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Health & Medicine Genetics & Evolution Ask the Chatbot a Question There are many theories that attempt to explain why humans are bipedal, but none is wholly satisfactory. Increased speed can be ruled out immediately because humans are not very fast runners. Because bipedalism leaves the hands free, some scientists, including Darwin, linked it to tool use, especially tools for defense and hunting—i.e., weapons. This theory is problematic in that the earliest stone artifacts date only to about 3.3 mya, long after hominins had become bipedal, thus requiring an assumption that earlier tools were made of wood or other perishable materials. Twentieth-century theories proposed a wide array of other factors that might have driven the evolution of hominin bipedalism: carrying objects, wading to forage aquatic foods and to avoid shoreline predators, vigilantly standing in tall grass, presenting phallic or other sexual display, following migrant herds on the savanna, and conserving energy (bipedalism expends less energy than quadrupedism). Furthermore, if the early bipeds were regularly exposed to direct midday tropical sunlight, they would benefit from standing upright in two ways: less body surface would be exposed to damaging solar rays, and they would find relief in the cooler air above the ground. Some scientists assume that the pre-bipedal primates were terrestrial quadrupeds, perhaps even knuckle-walkers like modern-day chimpanzees, bonobos, and gorillas. Conversely, it is also possible that the first habitual walkers were already well prepared for terrestrial bipedality, having adaptations for running bipedally among branches and boughs, standing upright to forage overhead, and climbing vertical tree trunks and vines. This scenario is suggested by studies of gibbons, which routinely engage in these arboreal activities and virtually never elect to move on the forest floor but, if forced to the ground, run bipedally. Gibbons have relatively long, powerful lower limbs, the same number of lumbar vertebrae but great apes have fewer), and chests of the same configuration. When walking on the ground, gibbons stand up straighter than chimpanzees, which are occasionally bipedal as well. The erectness of gibbon bipedality allows them to climb more efficiently than when they are quadrupedal, and the long limbs thus works out to have been a major challenge, since all apes have this capacity, though there would have been some alteration of the lower limb bones, joints, and ligaments. The foot would probably have gone through the most dramatic change, from a prehensile organ to a heel-supporting, propellent one. Increased size and frequent, sustained erect standing on extended lower limbs in order to forage overhanging branches in woodland, thicket, forest edge, and other relatively open habitats would favour the evolution of humanoid hip, knee, and foot structure. While consuming their harvests, bipedal foragers may have squatted often, thereby further selecting for robust heels and for weight distribution between the heel and forefoot and between closely placed feet. Frequent squatting and rising would enhance development of the hamstring, buttock, and anterior thigh muscles (as hip and knee extensors), which are vital for athletic bipedalism. Stretching upward would select for shorter toes and an arched foot. Refinement of the terrestrial bipedal complex probably did not occur until hominins became less dependent upon trees for daytime refuge and other activities and began to forage widely and perhaps to trek seasonally over long distances. Simply increasing body size would increase locomotor efficiency, because larger animals can more effectively use the elastic energy of tendons and muscles, and they also take fewer strides to cover a given distance than a smaller animal would. Indeed, H. rudolfensis (2.4–1.6 mya), H. ergasteri (1.9–1.7 mya), and later species of Homo, including H. sapiens (about 315 kya), are notably taller and heavier than Australopithecus and Paranthropus; however, one species of Homo, H. naledi (the oldest known fossils of which date to 335–200 kya) was comparable in size and weight. There is less size difference between the sexes in Homo species than in many other primates, largely because the females have become larger. Average size in male Australopithecus (41–51 kg [90–112 pounds]) and Paranthropus (40–49 kg [88–108 pounds]) is comparable to that of male chimpanzees (45 kg). The size of females (33–33, 32–34, and 41 kg, respectively) indicates that there is more difference between the sexes (sexual dimorphism) in H. rudolfensis (60 versus 51 kg [132 versus 115 pounds]) and H. ergasteri (60 versus 51 kg [132 versus 112 pounds]) is comparable to that of H. sapiens (58 versus 49 kg [128 versus 108 pounds]). H. rudolfensis and H. ergasteri (c.9–1.5 mya) have long femurs of modern human configuration and internal knee structure like that of H. sapiens; both structures are quite unlike those of chimpanzees and at least some of the smaller tree-climbing primates. This may have been the time also when the distinctive morphology of the human calf muscle (triceps surae) evolved. Unlike those of great apes, it is heavily tendinous, which facilitates its function as an energy-conservant spring during walking and running. heredity: Human evolution The unique epidermal and respiratory mechanisms of H. sapiens may also have developed in conjunction with regular trekking, sprinting, and endurance running as ancestral Homo secured a foothold in open tropical and subtropical environments. There is a rich concentration of sweat glands in our scalp (apes have few or none in theirs), which helps to cool the head, especially the brain, in high temperatures and during vigorous activity. Postcranially, our abundantly vascular and highly sensitive sparsely haired skin is profusely endowed with sweat glands, whose copious secretions cool an extensive surface by evaporation. The distribution of sweat glands is especially strategic for cooling us while running: there is a greater concentration of sweat glands on the front surfaces of the torso and limbs, against which the air passes as we move forward. Consequently, unlike hairy quadrupeds, we do not have to pause to pant in order to avoid overheating. Furthermore, unlike the chests of quadrupeds, those of humans are freed from the stresses of supporting body weight, necessarily coupled with exhalation in running quadrupeds. We can therefore alter our breathing patterns while moving at various speeds, thereby regulating energy expenditure. H. ergasteri (1.9–1.5 mya), an African species, is the earliest hominin documented with a human thoracic shape. (This species is classified by some paleoanthropologists as an African subgroup of H. erectus.) The thorax of Neanderthals (H. neanderthalensis) is also essentially like that of H. sapiens, but those of other species of Homo are not known. Click on the image to view larger version & data. The rooting of the Tree of Life, and the relationships of the major lineages and early tree-shaping events, are controversial. The monophyly of Archaea is uncertain, and recent evidence for ancient lateral transfers of genes indicates that a highly complex model is needed to adequately represent the phylogenetic relationships among the major lineages of Life. We hope to provide a comprehensive discussion of these issues on this page soon. For the time being, please refer to the papers listed in the References section. Two alternative views on the relationship of the major lineages (omitting viruses) are shown below The "archaea tree": Aravind, L., R. L. Tatusov, Y. I. Wolf, D. R. Walker, and E. V. 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form of modern humans "homo sapiens sapiens". Homo sapiens is the only surviving species in the Homo genus and the only extant hominid species. Homo sapiens were known for their artistic talents in cave paintings and clay work. They made tools and spears to catch fish and invented the spear thrower. Thus, it made them better hunters because they could hunt from a distance. They have a high forehead, less prominent brow ridges, a rounded skull, and a vertical face. Modern humans have a complex vocal apparatus that allows for advanced language and communication. Homo sapiens coexisted with other hominin species, including Neanderthals and Denisovans, for some time. Homo sapiens is the only surviving hominin species, and their success is attributed to their unique combination of cognitive abilities, culture, and adaptability, which allowed them to thrive and become the dominant species on Earth. Since about 4 million years ago, humans have evolved from early hominids to modern humans. Here are 14 species examples from human evolution now extinct. Apes remained in trees as their primary food source. Eventually, grass began to spread in places like the African Savannah. Because there were fewer trees, this forced apes to walk to new food sources. With their heads above the grass to see predators, apes evolved by walking on two legs. It also helped to have their hands available when they were traveling. So here we are at this point in human evolution. Do you have any general questions about the theory of evolution? Please send us your comments and questions below.Subscribe to our newsletter: Written by Mahak JalanLast Updated On: 19 Oct 2023Published On: 13 Jan 2019 Table of Contents (click to expand) The Sahelanthropus Tchadensis is the earliest known ancestor of the Homo Sapiens, dating back to 7 million years ago. Since then, there has been a gradual evolution leading up to the modern day Homo Sapiens. Some of the notable steps in this evolution