1. **Long-Distance Trade and the Silk Roads Network**
   1. Trade Networks of the Hellenistic era
      1. The monsoon system
         1. Hellenistic mariners learned monsoon rhythms from Arab and Indian seamen
         2. The monsoon system linked India/Arabia and Egypt/Mediterranean basin
      2. Trade in the Hellenistic world
         1. Exchanges between India/Bactria in east and Mediterranean basin in west
         2. Besides various commodities, also slave trade
   2. The Silk Roads
      1. Trade routes
         1. Overland trade routes linked China to Roman empire
         2. Sea-lanes joined Asia and Mediterranean basin into one network
      2. Trade goods
         1. Silk and spices traveled west
         2. Central Asia produced large horses and jade, sold in China
         3. Roman empire provided glassware, jewelry, art works, perfumes, textiles
      3. The organization of long-distance trade
         1. Merchants of different regions handled long-distance trade in stages
         2. On the seas, long-distance trade was dominated by different empires
2. **Cultural and Biological Exchanges along the Silk Roads**
   1. The Spread of Buddhism and Hinduism
      1. Buddhism in central Asia
         1. First presented in oasis towns of central Asia along silk roads
         2. Further spread to steppelands
      2. Buddhism in China
         1. Foreign merchants as Buddhists in China, 1st century B.C.E.
         2. Popularity of monasteries and missionaries, 5th century C.E.
      3. Buddhism and Hinduism in Southeast Asia
         1. Merchants on silk roads (sea-lanes) were the agents
         2. Rulers referred to themselves as *rajas* ("kings")
         3. Adopted Sanskrit as written language
         4. Many rulers converted to Buddhism, others promoted Hindu cults
         5. Buddhist or Hindu advisors in government
   2. The Spread of Christianity
      1. Christianity in the Mediterranean basin
         1. Countless missionaries took Paul of Tarsus as their example
         2. Gregory the Wonderworker popularized Christianity in Anatolia
         3. Christian communities flourished in the Mediterranean basin
      2. Christianity in Southwest Asia
         1. Sizable communities in Mesopotamia and Iran, 2nd century C.E.
         2. Sizable number of converts in southwest Asia until the 7th century C.E.
         3. Their ascetic practices influenced Christian practices in the Roman empire
      3. The Nestorians
         1. A Christian sect developed in southwest Asia
         2. Nestorius emphasized the human nature of Jesus, 5th century C.E.
         3. Nestorian communities in central Asia, India, and China, 7th century C.E.
   3. The spread of Manichaeism
      1. Mani and Manichaeism
         1. Prophet Mani, a Zoroastrian, drew influence from Christianity and Buddhism
         2. Perceived a cosmic struggle between light and darkness, good and evil
         3. Offered means to achieve personal salvation
         4. Ascetic lifestyle and high ethical standards
         5. Differentiation between "the elect"and the "hearers"
      2. Spread of Manichaeism
         1. Attracted converts first in Mesopotamia and east Mediterranean region
         2. Special appeal to merchants as hearers
         3. Appeared in all large cities of Roman empire, 3rd century C.E.
      3. Persecutions
         1. The Sasanid rulers suppressed Mani's movement
         2. Roman authorities also persecuted Manichaeans
         3. Manichaeism survived in central Asia
   4. The Spread of Epidemic Disease
      1. Epidemic diseases
         1. Common epidemics in Rome and China: smallpox, measles, bubonic plague
         2. Roman empire: population dropped by a quarter from the 1st to 10th century C.E.
         3. China: population dropped by a quarter from the 1st to 7th century C.E.
      2. Effects of epidemic diseases
         1. Both Chinese and Roman economies contracted
         2. Small regional economies emerged
         3. Epidemics weakened Han and Roman empires
3. **The Fall of the Han Dynasty**
   1. Internal decay of the Han state
      1. Problems of factions and land distribution
      2. The Yellow Turban rebellion, 184 C.E.
      3. Collapse of the Han dynasty
         1. Generals usurped political authority, the emperor became a puppet
         2. By 220, generals abolished the Han and divided the empire into three kingdoms
         3. Nomadic peoples came in, China became even more divided
   2. Cultural Change in Post-Han China
      1. Sinicization of nomadic peoples
      2. Withering of Confucianism
         1. Confucianism failed to maintain order, became irrelevant
         2. More individuals turned to Daoism and Buddhism
         3. Daoism changed to a religion of salvation
      3. Popularity of Buddhism
         1. Buddhism received strong support from nomadic rulers
         2. Between the 4th and 6th centuries C.E., Buddhism became well established
4. **The Fall of the Roman Empire**
   1. Internal Decay in the Roman Empire
      1. The barracks emperors
         1. Between 235 and 284 C.E., generals frequently seized the throne
         2. Most barracks emperors died violently
         3. The sheer size of the empire became a problem of control
      2. The emperor Diocletian (284-305 C.E.)
         1. Divided the empire into two administrative districts
         2. A coemperor ruled each district with the aid of a powerful lieutenant
      3. The emperor Constantine
         1. Constantine seized power, claimed to be sole emperor
         2. Established a new capital city: Constantinople
   2. Germanic Invasions and the Fall of the Western Roman Empire
      1. Germanic migrations
         1. Migrated from northern Europe, lived in the eastern and northern parts of the empire
         2. Most notable were the Visigoths
            1. Settled as agriculturalists
            2. Adopted Roman law and Christianity
            3. Contributed soldiers to the Roman armies
         3. Roman authorities kept Germanic peoples on the borders as a buffer
      2. The Huns
         1. Under Attila, the Huns began expeditions from the mid-5th century C.E.
         2. Soon disappeared after the death of Attila in 453 C.E.
      3. The collapse of the western Roman empire
         1. Under the Huns' pressure, Germanic peoples streamed into the Roman empire
         2. Established settlements in Italy, Gaul, Spain, Britain, and north Africa
         3. Under Laric, the Visigoths sacked Rome in 410 C.E.
         4. Germanic general Odovacer deposed the Roman emperor, 476 C.E.
         5. Imperial authority survived in the eastern half of the empire
         6. Nomadic states in Spain, Gaul, Britain, and Italy
   3. Cultural Change in the Late Roman Empire
      1. Prominence of Christianity
         1. Constantine's edict of Milan, Christianity became a legitimate religion, 313 C.E.
         2. Emperor Theodosius proclaimed Christianity the official religion, 380 C.E.
         3. St. Augustine harmonized Christianity with Platonic thought
      2. The institutional church
         1. Conflicting doctrines and practices among early Christians
         2. Established standardized hierarchy of church officials
         3. The bishop of Rome, known as the pope, became spiritual leader
         4. Roman empire collapsed, Christianity served as a cultural foundation