

Important ideas in my own words:	Foraging Lifeways continued	Questions I have or things I did not understand:
	<p>In 1972, anthropologist Marshall Sahlins questioned the common belief that life was very difficult and miserable in foraging societies. Using evidence from modern foragers, he argued that from some points of view foragers were likely pretty happy and healthy and lead good lives. In a world where people had no need to obtain and keep lots of material goods, foragers probably saw themselves as having everything they needed because it could be found in the natural world around them. They probably did not feel like they needed to get more and more stuff, and this may have helped them feel more satisfied with their lives. Also, in regions with mild climates, foragers probably had a wide range of healthy food in their diets.</p>	
	<p>Studies have shown that the health of foragers was often better than that of people in early farming communities. In some ways, the work they had to do to gather food might have made them healthier. Perhaps they also lived a life of considerable leisure, meaning they had more time to relax, because they didn't need to spend more than a few hours a day gathering and hunting for what they needed. This would mean that they "worked" a lot less than people today.</p> <p>However, foraging people in ancient times did not live as long as people today, and certainly did face difficult times when life was hard and resources were difficult to find.</p>	

This reading was adapted from: Christian, David. *This Fleeting World: An Overview of Human History*. Pages 9-12. Berkshire Publishing Group 2005.