

A
HISTORY
of
WORLD
in
6 GLASSES

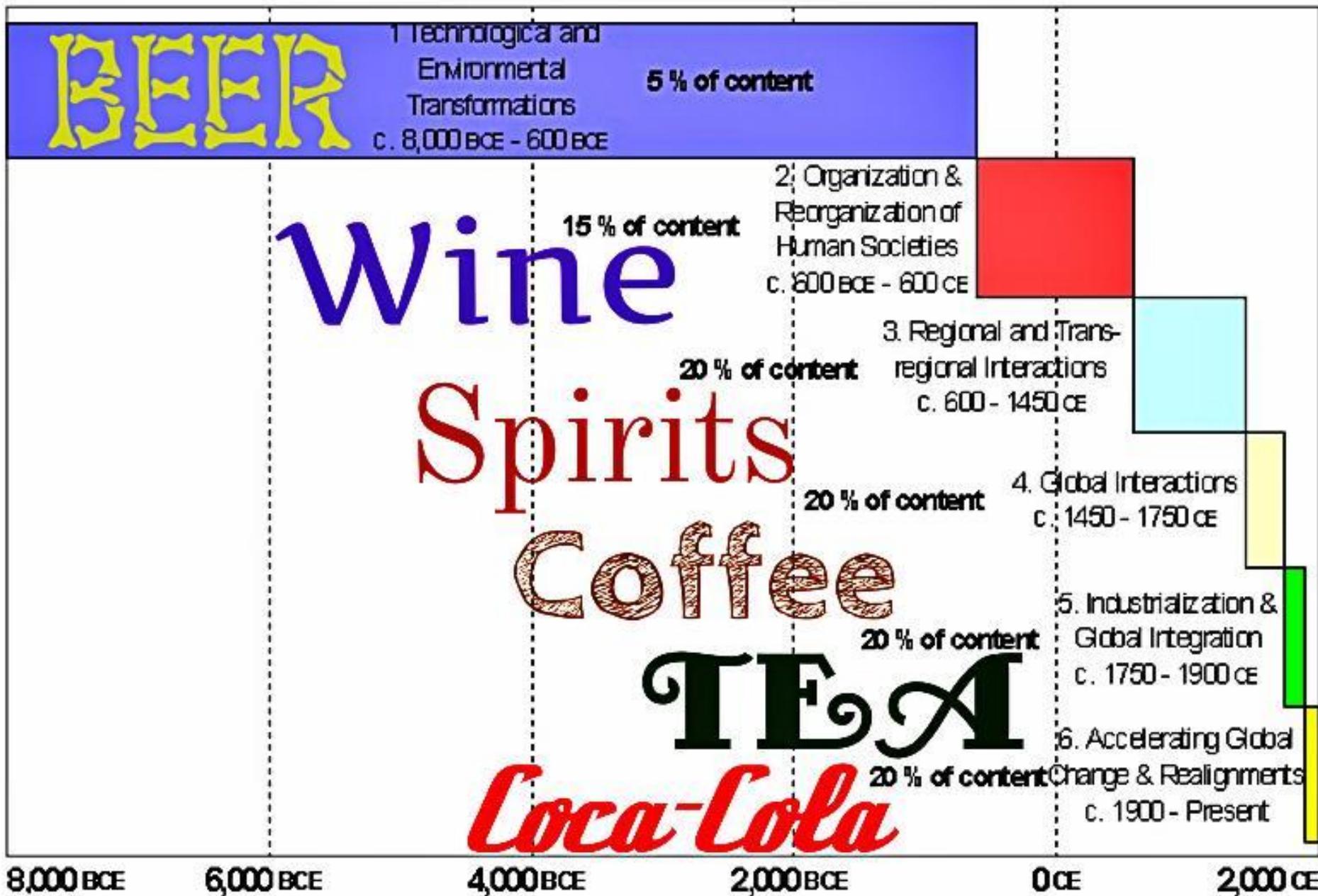


TOM STANDAGE

Author of *The Victorian Internet* and *The Turk*

*A History of the World in Six
Glasses*
WHAP Part I - Beer, Wine, &
Spirits

AP World History Periodization

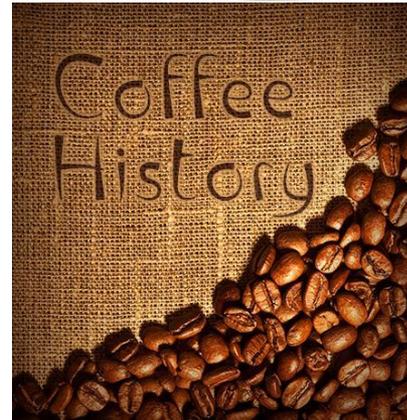


“Spirited arguments — mixed with more than a splash of historical evidence — present a cogent case for how civilization has evolved through millennia of sippage...

Standage stirs up a fun and engaging romp without spilling a drop.” – [Wired](#)

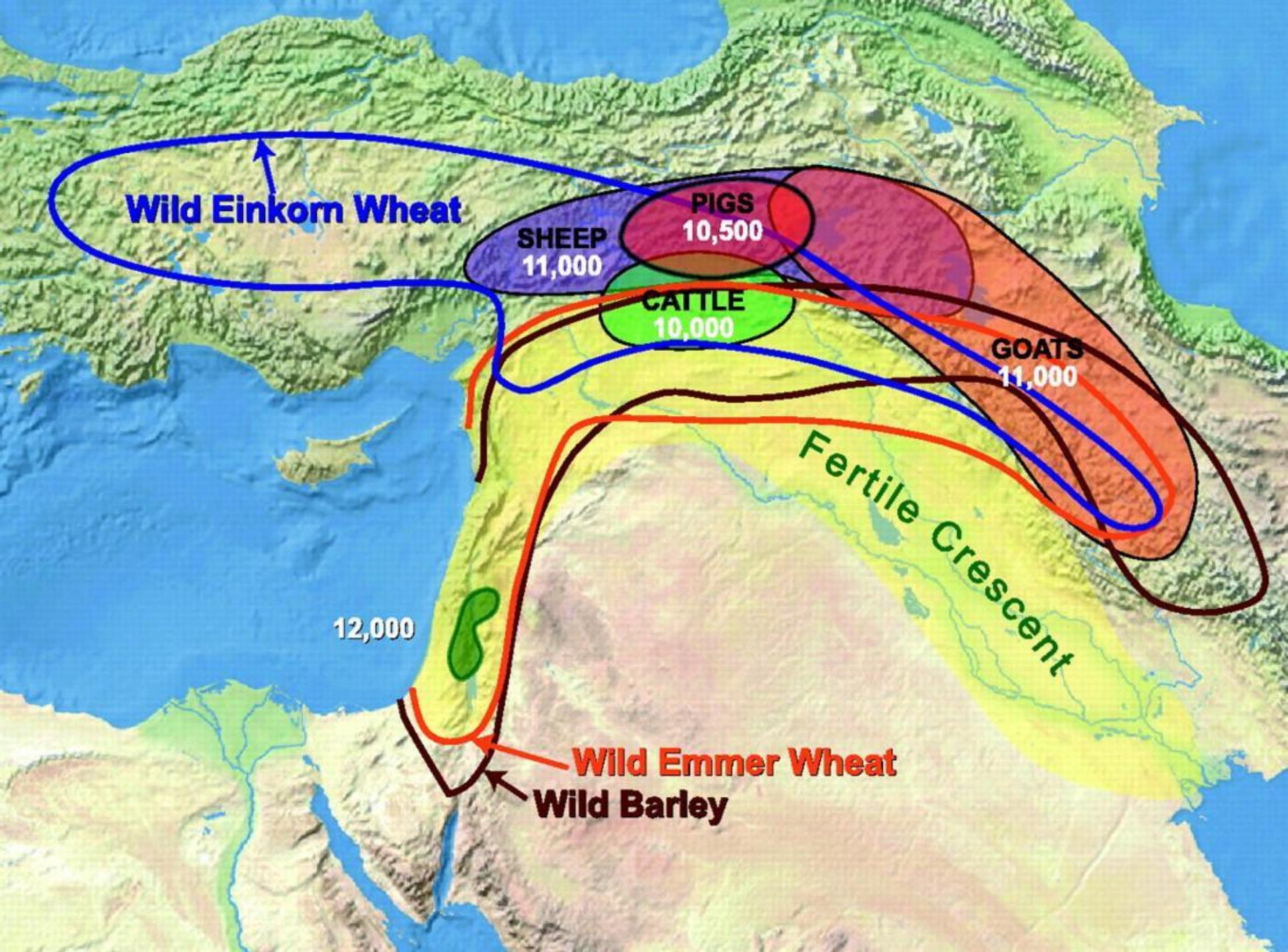
6 Glasses is a fantastic way to experience the history of the world through one specific dimension - drink. You will learn a perspective on the world that will be invaluable in preparing you for the **scope** and **depth** of the course.

