



CHIEF ♦ EXECUTIVE ♦ BOARDS
I N T E R N A T I O N A L

Chief Executive Book Review # 35

A History of the World in Six Glasses

By: Tom Standage © 2005 Walker & Company ISBN 0-8027-1447-1

(See other Chief Executive Book Reviews for the history of other drinks)

The History of Tea

1. Early Buddhists and Taoist monks considered tea an invaluable aid to meditation, since it enhanced concentration and banished fatigue
2. Tea spread throughout China and became the national beverage during the Tang dynasty (618 – 907CE) when China was the largest, wealthiest and most populous empire in the world
3. Because tea was light and durable it was used as currency
4. The Japanese took ritualistic beverage consumption to its height during tea ceremonies
5. Tea from China is first mentioned in European reports in the 1550's
6. Almost nobody in Britain drank tea at the beginning of the eighteenth century, and nearly everyone did by the end of it, even though the cost of a cup of tea was five times that of a cup of coffee
7. English tea gardens became popular with women, who were always excluded from coffee houses
8. When Britain imposed a duty on imported tea in America, smuggling greatly increased and the Boston Tea Party was held
9. Since the Chinese were not interested in exchanging tea for any products offered by Britain, the British through the East India Company decided to trade opium for tea
10. After 1828, China's opium imports exceeded its tea exports
11. Britain started growing tea in India and became free of its dependence on China