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The Bond Briefing

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RATIONAL EVIDENCE-BASED COMMENT FOR THE GENERAL PUBLIC & HEALTH PROFESSIONALS. WE SAY EXACTLY WHAT WE THINK

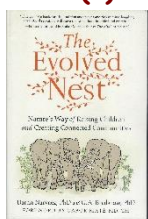
Jungle Lore: 'The Evolved Nest' Review (I). **Physical Activity:** Hill Hiking Report. **Viewpoint:** Organizing Society for an Industrialized World (XI). **Q&A:** Paleo Perfection – or 'Good Enough'? **News Shorts:** Milk – labelling wars; Men don't see Domestic Tasks like Women do. **Ancestral Anthropology:** The Last Hunter-gatherers. **News Shorts:** New Breast-milk Component discovered for Cognition; Vigorous Housework cuts CVD; Shrimp shells boost Immune System; Large Breasts inhibit Physical Activity. **Spreading the Word:** Radio Interview with Marty Whittekin.

Jungle Lore

'The Evolved Nest' Review (I)

Last month I

promised to review this new book from one of our readers, Dr Darcia Narvaez, of Notre Dame University, Indiana.



We have reported in the past about her research, into what she calls "The Evolved Nest".

Her basic thesis is that babies (of many species) are born into an intricate web of support ("The Evolved Nest") which, in the case of westerners, we have largely lost – to the detriment of children's psychological health and harmonious social connectedness.

This new book is sub-titled: "Nature's way of Raising Children and Creating Connected Communities" [1].

She illustrates her major points by giving examples of how these webs of support work in other animals. Indeed, the book's cover shows how a newly born baby elephant is continuously caressed by other elephants in the herd using their trunks. 'Touch' and the feeling of connectedness with, and security from, carers is important for the baby's well-being.

She uses the example of how beavers indulge in spontaneous unstructured play. It promotes a feeling of belonging, that "all is right with the world", > p4

Physical Activity

Hill Hiking Report



Geoff: Jct. Henderson/Shannon trails: <https://bit.ly/3SQBP9f>

As I have described on several occasions, I try to get away from my desk and find my daily dose of physical activity as naturally as possible (I'm done with gyms and their treadmills, steppers, and weights machines.)

This month I am back after a lapse of 5 years in the Palm Springs valley with its wondrous network of hiking (scrambling) goat paths in the foothills of the San Jacinto mountains.

They are not for the faint hearted, narrow, with steep, rocky drops to the side, and treacherous, skiddy footholds.

What I learnt is that for all my jogging, racquet sports and swimming, over the last 5 years I had grown unfit for this hiking activity – one which was practised



by the local tribe of *I go up there?* Agua Caliente [2] Indians since the beginning of time. It tested balance, flexibility, agility, and strength of knees, ankles, > p4

Viewpoint

Organizing Society for an Industrialised world (XI)

Who wants to return to the grinding poverty, drudgery, and insecurity of peasant farming? So what factors came together in England to trigger the worldwide prosperity of the Industrial Revolution and how do we nurture it? Last month we looked at Concluding Remarks, Part (3). Now for Wrap up.

French political philosopher, **Tocqueville**, in his highly perceptive and insightful 1835 book, **Democracy in America**, worried about a "Tyranny of the Majority". With everyone having an equal voice (he thought) minorities would find their interests ignored or persecuted. He need not have worried. On the contrary, most people are apathetic, ignorant, inactive, unmotivated, or gormless. In fact it takes just a small percentage of highly motivated activists to shift an entire population. See: **Tyranny of the Minorities: Social Change Tipping Point**, July 2018 [3].

Today we are living in a world where, thanks to social media, minority activism has run amok. The number of 'causes', most of them toxic or malignant, has rocketed; their reach runs rampant like a virus. As English philosopher, John Stuart Mill said: "Bad men need nothing more to compass their ends, than that good men should look on and do nothing."

Or again as Scotsman, Charles Mackay, observes in his 1872 classic book: **Extraordinary Popular Delusions and the Madness of Crowds:** > p4