

Chai Tea and History

Around the beginning of Winter, when it starts getting cold, I make chai tea concentrate that I can refrigerate and reheat throughout the week when I want something warm to heat up.

The spices in chai typically are cardamom, cinnamon, ginger, cloves, and black pepper. Black tea is optional but nice. They are placed in a pot with a quart of water and simmered for 20 minutes.

Cardamom reduces blood pressure and cinnamon improves heart health. The ginger, cloves, and black pepper are all antiparasitic, antibacterial, antiviral, and anti-inflammatory. Whatever that means.

The tea is warm to touch and good for the body. The preservation of this concentrate preserves me. What is better to go with a chai tea than a good book.

“Books don’t last” they say, “they’re expensive to preserve”. But in my own experience, they’re as easy to preserve as the chai in my mug and last much, much longer. All mulled together on a bookshelf in a warm home, library, historical society, or museum; printed works of writing are very much capable of being preserved and benefiting humanity’s health.

If written works and information were not capable of being preserved, for example, how would I ever know Pompeii was the first volcanic explosion, or that Augustus Caesar was a real person?

How could I tell you about Homer’s *The Odyssey* epic pieces that were written, if they were composed in 700 B.C.?

Why are books more trustworthy than online media? Because they have already proven themselves. I would say to anyone arguing about the practicality of book preservation, their arguments are unfounded. Look how far it has gotten us! Look at the evidence: Book of Kells, Jewish prayers, Psalms, and biblical texts... books dating thousands of years before Christ have stood the test of time.

The internet has yet to accomplish such a feat. It is all too easy to manipulate and change works of writing electronically. While the DOI systems aim to preserve and index information online, it only assigns a piece a number. The DOI system does not preserve the work itself.

Work is already being erased from history. Accounts being banned, locked out, and creators infamously “cancelled” or deplatformed. Information and experiences of humanity could have as if to have never existed.

Relying on the internet to store your data, photos, birth dates of loved ones, and works of writing is a mistake. If I relied on an irresponsible neighbor to refrigerate my chai tea, should I be so upset when they decide to drink it themselves?

Should we blame platforms like Reddit and Facebook when our works are deleted, when we made the first mistake to choose to trust them with it? How great and blessed we are to have libraries, historical societies, and bookshelves in our homes. I hope we never take it for granted. How comforting it is to have a warm cup of tea and a good book.