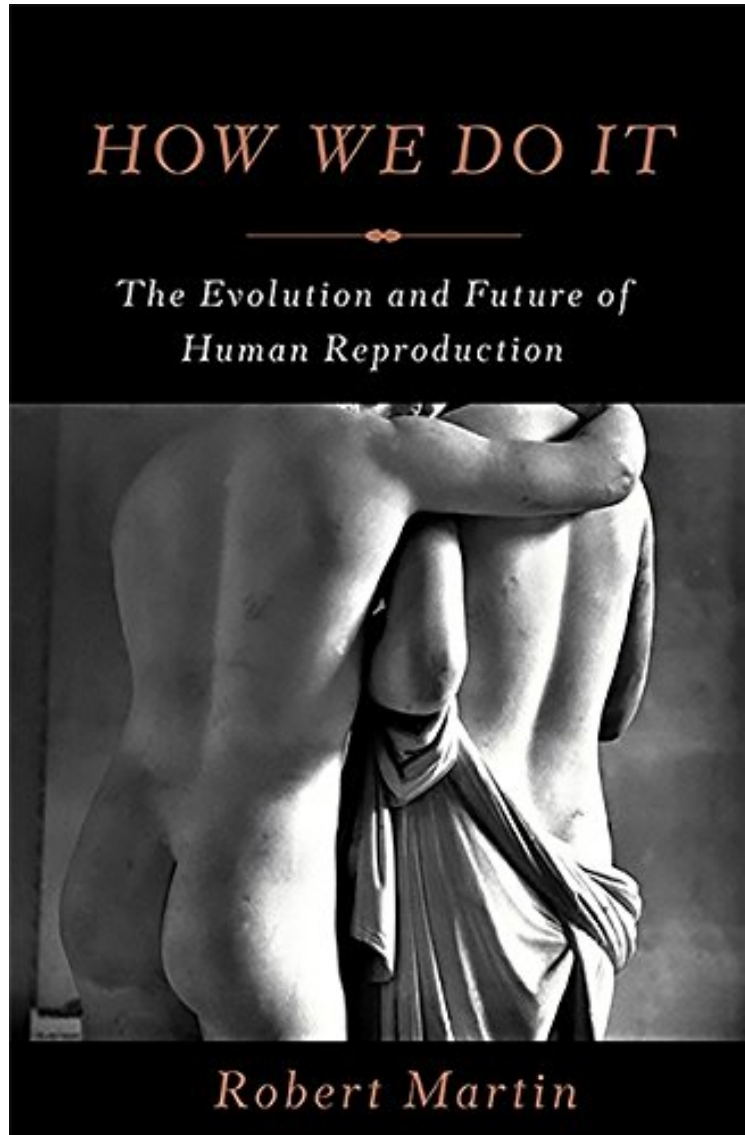


(Download) How We Do It: The Evolution and Future of Human Reproduction

How We Do It: The Evolution and Future of Human Reproduction

Robert Martin

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Robert Martin : How We Do It: The Evolution and Future of Human Reproduction before purchasing it in order to gage whether or not it would be worth my time, and all praised How We Do It: The Evolution and Future of Human Reproduction:

20 of 21 people found the following review helpful. Fascinating ReadBy tgmurphy11Heard about this book in the Chicago Sun Times and thought it sounded interesting. Not being particularly scientifically literate, I decided it was probably above my pay-grade. I saw the author discussing the book on TV and changed my mind. He had a way of

