maladapted our hunter-gatherer bodies are for the modern times. The chapters on the effects of farming in our diet and, consequently, our jaws and bodies are particularly noteworthy and highly recommended. Finally, the last part explores how our body is coping with our physically comfortable lifestyle with serious consequences to our health and well-being. Age-related disorders notwithstanding, many afflictions we experience today appear to be maladaptation rather than adaptation, due to recent transformations in human history.

The great advantage of this book is that Dr. Lieberman is a professor of human evolutionary biology at Harvard, and he infuses his writing with somewhat entertaining evolutionary musings over redundant daily tasks (i.e., taking the elevator or stairs; sitting on a comfy chair or squatting; running barefoot or not; etc.) that we could all practice for both our intellectual and physical benefit. Furthermore, the author succeeds in condensing 7 or so million years (starting with Sahelanthropus) of evolution while still making the book accessible and informative. However, some topic discussions and themes are slightly copy and paste throughout the chapters, and specific studies are discussed for an expert audience. But given the severity of health problems arising from our diet and environment, this comprehensive story, albeit incomplete, is highly relevant. It also encourages appreciating how our bodies adapt — and why they may be changing for the worse if we don’t educate ourselves on what is natural to them.

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Research Misconduct Policy in Biomedicine: Beyond the Bad Apple Approach. By Barbara K. Redman. Cambridge, MA: MIT Press; 2013. 208 pp. US $24.00 (Hardcover). ISBN: 978-0262019811.

In response to various high profile cases of research misconduct over the past several decades, federal and institutional policies were created to prevent future occurrences and to handle cases of misconduct that do arise. Much progress has been made in this area, including the development of the Office of Research Integrity, responsible conduct of research courses, institutional review boards, research ethics consultation services, and numerous scholarly publications, but clear definitions of research misconduct, fraud, and fabrication and how to prevent and handle them are far from settled. Consequently, the systems in place that address research misconduct are piecemeal, with considerable attention focused on some areas, while overlooking others.

Barbara K. Redman draws attention to such areas in research misconduct policy, arguing that the current policy takes too narrow an approach when framing and handling cases of misconduct. In addressing instances of research misconduct, Redman argues that current systems target the individuals who perpetrate the misconduct, while ignoring the larger institutional and societal contexts within which the misconduct occurs and can act as contributing factors. Most policies place the blame for research misconduct squarely on the investigator, while the various pressures and demands created by the scientific enterprise at both federal and institutional levels are not held culpable. Those who commit research misconduct are “bad apples,” which isolates the causes within the few individuals. Thus, the rest of the scientific enterprise, including other scientists, federal and institutional policies and systems, and journals, are not seen as complicit in research misconduct, further perpetuating the idea that research misconduct happens only rarely and that science is capable of effectively detecting it.

Redman challenges how research misconduct is dealt with from many fronts: the lack of attention paid to the structures within which researchers work, the belief in science’s capacity to self-regulate and correct the publication record, and the inadequacy of current publication standards that protect the scientific record’s integrity. She then puts forth various suggestions for correcting these oversights, such as expanding federal regulation to apply to all research, not just federally funded research; grounding policy
in empirical evidence; holding institutions more accountable when misconduct occurs, including creating work environments that do not unduly compel researchers to commit research misconduct and monitoring research; and better integration and coordination of the various research ethics domains that are currently fragmented and treated as separate areas. While Redman does support expansion of external control of research, she also argues that better self-regulation is critical to successful prevention and detection of misconduct, where clear and reasonable codes of conduct must be agreed upon and adopted throughout the scientific community.

Overall, Redman makes compelling arguments for taking a broader view of research misconduct. As she focuses most of her attention on the points already mentioned, she largely sets aside the broader discussion of why research misconduct is framed the way it is and how responsible conduct of research courses and research ethics can be better incorporated into scientific practice. However, the book is a welcome addition to the ongoing debate about research misconduct and what to about it.

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