

f refers to figures.

- abortion, 182, 197, 232, 268, 271
 abstinence. *See* celibacy; chastity
Ache Life History... (Hill and Hurtado), 109
 Ache people: foraging, 110–111; grandmothers, 113; homicide/infanticide, 110–111, 112; illness in, 88, 379n32; last birth age, 307; marriage, 84; older people, 113–114; overview, 55, 108–110; *panegi*, 115–116, 117; partible paternity, 112; violence, 114–115
 adiposity, 44, 107–108, 137
 adoption, 199, 208
 adult/children ratio: and adaptations, 89; Australopithecines, 381n21; foragers, 90–91; in intergenerational transfer model, 56; Super-Uncle Hypothesis, 119–120; transfer of resources, 125
Advice to Women Entering the Critical Time of Life (de Gardanne), 272
 African Americans, 215, 242–243, 297
 age of mating/marriage, 82–85, 100, 266
 age of menopause. *See* menopause, age of
 age structures, 236–237
 aging. *See* senescence/aging
 agrarian era, China, infanticide, 194–195, 197, 387n15
 agrarian era, England, infanticide, 190, 192
 agrarian era/societies: and boom-and-bust hypothesis, 45, 175–176; Çatalhöyük settlement, 157–158; children and affordability, 184–185; and climate, 155; competition, 222–223; and disease/illness, 174; “extra” men, 220–222; fertility control, 183; fertility rates, 172–175, 178–186, 188–190, 193; food storing, 176; food supply, 177–179; foragers transitioning to, 173; vs. foraging era, 49; infanticide, 197–199 (*see also* agrarian era, China; agrarian era, England); intensification, 155–156, 178; and land, 63–64; male androphilia, 116–117; male philopatry, 18; menarche age, 181; migration, 229; mortality rates, 80, 172–175; nature’s positive check, 177; non-reproductive women, 216–220; overview, 10, 12; overview of menopause, 327; patriarchy, 159, 159–161, 162–170, 194–196; and population growth, 241; population in balance, 176–178, 181; and production, 168; slash-and-burn horticulture, 155–156, 177–178; taxes, 156; Total Fertility Rates (TFRs), 172; traditional medicine, 262; violence, 222–224; war, 108; wealth in, 62, 64. *See also* families; traditional societies; *various traditional societies*
 agrarian era/societies and class: advantages, 156–157; education, 222; food hoarding, 176; hypergamy, 195–196; labor divisions, 168–169; number of children, 185; polygyny, 160; repression, 162; reproduction, 163, 210; servants, 209–201; women and labor, 167; women and oppression, 160–161
 agrarian era, China: infanticide, 387n15; overview, 192–197, 199–202, 204–209, 216–217, 221–222
 agrarian era, England: child abandonment, 387n7; overview, 189–192, 210–215, 220; population growth, 241
 Agta people, 74
 AIDS/HIV, 245
 Albania, 118
 allocare/alloparenting: and boom-and-bust hypothesis, 44; daughters helping, 91–92; Efe people, 102; Hadza people, 101–102; *Homo erectus*, 140; and kin effects, 102–103; at mother’s death, 50; mothers-in-law/daughters-in-law, 201–202, 205; Neanderthals, 151; overview of foragers, 120; and reproductive lifespan, 66; as rewarding, 252; single women, 210–211; stacking offspring, 88, 151, 198; transgender/gay people helping, 118–119; unrelated helpers, 103. *See also* cooperation; Cooperative Breeding Hypothesis; Grandmother Hypothesis
 altruism, 118–119
 Alvergne, Alexandra, 62
American Melancholy (Hirshbein), 294–295
 ancient Greece, 80, 264, 265–267, 275
 ancient Rome, 265–267, 266
 anger, 358