include the development of bipedalism (walking on two legs), the reduction in size of canine teeth, the increase in brain size, and the development of arboreal capabilities (the ability to swing from trees). The world is approximately 4.5 billion years old, and Homo sapiens have been around for about 200,000-300,000 years of that. Obviously, we have evolved quite a bit since the most primitive apes. Humans and chimpanzees shared a common lineage up until approximately 7-13 million years ago. After our last shared ancestor, one line branched off into beings that were bipedal, i.e., walking on 2 legs, rather than quadrupedal, i.e., walking on 4 limbs. Before attempting to establish a timeline of the events and changes that led to the formation of 'us', we must understand that establishing an exact date is impossible. It's not like we can just walk up to ancient people and ask them for their life history, and they didn't exactly maintain records either. So how do we do it? The simple answer - fossils. Scientists use fossils and relics to date these different ancestors' history and create a timeline of our evolution. It is important to remember here that whenever new information comes to light, and with the further progression of science, timelines may change to better explain and accommodate all of our findings. This is why most estimates have a broad window, ranging from a couple thousand years to a few million years. Keeping this in mind, let's try to understand the timeline of evolution for modern humans. Modern humans are scientifically called Homo sapiens. Homo is the genus and sapiens is the species. Homo sapiens are the only members of the Homo genus that are currently alive, and we have obviously come a long way from our four-legged brothers. From the trees, they came down to the land, and gradually began walking on all four limbs. Further evolution resulted in features like grasping big toes, shorter arms, etc. and eventually resulted in the form that you see in the mirror every day. Recommended Video for you:What Separates Humans From Animals? This species lived about 7 million years ago, and had characteristics of both chimpanzees and humans. From reconstructions of their heads, it can be seen that they look very ape-like. Also, while evidence suggests that they walked upright on 2 feet, there is not enough clarity on that matter. However, they are majorly accepted as the oldest species of hominids. Hominids are members of the Hominidae family, which is the family to which humans belong. Sahelanthropus tchadensis also had a small brain, closer in size to that of the chimpanzee. Sahelanthropus tchadensis (Image Credit: Flickr) This species lived about 6.2-5.8 million years ago. While it displays certain morphological similarities to Homo sapiens, like the femur, which points to bipedalism, and thickened enamel on the teeth, the jury is still out on whether it fits in the timeline of our evolution. If it is considered a direct ancestor of humans, then the position of certain other species in our timeline, specifically Australopithecus, is jeopardized. For a long time, Australopithecus has been assumed to be an important step in our evolution, so more proof is required to dethrone it. Apart from this, the fossils of Orrorin tugenensis also suggest that it survived in the dry evergreen forests. This goes against the most popular assumption that humans evolved in the savannas. Ardipithecus is the first species that definitely exhibited bipedalism. It showed some distinctive features that are also found in modern humans. Apart from walking upright on 2 legs, it also had a big, grasping toe. This species had a small brain, closer to that of chimpanzees, and its canines were reduced in size. Its reconstructed pelvis suggests that it could walk on 2 legs, as well as climb trees. There are a few discrepancies about when it existed. The earlier estimate was about 4.4 million years ago, but a second estimate of 5.8 million years was not widely accepted. Ardipithecus (Image Credit: Flickr) This genus is one the most popularly known genus in the evolution of humans. They existed from about 4.2 - 3.9 million years ago, up to approximately 2.5 million years ago. There are approximately 7 accepted species in this genus, the most popular of which is Australopithecus afarensis. This species lived for about 900,000 years, and the remains of over 300 individuals of this species have been found. The brain size of this species was about one-third that of humans. They had flat noses and protruding lower jaws. Their teeth were small, like those of modern humans. They had long, strong arms suitable for swinging from trees, but they regularly walked on 2 feet. Their ability to be arboreal and tree-swinging helped them to survive climate changes. Australopithecus afarensis (Photo Credit : Wikimedia Commons) The young