

Contents

<i>Acknowledgements</i>	v
Chapter 1 Introduction: Scope of the Book; Types of Human Difference and Their Causes	1
1.1. The aims and scope of this book	1
1.2. The major types of human difference	7
1.3. Examples of differences and their causes; heritability	8
Reference	11
Chapter 2 Races and Inter-Mixing, Nationalities, Cultures, Castes, Classes and Religions	12
2.1. Introduction	12
2.2. Cultures and nationalities	16
2.3. Race	19
2.3.1. Introduction	19
2.3.2. Racism	22
2.3.3. Racial quotas	26
2.3.4. Political correctness gone wrong	27
2.4. Racial mixing	28
Research on what it is like to be of mixed race	29
2.5. Religion	31
2.6. Diversity in a school, then and now	35
2.7. The origins of racial and population differences	35

2.8. Race, adaptation to environment, selection, chance and preferring one's own kind	37
2.9. Races and geography	39
References	40
Recommended reading	40
Chapter 3 Height, Weight, Shape and Obesity	41
3.1. Introduction	41
3.2. Body fat and heat	44
3.3. Height	45
3.4. Weight and health	49
3.5. Dissatisfaction with body image	52
3.6. Shape, obesity and diet	53
References	58
Chapter 4 Differences Between Males and Females; Reproduction and its Production of Genetic Diversity	59
4.1. Introduction	59
4.2. Females	59
4.3. Males	61
4.4. Fertilisation	62
4.5. Diversity from reproduction	64
4.6. Physical variations	64
4.7. Conception through the oral route, a true virgin birth	65
References	65
Recommended reading	65
Chapter 5 Personal Choice, Cosmetic and Preventative Surgery, Clothing and Make-up	66
5.1. Introduction	66
5.2. Cosmetic surgery and other treatments	68
5.3. Preventative surgery	72
5.4. Clothing, hats, shoes and make-up	73
Chapter 6 Languages — A Rich but Frustrating Diversity	80
Recommended reading	97

Chapter 7 Names and Identity	98
7.1. Introduction	98
7.2. The history of surnames	100
7.3. DNA sequencing and surnames	102
7.4. Name changes	102
7.5. Local associations of surnames	104
7.6. Russian names	104
7.7. Iceland's unusual (dottier?) way with surnames	105
7.8. The frequency and geography of names	105
7.9. Choosing forenames	106
7.10. Unusual names	107
7.11. The meanings of some Christian names	108
7.12. Names of Native Americans	108
7.13. Initials, combinations and titles	109
7.14. Permitted names and ugly names	109
7.15. Nicknames	110
7.16. Scripts, diacritical marks and punctuation in names	110
7.17. Illegitimacy and surnames	111
7.18. Consequences of name confusions	111
Chapter 8 Albinos, Colour Blindness and Height: How Human Characteristics are Inherited	113
8.1. Introduction	113
8.2. How an autosomal characteristic is inherited, albinism	115
8.3. How a sex-linked characteristic such as red-green colour blindness is inherited	119
8.4. How characteristics with continuous variation, such as normal height, are inherited	120
8.5. Threshold characteristics	125
8.6. The human genome	126
References	127
Chapter 9 The Brain, Intelligence, Mind, Personality, Mental Problems, Learning, Memory, Creativity, Happiness	128
9.1. The brain and nerves	128