 animals (general): cooperative breeding, 92; disease transfer, 174; infanticide, 198–199; lifespans of, 34; post-reproductive lifespan/stage, 21–22, 26, 372n22; Post-Reproductive Representation (PrR), 23f, 27; reproductive age of, 17; subordinates and conflict, 93; wild vs. captive, 18, 22–23. *See also* aphids; chimpanzees; *various animals*
 anorexia nervosa, 278–279
 anthropology vocabulary, 96

Slow Moon Climbs Index

- anxiety/anxiety sensitivity, 335, 354, 355–356, 362–364
- aphids, 19
- apoptosis, 33–34
- Arashiyama macaques, 25–26
- Arctic peoples, 94, 111, 379n33
- art, 148
- artemisinin, 262–263
- Asia, 3–6, 239–240, 322–325, 371nn1–2. *See also* China; classical Chinese medicine; Japan; Traditional Chinese Medicine (TCM); various Asian countries/societies
- assortive mating, 106
- Astruc, Jean, 271–272, 278, 279
- Athens, 164
- Australopithecines, 69, 134, 135–136, 137, 381n21
- Australopithecus afarensis*, 69
- autonomic nervous system, 347–348
- Avvaiyār, 218
- Ba’atur, Yisügei, 3–4
- baby boom, 251
- bachelors, 221–224
- Bahinābāi, 219
- baja presion*, 316–317
- Bamforth, Douglas, 385n36
- banditry, 223
- Bangladesh, 318, 342–344
- Beyene, Yewoubdar, 308, 311, 312–313, 317–318, 319–320. *See also* Chichimila
- bhakti*, 218
- “big data,” 264
- Big History, 225
- biomedicine. *See* modern medicine
- bipedalism, 68, 69–70
- birth control. *See* abortion; contraception; fertility: control of
- birth intervals: of Ache people, 115; Charnov’s model, 41–42; and contraception, 324; and co-wives, 55; of elephants, 31; in The Gambia, 183, 324; of Hadza people, 98; of macaques, 25; and paternal grandmothers, 54–55; and post-reproductive life stage, 26; as short, 17, 41, 91; of whales, 30; and women’s health, 63
- Bledsoe, Caroline, 183, 324
- blood: in classical Chinese medicine, 303–304; purging, 267, 268, 276; quality/consistency, 275–276; quantity, 312, 324–325. *See also* plethora
- blood as toxic: physicians believing, 268, 272–273; in traditional societies, 274–275, 310–311, 320, 322
- blood pressure, 276
- blood tests, 307
- Blurton Jones, Nicholas: childcare help, 66; Grandmother Hypothesis testing, 48; Hadza children and marriage, 101; Hadza husbands, 72, 100; as researcher, 47; Show-Off Hypothesis, 106
- Bocquet-Appel, Jean-Pierre, 172–173
- body maintenance, 37–38
- body mass index (BMI), 107, 308, 319, 334, 376n11
- body sizes, 97, 132–133, 136–137
- Boehm, Christopher, 122–123
- bone density, 313
- book overview, 7–10, 258
- boom-and-bust hypothesis, 44–45, 115, 175–176, 229
- Boserup, Ester, 155, 167, 177–178, 235
- Boswell, John, 387n7
- Boulet, M. J., 344
- brains: and diet, 140; Embodied Capital Hypothesis, 85 (*see also* Embodied Capital Hypothesis); encephalization, 42, 143; of *Homo erectus*, 70, 71, 136–141; of *Homo sapiens*, 148; and human uniqueness, 86; and meat eating, 71, 140; of Neanderthals, 148; and skills, 42, 68
- Branger, Frédéric, 57
- bride-price. *See* bride-wealth
- bride-wealth, 161, 163, 165–166, 194–195
- Bromberger, Joyce, 296
- bubonic plague, 246
- burial sites, 130
- Butenaldt, Adolph, 284
- Caldwell, John C., 184
- Cambodians, 356–357
- Cameroon, 145
- Campbell, Cameron, 192–193
- Canada, 49
- cancer: breast, 281, 282, 298; endometrial, 290, 298, 299; and synthetic estrogen, 285; uterine, 272, 281, 282
- Cann, Rebecca, 145–146
- capitalism, 227
- captive vs. wild animals, 18, 22–23

- Caspari, Rachel, 381n21
 castrates, 293
 Catalhöyük, Turkey, 157
