

Subject □ Junior Cycle History
Teacher □ Niall Lenehan

LESSON 3
The Roman Empire

Learning Outcome 3.1

Investigate the lives of people in one ancient or medieval civilization of their choosing, explaining how the actions and/or achievements of that civilization contributed to the history of Europe and/or the wider world.

Learning Intentions

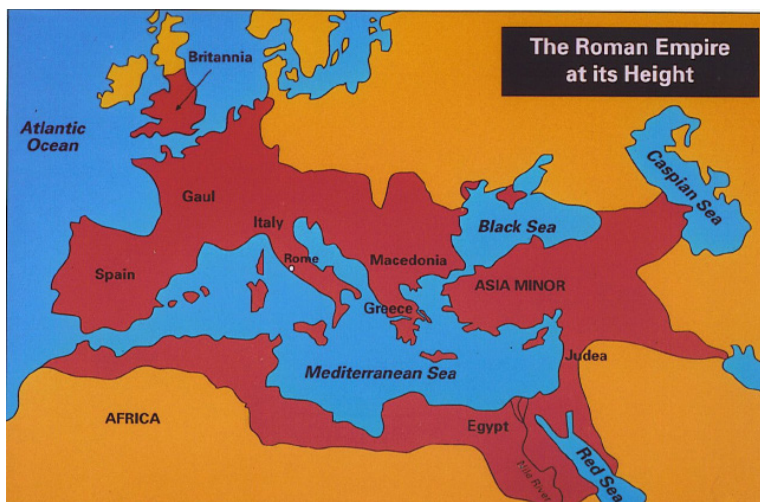
1. How the Roman empire began
2. The daily lives of Roman people
3. How the Romans contributed to the world we live in today.
4. The spread of Christianity throughout the Roman Empire.

Key words - Define these

- ♦ Cena
- ♦ Patrician
- ♦ Plebian
- ♦ Domus
- ♦ Romulus and Remus
- ♦ Tiber
- ♦ Amphitheatre
- ♦ Roman Bath

The Story of Rome

- ♦ The Story of Rome began in the **8th century BC**
- ♦ By 250BC. Rome expanded and conquered all of Italy.
- ♦ Rome controlled Italy and all the land around the Mediterranean Sea. We call this area the Roman Empire.
- ♦ The Roman Empire included most of **Western Europe** and stretched from the **middle East across North Africa.**
- ♦ It's power lasted over 1000 years until AD 500.



Map of the Roman Empire (Red Areas)

How do we know about the Roman Empire?

Primary Sources- First-hand account or evidence directly from the past.

- Ancient ruins such as **Pompeii** and **Herculaneum**.
- History of ancient Rome written by Roman historian **Titus Livus (Livy)**.