9.2. Intelligence	130
9.3. Stress	132
9.4. Mind-altering drugs	133
9.5. Personality; self-esteem	134
9.6. Mental disorders; Alzheimer's; depression; manic-depressiveness; autism; schizophrenia; dyspraxia; dyslexia; recognition disorders; self-harming; epilepsy; obsessive-compulsive disorder	136
9.7. Synaesthesia	151
9.8. Epilepsy	151
9.9. Learning and memory	152
9.10. Creativity	153
9.11. Happiness	154
Reference	155
Chapter 10 Sex, Attraction, Reproduction, Twins, Incest	156
10.1. Introduction	156
10.2. Marital status, virginity, polygamy and polyandry	159
10.3. Attractiveness and factors affecting the choice of mate; marriage and divorce	162
10.4. The first period, menopause, hysterectomies, miscarriages, hormone replacement therapy, endometriosis	168
10.5. Natural and assisted reproduction, abortions, infertility, contraception	171
10.6. Twins and other multiple births; Siamese twins	174
10.7. The sex ratio	180
10.8. Hormone imbalance; men with breasts and women with beards; sex tests and sports	181
10.9. Sex-change operations and hormone treatments	183
10.10. Castration — eunuchs, castrati and eugenics — and 'the third sex'	184
10.11. Hermaphrodites and testicular femininism	185
10.12. Nature is sexist — sex differences in disease susceptibility	186
10.13. Polycystic ovary syndrome and ovarian tumours	187

10.14. The effects of human inbreeding; incest; first-cousin marriages	188
10.15. Enforced sex	190
References	192
Recommended readings	192
Chapter 11 Diseases, Disorders, Immunity, Cancer	193
11.1. Diversity in disease	193
11.2. The body's protective mechanisms; the immune system	195
11.3. Diseases caused by protozoa	198
11.4. Diseases caused by parasitic worms (helminths)	200
11.5. Diseases caused by viruses	201
11.6. Diseases caused by bacteria	203
11.7. Diseases caused by fungi	205
11.8. Problems from arthropods (crustaceans, insects, spiders, scorpions and mites)	206
11.9. Venereal diseases	206
11.10. Non-infectious disorders	209
11.11. Cancer	210
11.12. Genetics and personalised medicine	216
11.13. Inherited disorders from mitochondrial DNA defects	217
References	218
Recommended reading	218
Chapter 12 Eating, Drinking, Diet, Digestion, Liver, Cystic Fibrosis, Diabetes, Allergies, Food Intolerances, Anorexia	219
12.1. Introduction	219
12.2. The digestive tract	220
12.3. An adult problem with milk — lactose intolerance	222
12.4. Baby problems with milk	223
12.5. A failure to break down a dietary amino acid — phenylketonuria (PKU)	224
12.6. Missing digestive enzymes, cystic fibrosis; Johanson-Blizzard syndrome	224

12.7. Inflammatory bowel diseases: coeliac disease (gluten intolerance), ulcerative colitis, diverticulosis and Crohn's disease	228
12.8. Piles (haemorrhoids)	229
12.9. Alcohol, enzyme deficiencies, the flushing reaction	230
12.10. The liver; jaundice, hepatitis and cirrhosis	233
12.11. Diet and cancer	236
12.12. Meat, amino acids and malnutrition	236
12.13. Vitamin and mineral deficiencies	237
12.14. Tea, coffee and caffeine	238
12.15. Food and allergies	239
12.16. Research on diets and allergies	243
12.17. Types of diabetes	246
12.18. The body's energy balance; calories used in different activities	253
12.19. Glucose-6-phosphate-dehydrogenase (G-6-P-D) enzyme deficiency, giving anaemia from certain drugs or broad beans	257
12.20. The stomach, digestion, ulcers and irritable bowel syndrome	258
12.21. Eating disorders: anorexia, bulimia, pica syndrome	260
12.22. Taste sensitivity; sweeteners	262
References	263
Recommended reading	263

Plates

Chapter 13 Skin, Skin Colour and Disorders	264
13.1. Introduction	264
13.2. Skin structure, function and smell	267
13.3. The effects of age on skin	270
13.4. The sense of touch	270
13.5. Skin colour, tanning and sunburn	271
13.6. Some skin disorders	277
13.7. Contagious diseases affecting the skin	288
Reference	291