 catastrophic cognitions, 355
 celibacy, 182, 217–218, 283–284. *See also* chastity
 chastity
 Center for Whale Research, 27–28
 Chan, Matthew H., 59–60
The Change of Life in Health and Disease (Tilt), 280–282
 Charnov, Eric, 41
 chastity, 162, 170, 202, 206. *See also* celibacy
 Chayanov, Alexander, 183
 cheating, 77–78
 checklist method of studies, 329–337, 346–347, 359–360
 Chen Shi, 207
 Chewa people, 65
 Chichimila, 308–313, 317–318, 319
 Chien, Hung-Ken, 57
 childcare, sharing. *See* allocare/alloparenting
 child homicide, 110, 112. *See also* infanticide
 children: abandonment, 190–192, 197, 387n7; Ache people, 110; adoption, 199, 208; and affordability, 184–185; in Chichimila, 310; daughters, 62, 80, 91–92, 162, 165–166; granddaughters, 65; and growth, 88; investment in, 252 (*see also* Grandmother Hypothesis); reproductive competition, 28–29, 61–66, 90–91, 125, 160; sibling marriage, 159; sons, 80, 166. *See also* adult/children ratio; mortality, children and infants
 chills, 339
 chimpanzees: and humans, 18–19, 24–25, 27; hunting, 69; lifespan of, 18, 22–24; male mating preferences, 83; mortality of, 23–24; others’ children, 42; post-reproductive lifespan/stage, 18–19, 22; Post-Reproductive Representation (PrR), 23f, 27; sex/gender labor divisions, 147; and slow life histories, 41
 China: agrarian era overview, 192–197, 199–202, 204–209, 216–217, 221–222; banditry, 223; and cultural syndromes, 365; gay sex, 116–117; labor divisions, 169; life expectancy, 244; population growth, 241–242; six grannies, 168
 Chinese medicine. *See* classical Chinese medicine; Traditional Chinese Medicine
chi no michi, 320–321, 325, 366
 Chirawatkul, Siriporn, 322, 324. *See also* Thailand
 Thailand
Choice Manual, or Rare and Select Secrets in Physick (Gray), 271
 choking, 339–340
 cholera, 246
 Chu, Cyrus, 45–46, 57, 75
 class, 157, 160, 163, 273. *See also* agrarian era/societies and class; modern era and class
 classical Chinese medicine, 302–304, 305
 clay tokens, 156
 clay vessels, 156
climacteres, 269
 climacteric, 269
 climate: and agriculture, 155; Holocene, 43, 154, 373n9; instability, 229–230; and population growth, 241; and resources, 155; volatility of, 42–44, 43f (*see also* climate change)
 climate change, 229–230
 cloning, 19
 cognition, 148
 Cohen, Alan A., 26
 Cohen, Mark Nathan, 155
coitus interruptus, 182
 colonization, 95, 125, 239–240, 241, 242. *See also* population growth
 competition: and lifespans, 60; men/women ratios, 221, 222; reproductive, 28–29, 61–66, 90–91, 125, 160; and violence, 222–223
The Conditions of Agricultural Growth (Boserup), 155, 177–178
 confirmation bias, 300
 contraception, 182, 232, 250, 310, 324
 Contreras, Daniel A., 385n36
 cooking, 71
 cooperation: and adaptations, 88; evolving skills, 42; explanations for, 77–78; and foraging humans, 76–77; Grandmother Hypothesis, 45–48; humans vs. animals, 93; and labor divisions, 74–75; and mortality decline, 87–88. *See also* allocare/alloparenting
 Cooperative Breeding Hypothesis, 42, 88, 91–92, 140, 252. *See also* allocare/alloparenting
 Costly Signaling Hypothesis, 78, 106
 Counts, Dorothy Ayers, 275
 crisis mortality, 175–176, 179, 385n41
 cross-cultural research issues, 319–320, 329–330, 333–334, 344–345
 cultural syndromes, menopause symptoms/syndrome; anxiety, 355–357 (*see also*