WHAP is all about comparisons, connections, context, continuity/change, and **WRITING**.



Part 1: Beer in Ancient Mesopotamia & Egypt





Wild Einkorn Wheat

SHEEP
11,000

PIGS
10,500

CATTLE
10,000

GOATS
11,000

12,000

Fertile Crescent

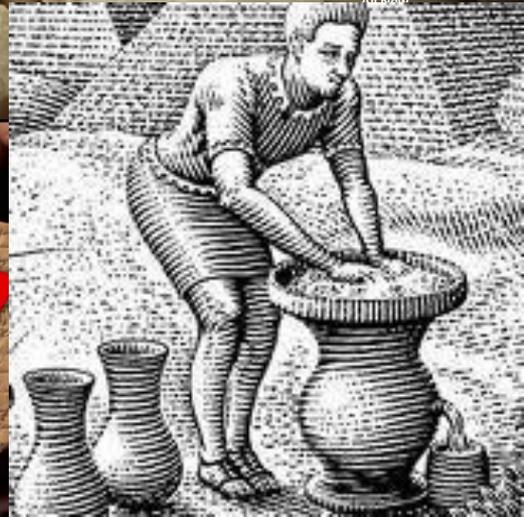
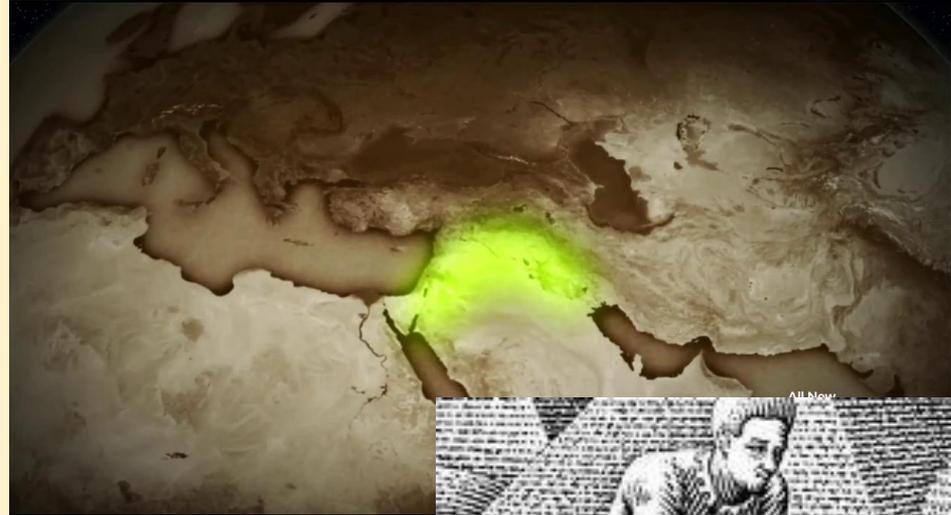
Wild Emmer Wheat
Wild Barley

"Fermentation and civilization are inseparable."

- John Ciardi, American poet (1916-86)

Ever since the emergence of "anatomically modern" humans, or *Homo sapiens sapiens*, in Africa around 150,000 years ago, **water** had been humankind's basic drink. A fluid of primordial importance, it makes up two-thirds of the human body, and no life on Earth can exist without it.

But with the *switch from the hunter-gatherer lifestyle to a more settled way of life, humans came to rely on a new beverage derived from barley and wheat, the cereal grains that were the first plants to be deliberately cultivated. This drink became central to social, religious, and economic life and was the staple beverage of the earliest civilizations. It was the drink that first helped humanity along the path to the modern world: **beer**.* (p.10)



"Pleasure---it is beer.

Discomfort---it is an expedition."

- Mesopotamian proverb, c. 2000 BCE
(Standage, p. 24)

Beer was not an invention, but rather a **discovery**.

First used alternately as a **social drink** with a **shared vessel**, as a form of **edible money**, and as a **religious offering**.

The "**Urban Revolution**" that Standage refers to in the second chapter is a result of the ***Agricultural Revolution***. With advances and an understanding of how generally a few people could grow crops to feed many thousands, the world changed dramatically. People could now **work specialized labor positions** and **collectively as a society** they could pitch in to create a shared experience.

Yet was this a better way to live compared to the Paleolithic style of hunting and gathering?

**The Paleo way was healthier, more egalitarian, and highly successful for many, many, hundreds of thousands of years!*



DR THOMAS SHELLHAMMER

Professor of Fermentation Science
Oregon State University



DR PATRICK MCGOVERN

Professor of Bio-Archaeology
University of Pennsylvania

"Beer was a staple foodstuff without which no meal was complete.

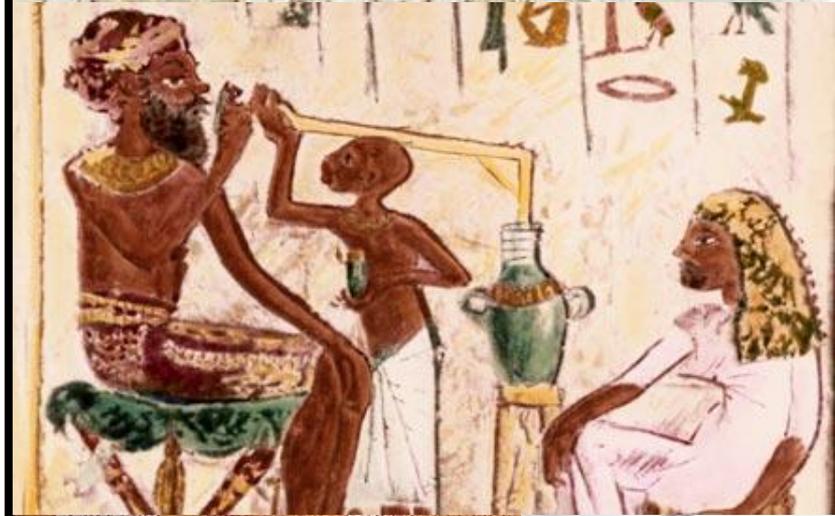
It was consumed by everyone, rich and poor, men and women, adults and children, from the top of the social pyramid to the bottom.

It was truly the defining drink of these first great civilizations. (Standage, p. 30)

The ancient **Sumerians**, who built advanced city-states in the area of present-day Iraq, began fermenting beer from barley **at least 6,000 years ago.**

Beer was popular with the masses from the beginning. **"Beer would have been something that a common person could have had in the house and made whenever they wanted,"** said Linda Bisson, a microbiologist at the Department of Viticulture and Enology at the University of California, Davis.

