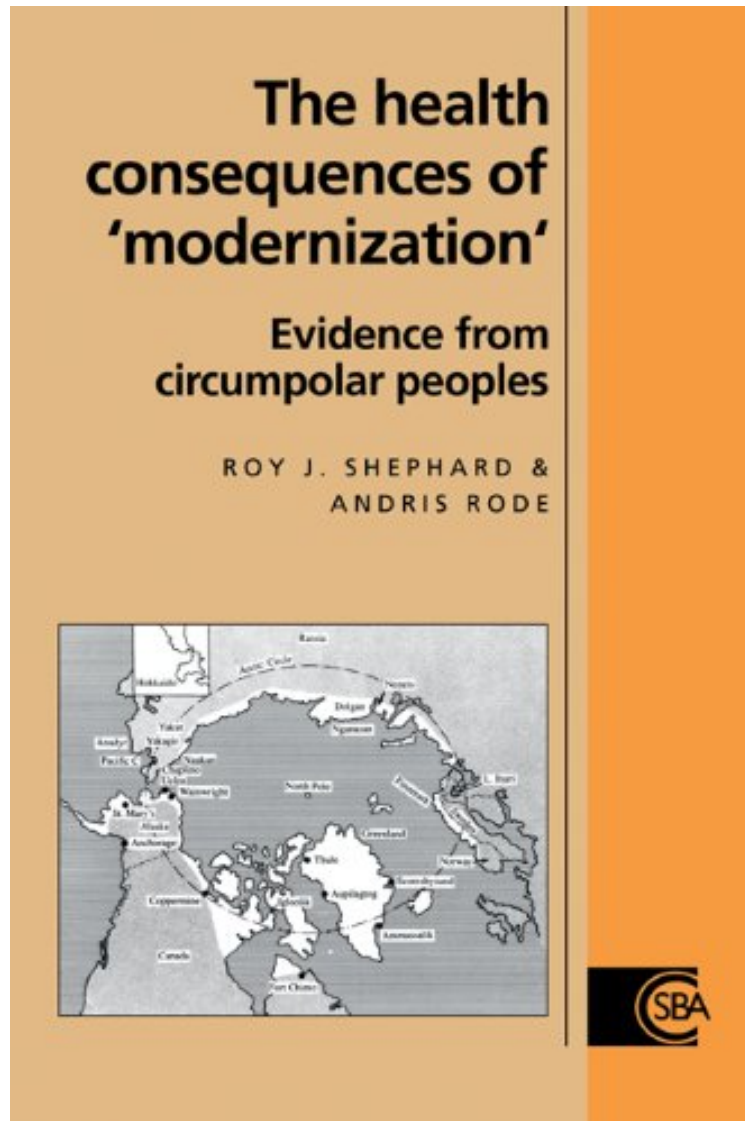


(Download ebook) The Health Consequences of 'Modernisation': Evidence from Circumpolar Peoples
(Cambridge Studies in Biological and Evolutionary Anthropology)

The Health Consequences of 'Modernisation': Evidence from Circumpolar Peoples (Cambridge Studies in Biological and Evolutionary Anthropology)

Roy J. Shephard, Andris Rode
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Roy J. Shephard, Andris Rode : The Health Consequences of 'Modernisation': Evidence from Circumpolar Peoples (Cambridge Studies in Biological and Evolutionary Anthropology) before purchasing it in order to gage whether or not it would be worth my time, and all praised The Health Consequences of 'Modernisation': Evidence

from *Circumpolar Peoples* (Cambridge Studies in Biological and Evolutionary Anthropology):

In this book, the authors assess the impact of "modernization" on various populations in the circumpolar regions. They examine the adaptations shown culturally, behaviorally, and physically by the indigenous peoples, and discuss the effect of changes in habitual activity, diet, and general life style due to more urban living patterns on body composition, pulmonary function and susceptibility to disease.

"The book is clearly written and well referenced, with numerous tables and charts used to display the biological data. Of interest to historians of science as well as human biologists and anthropologists." *Choice* "...the authors have a fine and subtle feel for the arctic. Their constant flashes of cultural insight do a lot to enlighten the dense biological data. I am asking my own graduate students to use this book as one model of how to conceptualize anthropologically informed human biology." A. Theodore Steegmann Jr., *American Anthropologist* "The book's strength in physiological topics reflects the authors' background and experience. Moreover, there is much in this book that is useful for any health care practitioner and researcher with an interest in the North. It is a convenient, single-source introduction to the Inuit and their health status, with a comprehensive bibliography." *Transcultural Psychiatry* From the Back Cover What are the health consequences of a transition from an active 'hunter-gatherer' lifestyle to that of sedentary modern living? In this book, the impact of 'modernization' is assessed in various populations in the circumpolar regions. The hazards of living in polar regions, and the adaptations shown culturally, behaviourally and physically by the indigenous peoples are examined and the effect of changes in habitual activity, diet, and general lifestyle due to more urban living patterns on the body composition, pulmonary function and susceptibility to disease is discussed. The implications of this switch are important not only for all those concerned about the survival of indigenous communities around the world, but for all of us living increasingly sedentary, urban lives. Anthropologists, physiologists and those interested in population fitness will find this a comprehensive and valuable volume.