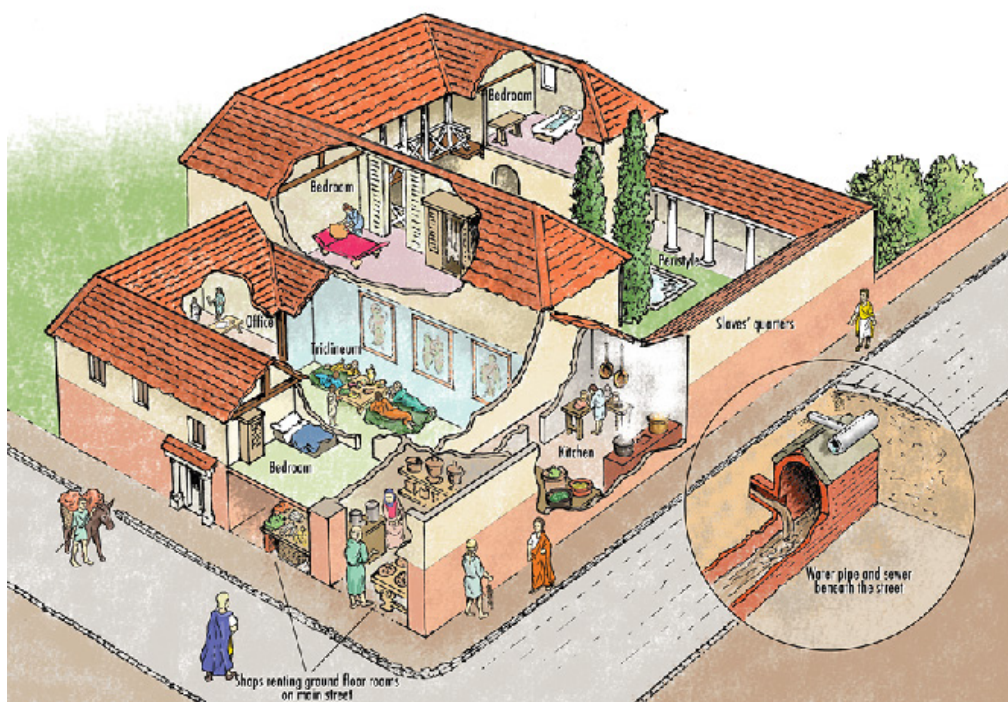
What happened at Pompeii and Herculaneum?

- On August 24, 79 CE, a huge eruption from Mount Vesuvius showered volcanic debris over the city of Pompeii.
- The next day, clouds of blisteringly hot gases fell on the city.
- Buildings were destroyed, the population was crushed or suffocated, and the city was buried beneath a blanket of ash and rock.
- The ash preserved the city which was discovered by archaeologists in the 1700's.
- The city was 'frozen in time.'



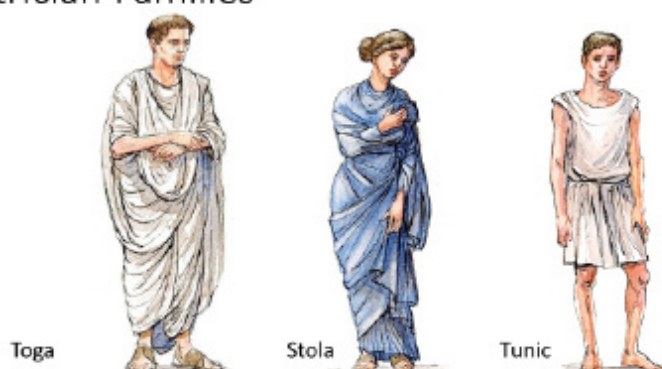
Roman lives - The Patrician

- The **patricians** were rich landowners.
- They were wealthy and powerful Romans.
- Patricians lived in private houses called a **domus**.
- Some also lived in big country houses called a **villa**.
- Domus looked plain from the outside.
- Shops often occupied the front of the house.



The Domus

Patrician Families



Patrician Mealtimes

- ♦ Patrician families ate extremely well. They had two meals a day. Evening meal was their main meal (**cena**).
- ♦ **Breakfast:**
- ♦ Bread, Fruit & cheese
- ♦ **Dinner (cena):**
- ♦ *Starter - stuffed olives, oysters, dormice*
- ♦ *Main - pig, boars head, ostrich, lobster*
- ♦ *Desert - honey cakes, dates, grapes.*
- ♦ Meals were **served by slaves**.



Roman lives - The Plebian

- ♦ The plebeians were ordinary workers and farmers.
- ♦ They often produced and sold bread, clothing or footwear.
- ♦ They lived in apartment blocks called insulae.
- ♦ Poorer families lived up high and the better-off families lived at shop level.
- ♦ They lived in very bad conditions with no toilets.
- ♦ Fire was a constant risk as they were made of wood.



Insulae

Plebian Mealtimes

- Poor people ate simple meals such as:

Lentil & barley soup.

Meat stewed in vinegar

Roman government gave free grain to very poor people. Known as a **Dole**.

