

## Sawbones 146: Tea

Published on July 22<sup>nd</sup>, 2016  
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**Audience:**

[cheering]

**Raleigh:**

Hey everybody. I'm uh... Hi. Uh, if you didn't know, I am Raleigh Smirl.

**Audience:**

[cheering]

**Raleigh:**

Uh [laughs], uh, I am one of the co-hosts of *Still Buffering: A Sister's Guide to Teens Through the Ages*, which is a podcast I do with, uh, Teylor Smirl, my other sister, and Sydnee of Sawbones. Um, I really hope you all appreciate me being here tonight because I was just made aware today that *Jane The Virgin* season two is out on Netflix...

**Audience:**

[laughing]

**Raleigh:**

So I—

**Audience Member:**

[yells distantly] I appreciate you.

**Raleigh:**

Thank you. Uh, so I stopped watching that backstage and I paused it and my battery's real low, so, uh—

**Audience:**

[laughing]

**Raleigh:**

... [laughs] Uh, I'm just gonna rush through all this business stuff Justin told me to say, um—

**Audience:**

[laughing]

**Raleigh:**

... No recording audio or video. Uh, you can take pictures, but no flash photography. Um, there'll be posters on sale during intermission that are already signed in the lobby. Uh, and I think that's it.

**Travis:**

[distantly] Limited number.

**Raleigh:**

There is a limited number, that's what Travis just told me to say. So—

**Audience:**

[laughing]

**Raleigh:**

.... there's only a limited number of signed posters. Um, so thank you all for coming, and here is Sawbones.

**Audience:**

[cheers]

**Intro (Clint McElroy):** Sawbones is a show about medical history and nothing the hosts say should be taken as medical advice or opinion. It's for fun. Can't you just have fun for an hour and not try to diagnose your mystery boil? We think you've earned it. Just sit back, relax, and enjoy a moment of distraction from that weird growth. You're worth it.

[theme music plays]

**Audience:**

[cheers]

**Justin:**

Hello, everybody, and welcome to *Sawbones*, a marital tour of misguided medicine. I'm your cohost, Justin McElroy.

**Audience:**

[cheers]

**Sydnee:**

And I'm Sydnee McElroy.

**Audience:**

[cheers loudly]

**Justin:**

It's every time. And I wish I could say it doesn't hurt.

**Audience:**

[laughing]

**Justin:**

'Cause that would make me a bigger man, but it doesn't. It pains me deeply. Hey Syd.

**Sydnee:**

Hi.

**Justin:**

Hi, how's it going?

**Sydnee:**

I'm trying to grow.

**Justin:**

Okay. Oh yeah, it's a little low. Here. Okay, uh, sit up, straight posture. BUSFOF. Back up straight, feet on the floor, BUSFOF.

**Sydnee:**

[laughing]

**Justin:**

Learned that from choir.

**Audience:**

[laughing]

**Justin:**

Where all my BUSFOF heads at?

**Sydnee:**

[laughing]

**Justin:**

Uh, so this is Sawbones. Uh, we, uh, try to go through, we try to do each of our shows sort of, um... Our live show sort of geographically themed when we can.

**Sydnee:**

Yeah. Yeah. We—

**Justin:**

Because then—

**Sydnee:**

... We draw from the deep pool of knowledge we have about the places we go.

**Justin:**

Mm-hmm.

**Sydnee:**

And— and try to, you know, make it something you can connect to.

**Justin:**

Yeah. Like when we did a show in Milwaukee, all we did was repeat the Wayne's World bit—

**Sydnee:**

[laughing]

**Justin:**

... that Alice Cooper does?

**Audience:**

[laughing]

**Justin:**

And we tied it directly—

**Sydnee:**

That's what we knew.

**Justin:**

Oh, that's all we knew. So what— what do we know about Boston? Number one. Beans.

**Sydnee:**

Yeah.

**Justin:**

Love... You guys love them. [laughs]

**Sydnee:**

[laughing]

**Audience:**

[laughing]

**Justin:**

You're crazy about 'em, you make a bad candy about them, you love beans.

**Sydnee:**

[laughing]

**Audience:**

[laughing]

**Justin:**

That's one.

**Sydnee:**

Careful.

**Justin:**

Careful what? No, I'm not—

**Sydnee:**

Don't offend anybody.

**Justin:**

Oh, okay. Your Candy's fine.

**Audience:**

[laughs]

**Justin:**

Completely.

**Sydnee:**

What— what else do you know about Boston?

**Justin:**

Um, okay. The other one is, uh— uh, Red Sox. As a gamey though, there's nothing medical—

**Sydnee:**

That was easy. That was too easy.

**Justin:**

... Nothing medical about that. And um, the other one we— we knew was you guys hate tea.

**Sydnee:**

[laughing]

**Audience:**

[laughing]

**Justin:**

[laughs] Yeah.