Chapter 14	The Skeleton, Muscles, Osteoporosis, ME, Motor Neurone Disease, Muscular Dystrophy	292
14.1.	The skeleton; rib diversity	292
14.2.	Brittle bone disease and osteoporosis	293
14.3.	Muscles	294
Chapter 15	Head, Face, Eyes, Ears, Sight, Hearing, Smell, Taste	299
15.1.	Introduction	299
15.2.	Head size and shape	300
15.3.	Head and spinal cord defects, including spina bifida	301
15.4.	The face	304
15.5.	The eyes; sight, colour blindness, cataracts and other eye problems	305
15.6.	The nose and sense of smell	317
15.7.	Jaws, teeth, lips, tongues, chins, taste	318
15.8.	The ears and hearing problems	321
15.9.	Hair	325
	References	328
Chapter 16	The Heart; Heart Attacks, Strokes, High Blood Pressure	329
16.1.	Introduction	329
16.2.	The heart and circulatory system; congenital heart diseases	330
16.3.	Heart attacks, artery diseases, strokes, TIAs, heart murmurs and deep-vein thrombosis	333
16.4.	High and low blood pressure; varicose veins; fainting	344
	Reference	348
Chapter 17	Blood, Blood Groups; Anaemia, Haemophilia, Leukaemia and Other Blood Disorders	349
17.1.	Introduction	349
17.2.	The ABO and Rhesus blood groups	352
17.3.	Problems from Rhesus negative mothers	353
17.4.	Other blood groups	354
17.5.	Blood group frequencies	354

17.6.	Blood groups and disease susceptibility	355
17.7.	Sickle-cell anaemia and thalassaemias — inherited disorders maintained by selection for malaria-resistance	355
17.8.	Haemophilia, which affected European royal families	359
17.9.	Other anaemias and polycythaemia	360
17.10.	Leukaemias and lymphomas	362
17.11.	Too much iron — haemochromatosis	364
17.12.	Blood analysis results and human diversity	365
	Recommended reading	367
Chapter 18 Arms, Legs, Giants, Dwarfs, Arthritis,		
	Left-handedness	368
18.1.	Introduction	368
18.2.	Giants, dwarfs and midgets (see also Chapter 3.3)	370
18.3.	Extra fingers or toes — polydactyly	372
18.4.	Lobster-claw feet and hands	372
18.5.	'Flipper arms' (phocomelia), natural or from thalidomide	373
18.6.	Other disorders affecting the limbs	373
18.7.	High heels	375
18.8.	Short fingers and toes	375
18.9.	Miscellaneous finger and toe conditions; webbed fingers or toes	375
18.10.	Nails	376
18.11.	Fingerprints	377
18.12.	Joint flexibility, Marfan syndrome, spondylitis, double-jointedness	377
18.13.	Arthritis	379
18.14.	Club foot	380
18.15.	Foot-binding of girls	381
18.16.	Left- and right-handedness; 'laterality'	381
	Reference	383
Chapter 19 Kidneys, Urine, Bladder, Cystitis,		
	Police Alcohol Tests	384
19.1.	Kidney structure and function	384

19.2. Water balance and urine	386
19.3. The bladder	386
19.4. Kidney and bladder problems; dialysis, stones and cystitis	387
19.5. Police tests for alcohol	389
Chapter 20 Lungs, Breathing, Asthma	391
20.1. Lung structure and function	391
20.2. Lung problems	391
20.3. Air pollution, emphysema, particulates and deaths	393
Reference	394
Chapter 21 Development From the Fertilised Egg; Sexual and Later Development	395
21.1. Development from the fertilised egg	395
21.2. Sexual development before birth	397
21.3. Later development	397
Reference	398
Chapter 22 Longevity, Ageing, Birth and Death Rates, Immigration, Population Structure	399
22.1. Longevity, ageing and death	399
22.2. Births, immigration, population structure	403
Recommended reading	404
Chapter 23 Abnormalities of Sex Chromosomes and Autosomes, Down Syndrome, Barr Bodies	405
23.1. Introduction; Barr bodies	405
23.2. Differences in sex chromosomes	405
23.3. Differences in autosomal chromosome number	408
23.4. Aberrations in chromosome structure	409
Reference	409
Chapter 24 Opinions on the Characteristics of the Chinese, Japanese and English	410
<i>Index</i>	418