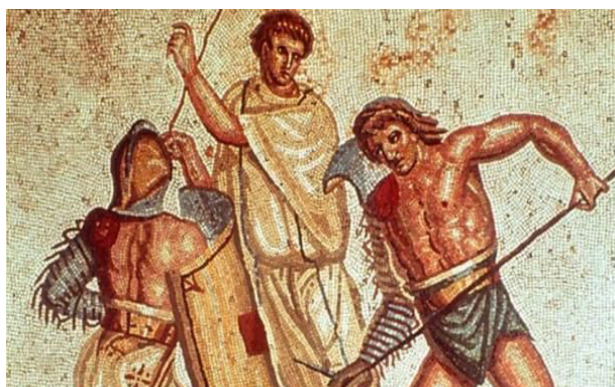
Roman Slaves

- 20% of Roman population were slaves.
- Owned by Roman citizens.
- Bought and sold at markets.
- Slaves were often taken from other countries or captured in battle.
- Were often child carers, doctors, teachers and cooks.
- **Manumission** - ceremony celebrating the freedom of a slave.



Roman Slaves - Spartacus

- Spartacus was a Roman slave who led a **rebellion against his captors**.
- Because of his size and strength, he was sent to become a **gladiator** in Naples.
- In 73 BC, he and other slaves **rebelled against their masters**.
- Thousands of slaves joined Spartacus – **Eventually there were 90,000**.
- It took four different Roman legions to eventually defeat Spartacus and his slave army.
- Spartacus inspired many revolts throughout history.



The Spartacus Revolt

Entertainment

Gladiator contests in the Colosseum

- Gladiator fights took place in the Colosseum.
- The stadium held up to 60,000 spectators.
- There were special seats for the patricians and the emperor.



Roman Baths

- ♦ Most Roman cities had public baths.
- ♦ warm room (tepidarium), hot room (frigidarium) & cold room (caldarium).
- ♦ Men and women bathed separately.
- ♦ Included bars, restaurants, library and a gym.
- ♦ The town of 'Bath' in England has one of the best-preserved baths in the world.



Chariot Racing at Circus Maximus

- ♦ Chariot races were held at Circus Maximus.
- ♦ It could 250,000 people.
- ♦ It was the most popular sport in ancient Rome.



Roman Women

- The role of woman – Take care of children, husband & home.
- Rich women only worked at spinning / weaving.
- Poorer women worked at the markets, shops & baths.
- Women were encouraged to have **large** families.
- Some women married as young as 12 years of age.



Julius Caesar – Roman Army Commander

- Born in 100BC joined the army as a soldier and officer. Roman people worshiped Caesar.
- Went to Spain as governor and subdued warring tribes.
- He conquered Belgium and invaded the UK.
- He reformed the calendar to have 365 days a year instead of 355.
- He was assassinated by the Roman senate as they feared his growing power would mean the senate would be abolished.
- His death led to a civil war which replaced the Roman Republic with the Roman empire.



Revision exercise 3.1

- Q1. When did the Roman empire begin? When did the Roman empire end?
- Q2. What happened at Pompeii and Herculaneum? How has this helped historians learn about the Roman empire?
- Q3. What did Patricians eat for their main meal?
- Q4. What did Plebians eat?
- Q5. Name three things that Romans did for entertainment.
- Q6. What was the role of a Roman woman?

The Roman Army

- The Roman Army was made up of **legions** of up to **4,000 soldiers**.
- Each legion was broken up into smaller groups of **100 soldiers called centuries**.
- They lived in barracks under strict discipline – If they broke the rules, 1 in every 10 soldier was killed.
- Roman soldiers **did not wear armor** on their back.
- They had to complete a **30-km road march** three times a month.
- They were given a plot of land upon retirement but had to serve for **20–25 years**.



The Roman army

Crime and Punishment in Ancient Rome

Written law – **Twelve tables:**

This was the foundation of Roman law.

