

16 Mismatch, Foragers

Forager Societies: Key Features and Their Relevance to Human Flourishing

0. Background: What are “foragers”?

- Foragers (hunter-gatherers) live by hunting animals, fishing, and gathering wild plants, rather than farming or industrial work.
- Most of human history was spent in such societies, so some think this lifestyle fits our evolved psychology.
- Important caveat: our knowledge comes from limited archaeological evidence and modern groups that are not perfect replicas of the past. So all claims are probabilistic.

Below are the seven features from lecture, with:

1. Description
 2. How they may affect human flourishing
 3. Comparison with modern industrial societies
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1. Highly Social, Rarely Alone, Same Close Family and Friends for Life

Description

- Foragers typically live in small, tightly knit bands (e.g., 20–50 people).
- Daily life is highly social: hunting, gathering, cooking, childcare, and leisure are often done in groups.
- People usually stay with or near the same core group (kin and close companions) for much of life.
- There is little solitary living compared to modern individual households.

Impact on Human Flourishing

Potential benefits:

- Belonging and support: Constant close relationships can boost emotional security and reduce loneliness.
- Shared burdens: Emotional and practical support in illness, grief, or conflict may be strong.
- Stable identity: Sense of “who I am” is embedded in a stable community.

Potential drawbacks:

- Lack of privacy: Constant togetherness can be stressful; no easy escape from social pressure.
- Conformity pressure: Strong norms can limit individuality; deviance may be punished.
- Conflict in small groups: Disputes could be intense because people cannot “just leave” easily.

Comparison to Today

- Modern societies: more social isolation, more mobility, weaker long-term ties (moving cities, changing jobs, etc.).
 - Digital connection often replaces face-to-face interaction, with mixed impact on well-being.
 - For flourishing:
 - We might want to recreate some features: strong, stable friend groups; extended families; communities.
 - But we may also value modern privacy and freedom.
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2. Egalitarian Social Structure

Description

- Many forager groups are highly egalitarian:
 - Limited wealth accumulation (no stored surplus).
 - No formal, permanent “bosses”; leaders, if any, lead by persuasion, not coercion.
 - Strong norms against arrogance, boasting, or hoarding.
- Status differences exist (e.g., admired hunters), but are usually soft and often checked by humorous teasing or sharing rules.

Impact on Human Flourishing

Potential benefits: - Reduced hierarchy stress: Less chronic anxiety about rank, status competition, or being dominated. - Respect and dignity: Most adults treated as moral equals; can improve self-respect. - Cooperation: Egalitarian norms may support trust and mutual help.

Potential drawbacks: - Limited incentives for exceptional achievement; high performers might feel constrained. - Pressure to conform to egalitarian norms (e.g., not allowed to stand out).

Comparison to Today

- Modern societies: often highly unequal in wealth and power; formal hierarchies (corporations, governments).
 - Inequality can create status anxiety, resentment, and shame, undermining well-being.
 - For flourishing:
 - Forager-style egalitarianism suggests benefits of fairer distributions, workplace democracy, and policies reducing extreme inequality.
 - But some modern people value merit-based rewards and career advancement.
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3. Shared Childcare

Description

- Childrearing is often collective:
 - Parents, grandparents, older siblings, aunts/uncles, and other group members all help.

- Children may be physically close to many caregivers throughout the day.
- This contrasts with the nuclear-family-only model common today.

Impact on Human Flourishing

Potential benefits for children: - Multiple attachment figures: Emotional security from many trusted adults. - More attention and stimulation: Many caretakers, stories, skills, and role models.

Potential benefits for adults: - Reduced parental stress: Burden of childcare spread out. - More flexibility: Parents can hunt, gather, rest, or socialize while others help with children. - Stronger intergenerational bonds.

Potential drawbacks: - Less parental control over values/behaviors being taught. - Possible conflicts over childcare decisions and discipline.

Comparison to Today

- Modern urban life often isolates parents and children:
 - High parental burnout and time pressure.
 - Less contact with extended family.
 - Some modern institutions (daycare, schools) share childcare function, but are less intimate and sometimes expensive.
 - For flourishing:
 - Forager model suggests advantages of extended-family living, co-housing, community childcare, and policies that support families (e.g., parental leave).
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4. Mixed-Age Playgroups; No School

Description

- Children often learn by doing, watching adults, and playing with kids of different ages.
- There is typically no formal school, no desks, no standardized curriculum, no exams.
- Learning is embedded in everyday life: hunting, gathering, tool use, storytelling, rituals.

Impact on Human Flourishing

Potential benefits: - Intrinsic motivation: Children learn skills they see as meaningful, not just for grades. - Autonomy in learning: More self-directed exploration; may foster curiosity and creativity. - Social development: Mixed-age play teaches cooperation, care for younger kids, and learning from older ones. - Less academic stress: No standardized tests or homework pressure.

Potential drawbacks: - Limited access to abstract knowledge (science, advanced math, technology). - Reduced opportunity for large-scale specialization that can improve health, comfort, and knowledge. - Some individuals may not receive help with specific learning difficulties.