**Sydnee:**

You guys are not fans of tea.

**Justin:**

Yeah, you guys aren't fans of tea, you threw it all in the river.

**Audience:**

[laughing]

**Justin:**

And said, "I hate this tea or a lake."

**Audience:**

[laughing]

**Sydnee:**

[laughs] I think it was a harbor.

**Justin:**

A harbor? You heard somebody out there say it.

**Sydnee:**

No, I knew that.

**Justin:**

It— it—

**Sydnee:**

1773.

**Justin:**

Whoa.

**Sydnee:**

What?

**Justin:**

That's impossible because that's before America was born. [laughs]

**Sydnee:**

[laughing]

**Audience:**

[laughing]

**Justin:**

Nice, nice try Dr. Who.

**Sydnee:**

[laughing]

**Justin:**

There was nothing here before then. When it emerged all from panacea from... Okay. So—

**Sydnee:**

So—

**Justin:**

But you guys hate tea.

**Sydnee:**

... So since you hate tea, we're gonna talk about it. [laughs]

**Justin:**

Yeah.

**Audience:**

[laughing]

**Justin:**

Uh, tea. The medical history of tea.

**Sydnee:**

And I know that seems weird. I mentioned that several times that I'm gonna do tea and people are like, "That's a lot less... That's not medicine." But I promise [laughs] it— it is. I mean, it isn't. No it isn't, it's not medicine. But there's a long history, and I think everybody has this idea, like, "Tea is good for you, tea is healthy for you." Well, why? So, do you wanna, do you wanna hear about that?

**Justin:**

Uh, absolutely.

**Sydnee:**

Okay.

**Justin:**

I do.

**Sydnee:**

So as far as where tea came from, there are a couple of interesting myths that I found as to like the origin. The first person to find tea... The most popular mythological, possibly partially true origin of tea is from 27-37 BCE. When Emperor Shennong, uh, was... He only liked to drink water that had been boiled. Um, which was really smart at the time, he didn't know he was like killing germs, but he was. And so he was on this journey with his whole court to visit another Royal somewhere else, and they stopped so that he



could have his break and his water. And they sat down and boiled his water, uh, next to a bush. And a leaf from the bush fell in his water, and it was from the tea plant *Camellia sinensis*.

**Justin:**

And then some sugar from a sugar plant—

**Sydnee:**

[laughing]

**Justin:**

... fell in.

**Audience:**

[laughing]

**Justin:**

And it fell into a cup plant. And he was like, "This is great. I wish there was." And then the spoon plant was like, "Allow me."

**Sydnee:**

[laughing]

**Audience:**

[laughing]

**Justin:**

And then cows. I mean, cows are the other thing with milk, but there's not that milk plant.

**Sydnee:**

No, no.

**Justin:**

I'm not an idiot.

**Sydnee:**

[laughing]

**Audience:**

[laughing]

**Sydnee:**

So this is the most popular origin of tea that you find. And then he— he really liked it. And so everybody was like, "Let's try that. Let's do that too." Uh, there's this other myth, that's a little more gruesome, but I like it. That comes from India. [laughs] Where, uh, the Buddha was making a pilgrimage to China and he wanted to meditate for nine solid years.

Now, when you meditate, you're not supposed to sleep, I guess. I do, but you're not supposed to. So he was gonna stay awake for nine solid years, well, that's really hard, and he couldn't. He fell asleep, which I think it... I would forgive him for.

**Justin:**

Yeah.

**Sydnee:**

But that's a long time.

**Justin:**

Uh, well, sort of, it was not a great idea—

**Sydnee:**

[laughing]

**Justin:**

... Buddha.

**Audience:**

[laughing]

**Justin:**

He had a lot of good ones. Don't get me wrong, love that guy.

**Audience:**

[laughing]

**Sydnee:**

[laughs] But he was so... He was so ashamed that he couldn't meditate for nine solid years and that he fell asleep, that he cut his eyelids off. So that, so that he wouldn't be able to sleep anymore. And he threw them upon the ground, and there, from there sprung this plant with leaves that were sort of

shaped like eyelids, which I guess the leaves from the tea plant are, and there you go.

**Justin:**

So—

**Sydnee:**

And it keeps you awake.

**Justin:**

To compare the two possible things.

**Sydnee:**

[laughing]

**Audience:**

[laughing]

**Justin:**

Either [laughs] the Buddha cut his eyelids off and grew a magical caffeine plant.

**Audience:**

[laughing]

**Justin:**

Or some leaves fell in a dude's water.

**Audience:**

[laughing]

**Justin:**

I'm no historian, but I know what you wanna leaning sorts.

**Sydnee:**

This is probably why the first one's more popular.

