

The Ways of Roman Life

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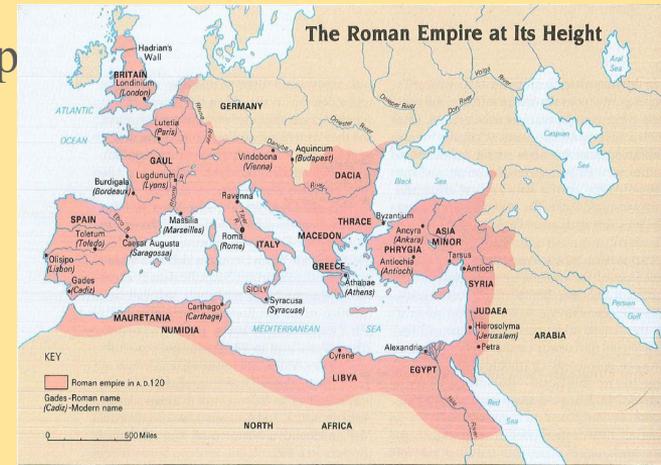
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Honorbound

The Roman Empire

- The Roman Empire was a very big state conquered by the emperors of Rome.
- It covered land from Britain to the Middle East, also covering parts of North Africa such as Egypt.
- The Empire was started in 642-617 B.C. when Marcius started expanding.
- The Empire expanded with each emperors rule, pushing the edge of territory farther and farther.
- Many of the territories captured were made provinces and were appointed Roman governors to watch over them.
- The total population of the Roman empire added up in between 50 and 90 million individuals.

- After the death of Julius Caesar, his nephew Augustus Caesar took over, marking the start Of the decline of the empire.

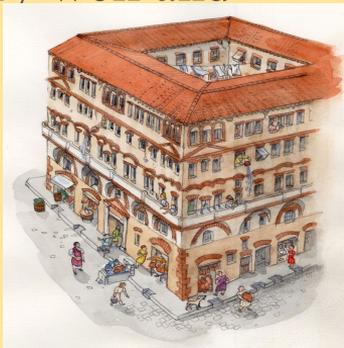


The Government in Rome

- In Roman government, at the top there were two people appointed by popular assembly, called the consuls. They each served one year, but could run again later.
- Next was the Senate. The Senate did not have much legislative power. They usually served for life, and were unpaid. They controlled policies and finances.
- Below the Senate were the assemblies. There were many assemblies, different ones consisting of plebians (lower class commonfolk) and patricians (upper class common folk).
- The tribunes were people in various offices of the government. There were tribunes in charge of the military and also tribunes in charge of the plebeians. The tribunes also kept the popular assembly.

Citizens of Rome

- Many Roman citizens were poor, working jobs as unskilled laborers.
- The wealthy residents would live in villas on the outskirts of the city, usually owning many slaves to work the farm and do everyday chores.
- If the rich lived in the city their homes were most likely private villas, a bit smaller than the country homes.
- Common citizens would often live in the city, living in cramped apartments called insulae.
- Insulae were small apartments with two to three rooms, and they usually were stacked on top of each other. They were usually not made very well and were flammable.



Types of Jobs

- In Rome there was a wide variety of jobs.
- Some of the jobs in the empire are:
- Farmers- worked outside the city and lived in the countryside
- Soldier- people who were soldiers were usually lower class looking for money
- Merchants- merchants often travelled around the empire
- Craftsmen- they made many things such as dinnerware and weapons
- Other jobs included things like lawyers, government officials, entertainers (gladiators, dancers, musicians, etc.), engineers, and philosophers.
- Many of these jobs were in the city and did not pay much.



Types of Togas/Clothing



- Toga Pura- Toga worn by ordinary citizens, this is made of undyed wool.
- Toga Praetexta- Worn by people born free of bondage, this has a woven red and purple border. The people who wore these usually switched to toga pura at the end of adolescence and the beginning of adulthood, around ages 17-20.
- Toga Picta- This toga was worn by generals after victory in battle, the toga being embroidered with designs and images. Emperors would wear this toga, but dye it purple.
- Toga Pulla- This was a darker robe, worn during a mourning period.
- Toga Candida- This robe was worn by someone running for office, and it was a toga pura made whiter by the action of rubbing it with chalk.
- Toga Trabea- This toga was reserved for the upper class, and it had a purple or saffron stripe.

Food

- In Rome many people had light breakfasts, usually consisting of bread and water.
- Lunch was also light and kind of uncommon.
- Dinner was a heavy meal, consisting of bread, beans, vegetables, fish, fruit, and cheese.
- Meats were served in the main course.
- The rich usually also ate honey, eggs, and milk.
- Desserts were made of fruits, baked goods, and fresh nuts.
- Drinks were usually wine and water.

Resources

<https://www.history.com/news/ancient-roman-empire-map-julius-caesar-conquests>

<https://www.worldatlas.com/articles/when-did-the-roman-empire-fall.html>

<https://www.thoughtco.com/six-types-of-toga-in-ancient-rome-117805>

<https://www.worldhistory.org/Tribune/>

https://www.worldhistory.org/Roman_Government/

https://www.ducksters.com/history/ancient_rome_food_daily_life.php

<https://romanfood.org/>