- anxiety/anxiety sensitivity); as common, 365; functional somatic syndromes, 355; *hwa-byung*, 357–359, 360–361, 362, 365–366; *kyol goeu*, 356–357; overview, 352–355; and power, 365–366; and Western culture, 258, 362
 culture and symptoms, 258, 280, 347, 362
 cuneiform writing system, 156
curanderos, 315, 316
 Currier, Andrew, 282
- DAMES, 335–337, 339–340
 daughters, 62, 80, 162, 165–166
 daughters-in-law. *See* mothers-in-law/daughters-in-law
 Davis, Dona Lee, 275–276
 Davis, Kingsley, 239
 DDT, 245
 “death control,” 239–240, 244–249, 385n41
 de Beauvoir, Simone, 293, 367
 debts, 213–214
 Decisions at Menopause Study, 335–336
 de Gardanne, Charles, 272, 279
 Dembo, Mana, 382n34
 Demographic Transition: “death control,” 239–240, 244–249, 385n41; fertility decline, 249–252; Neolithic Demographic Transition, 172–173; overview, 10–12, 238–240; population growth, 240–244
 Denisova Cave Neanderthal, 141–142
 Denisovans, 136, 143–144, 148, 150, 382n34
 Dennerstein, Lorraine, 334
 depletion, 303–304, 306, 312, 324
 depression, 293–298
 DES (diethylstilbestrol), 285
 Deutsch, Helene, 291–293
 “development” programs, 161, 202–203, 232–233, 245
Diagnostic and Statistical Manual of Mental Disorders (DSM-III), 294, 295
 diet: and brain size, 140; caloric deficits, 85–86, 91; division of foraging labor, 73; of *Homo erectus*, 70–71; of Maya women, 308, 315; of Neanderthals, 143; plant foods, 375n1; and sex/gender, 103; versatility of, 71
 Dioscorides, 268
 disabilities, 232
 “disease of virgins”. *See* green sickness
 diseases/illness: and age of menopause, 318; in classical Chinese medicine, 304; Epidemiologic Transition, 246–248; and hormone therapy, 289–290; infants, 191; inoculations, 241–242; and lack of estrogen, 286; menopause as, 289–290; and modern medicine, 264–265; and mortality, 173–174, 245; plethora, 268, 273; and population checks, 175–176; in sub-Saharan Africa, 244–245
 disposable soma theory, 37, 57, 62–63
 divorce: in Ache communities, 110, 112, 121; and dowries, 164; foraging humans (general), 83; in The Gambia, 54; in Hadza communities, 99, 100, 101, 105
 dizziness: and East Asians’ vulnerability, 353; *konenki*, 348; *kyol goeu*, 357; Maya women, 318; in *New Book of Childbearing*, 304; Thai village women, 322–323
 Dmanisi, Georgia, 45, 134
 DNA, 141, 145. *See also* genes
 dogs, 92
 Doisy, Edward, 284
 dowries, 159, 161, 163–164, 195
 drugs, 268, 285–286, 290–291, 294. *See also* estrogen; pharmaceutical companies; progestin
 DUBY, George, 222
 Duden, Barbara, 271
- early modern period, 269–277
 economic growth, 228
 education, 249, 260–261
 Efe people, 102, 181
 egalitarianism, 107–108, 121–123
 eggs vs. sperm, 75
 Ehrenreich, Barbara, 277
 electroshock therapy, 293–294
 elephants, 30–32
 Embodied Capital Hypothesis, 42, 69, 85–89, 92, 125
 emmenagogues, 266, 268
 encephalization, 42, 143. *See also* brains
 endocrinology, 258, 284–285, 348. *See also* estrogen; hormones; progestin
 energy consumption, 243–244
 energy surplus, 226, 251–252
 Engels, Friedrich, 158, 177
 England. *See* agrarian era, England
 English, Deirdre, 277
 environments, 132, 353
 Epidemiologic Transition, 175, 239–240, 246–248
 epiphenomena, 39

Slow Moon Climbs Index

- Essay on the Principle of Population* (Malthus), 187
- estrogen: deficiency, 299–301; and health, 369; marketing, 286; production of, 34; replacement therapy (ERT), 276, 284–286, 288–290, 295–296, 298–299 (*see also* progesterin)
- Ethiopia, 308
- eugenics, 231–232