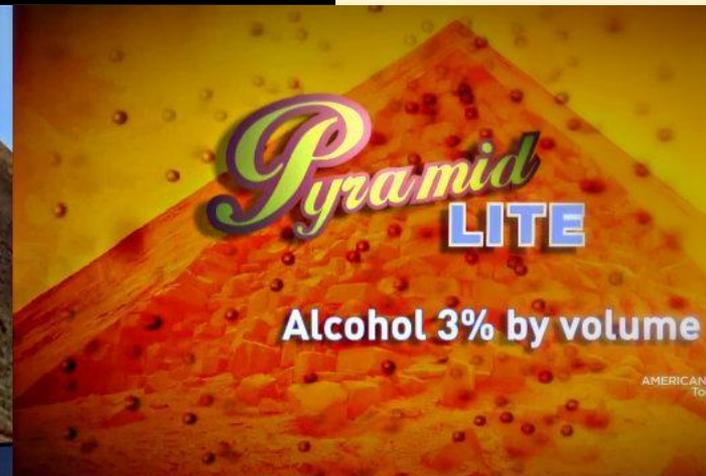
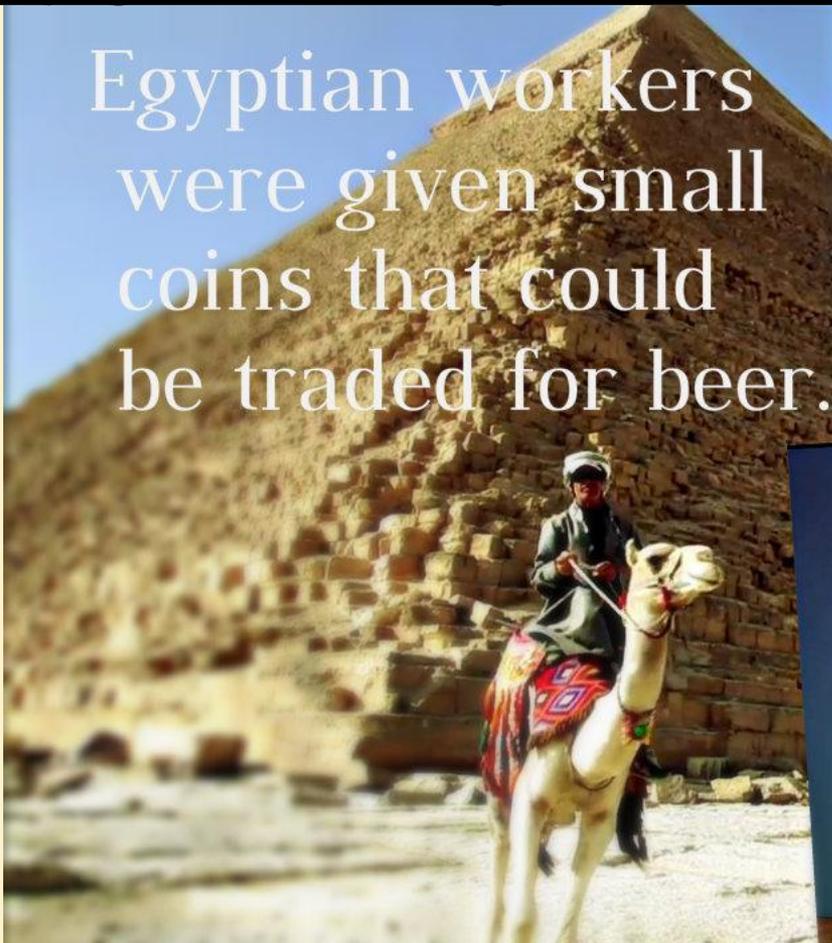
"The guys who built the pyramids were paid in beer and bread," Standage added. "Today it's the drink of the working man, and it was then as well."





Standage (p. 37): "What is without a doubt the most spectacular example of the use of beer as a form of payment can be seen on Egypt's Giza plateau. The workers who built the pyramids were paid in beer. ... around 2500 BCE, the standard ration for a laborer was 3 or 4 loaves of bread and 2 jugs containing about 4 liters of beer."

Egyptian workers were given small coins that could be traded for beer.



Beer: Ancient Liquid Wealth & Health



"Earliest written documents are Sumerian wage lists and tax receipts, in which the symbol for beer, a clay vessel with a diagram... is one of the most common words." (Standage, p. 30)

Oldest written documents: Dated back 3400 BCE

Documented proof that state rations provided nutritional diet for Mesopotamia:

Dates: Vitamin A

Beer: Vitamin B

Onions: Vitamin C

****Whole ration: 3 to 4 Thousand calories. Similar to what humans need today.**

A cuneiform tablet from the Sumerian city of Nippur, dated to around 2,100 BCE, contains... the oldest surviving record of the use of alcohol in medicine.

As urban water supplies became contaminated, beer also became a safer drink. Boiled beer was much less likely to be contaminated.



Part I - Beer in Ancient Mesopotamia and Egypt

By discussing global processes such as the increase of agriculture, urban settlement, regional trade patterns, the evolution of writing, and health and nutrition, Standage provides the needed global historical context for the social evolution of beer.



Part 2: Wine in Ancient Greece & Roman Empire

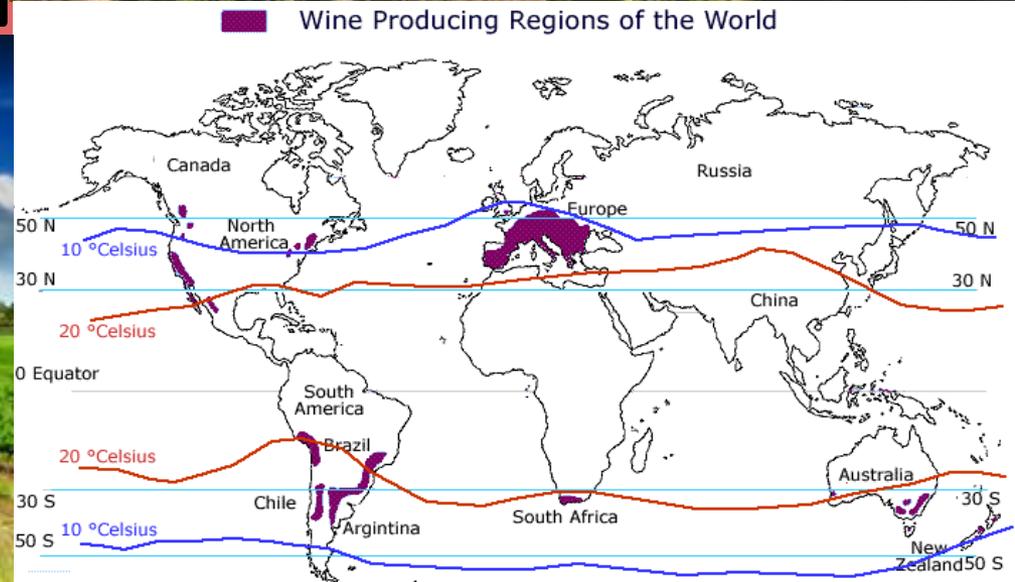


"Quickly, bring me a beaker of wine, so that I may wet my mind and say something clever." - Aristophanes, Greek comic poet (c. 450-385 BCE)

Wine may be as old or older than beer—though no one can be certain.

Paleolithic humans probably sampled the first "wine" as the ***juice of naturally fermented wild grapes***. But producing and storing wine proved difficult for early cultures.

