

Roman Life

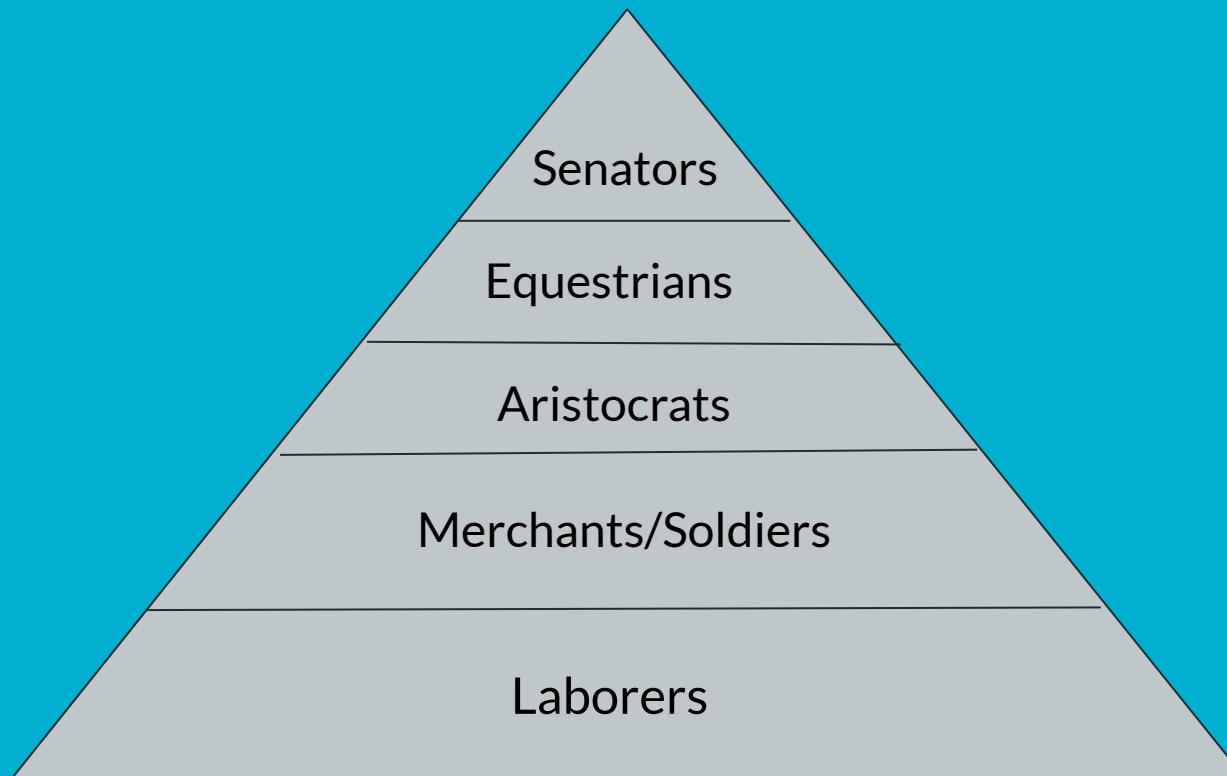
Julius Caesar Style

100-44 BCE

Social Structure

Ancient Roman social structure was centered around men. A woman's social standing was defined by her father or her husband. Woman took care of the home and children. They could not vote and did not have any real independence. Men made all of the decisions for his family. Men were allowed to vote during the time of the Roman Republic. Men would belong to one the following social classes based on their family history: Senators, Equestrians, Aristocrats, Merchants/Soldiers, or Laborers. A man's social class directed everything else in his life from what foods he ate to what type of education he could receive. Social class was extremely important in ancient Roman society.