- evolutionary biology research, 17–18. *See also* Post-Reproductive Representation (PrR); Post-Reproductive Viability; *various studies*
- extrinsic mortality, 37–38. *See also* mortality
- fa'afafine*, 118–119
- families: classifying, 161–162; multigenerational, 185; size of, 162, 200
- “The Fate of the Nontreated Postmenopausal Woman...” (Wilson and Wilson), 289
- fathers: assured paternity, 163, 169; and food sharing, 78; partible paternity, 112; and patriarchy, 162; step-fathers, 101–102; and survivorship studies, 50. *See also* men
- fat tissue, 44, 107–108, 137
- fear, 355
- feedback loops, 355–356
- female-headed households, 214–216
- femicide, 193, 194–195, 196, 379n33, 387n15–6
- Feminine Forever* (Wilson), 288, 289, 289–291
- femininity, 292
- fertility: birthing frequency (*see* birth intervals); competition, 62–63; decisions about, 183; declining, 226, 234, 249–253; and education, 249–250; end of (*see* menopause; menopause, age of; post-reproductive lifespan/stage); endowment, 324–325; first birth, 41, 97, 193, 194, 314, 315; and fitness, 62; foragers vs. farmers, 172–174; and gay men, 119; and grain prices, 193; and Grandmother Hypothesis, 57–58; and hunting, 105–106; and intergenerational transfers, 56–57; last birth, 18–19, 28; and male mating preferences, 82–83; and migration, 180; and minor marriage, 199; and mortality, 26, 31, 237, 250–252 (*see also* Demographic Transition); “natural,” 180, 182; and natural selection, 35–36; and nutrition, 181; and poor countries, 250; and technology development, 236. *See also* reproduction; Total Fertility Rates; Total Marital Fertility Rates
- fertility control: in agrarian England, 210; forced, 231–233; in The Gambia, 183; laws against, 232; vs. “natural fertility,” 182; overview, 183–185; as population checks, 187–189; and well-being, 155, 179, 181–182. *See also* abortion; contraception
- Finland, 49, 375n42
- fin whale, 32
- fire, 71, 137
- fishwives, 289
- fitness: daughters in Patriarch Hypothesis, 80; defining, 38; and early births, 61; and fertility decline, 53–54, 252; and investment, 56; and maximum fertility, 62; and reciprocity, 77; and reproductive competition, 375n42; and survivorship, 49. *See also* inclusive fitness
- Florence, 197–198
- flushes. *See* hot flashes
- follicles, 33–34
- The Food Crisis in Prehistory* (Cohen), 155
- food processing, 167–168
- food sharing: !Kung people, 107; Ache people, 111; as cooperation, 76–78; and fatness, 107–108; Hadza people, 103–104, 106–107; and hunting, 72
- food supply, 176–179, 233, 241
- foot-binding, 162
- foraging humans: adult/children ratio, 90–91; artificial kinship, 103; children survival and grandmothers, 48–49; cooperation, 45–48; and cooperation, 76–77; as diverse, 94; and equality, 121–122; farming transition, 173; fertility rates, 172–174; history of, 49; hunting, 68; and inequality, 108, 157; and male reproduction, 79; and Man the Hunter Hypothesis, 76; marriage, 83, 84; and menopause symptoms, 307; mortality rates, 172–174; and nuclear families, 120; and polygyny, 81–82; and population, 44; post-reproductive life stage scenario, 123–124; Post-Reproductive Representation (PrR), 22, 23f; reproductive competition, 65–66; and sex/gender, 73; studying, 123; women hunters, 74. *See also* !Kung people; Ache people; Embodied Capital Hypothesis; Hadza people; hunting
- Force of Circumstance* (de Beauvoir), 367