**Justin:**

But a— a little bit more popular. [laughs]

**Sydnee:**

So there are mentions of tea dating back of years. And initially it was really viewed as— as a health beverage or a stimulant, definitely. I mean, people understood pretty quickly. Like, "I don't know what this is, but I'm awake. This is great." Um, people use it as a food more than they did a recreational drink. Uh, they would take the leaves and actually kind of cook 'em with garlic and onions.

**Justin:**

Nice.

**Sydnee:**

Eat the... Eat tea leaves. Or pickle, the tea leaves. That was, that was a popular way. And we see mentions even in like ancient literature of, "This— this is great for you to take. Not because it's good, not because we enjoy it, because it's good for things like tumors [laughs] or abscesses." Just in general, all tumors are abscesses. "Especially about the head, anything around the head, it's good for that. Uh, any ailments of the bladder it's good for, um, if you have too much phlegm." You know, we've talked about humors before. If your phlegm is all outta balance, you got too much heated up phlegm. That's not a real thing, but it was good for that. Um [laughs] it qui—

**Justin:**

Well.

**Audience:**

[laughing]

**Justin:**

It was, I mean, it was something for that. It wasn't real, right?

**Sydnee:**

No, it wasn't real for that. But I mean, you know, it's a made up problem, it's made up treatment.

**Justin:**

Hey its simpatico. Yeah.

**Sydnee:**

Uh, it lessened the desire for sleep. We knew that, uh, it quenched your thirst. [laughs]

**Justin:**

Oh, okay, all right guys.

**Audience:**

[laughing]

**Justin:**

We're getting a little loopy with our medical, uh, treatments.

**Audience:**

[laughing]

**Sydnee:**

And it gladdens and cheers the heart.

**Justin:**

Aw, sure.

**Sydnee:**

Aw sure.

**Justin:**

Okay. Why not?

**Sydnee:**

Uh, and you see that tea becomes so popular and so valuable that by the Sui dynasty, it's actually traded as currency. You can actually, you know, pay for things with like cakes of tea.

**Justin:**

That makes sense. It can become a commodity, right?

**Sydnee:**

Mm-hmm.

**Justin:**

Like the Romans using salt for that.

**Sydnee:**

Yeah. Hey.

**Justin:**

Hey.

**Sydnee:**

Hey, look at you.

**Justin:**

Watch me go.

**Sydnee:**

Look at you with your history.

**Audience:**

[laughing]

**Sydnee:**

You've been taking it slow over there, haven't you?

**Justin:**

Yeah, that's right.

**Audience:**

[laughing]

**Sydnee:**

And—

**Justin:**

Monastic drinking levels tonight.

**Sydnee:**

And uh, in 800 AD, uh, that's when you really see like tea... The tea breaks through, it becomes, you know, a breakaway pop hit. Um—

**Justin:**

[laughing]

**Sydnee:**

... [laughs] Lu Yu wrote a book, uh, called like the tea script, which, uh, or the— the name for it was Cha Jing. And uh, everybody got [laughs]—

**Audience:**

[laughing]

**Justin:**

No, no, no.

**Sydnee:**

The name, the name for it... [laughs]

**Justin:**

No, no, no Madam. Dr. Madam, Madam.

**Sydnee:**

... The name for tea is Cha. So... [laughs]

**Justin:**

So it's the Cha Jing?

**Audience:**

[laughing]

**Sydnee:**

Yes.

**Justin:**

That's fine. But like, don't act like you're just gonna blaze past that. Okay?

**Sydnee:**

I was trying, I was.

**Justin:**

You know, I'm gonna pump the brakes on that one, okay? And there's two birds in car were driving.

**Sydnee:**

I was trying to just... No.

**Justin:**

Just zoom on pass.

**Sydnee:**

Well, everybody read this and got really into tea afterwards. And... [laughs]

**Justin:**

They read what? What did they read? What was the name? I forgot the, I forgot the name.

**Sydnee:**

The Cha Jing.

**Justin:**

Okay.

**Sydnee:**

[laughing]

**Audience:**

[laughing]

**Sydnee:**

And it became like an essential part of your diet. Um, it was even thought that if you were... Especially like the nomadic people who weren't necessarily able to get all the fresh fruits and vegetables that they needed in their diet, oh, it's cool just drink tea. We think that probably does the same thing.

**Justin:**

[laughs] Sure.

**Sydnee:**

I don't know. I don't know why they thought that, but it was like, "Yeah, just drink some tea, that'll be fine." And you can carry that with you a lot easier than you could a bunch of fresh things that obviously would go bad. And then people started adding other things to it. Well, if it's good for you with just the tea, why not throw in some ginger? Right? And how about some orange or peppermint or onions?

**Justin:**

Okay.

**Sydnee:**

Which was a popular tea, onion, beverage.

**Justin:**

Like a savory tea, like a dinner tea.



**Sydnee:**

[laughing]

**Audience:**

[laughing]

**Justin:**

It's like that one person on British Bake Off is, "Oh, you're— you're doing, um, cupcakes, love those. I put ham in mine."

