

"How could all the races, with their different skin colors, come from Noah's family?"

We need to keep two facts in mind when we consider this question. First, there is only one race—the human race. The Chinese, Africans, Eskimos, Indians, and Australian Aborigines are all Homo sapiens. When it comes to the basic structure of the human body, all of these groups have the same amount of bones and the same organs, and they can all successfully interbreed with one another. The primary difference between these different groups is their skin color.

Second, keep in mind that there is really only one skin color: melanin. Melanin is the brownish pigment that we all have in our skin and that protects the skin from the sun's damaging ultraviolet light. If people's bodies produce only a little melanin, they will have fairer skin. If their bodies produce a lot of melanin, they will be dark brown. In between are all the lightershades of brown. God created our bodies with an amazing ability to adapt to our environment. People groups who have lived in colder climates for a long time (such as northern Europe), where there is not much sunlight, have developed fairer skin. People groups who have lived nearer to the equator (like in Africa or South America), where the sun is more intense, have developed darker skin.

Why would God design humans with this built-in capability? It is important for our survival. If you have too little melanin in your skin (you are fair skinned) and live in a very sunny environment, you will easily burn and develop skin cancer. If you have a great deal of melanin (darker skin) and you live in a country where there is little sunshine (Finland, for example), you may struggle to get enough vitamin D, which needs sunshine for its production in your body. A vitamin D deficiency can cause bone disorders, such as rickets.