ones of this species grew faster than modern humans, and therefore had shorter periods of care and guidance by their parents. Another species of this genus was Au. africanus. They were similar to Au. afarensis, but they had bigger brains in a more rounded cranium. They also had smaller teeth. As this genus evolved, they began exhibiting more features similar to homo sapiens, such as shorter teeth, molars and pre-molars, a broad lower chest, and other features of our skeletal system. One species, Au. sediba, exhibited a peculiar form of walking. It apparently turned its foot inward with each stride. This suggests that upright walking evolved in more than one pathway. This genus is also known as the robust australopithecine, and there is ongoing debate if the species should belong to the Australopithecus genus or should exist in a separate genus of Paranthropus. What is clear, however, is that they descended from Australopithecines. These species had more features similar to those of modern humans, as compared to their immediate ancestors. Mainly, they had stronger jaws and employed the use of muscles for chewing. They had flared cheekbones and bigger brains. They also had quite a thick layer of enamel on their teeth. Paranthropus boisei (Photo Credit : Cicero Moraes/Wikimedia Commons) Finally, we come to the genus to which we belong. This genus came about 2.4 million years ago, and Homo sapiens are currently the only living members. The first species in this genus, Homo habilis, existed about 2.4 - 1.4 million years ago. They are credited with the first use of stone tools; but scientists have found stone tools from before their time as well. Another important species of this genus is Homo erectus. They are the oldest species with features and proportions that are very similar to modern humans. They had short arms and long legs, which marked the end of tree-swinging abilities and showed that these individuals were not arboreal. Studies also strongly suggest that they cared for the weaker and older beings in their groups. Homo erectus was also the first species to expand their demography outside Africa, although it is unclear as to whether they reached Europe. Existing about 700,000 to 200,000 years ago, Homo heidelbergensis was the first species to live in colder climates. They also lived at a time where there was the definitive use of fire. They were the first species who regularly hunted larger animals and built simple shelters of wood and rocks. They had a comparatively flatter face, and possessed very prominent brow ridges. Homo heidelbergensis (Image Credit: Flickr) Homo neanderthalensis are the closest species to us as modern humans. They lived about 400,000 to 40,000 years ago and closely resembled us in appearance. They wore clothes, lived in shelters and had relatively sophisticated tools. They hunted regularly, and also consumed plants. Evidence suggests that they would bury their dead, often even giving offerings of flowers. They also made ornaments. All the H. neanderthalensis fossils have been discovered in Europe. Homo neanderthalensis (Photo Credit : Matteo De Stefano/Wikimedia Commons) There is another species in this genus, known as the Denisovans. They still haven't been classified properly, but they seem to have existed around the time of H. neanderthalensis. There is also evidence that suggests there was interbreeding within these groups, which led to variations. According to current estimates, Homo sapiens arose about 300,000 years ago. The best way to establish a rough idea of their appearance would be to simply look in the mirror. A number of these species existed at the same time, because the appearance of a new species did not mean the immediate extinction of the previous ones. As we have seen in the case of the Denisovans, Neanderthals and Homo sapiens, there was also interbreeding between them. According to some scientists, this is the cause behind the variations between the different races currently existing on Earth. That being said, there are still plenty of unanswered questions about our ancestors, as well as discrepancies in the timeline. Time estimates are constantly changing, so please don't hold me responsible, it depends on which source you trust! In time, however, hopefully we can get more concrete answers to the fascinating questions of our origin! References (click to expand) Mahak Jalan has a BSc degree in Zoology from Mumbai University in India. She loves animals, books and biology. She has a general assumption that everyone shares her enthusiasm about the human body! An introvert by nature, she finds solace in music and writing. Related Videos Health & Medicine Genetics & Evolution Ask the Chatbot a Question Laetoli footprintsA trail of footprints, probably left by Australopithecus afarensis individuals some 3.5 million years ago, at Laetoli, northern Tanzania.By 3.5 