explaining things that made intuitive sense, so I thought I'd give it a try. I'm so very glad that I did, an absolutely fascinating and highly accessible read. Interesting topics discussed herein: declining sperm counts, benefits of breastfeeding, contraceptives, potty training, etc. I recommend this book to anyone interested in human biology, human evolution, human reproduction, or interested in science generally. But no need for extensive scientific training, Martin has a way with words that makes complicated topics easy to follow and comprehend. For being as widely accessible as it is, his writing is not overly pedantic or condescending, just very informative and accessible. Those coming to the book with some prior scientific training will also find plenty to enjoy as he seems to draw on a wide range of scientific research and methods from which to draw his conclusions. Best of all, he adds a bit of humor to boot. 2 of 2 people found the following review helpful. Whoa. This book is incredibly fun to read. By Chicago_J And you'll wonder why you've never inquired about some BASIC FACTS about sexuality and the history of humans. The author is the kind of erudite, witty polymath you rarely find these days--curious about everything, rigorous in research, but definitely understanding that people need to know about the 18th-century Italian priest who put tight-fitting taffeta pants on frogs. (WHY put tight-fitting taffeta pants on frogs??? Gentlemen, think how such pants might prevent your sperm from getting anywhere. Empirical study has to start somewhere.) There's lots of food for thought in this book for parents. But also for anyone who's, uh, ever been born from parents. And by "parents", think parents, parents, parents--all the way back to early hominids, and back, back, back to ancestors who were the organisms who first invented sexual reproduction. The chapter on feeding babies was so interesting that I missed my train stop. Really, this book is engrossing. You'll never think about sexuality the same way again. 4 of 4 people found the following review helpful. We are mammals By Holly Dunsworth Not only is "How We Do It" packed full of things that everybody should know about human reproduction, but Martin compares all of it to what we know about procreation in other beloved mammals, like dogs and monkeys. Readers will be amazed by how much they did not know about baby-making, how much they assumed based on little evidence, and about how much we still don't know. And they'll be enthralled by Martin's fascinating questions--questions that they might never have even thought could be asked at all. I'll be recommending this book to students in my biological anthropology courses at the University of Rhode Island.

Despite the widespread belief that natural is better when it comes to sex, pregnancy, and parenting, most of us have no idea what natural really means; the origins of our reproductive lives remain a mystery. Why are a quarter of a billion sperm cells needed to fertilize one egg? Are women really fertile for only a few days each month? How long should babies be breast-fed? In *How We Do It*, primatologist Robert Martin draws on forty years of research to locate the roots of everything from our sex cells to the way we care for newborns. He examines the procreative history of humans as well as that of our primate kin to reveal what's really natural when it comes to making and raising babies, and distinguish which behaviors we ought to continue and which we should not. Although it's not realistic to raise our children like our ancestors did, Martin's investigation reveals surprising consequences and suggests ways to improve upon the way we do things now. For instance, he explains why choosing a midwife rather than an obstetrician may have a greater impact than we think on our birthing experience, examines the advantages of breast-feeding for both mothers and babies, and suggests why babies may be ready for toilet training far earlier than is commonly practiced. *How We Do It* offers much-needed context for our reproductive and child-rearing practices, and shows that once we understand our evolutionary past, we can consider what worked, what didn't, and what it all means for the future of our species.

From Booklist This fascinating, comprehensive look at human evolution raises important questions about what everything from bottle-fed babies to assisted reproduction means for the future of the species. Martin, curator of biological anthropology at the Field Museum in Chicago and a member of the Committee on Evolutionary Biology at the University of Chicago, explains that he consulted more than 5,000 scientific papers and books to distill the essence of this vast subject. He succeeds in his stated goal to maintain accuracy while writing plain English. (A glossary that defines words such as aspermia, or a complete lack of semen, helps.) And this overview is filled with fascinating facts: it takes a quarter of a billion sperm to fertilize one human egg; apes and monkeys menstruate, but most other mammals don't; regular sauna use can hurt sperm production because of the heat; fat tissue accounts for more than a pound of a typical seven-and-a-half-pound newborn; crib death is more likely in bottle-fed infants; and breast cancer is less common in nursing moms. A must-read for anyone interested in human evolution. --Karen Springen This is one of the best books about sex, and having babies, you're likely to read.... If you want to know things like why men have nipples or why it takes a quarter of a billion sperm cells to fertilize one human egg, you should take this white-knuckle ride back through evolutionary time, across continents, into science labs and around your most private parts. It will make you laugh. Your jaw will drop. And the sight of the mismatch between the lives we lead and the bodies we live in will start you thinking. NPR Books [An] amiable information tour through the evolutionary history of mating, pregnancy, birth, and babies.... An intelligent, open-minded guide to the animal processes that somehow seem to make us most fully human. Boston Globe Mr. Martin's humble but crucial acknowledgment that biology is unavoidably complicated that we can't capture millennia of evolution or decades of research in glib sayings about the sexes'

planetary origins or in single surveys of psychology undergraduates is what makes *How We Do It* so compelling.... No Mars and Venus, no extrapolations about why we evolved to love or hate strip clubs or whether bottle-feeding dooms a child to a life of puerile amusements and a career at the Kwik-E-Mart. Here instead are the facts of life as you may have never thought about them. Wall Street Journal