

## *The sweet history of sin*

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**Abstract:** The heart of the tip of the tongue when exposed to the sweet taste, or the huge market rising due to the demand for sugar, epitomizes the transformation of the society. Sugar was the catalyst of capitalism, through the slave trade, the plantation system, the system of slavery, and the subsequent factory industrial development, sugar demand and supply had become important economic drivers for thousands of years. Sucrose has changed from the scarcity to the cheaper corn syrup to the sugar substitute in the name of health, and the sweet history of mankind has witnessed the blood and evil in the development of capitalism. From the slave fields in Africa to the slaves working day after day in plantations to the difficult economic transition, the food industry has changed the way of sugar, with the flood of sweetness, and sweetness.

### **1. Fly prosperity—popularity of sucrose and bloody exploitation**

Sucrose is a kind of sugar, which is mainly extracted from sugar cane. In the long course of history, sucrose has always been an imported luxury, but in just a few centuries, with the birth of a new economic system, the amount of sugar has never increased steadily, the consumption of sucrose has gradually moved down, and sucrose has gradually become one of the indispensable things in social life. The European market has an increasing consumption of sucrose. For ordinary people, sucrose is the source of comfort, while for the colonists, sucrose is the most realistic wealth. Sugarcane is a commercial crop that can increase capital rapidly.

The development of sucrose is closely related to the history of slavery and colonies. Sugarcane plantation is an enterprise established by planters for profit, which serves the gradually international sucrose market in Europe. Slaves lived at the bottom of the food chain and became the object of trade, labor, land and crops became fixed assets owned by the planters, and capitalists such as the planters were at the top and made huge profits. On the one hand, slavery and on the other hand, the strange combination of the two was once described by the historian Eric Williams (Eric Williams) as a system that mixed the evils of feudalism and capitalism without any virtues of the two.[1]

Planting sugarcane and producing sucrose are labor-intensive industries. For planters, the shortage of labor force is an urgent difficulty to be overcome in the process of sucrose production. Sucrose consumption has moved down, and the European market has been increased. Europeans have long realized that sugarcane is a commercial crop that can increase capital rapidly. Sugar manufacturing accelerated the development of huge labor demand. Due to the slaughter, the disease, and the lack of planting experience, indigenous Indians could not meet the European development planting and sugar manufacturing requirements. The new world lacked suitable labor, and Africa,

which was closer to both Europe and the Americas, became the destination for Western colonists to commercially hunt for slaves.

In 1415, starting with the occupation of the North African port city of Huhuda, Africa was passively involved in the new world order dominated by Europe. In 1444, the Portuguese colonists robbed 235 blacks from West Africa and sold them in several groups, opening the prelude of the European and American slave traders in Africa. In 1518, Lawrence de Gominot became the first person to be granted a slave trade license. In 1502, the first black slaves were shipped to Santo Domingo, and in 1511, the Spanish king officially approved the transport of black African slaves to the western American colonies. In the rapid development of sucrose industry and the process of colonizing the African coast, the development mode of colonial development and slave trade became increasingly prosperous, and the slave trade became a fixed source of labor for the development of colonial planting industry. Stimulated by the huge economic interests of the sugar industry and the slave trade, more and more countries participated in it, and the huge political forces of all sides endorsed the slave trade. In 1494, under the Papal arbitration, Western Portugal signed the famous Treaty of TolderSilas, which divided the earth into east and west parts by the 370 li west of the Cape Verde Islands. To the east of the line (including the African continent), Portugal's sphere of influence, restricted the activities of ships from other countries in the above areas, and guaranteed Portugal's monopoly of the slave trade in Africa.

Monocultures and land poverty are the deeper and longer evil effects of sucrose plantations and slavery on the Americas. The planters set fire to open sugarcane fields, and the original dense forest was destroyed and aggravated soil erosion. In pursuit of higher yield, sugarcane fields were long under high load, which severely exhausted the fertility of life. The sugar industry replaced the land and labor that should be used for food production, resulting in the shortage of food supply and too dependent on imports, and high food prices; the original foundry industry and shipbuilding industry collapsed due to the lack of capital, labor and technology, and the ability of self-reliance and innovation was completely interrupted. The buyer can give orders, but the seller can only serve them. Trade should be balanced to ensure the freedom of the country. After the abolition of the Pratt Amendment, the United States signed a new reciprocal trade agreement, reducing the tariff on Cuban sugar from 1.5 cents to 0.90 cents, and Cuba also cut tariffs on nearly 500 American industrial products. The so-called "reciprocal agreement" deprived of the initiative in Cuba, strengthened the American monopoly in Cuba, at the expense of Cuban national manufacturing and economic diversification to ensure that the Cuban sugar with more favorable conditions to enter the us market, " Cuba is again closely together with the United States, make the island back to the depression before the dependent development mode [2]." In 1934, the United States Congress also issued a decree dividing the American sugar market by proportion, and Cuba had 28% of the sugar quota, which basically lasted until 1960. "It can be said that the essence of the Cuban economy is a primary product export economy that relies on one product (sucrose) and one market (the American market)."[3] The Cuban economy is heavily dependent on the sugar industry, foreign trade and the American market, passively participating in the operation of the world market, sucrose in the international market has become the driving force of Cuba's economic development, in the sweet trade. Cuba gains more from risk and turmoil than from independence, freedom and development.

## **2. Sweaters of sweetener—controlled by sweet desire and nutrition scam**

The changes in sucrose prices have set off waves in the world market and caused the great changes in the food industry.