**Audience:**

[laughing]

**Sydnee:**

There's always that one, dude.

**Justin:**

There's always that one idiot, is not—

**Sydnee:**

And they wanna stand out that way.

**Justin:**

Yeah.

**Sydnee:**

And that's not the way you wanna stand out.

**Justin:**

Like, "I— I put salt in ham." It's like, "Stop it. It's a cupcake you idiot!"

**Audience:**

[laughing]

**Justin:**

You British idiot. [laughs]

**Audience:**

[laughing]

**Sydnee:**

[laughing]

**Justin:**

And you know, they never roll at time now. So it's just like sloppy, floppy ham in there.

**Audience:**

[laughing]

**Justin:**

Good cupcake, stupid.

**Audience:**

[laughing]

**Sydnee:**

Don't eat this Mary, don't eat this Mary.

**Justin:**

Don't eat this Mary. Mary, don't eat this.

**Sydnee:**

Sorry. I'm sorry, that was a, that was a deep cut.

**Justin:**

Right.

**Sydnee:**

British Bake Off.

**Justin:**

I've seen a lot of British Bake Off it... We get so excited 'cause he said it like twice and every time there's a bad bake, we're like, "He's about to drop, don't eat this Mary."

**Audience:**

[laughing]

**Justin:**

And he's gonna say it, and he never does. Anyway, uh, tea?

**Sydnee:**

Now most of this tea that I'm talking about—

**Justin:**

It's all British, it all connects, baby.

**Sydnee:**

... [laughs] is really green tea. Uh, the— the first tea that people were drinking. That was probably what we would think of as green tea. And— and I had to, I had to look into this 'cause I didn't know much about like what— what is green, white, black tea, you know, what differentiates, what does that mean? And it's really just the time... They say the time of fermentation.

Really what they're talking about is oxidation of the leaves, 'cause it's not like alcoholic, we've already talked about that. That's kombucha. But uh, so there's— there's even a thought that maybe the first black tea was when green tea was being shipped to the west and it just oxidized too long. And then like British people got it, and we're like, "Oh this is what tea is, I guess. I don't know.

**Audience:**

[laughing]

**Sydnee:**

[laughs] There's... They're really, they're really cra— crazy about it over in the East, I guess this is what we'll drink. And, yeah."

**Justin:**

They all made it. It's kind of impulse and new clothes effect where they're like, "This is great."

**Audience:**

[laughing]

**Justin:**

This is popular, right?

**Sydnee:**

And there are lots of other herbal infusions that then came from this that really aren't technically teas. If you're not using the— the tea plant, the tea leaves, it's not tea.

**Justin:**

Okay.

**Sydnee:**

So when you talk about something, that's just like, like a ginseng tea or you know, just ginger tea or some other kind of tea, lavender that isn't, that doesn't have tea in it, it's not really, you can't call it tea. I mean you can, we all do, but it's not tea.

**Justin:**

Okay.

**Sydnee:**

But all these were thought to be health beverages too. So like in traditional Chinese medicine, you saw these like, "Drink some ginseng tea for your adrenal glands or some lyceum tea for your blood glucose or how about some liquorish tea because it'll make you poop less, you know?"

**Justin:**

Okay.

**Sydnee:**

That kind of thing [laughs]

**Justin:**

Sure.

**Sydnee:**

Um, and many of these tasted really bad, which was part of why they were used so frequently. Because this was one of the principles of... Especially in like traditional Chinese medicine was, good medicine is bitter, but good for treating disease. So the more bitter the better. So there you go. So the worse, it tastes, the healthier you are.

**Justin:**

That works with kale. I know.

**Sydnee:**

[laughing]

**Audience:**

[laughing]

**Justin:**

Or anything green really.

**Sydnee:**

It's cool, we figured out how to fry that. So it's, uh—

**Justin:**

Oh, yeah, sure. Kale chips, thanks.

**Sydnee:**

... [laughs] We made it taste good. Um, Europeans got wind of tea in the late 1500s. It made it to the would be US in the 1600s with the Dutch. It became very expensive by the 1700s. Everybody wanted tea, it was all over the place. Uh, like I said, it was being traded as currency. And so there was this huge fake tea market that opened up. [laughs] Where people were shipping things that weren't really tea. And they were usually colored with either some sort of copper, uh, that was really dangerous for you to be drinking or less dangerous, more gross sheep poop was a really—

**Justin:**

[laughing]

**Sydnee:**

... common way for you to like make something, look like tea.

**Justin:**

"Listen, Harold, I know you love tea. You're always talking about it. Now that I tried it, I have to say I don't get it.

**Sydnee:**

[laughing]

**Audience:**

[laughing]

**Justin:**

What's the appeal?

**Sydnee:**

[laughing]

**Justin:**

You know what it tastes like? It tastes like sheep poop, Harold.