million years ago at least one hominin species, Au. afarensis, was an adept walker. In addition to anatomic evidence from this time, there is also a 27.5-metre (90-foot) trackway produced by three individuals who walked at a leisurely pace on moist volcanic ash at Laetoli in northern Tanzania. In all observable features of foot shape and walking pattern, they are astonishingly similar to those of habitually barefoot people who live in the tropics today. Nevertheless, although the feet of the Laetoli hominins appear to be strikingly human, one should not assume that other parts of their bodies were as similar to ours. The fragmentary femoral remains found in Kenya of six-million-year-old Orrorin tugenensis indicate to some extent that the hominins were bipedal. The long femurs of striding bipeds, though it retained long forearms like arboreally active Australopithecus and Paranthropus, H. habilis (2.0-1.5 mya), best known from Olduvai Gorge, Tanzania, exhibits small teeth and a large brain, but it has long upper limbs (especially the forearms), short femurs, curved finger bones, and other chimpanzee-like traits that indicate a mélange of arboreal and terrestrial adaptations. Because of these similarities, some investigators classify H. habilis in genus Australopithecus as Au. habilis. The pelvis of H. heidelbergensis (600,000-200,000 years ago, or 600-200 kya) and that of Neanderthals (200-30 kya) are distinct from the pelvis of H. sapiens in some features that recall those of Australopithecus. The pelvis is broad, with ilia flaring out to the side. The femoral necks are also relatively long. These features are related to stabilizing the pelvis in stocky bipedal hominins. The pelvises of both H. heidelbergensis and Neanderthals could accommodate a wider birth canal. This feature is important because they may have had notably larger brains (about 1,200 grams [2.65 pounds] and 1,400 grams [3.09 pounds], respectively than earlier hominins did—a trait that is reflected in the size of the fetal skull. Regrettably, development of foot structure in early Homo—i.e., between A. afarensis and Neanderthals—is virtually undocumented by skeletal evidence. The oldest footprints indicative of contemporary foot function, however, have been found in Ileret, Kenya. These prints have been dated at 1.51 to 1.53 mya, and their size and depth suggest that they were made by H. ergaster or H. erectus. Therefore, it is safe to assume that by about 1.53 mya the uniquely human locomotor and associated cooling systems were basically established. Subsequent alterations in pelvic shape may be related to the passage of larger-brained babies through the birth canal. September 30, 2008 Explore Evolution claims: both Darwin's and Haeckel's comparisons left out the earliest stages of development.* Whether this omission was intentional is a matter of debate. Eggs, cleavage stages, and gastrula stage embryos Vertebrate embryos (in the modern definition - after fertilization) have a number of stages such as the cleavage and gastrula stages which precede the embryos shown in Haeckel's diagram. Darwin's Use of Embryonic Drawings Nick Matzke at Panda's Thumb has pointed out that comparisons of these earlier stage embryos are actually shown in Anthropogenie. Indeed, Anthropogenie has over 20 figures showing gastrula embryos from different groups. This does not reconcile with Explore Evolution's implication that Haeckel intended to deceive his readers. Shown below are Plates 2 and 3 from Anthropogenie comparing eggs, cleavage stages, and gastrula stage embryos from different animals. As discussed earlier, Haeckel used von Baer's convention for embryo as the stage in which a body form is first apparent. Instead of describing these earliest stages of development as "embryos", Haeckel uses terms which include "keim" (meaning "germ"). For example, morula embryos are called "maulbeerkeim", and blastula embryos are referred as "blasenkeim". In Descent of Man (1871), Darwin compared drawings of a human and dog embryo at the same stage (originally from Bischoff and from Ecker). However, nowhere does Darwin imply that this is the earliest stage of development. In fact, because dogs and humans are mammals and have very small eggs, their earliest stages of development are extremely similar. So it is absurd to suggest that Darwin purposefully left out the earliest embryonic stages of humans and dogs in order to mislead his readers. Human Evolution Research Human Evolution Evidence Behavior Primate Behavior Footprints Stone Tools Getting Food Carrying & Storing Oldest Pottery Pottery Fragment Hearths & Shelters Fire-Altered Stone Tools Terra Amata Shelter Burial Qafzeh: Oldest Intentional Burial Recording Information Assyrian Cylinder Seal Blombos Ocher Plaque Ishango Bone Making Clothing Bone Awis Bone and Ivory Needles Art & Music Human Fossils Species