"To make wine you have to have fresh grapes," said Bisson, the UC Davis microbiologist. ***"For beer you can just store grain and add water to process it at any time."***



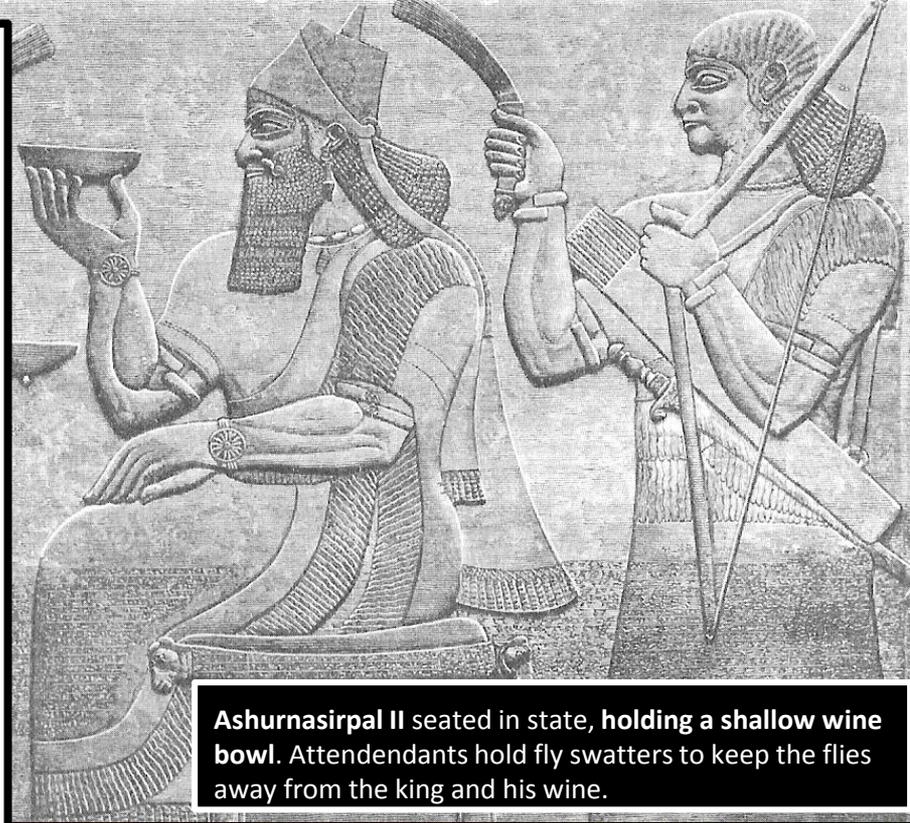
The Excellent "BEER" of the Mountains

Around 870 BCE, the Assyrian king Ashurnasirpal II threw a massive party. The occasion? To celebrate the new capital city of Nimrud. Feasting for 10 straight days, **the king gave equal quantities of wine to beer**. This went against typical Mesopotamian culture, yet showcased his great **wealth**.

Transporting wine into his new city, from the mountains to the northeast, cost **10 times the amount to produce local beer**. Making wine also *demanded pottery that could preserve the precious liquid*.

Producing wine -- *easier* than beer.
Storing wine -- *much more difficult* in comparison.

Fermenting grapes can quickly turn from wine to vinegar, losing it's taste and properties.



Ashurnasirpal II seated in state, holding a shallow wine bowl. Attendants hold fly swatters to keep the flies away from the king and his wine.



"The Cradle of Western Thought"

*"The peoples of the Mediterranean began to **emerge from barbarism** when they learned to cultivate the olive and the vine." - Thucydides (Standage, 52-53)*

The masses drank beer.

Wine conveyed power, prestige, and privilege. Wine then came to embody Greek culture and became more widely available. Wine became a symbol of **social differentiation**

Form of **conspicuous consumption, brand mattered.**

Symposium: all-male aristocratic ritual, men sat on special couches, women could serve, dance, or entertain. After food was served, the wine was brought out.

"Water made wine safe, but wine also made water safe." (p. 59)

Wine as Medicine: clean wounds and as a safer drink than water.

Roman farmers combined Greek influence with their own farming background through **viticulture: growing grapes instead of grain which they imported from colonies in North Africa.**



Drinkers at a Greek symposium. The seated men drink watered-down wine from shallow wine bowls, while a flutist plays music and a slave fetches more wine from the communal krater.



The Drunken Alcibiades Interrupting the Symposium, 1648

"The Philosophy of Drinking"

"Wine reveals what is hidden."

- Eratosthenes, Greek philosopher, c. 3rd cent BCE

Philosophy is the pursuit of wisdom, and at the symposion, wine did away with inhibitions to reveal hidden truths, both pleasant and unpleasant.

Plato described his mentor, the famously erasable **Socrates**, as always in control of his drink. He uses wine to pursue truth but retains complete control of himself and suffers no ill effects.

The **principles of democracy**: shared bowl of wine, sharing of ideas, best arguments & solutions win.

However, in Ancient Greece, only men could be citizens and only men could drink/discuss in the symposion.





Painting: ***The School of Athens*** by Raphael, 1509. The Academy was founded by Plato in ca.387 BC in Athens. The Academy persisted throughout the Hellenistic period as a skeptical school, until coming to an end after the death of Philo of Larissa in 83 BC. Although philosophers continued to teach Plato's philosophy in Athens during the Roman era, it was not until AD 410 that a revived Academy was re-established, persisting until 529 AD when it was finally closed down by Justinian I.

The Imperial Vine: Rome Vs. Greece
"The vanquished have conquered us, not we them." - Cato the Elder of Rome 212 BCE

By the middle of the 2nd century BCE, the Romans (originally from central Italy), had displaced the Greeks as the power in the Mediterranean. **Yet, the Romans appropriated many aspects of Greek culture:**

- Greek Gods & Myths
- Modified a Greek alphabet
- Imitated Greek architecture
- Roman constitution modeled on Greek lines
- Education - studied Greek literature & language

Wine embodied where Rome had come from and what they had become:

- cultivating the vine, hard work of a proud people
- resulting wine produced = the symbol of cultural sophistication

All Roads Lead to Rome.

Therefore, All Vines also Led to Rome.

Massive demand led (in part) to a switch from family owned subsistence farming to large landed estates owned by the very wealthy. **Slaves were used to "cultivate the vine."**

Grain was no longer being grown and instead was brought in through trade. **Rome, the city, grew to 1 million people by the year 1 CE.** (year one of the common era)
A great disparity developed between those with money and those without.