**Audience:**

[laughing]

**Justin:**

I'm sorry, I gotta be honest. I'm Mary Barry Senior, Senior, Senior."

**Audience:**

[laughing]

[ad break]

**Sydnee:**

And uh, you see in the [laughs] 1700, all of these reports on the health benefits of tea start coming out. As it becomes more popular and nobody's drinking it, they're like, "Look, it cures scurvy. It's good for indigestion, it's good for chronic fear."

**Justin:**

[laughing]

**Audience:**

[laughing]

**Sydnee:**

So that's— that's good. [laughs] When it's first, uh, sold and marketed in London, uh, in the 1800s by Thomas Garraway, who was the owner of Garraway's Coffee House, it was purely as a health drink. It was a medicine, you were not buying tea so that you could just like sit and have a nice cup of tea and, you know, relax. You were drinking tea so that you could, uh, make your body active and lusty. [laughs] Remove obstructions from your spleen. Um, it was very good against the stone and the gravel and your kidneys and ureters. And literally anything else, uh, he talked about clearing up your sight. Um, it would, uh, cleanse it and pureness your adult humors and your hot liver.

**Justin:**

[laughing]

**Audience:**

[laughing]

**Sydnee:**

Your hot liver.

**Justin:**

Hot liver.

**Sydnee:**

Um, [laughs] it was good against... This is crudités. I thought it said crudites, which just really—

**Audience:**

[laughing]

**Sydnee:**

... I enjoyed. I'm assuming crudités or something different. [laughs]

**Justin:**

Let's all... let's agree it probably means farts.

**Audience:**

[laughing]

**Justin:**

Probably means farts.

**Sydnee:**

If... I think they do. 'Cause then it goes on to talk about how good it's for your stomach. It's good for your appetite, good for your digestion. So I think he means it's good against farts. Um, it—

**Justin:**

[laughing]

**Sydnee:**

... particularly good.

**Justin:**

Sorry that wasn't funny. You just, you said fart.

**Audience:**

[laughing]

**Justin:**

Go on.

**Sydnee:**

Yeah, it's my... It's my fault, I married you. I don't, I don't know what [laughing] I knew what I was signing up for—

**Justin:**

It's your fault, you said farts—

**Audience:**

[laughing]

**Justin:**

Sydnee.

**Sydnee:**

It's uh... It's particularly good. He writes for men of a corpulent body, uh, because they are great eaters of flesh. And so—

**Audience:**

[laughing]

**Sydnee:**

... they need tea. [laughs]

**Audience:**

[laughing]

**Justin:**

[laughing]

**Sydnee:**

Again. He writes that it... We talk, uh, we get this theme. We know it's got caffeine, we know that it keeps you awake anyways. It— it overcometh superfluous sleep.

**Audience:**



[laughing]

**Justin:**

Okay, that one is accurate. [laughs]

**Sydnee:**

And all that excess sleep you have laying around, don't worry.

**Justin:**

Don't worry. He's— he's gonna fix you right up.

**Sydnee:**

We'll get you through that. Um, he recommends mixing it with milk and water. So we start to see like that— that you can prepare it with milk. Which was totally a new thing by the way. The British were the ones that added sugar and milk and stuff like that to tea. I mean, 'cause you— you think about it with green tea that wasn't usually happening. But then with black tea, all of a sudden you see sugar and— and why? I read about that. Why? I don't know, they just liked it. [laughs] They just like sugar.

**Justin:**

Say, yeah—

**Sydnee:**

Yeah, yeah.

**Justin:**

It's not an... it's not a medical thing. Folks, they just liked it.

**Sydnee:**

They just like it. Um, and again, it's good for everything. It's good for uh, pains of the guts, looseness of the bowels, uh, purging the blood by sweat and urine.

**Justin:**

Okay.

**Sydnee:**

It expels its infection. Um, and it safely purges the goal. So anything. [laughs]

**Justin:**

Whatever.

**Sydnee:**

This is how he opened his shop and said tea, and then just unre... Unveiled this huge scroll and was like, "Uh-huh."

**Justin:**

You can make the argument that it is a cure-all.

**Sydnee:**

Hmm.

**Justin:**

And what do we know about cure-alls? Everybody they cure—

**Audience:**

Nothing!

**Justin:**

That's right.

**Sydnee:**

[laughs] Uh, now of course, when anything becomes really popular, you get people who are for it and people who are against, and especially in the medical community, we just like to fight about things. So you have doctors who are immediately endorsing this. There's a Dutch doctor, Cornelius Decker, who like, "Yes, you need to drink at least eight to 10 cups a day." And he claimed to drink 50 to a 100—

**Audience:**

[laughing]

**Justin:**

A day?

**Sydnee:**

... cups of tea a day.

**Justin:**

That's a lie though. We have a name for those today, it's lies.