Fossils Mystery Skull Interactive Shandir 3 - Neanderthal Skeleton 3D Collection Artifacts Fossils Primates Genetics Dating Human Evolution Timeline Interactive Human Family Tree Snapshots in Time Swartkrans, South Africa Olororgesalie, Kenya Shandir, Iraq Human Characteristics Education Exhibit About Us Multimedia Slideshows Bronze Statues Reconstructed Faces Videos Audio Explore University of Walkato's rich history and vibrant community. From our humble beginnings to global recognition, discover our journey. The relationships among Australopithecus, K. platyops, Paranthropus, and the direct ancestors of Homo are unknown. Because of its early date and geographic location, A. anamensis may be the common ancestor of A. afarensis, A. garchi, K. platyops, and perhaps the Laetoli Pliocene hominins of eastern Africa, A. bahrelghazali of central Africa, and A. africanus of southern Africa. A. afarensis in turn may be ancestral to P. aethiopicus, which begat P. boisei in eastern Africa and P. robustus in southern Africa. Ledi-Geraru jawboneAmerican anthropologist Brian A. Villmoare holding a replica of the Ledi-Geraru jawbone. The actual mandible, found in Ethiopia and dated to 2.8 million–2.75 million years ago, is the oldest fossil associated with the genus Homo.Factors indicating H. rudolfensis as ancestral to later species of Homo are its absolute brain size, large body, and lower limb morphology. These features clearly foreshadow younger species of Homo in Africa and Eurasia. However, a mandible discovered in the Ledi-Geraru area of the Awash River valley in 2013 may point toward a different ancestor—one that clearly belongs to the genus Homo. The mandible provides evidence that dental features associated with later Homo (such as smaller teeth and a much-reduced chin) appeared as early as 2.8 million years ago, well in advance of the advent of H. rudolfensis. While some paleontologists have been quick to associate the specimen with H. habilis, others are considering the possibility that it belongs to a new species of Homo. Our ancestry becomes no clearer as the candidates are narrowed to Homo species exclusively. Among paleoanthropologists who accept it as a species distinct from H. erectus, H. ergaster is most often proposed as the ancestor of Homo species of the Pleistocene Epoch. H. heidelbergensis may have arisen from H. ergaster, H. erectus, or H. antecessor, and any or none of them could have been ancestors of H. neanderthalensis and H. sapiens. Neanderthal populations, particularly as represented by specimens from western Europe, probably were not ancestral to modern humans. H. naledi continues to be the subject of much debate. The oldest fossils of this species are only a few hundred thousand years old; however, several of its morphological traits are very similar to those of Australopithecus, and thus many paleontologists suggest that H. naledi evolved in parallel with H. sapiens. Theorists use fossil remains, genetic traits of modern people around the world, and archaeological and anatomical indicators of cognitive, linguistic, and technological capabilities to support their models of recent human evolution, but no single theory provides definitive resolution of how H. sapiens came to be. The limitations of empirical evidence confound efforts to discern whether distinctive features and lineages developed gradually or over periods of stasis punctuated by rapid change (a theory known as punctuated equilibrium). There are claims for about 20 fossil hominin species over the course of the last six million years, but they are assessed on a case-by-case basis. For example, it appears that Neanderthals (H. neanderthalensis) were a dead end for two ancestral species (H. antecessor and H. heidelbergensis) that changed gradually in Europe from about 700 kya to 30 kya. H. sapiens may have evolved similarly through a series of species represented by African specimens, but other theorists envision a dramatic shift in cognitive capacity and behaviour that qualifies instead as a punctuational change. This change would have occurred in one small African population and would have been followed by a long period of stasis that continues to the present. Such a scenario is not unprecedented, as A. afarensis was a capable biped that appears to have emerged suddenly and persisted for nearly one million years. There are four basic models that purport to explain the evolution of H. sapiens between about 315 and 30 kya. At one extreme is multiregional evolution, or the regional continuity model. At the other is the African replacement, or “out of Africa,” model. Intermediate are the African hybridization-and-replacement model and the assimilation model. All but the multiregional model maintain that H. sapiens evolved solely in Africa and then deployed to Eurasia and eventually the Americas and Oceania. Both of the replacement