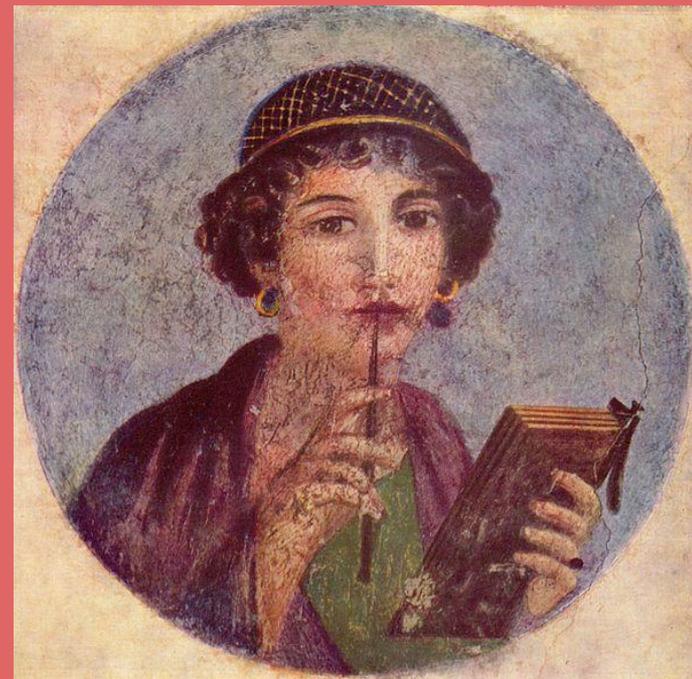
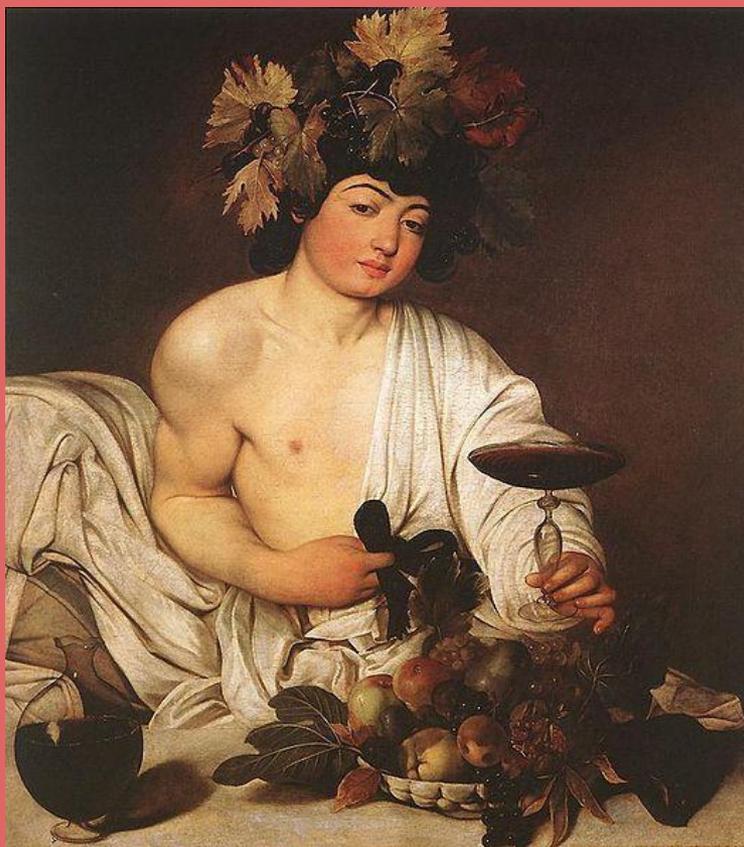
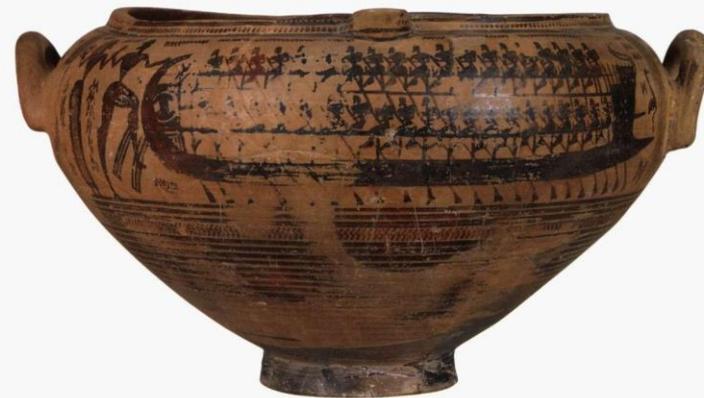


Territories of the Roman civilization from 510 BC to 480

AD



How did the use of wine in Roman culture differ from that of ancient Greece?



"Why Christians Drink Wine and Muslims Do Not."

Greek & Roman wine gods: Dionysus & Bacchus, were worshipped using cult-like wine traditions. **They were associated with wine-making miracles and resurrection after death. Christians regarded wine drinking as a form of sacred communion**, albeit in much less quantities than the Greek and Roman polytheists.

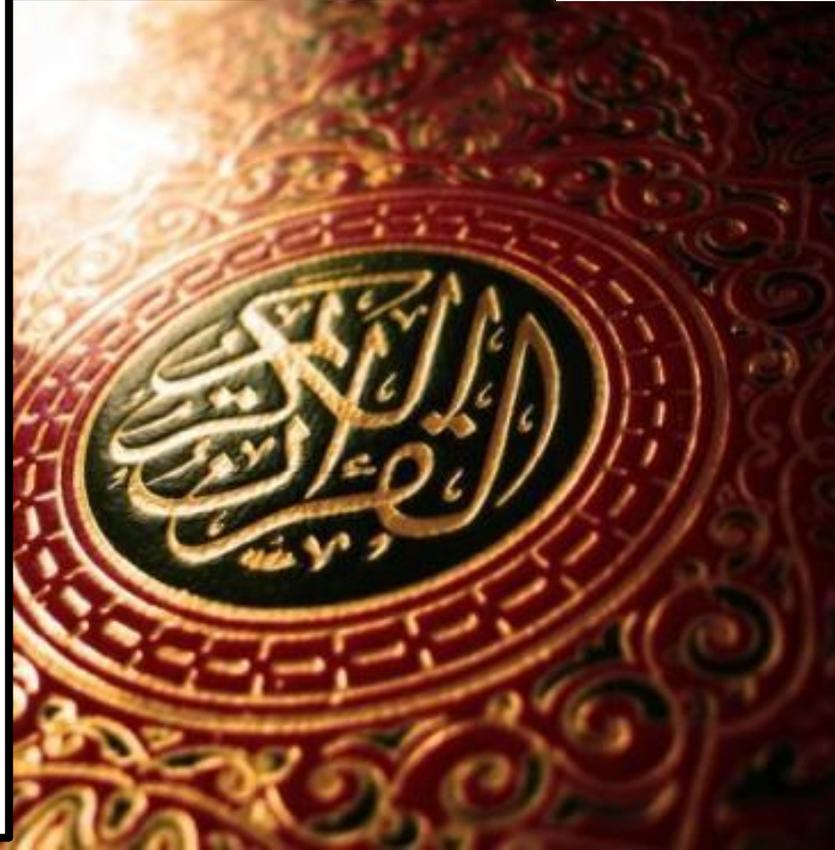
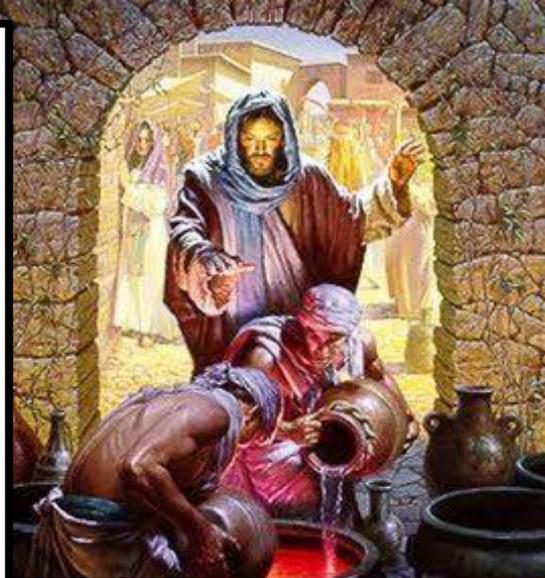
With the fall of the Roman Empire, **wine continued to be associated with Christianity and the Mediterranean.**

Global processes highlighted here include the importance of **geography, climate and locale, long distance trade, the rise and fall of empires, the movement of nomadic peoples, and the spread of religion.**

The rise of Islam, a new religious idealism spread by the prophet Muhammad in the Middle East, **also ushered in a prohibition of alcohol use in the Muslim world.**

Tradition has it that Muhammad's proscription of alcohol followed a fight between two of his disciples during a drinking party. ***"Wine and games of chance... are abominations devised by Satan. Avoid them, so that you may prosper."*** The punishment for those who failed to abide: 40 lashes.

Culturally, wine's central role in Christian mediterrean life also factored in as a reason for Muslim abstinence from alcohol.