In December 1974, the United States Congress decided to repeal the Sugar Law, ending the nearly 30-year sugar quota distribution system, and cheap sugar overseas flooded into the country,

meeting the needs of major candy and beverage manufacturers. But with the establishment of protective tariff barriers, the developing world, followed by a global surge and an influx of sugar producers. In 1975, when the sugar production was surplus and the price plummeted dramatically, to protect the American sugar producers, the United States government resumed the quota system in 1976.

When sucrose is hard to meet demand, finding alternatives is a priority. The subsidies for corn production during the Great Depression lasted for four decades, and corn production surged, and the development of hybridization technology took corn production to a higher level. With the oversupply of corn and the serious surplus, the US government adjusted its agricultural policy and replaced the leveling granary system with the production incentive bonus system, which successfully made a large amount of surplus corn into the market circulation. The large volume of cheap corn provides raw materials and business opportunities for the corn refining business, and the decline in corn prices also reduces the price of the refined corn product—high fructose corn syrup. Industrial sucrose users are eager for a global sugar market with stable prices and low prices, and corn refineries need many stable customers. The supply side and the demand side are accurately connected, opening a new era of sweeteners replacing sucrose.

The innate desire for sweetness meets the handy sweetness, and the glucose and fructose molecules in the blood release pleasant dopamine in the brain, thus gaining the strong satiety of the stomach and the dual satisfaction of the brain. High sugar intake brings about a short period of excitement, and to retain that excitement, people have a stronger urge to consume sugar. Excessive consumption of carbohydrate-rich sweeteners has created a bloated body and a soaring incidence of diabetes, forcing society to rethink sweeteners, a source of sweetness. The US national population obesity problem has created a new tax: the obesity tax. The fierce and rapid response from sweet people and corporate giants has forced the U.S. government to abandon the obesity tax. Under the campaign that soft drinks are the main cause of high obesity rates in Americans, especially children, the awareness of sugar control has gradually taken root. Coca-Cola takes "independence" as a weapon against the obesity tax proposal. When the calorie control committee against saccharin ban, Consumers International uses national advertising to urge consumers against government intervention, for the right of free food type, and free choice means a sweet instinct.

In the "fear of sugar such as tiger" but no sugar not happy market demand, low calories of sugar emerged, once produced will be greatly sought after. Today, under the banner of zero card zero sugar sweets, but the effect of sugar-free food is far lower than the advertising effect and consumer expectations. Nestle, together with processed food giant Coca-Cola, launched Enviga, a green tea beverage. It was launched in 2007, including green tea, caffeine and two artificial sweeteners, labeled "calorie burner." According to Nestle, people need nearly 180 cans to lose a pound, and some slow after drinking Enviga green tea.[4] Statistics show that while the consumption of calorie-free sweeteners rose by 150 percent between 1975 and 1984, edible sugar consumption also rose from 118.1 pounds to 126.8 pounds. Scientific studies have shown that artificial sweeteners give the body a hint of "sugar sufficiency", causing the body to release large amounts of insulin, turning more blood sugar into fat. At the same time, artificial sweeteners disrupt and slow the body's metabolism, burning calories even slower. Immersed in the fantasy of replacing sugar to help reduce their calorie intake, consumers unknowingly swallow more high-fructose corn syrup and sucrose.

The role of sugar substitute needs to be further studied, but the reality is that zero-sugar drinks and sugary drinks go hand in hand, and sugary drinks are still the mainstream of the consumer market. In this era of low calories, classic Coca-Cola is still the top selling product of Coca-Cola.

### 3. Eat dinner in a "fast food" way

The lower the price of sugar is, the more workers could consume sugar, and the more domestic sugar imports become. Sugar made from sucrose has become an integral part of the British diet. The drop in sugar prices has inspired more people to choose to incorporate sugar into their food and more new ways to eat sugar. Sugar-afternoon tea has become a daily drink, and even the poorest people could consume sweet tea. Sweet snacks, accompanied by bitter drinks, are consumed by almost every Briton day in and day out.

The enclosure movement left many rural workers without public land, firewood and woodland. As a result, the rural workforce gradually became an income-earning proletariat and, worse, lost the ability to produce food. When the population soared this century, food shortages, fuel and food prices soared, fresh meat, milk, butter, cheese, and vegetables became unaffordable for landless farmers who live on wages, and the icing on the cake was now a necessity to make a living. But this is not the root cause of poverty, but the result of poverty: in terms of satiety and psychological satisfaction, a pot of sweet hot tea is a delicious hot meal.

Food schedules are changed, and workers are taught to eat easier, faster foods that are not made by their families, and to consume more sugar. In food manufacturing and processing, major manufacturers compete to seek new methods to reduce the cost of raw materials and product prices, and processed food has become one of the few reliable choices for shoppers. Nestle spent \$2.6 billion in 2002, buying Hot Pocket (Hot Pocket), a "thawing microwave" sandwich. In its promotional material, Nestle describes Hot Pocket as "packaged sandwiches that make you feel delicious and relaxed! "One of the Hot Pocket flavors is: a three-layer cheese sausage pizza. An 8-ounce pizza contains 10 grams of saturated fat and 1,500 mg of sodium, a product with nearly six teaspoons of sugar, 600 calories, and enough preservatives to last up to 420 days." [5]

A key feature of the evolution of modern eating patterns is the willingness of workers to work harder to make more money and consume more products. In the high-intensity work mode, to match the work schedule, the diet schedule is changed, most sugar eaters become consumers of popular food rather than food cooks, and workers are taught to eat simple and fast food that is not cooked at home, while consuming more sugar.

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