Social Structure

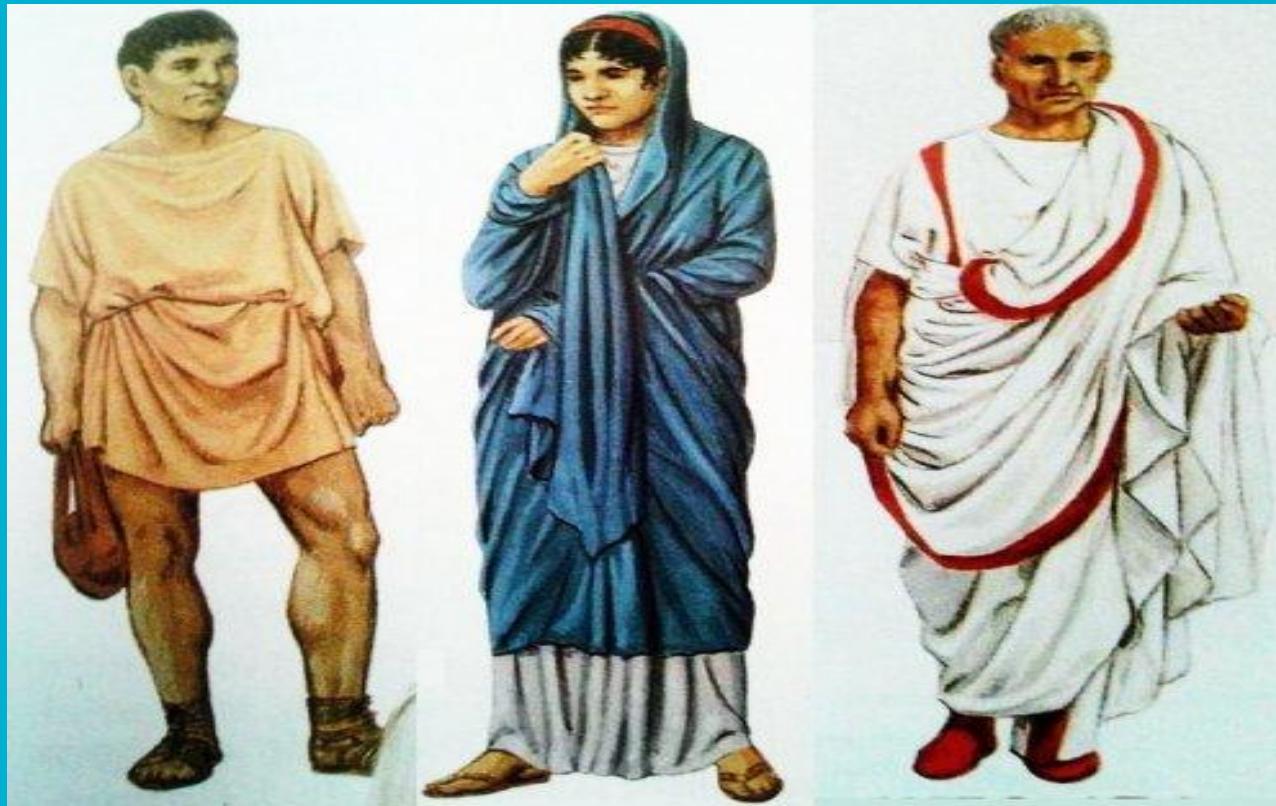


Clothing

Men typically wore togas and sandals made of leather. The color of the sandals would indicate the social class of the men. Red sandals belonged to aristocrats. Black sandals meant you were a senator and hobnails on the sandals indicated a soldier. Lower class men usually did not wear shoes. They did not wear socks.

Women originally wore togas, but after the 2nd century BCE, only men wore togas. Women wore stolas and pallas. A stola is a long, pleated dress with or without sleeves and a palla is a cloak. The stolas were made in different colors and decorations were added to indicate social class or wealth. The more detailed and decorated the stola, the higher the social class of the woman wearing it.

Togas & Stolas



Religion

Ancient Romans were polytheistic. They believed in many Gods. Greek mythology and Gods greatly influenced the Romans. Each household typically had a shrine where the family members prayed daily. The Roman calendar was even structured around religious activities. Priests, or pontiffs, during this time were only of the elite social classes. Many elected officials were also priests. Julius Caesar held the title "Pontifex Maximus", meaning greatest priest and the highest and most important position in ancient Roman religion. Priests were responsible for performing religious rituals to keep the Gods happy.

Priests



Food

Ancient Romans typically ate breakfast, lunch and dinner that consisted of bread, vegetables, olives, cheese, fruits, nuts, honey and meats. They ate together as a family in dining rooms containing dining couches. They ate with their fingers. They drank wine mixed with water with their meals.

Food habits varied in accordance with your social class. Higher social class families had more foods to choose from, while lower social class families usually just had meat and bread. All social classes drank wine, as it was cheap and always mixed with water.

Typical Roman Meal



Education

Education outside the home was mostly reserved for males. Around the age of 6 years old, boys were allowed to go to school. They went for 6-7 years. Teachers were called Magistrates and they were men. Males first learned reading, counting and writing. As they got older, they would learn Latin, Greek, literature and grammar. Learning to be a good public speaker was very important in ancient Rome. Education was not free. Poor children were not allowed to go to school. Very few wealthy females were allowed to attend school. Girls were taught at home by their mothers to weave and sew.

Roman Weaving



Entertainment

Ancient Romans watched chariot races at the *Circus Maximus*. The *Circus Maximus* was a large stadium built between the Aventine and Palatine hills of Rome. It was about 2,000 feet long and almost 400 feet wide. It could hold 150,000 people. The *Circus Maximus* also had Roman religious festivals to appease the Gods. It is now a public park.

Ancient Romans also participated in sports like wrestling, swimming, fishing, hunting. Only men were allowed to play sports. Women did not participate in any of these sports.

The famous *Coloseum* that had gladiator and animal fights was not completed until 80 AD, so Julius Caesar never saw a fight there.

Circus Maximus



Julius Caesar