- Foundling hospitals, 191
- Four Major Ethnic Groups, 337
- FOXP2 gene, 148
- Franklin, Benjamin, 242

Slow Moon Climbs Index

- Freedman, Robert R., 338–339, 363
French Inquisition, 224
Freud, Sigmund, 291
frontier societies, 178–179, 180
functional somatic syndromes, 355
- The Gambia, 49, 54–55, 62, 183, 324–325
gastrointestinal symptoms, 358
gay men, 116–117, 118–119
GDP (Gross Domestic Product), 247, 250
gender. *See* sex/gender
genes: and hunting, 106; and inclusive fitness, 35, 38, 52, 91; inherited, 35; and kin selection, 38; for language, 148; markers, 5, 371n2; and pleiotropy, 38–39; and senescence/aging, 36; and survivorship studies, 50. *See also* DNA; natural selection
genetic diversity, 141–142, 144, 146
genetic studies, 133
genetic testing, 10, 145
genocide, 114
germs, 246, 248, 264
geronticide, 113–114, 386n50
Ghana, 51
Ghandi, Mahatma, 220
globalization, 227–228
Goodall, Jane, 22
Goodenough, Ward H., 381n21
Gopnik, Alison, 67
grandfathers, 113
Grandmother Hypothesis: and climate, 42–44; as controversial, 69; as dominant theory, 39; vs. Embodied Capital Hypothesis, 89; and fathers, 78; and fertility, 57–58; and mathematical modeling, 52–61; and Mother Hypothesis, 41 (*see also* Mother Hypothesis); and natural selection, 46–47; as oppositional, 69, 70, 72; overview, 41, 45–46, 66–67; paternal grandmothers, 201; production, 41–42; reproductive competition, 62–66, 375n42; and survivorship studies, 48–52, 53–55, 57–59, 63–65, 66
grandmothers: Ache people, 113; in agrarian England, 214–215; and classical Chinese medicine, 303; and daughters-in-laws, 201–202; Efe people, 102; elephants and infant mortality, 32; as foraging successfully, 99; Hadza people, 99, 101; helping vs. substitutes, 57–58; and *Homo erectus*, 141–142; as hunters, 74; Martu people, 74; maternal family, 47, 49, 50, 51–52; memories and medical help, 51; modern medicine, 203; orca whales, 28–29; paternal family, 201; and sex of grandchildren, 50–51; Tamang people, 201–202; in Thai village, 323; traditional medicine, 202–203; as useful, 368
Gray, Elizabeth, 271
Greaves, Margaret, 212
Green Revolution, 233
green sickness, 278–279
Grimes, Elizabeth, 212
Gross Domestic Product (GDP), 235, 236
growth speeds, 41, 97
Grund, Brigid, 385n36
guanggun, 221, 223
Guatemala, 313–318, 319
Gurven, Michael, 85–87, 132. *See also* Embodied Capital Hypothesis
- haan*, 358
The Hadza: Hunter-Gatherers of Tanzania (Marlowe), 95
Hadza people: births, 97–99; childcare, 101–102; children, 99–100; egalitarianism, 108; equality in, 99, 107; food sharing, 103–104; foraging, 103, 104–107; grandmothers, 47–48, 66, 79, 99, 101; health of, 97, 98, 107; hunters prestige, 105–106; and hunting, 72; infant mortality, 54; marriage, 83, 84, 100–101, 105, 378n11, 379n21; and menopause symptoms, 307; mortality of, 98–99; overview, 47–48, 95–96; size of, 97; violence, 98, 378n9
Haldane, J.B.S., 38
Hamilton, William D., 37–38, 40, 53
hand axe, 138
Hawaii, 344–345
Hawkes, Kristen, 41, 59–60. *See also* Grandmother Hypothesis
headaches, 318
healthcare vs. hospitals, 247
heart disease, 290
height, 132–133. *See also* body sizes
Henry, Louis, 181
herbalism, 168, 267–268, 322. *See also* remedies
Heyer, Evelyne, 374n27
Hill, Kim, 109, 114. *See also* Ache people
Hinduism, 218–220
Hinton, Devon, 355, 356–357
Hippocratic Corpus, 265–267, 279

- Hirshbein, Laura, 294
 history as stories, 129, 154, 170, 171