- Laws made by Emperor and Senate.
- Soldiers enforced the law.
- Punishment depended on your **position in society**.
- The Romans designed their punishments to **discourage potential criminals**.
- **Whipping and fines** were the most common punishments.
- **Wooden shoes** were sometimes placed on the feet of prisoners, making escape difficult.
- An enslaved person could be forced to carry a piece of wood around their neck that stated their crime.
- For very serious crimes you could be killed by crucifixion, thrown from a cliff, into a river or even buried alive.
- **Crucifixion** was saved for serious crimes such as revolts against the empire.



Health and medicine in Ancient Rome

- **Galen** – Famous roman doctor, he made many medical discoveries but also made some mistakes.
- **Four humours:** 4 bodily fluids (yellow bile, black bile, blood & phlegm)
- If all fluids were the correct amount a person would be healthy.
- Too much or Too little would cause sickness.



Galen

Blood Letting: Draining 'bad blood' out of the body as doctors believed this is what caused illnesses.

Religion in Ancient Rome

- The Romans were tolerant of most religions.
- Most Romans believed in **Greek and Roman Mythology**.
- They worshipped many gods.

Greek	Roman	Role
Hera	Juno	Chief Goddess - marriage
Aphrodite	Venus	Goddess of beauty
Artemis	Diana	Goddess of hunting
Athena	Minerva	Goddess of wisdom
Demeter	Ceres	Goddess of the harvest, nature
Hestia	Vesta	Goddess of the hearth
Zeus	Jupiter	Chief God - sky and air
Apollon	Apollo	God of poetry, music, Sun
Ares	Mars	God of war
Hephaistos	Vulcan	God of blacksmiths
Hermes	Mercury	Messenger of the gods
Poseidon	Neptune	God of the sea

- When Christianity arrived, many Romans saw it as a threat.
- The first Christians were persecuted.
- Christianity was legalized by emperor **Constantine** (313AD).
- **Bishop of Rome** became the leader of the Catholic Church.

The Achievements of Ancient Rome

- **Latin** - influenced many modern languages, i.e. English, French, Spanish.
- **Christianity** - The origins of Christianity are in Rome. Rome is still the centre of the Catholic Church.
- **Roads** - built wonderful roads that can still be seen to this day.



Roman Words	English Words
Aqua (water)	Aquarium
Semi (half)	Semi-final
Sub (under, below)	Submarine
Super (above)	Superior
Trans (across)	Transport

- ♦ **Building and architecture** - used large columns and arches. Many important buildings have since been built using this style.
- ♦ The Romans set up **sewerage systems** in their towns.
- ♦ Many Roman homes had **running water**. This was transported from a water source using aqueducts.
- ♦ **Central heating** - designed the first system of underfloor heating.
- ♦ **Shopping centres** - Trajan's Forum is regarded as being the first shopping centre in the world.



3.3 Homework correction

Imagine you are an archaeologist excavating a site in your local area. Write an account of how you would find and excavate the site.

Answer:

I am an archaeologist. I excavate objects of interest from underground and sometimes from underwater. The place where I dig is called a site. Sites can also be found by examining aerial photographs or from listening to old legends. Upon arrival at the site, the archaeologist must plan the excavation very carefully. A survey of the site is made. We may use old maps, metal detectors and field walking to survey the site. When we begin our work, tools such as brushes, shovels, trowels and sieves are used. We must be careful not to damage objects we find. Objects that are found are called artefacts and these might include bones, pottery, weapons or jewellery. Everything is photographed and each artefact is carefully labelled and then sent to a laboratory. The exact age of artefacts can be determined by a scientific method called carbon dating. When archaeologists find human bones, these can also be analysed to determine age, cause of death and the health of that person when he or she was living. Many artefacts finally end up in museums where members of the public can go to view them. Historians use the information given to them by archaeologists in order to create a better picture of what life was like in pre-historic times.