03054980307431>. Amy T. Schalet's book *Not Under My Roof: Parents, Teens, and the Culture of Sex* (University of Chicago Press, 2011) is another source of excellent insight, comparing sex ed in the Netherlands and the United States. Some of the data concerning adolescents comes from *Adolescence: An Anthropological Inquiry* (Free Press, 1991), by Alice Schlegel and Herbert Barry III.
- 158 Whitlock is quoted in <http://time.com/4547322/american-teens-anxious-depressed-overwhelmed/>.

### Chapter 9: Anxious Adults

- 161 Jonnie Hughes talks about his experiences with the Insect Tribe in *On the Origin in of Tepees: The Evolution of Ideas (and Ourselves)* (Free Press, 2011).
- 163 See *Limited Wants, Unlimited Means* for more on how the behavior of foragers is a counterexample of what mainstream economic theory predicts.
- 165 Martin Gusinde's quote is from *Stone Age Economics*, by Marshall Sahlins (revised edition, Routledge, 2013).
- 176 The M&Ms study is reported in James Surowiecki's "Downsizing Supersize," *New Yorker*, August 13, 2012, <http://www.newyorker.com/magazine/2012/08/13/downsizing-supersize>.
- 176 The camera study is reported in Itamar Simonson and Amos Tversky, "Choice in Context: Tradeoff Contrast and Extreme-

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- ness Aversion,” *Journal of Marketing Research* 29, no. 3 (1992): 281–95.
- 176 Gary Rivlin’s article is “In Silicon Valley, Millionaires Who Don’t Feel Rich,” *New York Times*, August 5, 2007. <http://www.nytimes.com/2007/08/05/technology/05rich.html?pagewanted=all>.
- 181 For more on the corrosive effects of economic inequality, see Stéphane Côté, Julian House, and Robb Willer, “High Economic Inequality Leads Higher-Income Individuals to Be Less Generous,” *PNAS*, November 23, 2015, <http://www.pnas.org/content/early/2015/11/18/1511536112>; J. Moll et al., “Human Fronto-Mesolimbic Networks Guide Decisions About Charitable Donation,” *PNAS* 103, no. 42 (October 17, 2006): 15623–28; J. G. Miller, S. Kahle, and P. D. Hastings, “Roots and Benefits of Costly Giving: Children Who Are More Altruistic Have Greater Autonomic Flexibility and Less Family Wealth,” *Psychological Science* 26, no. 7 (July 2015): doi: 10.1177/0956797615578476; Shankar Vedantam, “If It Feels Good to Be Good, It Might Be Only Natural,” *Washington Post*, May 28, 2007, <http://www.washingtonpost.com/wp-dyn/content/article/2007/05/27/AR2007052701056.html>; and Richard Wilkinson and Kate Pickett, *The Spirit Level: Why Greater Equality Makes Societies Stronger* (Bloomsbury Press, 1999).
- 184 For more on the primate origins of morality, see Frans de Waal, *The Bonobo and the Atheist* (W. W. Norton & Company, 2013).
- 186 Michael Lewis’s essay “Extreme Wealth Is Bad for Everyone—Especially the Wealthy,” *New Republic*, November 12, 2014, can be found online: <http://www.newrepublic.com/article/120092/billionaires-book-review-money-cant-buy-happiness>.
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### Conclusion: A Necessary Utopia

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