Part 3: Spirits in the Colonial Period

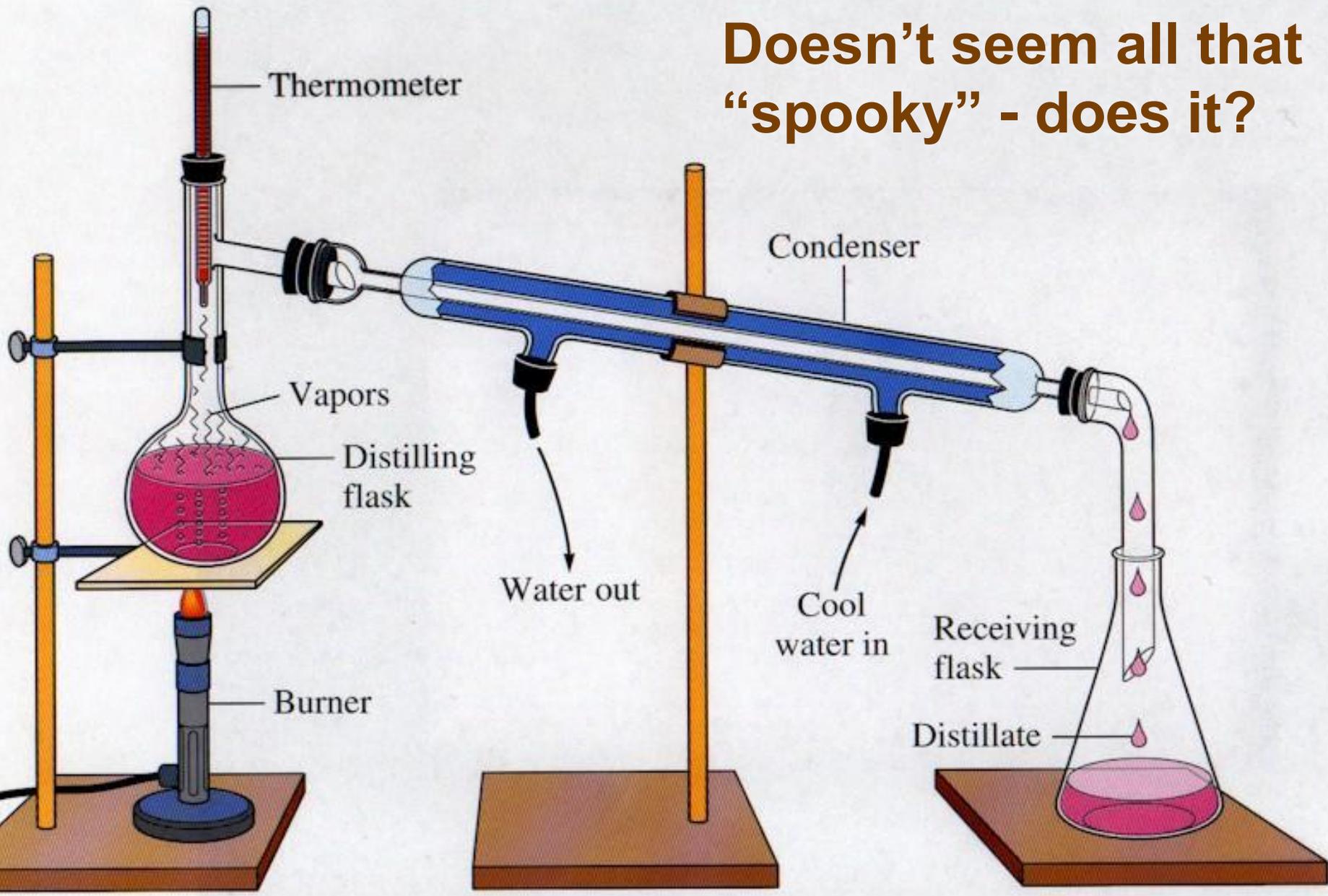


So just why do they call them...

spirits



Doesn't seem all that "spooky" - does it?





So

n...



So just

them...



High Spirits, High Seas A Gift from the Arabs

"One can distill wine using a water-bath, and it comes out like rosewater in color."

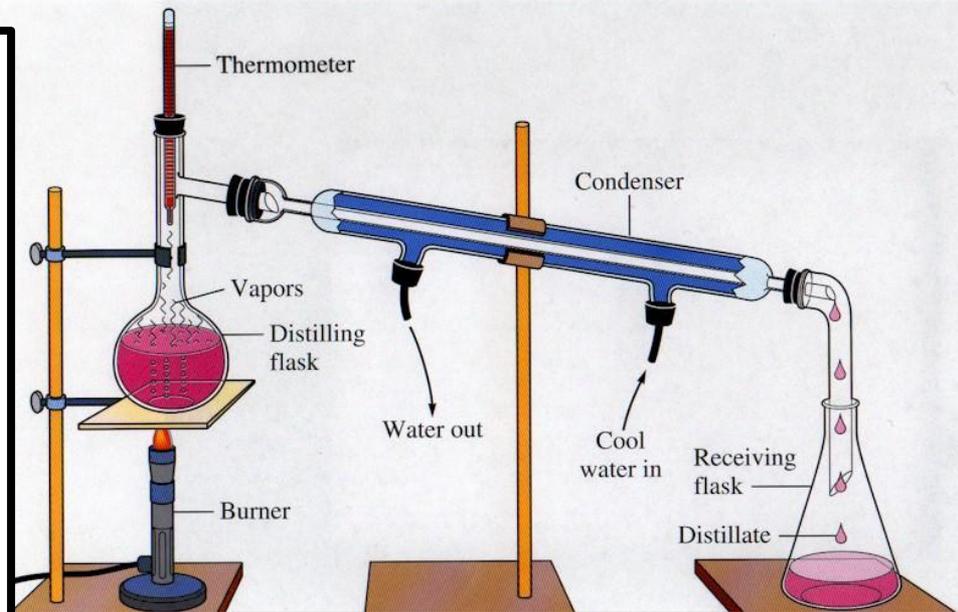
- Abu Yusuf Yaqub ibn Ishaq al-Sabbah al-Kindi, Arab scientist and philosopher (c. 801-73 CE), in *The Book of the Chemistry of Perfume and Distillations*

The process of distillation originated in **Cordoba by the Arabs** to allow the **miracle medicine of distilled wine to travel better.**

Distilling wine makes it much stronger, because the boiling point of alcohol is lower than that of water.