**Audience:**

[laughing]

**Sydnee:**

[laughing]

**Justin:**

Drink any 50 cups of tea?

**Sydnee:**

I know.

**Justin:**

Little Willy Wonka, candy cups?

**Audience:**

[laughing]

**Justin:**

Like a joke symbol? 50 cups of tea.

**Sydnee:**

I found, I found a lot of mentions that Samuel Johnson, the writer was a big fan of tea as well. And I kept finding this reference, like at one party, he was even witnessed to have 16 cups of tea. And I just kept thinking about what a boring party.

**Audience:**

[laughing]

**Sydnee:**

But everybody was just like, "Oh man—

**Justin:**

"That's—

**Sydnee:**

... that's 14.

**Justin:**

... that's 14 for sure.

**Sydnee:**

How much further is he gonna go?

**Justin:**

Hey, you think... No way he's gonna... No, no, no, it's 15. Hey everybody, Dolores—

**Audience:**

[laughing]

**Sydnee:**

Check... Hold on, wait. He went to pee again. He'll be back, hold on back."

**Justin:**

He'll be back. Hell yeah, oh, no, no, no. It's 15, no seriously."

**Audience:**

[laughing]

**Sydnee:**

Now of course there was a counter movement to this, uh, in England, there were a lot of, uh, wealthy people who ha... Who were the ones who had access to tea. And then they started worrying about everybody else drinking their tea because they thought, "Oh, it might make our working classes, weak and melancholy." I guess they weren't worried about themselves, but they were worried about everybody else. And then a French doctor was like, "I think you're gonna get hot all the time, if you drink tea." And [laughs] a lot of people thought that the stimulant effect might make you nervous. They started saying that it would make women ugly.

**Justin:**

[laughing]

**Audience:**

[laughing]

**Sydnee:**

Mm-hmm. Um, there were concerns that people would drink tea instead of eating food.

**Audience:**

[laughing]

**Sydnee:**

Or— or instead of drinking the much more nutritionally sound beer.

**Justin:**

[laughing]

**Audience:**

[laughing]

**Sydnee:**

Um, and they were... They also started to rumor that it would turn all women into prostitutes.

**Audience:**

[laughing]

**Sydnee:**

The— the thing that saved tea was Temperance. Because [laughs] they wanted—

**Justin:**

Don't you cheer for Temperance in front of me.

**Audience:**

[laughing]

**Justin:**

How dare you? In front of us, Temp, ugh. Hey, by the way, quick time out, before we talk about this, can you show everybody the beer from, uh, a Columbia brewing real quick? The Emunist.

**Sydnee:**

Look at this. Pliny MD. There's our cool Dr. Pliny. And like a saw bone for another back, and it's delicious.

**Justin:**

It's delicious. And it's 8.5% ABFN.

**Sydnee:**

Mm-hmm. It's 8%.

**Justin:**

Should be a fun, they're for everybody. Taking it slow.

**Justin:**

So temperance. Now let's hear a nice boo for Temperance.

**Audience:**

[boos]

**Sydnee:**

[laughs] But Temperance did save tea. Because they started telling people, "Hey, we don't want you to drink alcohol anymore." And everybody got mad and was like, "You're taking away our booze too?" And they were like, "We'll give you back the tea." And I guess everybody went, "Okay—okay, fine."

**Justin:**

Okay, fine.

**Sydnee:**

Like the—

**Justin:**

Alcohol— alcoholic tea? No, no, no, the right one?

**Sydnee:**

Just the tea, just the plain tea.

**Justin:**

Plain tea.

**Sydnee:**

And so then you started seeing like teahouse and rooms, replacing pubs and bars and there get tea rooms from there.

**Justin:**

Oh, okay.

**Sydnee:**

To encourage people to drink tea instead of alcohol. Uh, and that actually, by the way, helped the women's suffrage movement because that was the first place that was ever created a tea room where women could go gather

and it was cool. Like they didn't have to be escorted. Yeah. So thank you, tea. [laughs]

**Justin:**

Thanks tea.

**Sydnee:**

Um, in the 1840s is when... I wondered about this afternoon tea, like why is that a thing? 'Cause every time we've traveled to the UK, we've really enjoyed that. Like—

**Justin:**

And we all, you know what, it's like, it's like—

**Sydnee:**

And we'd get cookies, in the afternoon they'd give us cookies.

**Justin:**

... It's like, it's like the weight loss pledge you do in years. Every time we—we leave... We've only been a couple times. But when we leave, we're like, "You know what? We gotta do this at home. Every afternoon, let's stop and have tea." We make it like two weeks. And then—

**Sydnee:**

'Cause you get cookies with it.

**Justin:**

You do get cookies with it, that's sweet, and make some scones.

**Sydnee:**

That started in the 1840s, the 7th Duchess of Bedford got really hungry one afternoon.