Comparison to Today

- Modern societies: mass schooling with:

- Literacy and advanced skills → access to careers, medicine, technology.
 - But also stress, anxiety, competition, and sometimes boredom.
 - For flourishing:
 - Foragers suggest value in play-based, interest-driven, mixed-age learning.
 - Modern world still benefits from formal education, but we might reform schooling to be less stressful and more intrinsically motivating.
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5. No Division of Labor (Except by Sex), and Not “Traditional” Gender Roles

Description

- Foragers generally have little occupational specialization:
 - Most adults know how to do many tasks: hunting/gathering, tool-making, shelter, basic medicine, etc.
- Some division of labor by sex, but:
 - Patterns vary by group.
 - Women may hunt; men may gather; strict “woman in kitchen, man at work” norms are not universal.
 - Roles often defined by practical constraints (e.g., pregnancy, breastfeeding), not rigid ideology.

Impact on Human Flourishing

Potential benefits: - Variety of activities: Life may feel more meaningful with multiple roles (provider, craftsperson, caregiver, storyteller). - Broad skill set: Increases competence and self-efficacy (sense of capability). - Less alienation from work: People see the whole process of survival, not one tiny repetitive task.

Potential drawbacks: - Less efficiency and productivity than specialized industrial labor. - Fewer opportunities to develop deep expertise in a single domain. - Dependence on physical ability; if someone is injured, they might struggle.

Comparison to Today

- Modern economies: heavy job specialization (software engineer, surgeon, factory worker, etc.).
 - This boosts productivity, wealth, and complex technology.
 - But can cause boredom, alienation, and feeling like a “cog in a machine.”
 - Gender roles in many modern societies historically more rigid than in many forager groups, though changing over time.
 - For flourishing:
 - Forager model supports flexible roles, less rigid gender expectations, and more variety in one’s life tasks, even within specialized jobs (e.g., portfolio careers, hobbies).
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6. Female Autonomy and Power (Example: Hadza)

Description

- In some forager groups (e.g., the Hadza of Tanzania):
 - Women have significant autonomy in daily activities and mate choice.
 - Women often control their own food sources (gathered foods) and are not economically dependent on one man.
 - Social norms can support gender equality in decision-making and respect.

Impact on Human Flourishing

Potential benefits: - Autonomy: Women can make key life decisions (work, relationships, movement). - Protection against abuse: Economic independence can reduce vulnerability to controlling or violent partners. - Mutual respect: More equal relationships may improve both women's and men's well-being.

Potential drawbacks: - Gender relations still not perfect; some bias or expectations often remain. - Autonomy can mean greater responsibility and risk as well.

Comparison to Today

- Modern societies vary widely:
 - Some provide strong legal and economic equality; others maintain strong patriarchal norms.
 - Even in relatively equal societies, women may face pay gaps, glass ceilings, and unpaid care burdens.
 - For flourishing:
 - Forager examples challenge the idea that patriarchy is “natural”.
 - They support the idea that gender equality and autonomy can fit well with human nature and promote happiness.
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7. Short Workweek

Description

- Anthropological estimates suggest many foragers may spend roughly 15–30 hours per week on subsistence tasks (hunting, gathering, processing food).
- The rest of the time is used for rest, socializing, storytelling, rituals, crafts, music, and play.
- “Work” and “leisure” blur together more than in modern jobs.

Impact on Human Flourishing

Potential benefits: - More leisure and rest: Time for relationships, creativity, and play, which are central to many conceptions of a good life. - Less chronic time pressure: Fewer long commutes or 9–5 schedules. - Integration of work and meaning: Getting food is directly connected to survival and group well-being, which can be deeply meaningful.

Potential drawbacks: - Uncertainty: Food supply can be unpredictable, leading to hunger in bad times. - No long-term security (no pensions, savings accounts, or advanced medicine). - Physical demands can be high; injuries can be devastating.

Comparison to Today

- Many people in modern societies:
 - Work 40+ hours per week, plus commuting.
 - Experience burnout, stress, and lack of free time.
 - At the same time, modern work supports:
 - Higher material living standards, medical care, entertainment, etc.
 - For flourishing:
 - Forager patterns suggest benefits of more free time, less overwork, and integrating meaningful activities into our schedules.
 - Some modern movements (e.g., shorter workweeks, flexible work) echo this.
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8. Were Foragers Happier? What Can We Learn?

Were They Happier?

- We do not know:
 - No direct measurements of their subjective well-being.
 - They faced serious hardships: disease, injuries, infant mortality, conflicts, dangerous environments.
- They likely had different mixes of good and bad:
 - Strong communities, autonomy, leisure.
 - But also lack of modern medicine, vulnerability to nature.

What Can We Learn for Human Flourishing Today?

From features (1)–(7), potential lessons:

1. Stronger social bonds: Build stable communities, prioritize friendships and family over constant mobility and isolation.
2. More equality and respect: Reduce extreme hierarchy and inequality; treat adults as moral equals.
3. Shared childcare and community support: Move away from isolated nuclear families; support parents and children through policy and social norms.
4. Less rigid schooling and roles: Emphasize play, intrinsic motivation, and flexible life paths; resist narrow definitions of success.
5. Flexible gender roles and autonomy: Support equal power and freedom for all genders.
6. Less overwork, more meaningful time: Experiment with shorter workweeks, flexible work, and valuing leisure and relationships.

At the same time, human flourishing today also benefits from modern medicine, technology, safety, and education.

The key idea: we are flexible, adaptable, and creative. We can selectively adopt some forager-inspired practices while keeping the real advantages of modern life.