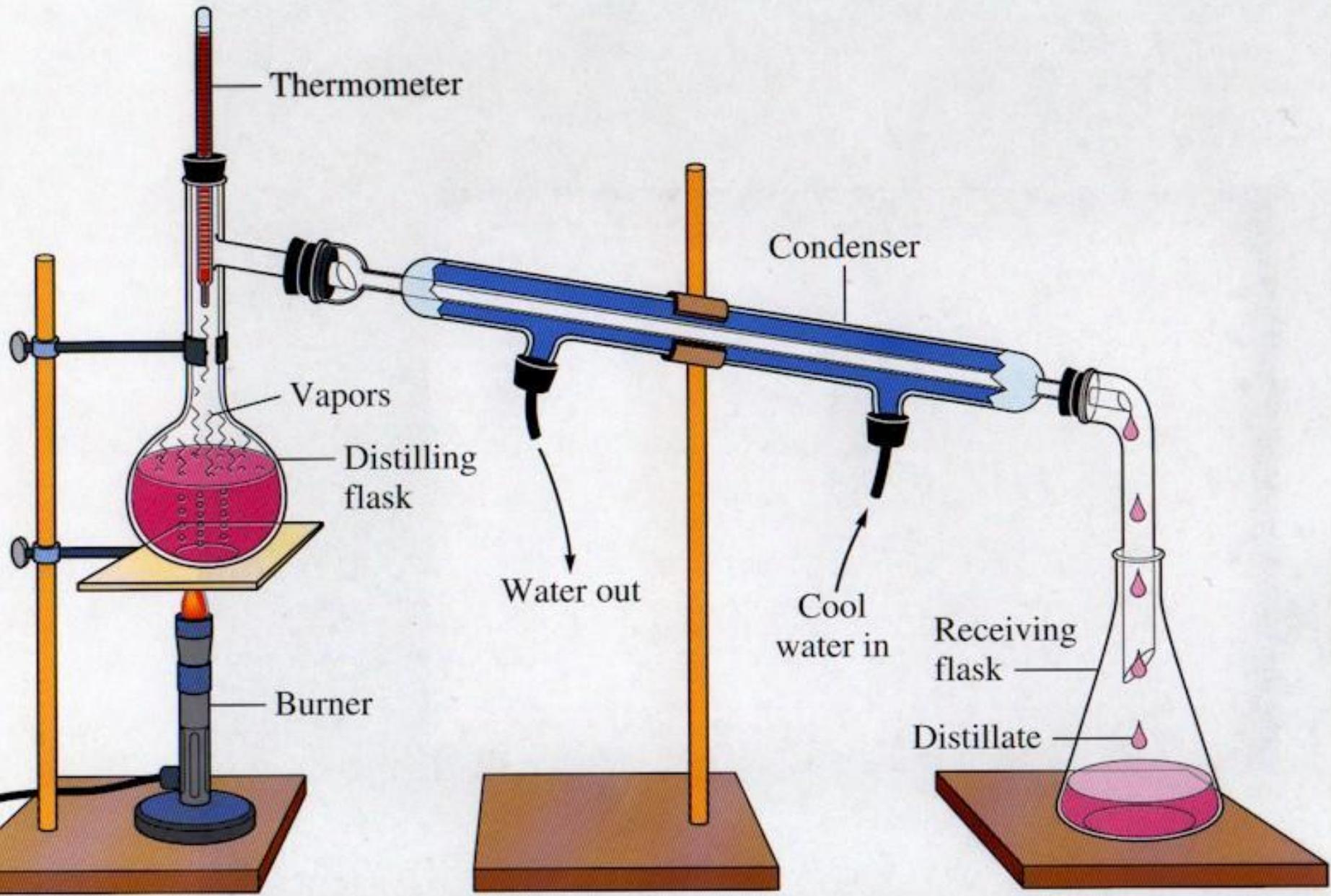
As the wine is slowly heated, vapor begins to rise from its surface long before the liquid starts to boil. Due to the alcohol's low boiling point, **this vapor contains proportionately more alcohol and less water than the original liquid.**

Knowledge of distillation was one of many aspects of the **ancient wisdom that was preserved and extended by Arab scholars** and, having been translated from Arabic to Latin, helped to rekindle the spirit of learning in western Europe.



North American, Spanish, French and British Territories circa 1700



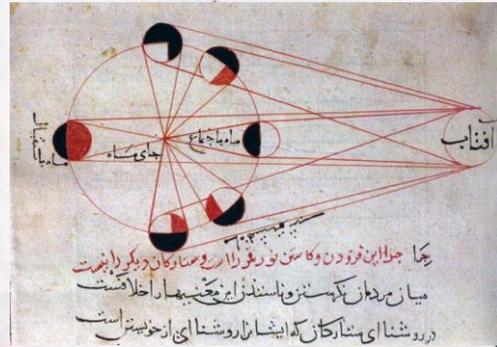




Greek/Roman Learning



European Invasions:
 Goths, Vandals, & Huns, *oh my!*
 Magyars, Muslims, and Vikings, *oh my!*

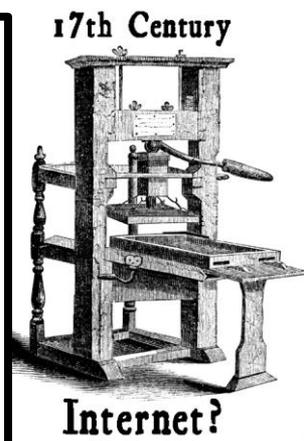


Tremendous new accomplishments in science, astronomy, mathematics. Real breakthroughs in the Islamic World during the Middle Ages.

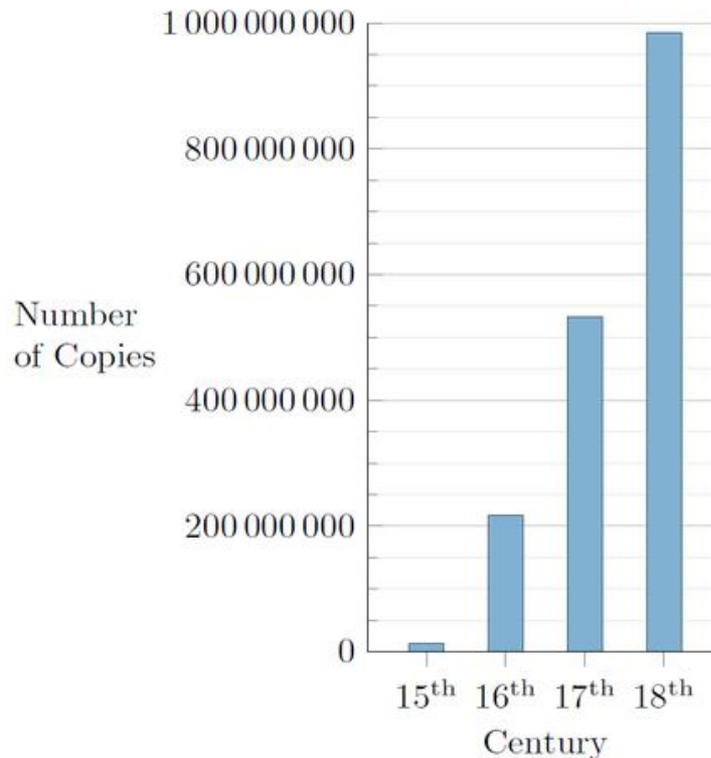
Knowledge of this new technology of **distillation** spread via the new **printing press**, leading to the development of **whiskey** and, later, **brandy**.

1430s - **Gutenberg's Printing Press** gives Europeans the ability to more quickly spread knowledge.

Small communities and individual people had access to information about how to create alcoholic spirits. Leads to various alcoholic cultural specialties.



European Output of Printed Books ca. 1450–1800*



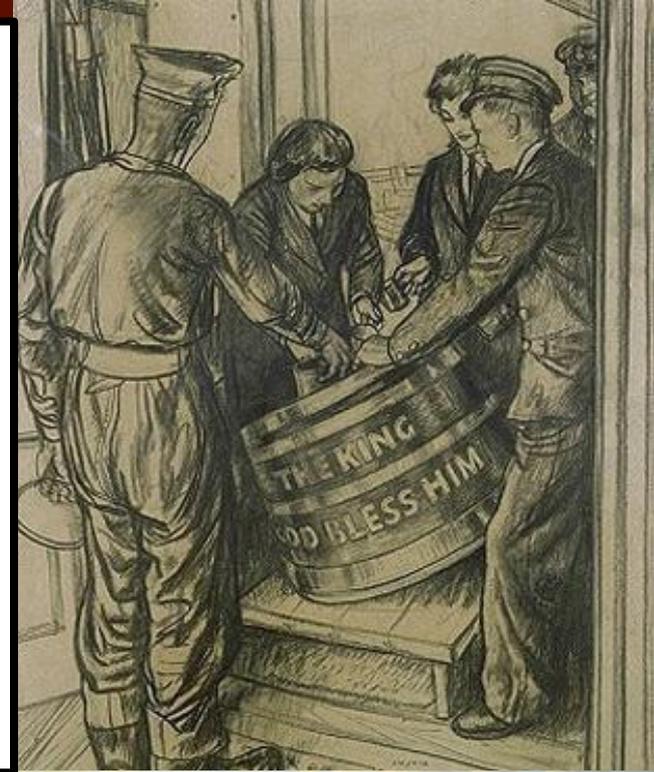
*without Southeast Europe (Ottoman realm) and Russia

Hard liquor, particularly **brandy and rum**, placated **sailors** during the long sea voyages of the **Age of Exploration**, when **European powers** plied the seas during the 15th, 16th, and early 17th centuries.