**Audience:**

[laughing]

**Sydnee:**

And said, "Hey servants, why don't you bring me some tea and some treats to my room. So I can just sit here and like chill with tea and some cookies and stuff." And this led... I just thought this was... This is not medical, I just thought this was fascinating. It led to the tea gown, which was a... A special gown that women would have made for them, especially like wealthy ladies

that you would wear at this specific time of the day, when you sat in your room and had your afternoon tea. And it was, it was very loose and easy to wear. Like a lot of their garments wouldn't have been at the time. And so it was very easy to remove. [laughs]

**Audience:**

[laughing]

**Sydnee:**

So, [laughs] the tea gown became this like, like fetish item. This erotic—

**Audience:**

[laughing]

**Sydnee:**

... piece of clothing that you would wear, like to drink tea. If you know what I mean? And it became like synonymous with this time of day, which is called the, uh, cinq à sept or five to seven, which is the time of day when you're supposed to have affairs.

**Audience:**

[laughing]

**Sydnee:**

I love the French.

**Justin:**

Right.

**Sydnee:**

This is the affair time. This is your affair time where you have tea and cookies and you wear a special gown that you're... That you take off for your lover, there you go.

**Justin:**

Can you imagine how—

**Sydnee:**

[laughs]

**Justin:**



... like what a sweet time, it would've been to be alive when everything was so boring and nothing.

**Sydnee:**

[laughing]

**Justin:**

That one day you could decide to have tea in your room and everybody's like, "Start a trend.

**Audience:**

[laughing]

**Justin:**

Everybody did you hear the new thing?" Like, "What? I just had tea in my room once." "Yeah. We're all crazy for it. That was such a good idea."

**Sydnee:**

[laughing]

**Audience:**

[laughing]

**Justin:**

'Cause nobody does anything yet. So like you just invented a whole— whole whole meal by like doing that, that one time, that's awesome.

**Audience:**

[laughing]

**Sydnee:**

It would've been in all the magazines. Everybody would've been gossiping about it.

**Justin:**

Did you hear the news?

**Sydnee:**

Did you hear, what the Dutchess of Bedford did?

**Justin:**

Not 14 cups.

**Sydnee:**

[laughing]

**Audience:**

[laughing]

**Justin:**

Henry David throw a little loss for her.

**Sydnee:**

She had cakes too.

**Justin:**

Cakes too in addition.

**Sydnee:**

[laughing]

**Justin:**

Print it somewhere. Who? Do we print yet?

**Audience:**

[laughing]

**Justin:**

Does anybody know if printing's something now?

**Sydnee:**

Yeah. We're printing, we're printing.

**Justin:**

Print it, in a magazine produce paper... Broad sheet, broad sheet.

**Sydnee:**

[laughing]

**Audience:**

[laughing]

**Justin:**

Paint it in the broad sheet.

**Sydnee:**

Uh, in—in 1904, we see the creation of ice tea. It was actually at the world—

**Justin:**

Whoa. He is older than I thought.

**Audience:**

[laughing]

**Justin:**

[laughs] That full hell of great.

**Sydnee:**

Mm-hmm.

**Justin:**

Some death becomes the stuff going on there, huh?

**Sydnee:**

Do you feel good about that?

**Justin:**

[laughs] So good.

**Audience:**

[laughing]

**Sydnee:**

[laughing]

**Justin:**

The rapper.

**Audience:**

[laughing]

**Sydnee:**

So at the world's fair in 1904, uh, a really, uh, clever entrepreneur thought it's really hot. Nobody wants to drink tea right now. Why don't I throw some ice in there? Well, uh, ice tea. Um, tea bags were created in 1908 when a— a New York tea importer named to Thomas Sullivan started sending clients

these little bags, these little silk bags of— of his tea to like, "Hey, check out this delicious tea. Do you wanna buy some more of this?" And people just got 'em and were like, "Oh, I just put this in water, just the whole thing. Okay.

**Audience:**

[laughing]

**Sydnee:**

And just started steeping them. And there you go, there's tea bags. I was just like an accident.

**Justin:**

Oh, wow.

**Sydnee:**

Um... [laughs]

**Justin:**

Again, I was just thinking about, how again, how, like I wish I had been born. Like with... They had nothing, this guy, Batina Berg. He's like, "You're, uh, you're the CEO of this invention."

**Audience:**

[laughing]

**Sydnee:**

And— and today, you know, as we're kind of moving into it now, I still think we get this idea that especially certain kinds of tea can help you with different things. If you look at the tea types, um, green tea is often touted as being like an antioxidant and that it— it... Because of that, it'll help you fight specifically cancer. You see that a lot, like it will help prevent cancer, autoimmune disease. Um, black tea is in theory, supposed to fight, uh, strokes, supposed help... Supposed to help prevent strokes, and also be really good for oral health, just for your mouth in general.