models argue that anatomically modern emigrants replaced resident Eurasian and Australasian species of H. sapiens with little or no hybridization. The hybridization-and-replacement model proposes some interbreeding with archaic indigenous populations but with relatively minor effects. Assimilation maintains continuity between archaic and modern humans, most notably in some areas of Eurasia, where gene flow and local selective factors would also produce morphological changes. In this model, unity of the species was maintained by periodic interbreeding across wide areas. Multiregionalists reject the idea that H. sapiens evolved uniquely in Africa. Instead, they advocate that discrete archaic populations of Homo evolved locally in Africa, Asia, and Europe. Throughout their tenures, both the archaic and descendant populations interbred with contemporaries from other areas. The African replacement model has gained the widest acceptance owing mainly to genetic data (particularly mitochondrial DNA) from existing populations. This model is consistent with the realization that modern humans cannot be classified into subspecies or races, and it recognizes that all populations of present-day humans share the same potential. Such a tangled line of descent is not surprising given the nomadic lifestyles enabled by bipedalism. There appear to have been successive migrations of hominin species out of Africa, with evolution of new species in Eurasia and occasional migrations back into Africa. For instance, H. ergaster may have been the first hominin to reach Eurasia. Some of its descendants could have moved quickly to East and Southeast Asia, where they begat H. erectus. Others may have evolved into H. heidelbergensis, which populated Europe sparsely and then returned to Africa. Some paleoanthropologists claim that H. antecessor, found in 800,000-year-old cave deposits at Gran Dolina, Sierra de Atapuerca, Spain, was a direct ancestor of H. neanderthalensis via H. heidelbergensis, which is represented by 300,000-year-old specimens from Sima de los Huesos in the Sierra de Atapuerca. Further, they propose that H. antecessor, from million-year-old deposits in Eritrea, is a direct ancestor of H. sapiens in Africa. Neanderthals probably evolved in Europe at least partially in response to cold climatic conditions and then migrated to western Asia, where they may have encountered H. sapiens in the Levant. There is no skeletal evidence that they reached the African continent or moved much farther east than Uzbekistan in Central Asia. Features of Neanderthals that argue for adaptation to seasonally frigid biomes include stocky torsos, short limbs (particularly the forearms and legs), and distinctive facial structure. The middle of the face protrudes, the teeth are set forward, the enlarged cheekbones sweep backward, and the nasal passages are voluminous. If Neanderthals wore animal furs and other insulating materials on their heads and bodies while keeping vigorously active in frigid weather, the large nasal chamber would help to cool the blood and prevent overheating the brain, while clothing would reduce the risk of frostbite. The nasal chamber might also conserve moisture during exhalation. Fossil specimens obtained from the Omo site in Ethiopia (which have been dated to 195 kya) indicate that anatomically modern H. sapiens were present sometime around 200 kya in eastern Africa. The oldest known remains, however, appear at the Jebel Irhoud site in Morocco and date to 315 kya. This evidence suggests that the species might not have emerged in eastern Africa or that it was not confined to the region. Molecular genetic data suggest that early H. sapiens passed through a population bottleneck—that is, a period when they were rare creatures—before rapidly spreading throughout the Old World. H. sapiens migrated to southern China between 120 kya and 80 kya and Europe about 45–43 kya. They replaced indigenous hominin species in Eurasia, and then, as sea levels dropped during glacial periods, adventurous individuals went to sea in watercraft, populating Australia about 65–50 kya and oceanic islands during the most recent 3,000 years. While there is a great deal of evidence pointing to H. sapiens migrating to the Americas by about 14–13.3 kya, the oldest firm evidence places the arrival of H. sapiens in the southwestern United States by 23–21 kya. Some of the extensive variation in bodily proportions, external features, and blood chemistry of modern peoples may reflect adjustments to biomes over geologically short time spans. However, molecular genetic studies show that genomic differences between even far-flung peoples are minuscule compared with variations within each local population. Accordingly, for modern H. sapiens, race is a mere cultural construct with no biological basis.

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