The longtime **naval superiority of Great Britain** may also owe a debt to its navy's drink of choice: **grog**

Grog was made a compulsory beverage for sailors in the late 18th century.

*"They would **make grog with rum, water, and lemon or lime juice**," Standage said. "This improved the taste but also **reduced illness and scurvy**. Fleet physicians thought that this had **doubled the efficiency of the fleet**."*



British Vice Admiral Edward Vernon ordered that his sailors' rum should be diluted with water. In 1740, citrus juice (usually lemon or lime juice) was added to the recipe of the traditional daily ration of watered-down rum known to cut down on the water's foulness.

Although they did not know the reason at the time, **Admiral Edward Vernon's sailors were healthier** than the rest of the navy, **due to the daily doses of vitamin C the sailors received.** The rest of the Royal Navy rapidly followed Vernon's lead, supposedly calling the new drink "grog" after Vernon's nickname "**Old Grog**", attributed to his habitual wearing of a grogam coat.

[1747 James Lind formally proved that scurvy could be treated and prevented by supplementing the diet with citrus fruit such as limes or lemons.]



Mount Vernon, the estate of George Washington, was named for the Admiral. Washington's older half-brother Lawrence Washington had served under Vernon in the War of Jenkins' Ear, and named his estate for his former commander.



Spirits, Slaves, & Sugar

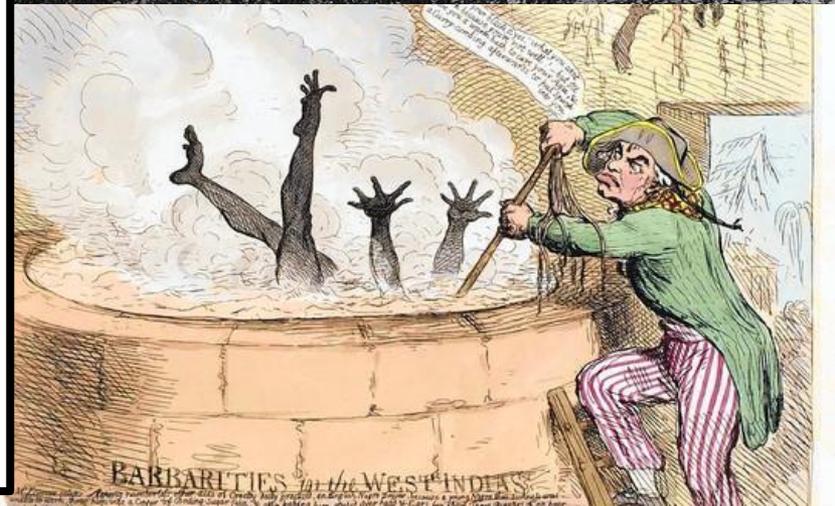
"Rum was the liquid embodiment of both the triumph and the oppression of the first era of globalization." (Standage, p.111)

Rum was the first globalized drink of **oppression**. **Rum** was used as a **currency for slave payment**. Ironically, the slaves were used to create rum through processing **sugar cane**.

Impact of the whiskey rebellion: French fur traders' use of **brandy**, the British use of **rum**, and the Spanish use of **pulque** all point to **how spirits were used to conquer territory in the Americas**.

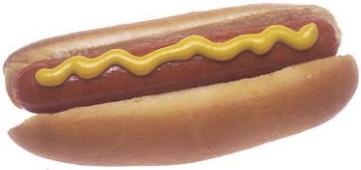
Spirits became associated not only with **slavery**, but also with **the exploitation and subjugation of indigenous peoples on 5 continents** as colonies and mercantilist relationships were formed.

Spirits were involved with the spread of **knowledge, exploration, the use of Arab technology, the spread of disease, slavery, trade relationships, revolution, and the subjugation of indigenous peoples**.



The Columbian Exchange





Italian Spaghetti? Sorry, tomatoes are from the New World, not Italy!



All-American HOT DOG? Made of “*specialy selected meat trimmings*” of beef and/or pork. All originally from Europe.

The Mexican Fajita? Beef from Europe,
Flour tortilla... Europe.
Rice... you guessed it, Europe!



30TH ANNIVERSARY EDITION

The Columbian Exchange

Biological and Cultural Consequences of 1492

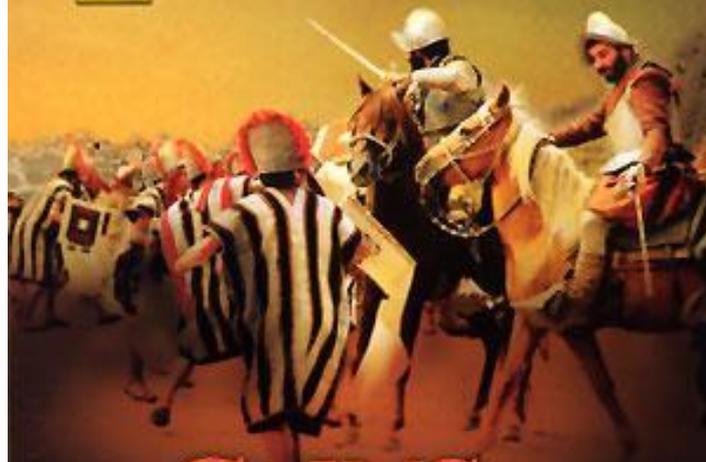


ALFRED W. CROSBY JR.

Foreword by J.R. McNeill



NATIONAL GEOGRAPHIC



GUNS, GERMS, AND STEEL

BASED ON THE PULITZER PRIZE-WINNING BOOK

BY JARED DIAMOND

2 Volume
Disc Set

DVD

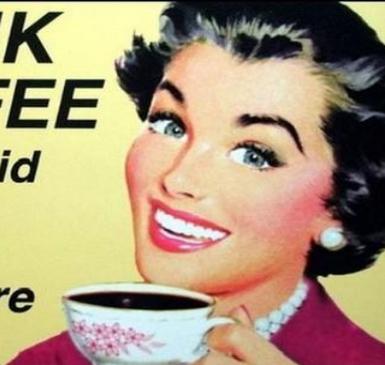


OH YOU DRINK TEA?

TELL ME MORE ABOUT HOW BRITISH YOU ARE.

**DRINK
COFFEE**

*Do Stupid
Things
Faster
with More
Energy*



Next time...
caffeine!



Coffee, Tea, & Coca-Cola.

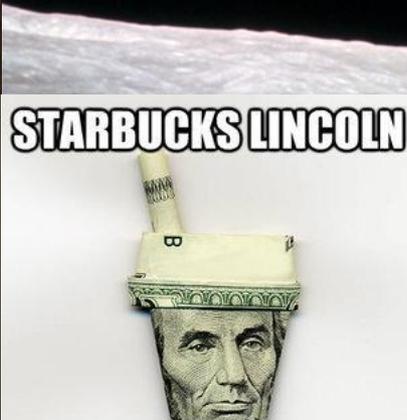


AYYYYYYYY, SEXY LATTE!



STARBUCKS LINCOLN

DOES NOT CARE



NOT SURE IF HEADACHE FROM TOO MUCH COFFEE

OR NOT ENOUGH