 HIV/AIDS, 245
 Hiwi people, 132
 Hmong people, 324–325
 “The Hobbit” (*Homo floresiensis*), 45, 135–136, 381n12
 Hobsbawm, E. J., 223
 Holocene, 43, 154, 373n9
 hominins, 134, 135, 137, 381n21. *See also* various hominins
Homo antecessor, 134
Homo erectus: body of, 136–137; brains of, 70, 71, 136–141; and climate changes, 43; and cooking, 71; and *Homo ergaster*, 380n9; and Man the Hunter Hypothesis, 68, 70; overview, 134–135, 139; and sex/gender, 70; studying, 139
Homo ergaster, 380n9
Homo floresiensis, 45, 135–136, 381n12
Homo habilis, 135
Homo heidelbergensis, 134, 144, 382n34
Homo naledi, 135
Homo sapiens: brain shape, 148; and Denisovans, 144; evolution environment of, 144–145; and *Homo erectus*, 135; and hunting, 72; migration of, 146–147, 153, 382n39; and Neanderthals, 141–142, 148, 150–152; origins of, 49; vs. other humans, 129; OY (old-young) ratios, 381n21; population of, 150; size of, 132; surviving, 136, 150; and technology, 147–150
Homosexualities (Murray), 117
 homosexuality. *See* gay men
 hormones: and depression, 294; early studies, 284; replacement therapy (*see* progestin); replacement therapy (ERT) (*see* estrogen); in reproductive years, 290; and temperature regulation, 345–346. *See also* endocrinology
 horticulture societies, 155–157, 167. *See also* agrarian era/societies
hoteri, 340–341
 hot flashes/night sweats: and age 50, 334; and anxiety, 364; and beliefs, 396n25; and blood purging, 276; as common, 336–337, 341–342; defining, 338–339; and depression, 296; and *hwa-byung*, 360; hysterical vapors, 279; and *kaa* phrases, 395n17; and Maya women, 311, 313, 314, 316, 317; measuring objectively, 342–344, 346; in medieval writing, 270; men having, 338; National Institutes of Health, 333; and nervous system, 282–283; and panic attacks, 363; and reproductive lifespan, 338
 Howell, Nancy, 73, 107
 Hrdy, Sarah Blaffer, 41, 88, 102. *See also* Cooperative Breeding Hypothesis
 Hristova, Pepa, 118
 Huang, Chieh-shan, 207, 208
 Human Mortality Database, 180
 hunger, 233
 hunter/gatherers. *See* foraging humans
 hunting: as dangerous, 109–110; debates on importance, 375n3; and food sharing, 104; history of, 70–71; and labor divisions, 73–74; and mammal die-offs, 153; Man the Hunter Hypothesis, 68–72, 76, 78, 375n1; and marriage, 105; meat in diets, 71; Neanderthals, 142–143; older aged men, 79; and reproduction, 105–106; various hypotheses, 78. *See also* Ache people; foraging humans; Hadza people; !Kung people
 Hurtado, Ana Magdalena, 55, 109, 114. *See also* Ache people
 Hutterites, 19, 180
hwa-byung, 357–359, 360–361, 362, 365–366
 hypergamy, 195–196
 hypochondria, 278
 hysterectomies, 319
 hysterical suffocation, 266, 269, 278, 339–340, 355–356
 hysterical vapors, 279
 immature eggs, 32–34
 immigration, 232, 236–237. *See also* migration
 immunization, 246–247, 248
 incest, 159
 inclusive fitness, 38, 52, 91
 independence: in agrarian era/societies, 326; controlling fertility, 183; Gambians and menopause, 325; Japanese and *konenki*, 349; Maya and menopause, 312; servants in England, 210; from sex, 323; in sub-Saharan Africa, 161; of widows, 214. *See also* saints
 India, 196, 321
 Indigenous Australians, 79, 84–85
 Indigenous North Americans, 118, 242
 Indigenous Peoples. *See* various peoples
 indirect reciprocity, 105
 individual rights, 226
 industrialization, 11, 241, 243–244
 industrialized people, 97. *See also* modern era