Uh, white tea is supposed to be good for high blood pressure, high cholesterol, good for osteoporosis. And then oolong tea is supposed to be good for diabetes and weight loss. Um, and then there's also, I found uses for tea currently that aren't necessarily like drinking it. You could use it as a mouthwash for strep throat. I found that up, and then that you could put it in your foot bath if your feet are smelly.

**Audience:**

[laughing]

**Justin:**

And then they smell like tea that's not like—

**Sydnee:**

Okay. And then they smell like tea.

**Justin:**

Can you do the... Is that a thing to put teabags in your eyes, is a thing?

**Sydnee:**

Yeah. I've— I've yeah. So, I mean, is it a thing? Do people do it? Yes.

**Justin:**

Yes.

**Sydnee:**

Yeah.

**Justin:**

People do everything though, that's understandable.

**Sydnee:**

The— the... If their eyes are puffy. Um, now why do we all think tea is healthy? Because I mean, that's still, I mean, I— I don't think that that's weird to say, like I drink tea for my health. Um, because it has a lot of polyphenols, which are these bioactive substances that can do a lot of different things. We know in a lab, we know they do a lot of different things.

They can anti oxidize things, they can be antivirals, they can fight inflammation. Um, we've seen evidence that they have certain factors that play a role in the immune system to help boost the immune mean, making the immune system more active. Um, and then you get like these nonspecific things like they also detoxify, which I always hate that. Your liver does that guys.

**Audience:**

[laughing]

**Sydnee:**

Thank— thank goodness. [laughs] That's what, that's what your liver does. It's what it's doing for me. It's thank your liver, um, and that they can also stop platelets from clumping. Now, if are all true, if tea could do that in your bodies, in all of our bodies, that would be great, because then it would help to prevent cancer and to prevent, uh, cardiovascular disease to prevent strokes and heart attacks. Um, any kind of chronic inflammation, any autoimmune diseases, all those things. Yes. If that were all true. The problem, the problem is that a lot of the studies—

**Justin:**

Wait, can I guess. [laughs] It's not.

**Audience:**

[laughing]

**Sydnee:**

... A lot of... There haven't and again... And a lot of people say this like, "Well, we don't do big studies on tea 'cause big pharma doesn't get money off of big tea." [laughs]

**Audience:**

[laughing]

**Sydnee:**

Uh, I don't know why everything's big now. Um, but— but the fact is there have been, there have been an— an abnormally large number of studies done on tea and a lot is done in a lab. So like we take these polyphenols and we look at 'em, you know, in test tubes and stuff and go, oh, look at all that stuff it did. But then when we put it in humans, we don't see the same effect, unfortunately.

**Justin:**

Oh.

**Sydnee:**

Yeah. It would be great, it would be great.

**Justin:**

It's too bad.

**Sydnee:**

But you know, if— if green tea could cure cancer, which is, you know, out there on the Internets all over the place, um, we probably would've like figured that out by now. And we've done studies to look into just that and it doesn't. Um, and you find all kinds of... In addition to all these crazy claims about tea, which we find with a lot of cure-alls, um, there are some really weird facts. One in particular that I like the best about green tea is that, uh, if you're an office worker and you stare at a computer all day... And this was in the same sentence where it was like, "Green tea has polyphenols that are good for antioxidizing. Also, it protects you from computer radiation that you're absorbing—

**Audience:**

[laughing]

**Sydnee:**

... every day. So drink your green tea to create a shield between you and your computer—

**Audience:**

[laughing]

**Sydnee:**

... to block the radiation."

**Justin:**

Excuse me. Kinda went off the reservation there.

**Sydnee:**

Well, exactly.

**Justin:**

Yeah.

**Sydnee:**

Which you can with tea very easily.

**Justin:**

Yeah. It gets crazy.

**Sydnee:**

So, it's not stopping the world from drinking it. Um, I thought I assumed that British people were the biggest consumers of tea. Ireland, Irish people are the biggest consumers of tea actually.

**Justin:**

Like per capita.

**Sydnee:**

Yes. But— but tea accounts for 40% of the daily fluid intake of the British people.

**Justin:**

Man, y'all love it.

**Sydnee:**

That that's a crazy amount of tea.

**Justin:**

That's a lot of tea.

**Sydnee:**

Yeah.

**Justin:**

That's a lot. Now I want some tea just to get better and heal myself.

**Sydnee:**

I will stick—

**Justin:**

Clean all my maladies.

**Sydnee:**

... I will stick with the more nutritionally sound, beer.

**Audience:**

[laughing]

**Justin:**

Beer. Hey folks, that's gonna do it for us. Uh, we're gonna take a quick break. Be sure to buy some posters. My Brother, My Brother And Me are gonna be out in a few minutes. But until then, my name is Justin McElroy.



**Sydnee:**

I'm Sydnee McElroy.

**Justin:**

And as always, don't drill a hole in your head.

[theme music plays]

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