

## Chapter 1 : A Day in the Life of Ancient Rome by Alberto Angela

*History >> Ancient Rome. A Typical Day A typical Roman day would start off with a light breakfast and then off to work. Work would end in the early afternoon when many Romans would take a quick trip to the baths to bathe and socialize.*

Visit Website Did you know? The magistrates, though elected by the people, were drawn largely from the Senate, which was dominated by the patricians, or the descendants of the original senators from the time of Romulus. Politics in the early republic was marked by the long struggle between patricians and plebeians the common people , who eventually attained some political power through years of concessions from patricians, including their own political bodies, the tribunes, which could initiate or veto legislation. The Roman forum was more than just home to their Senate. These laws included issues of legal procedure, civil rights and property rights and provided the basis for all future Roman civil law. By around B. Military Expansion During the early republic, the Roman state grew exponentially in both size and power. Though the Gauls sacked and burned Rome in B. Rome then fought a series of wars known as the Punic Wars with Carthage, a powerful city-state in northern Africa. In the Third Punic War â€” B. At the same time, Rome also spread its influence east, defeating King Philip V of Macedonia in the Macedonian Wars and turning his kingdom into another Roman province. The first Roman literature appeared around B. The gap between rich and poor widened as wealthy landowners drove small farmers from public land, while access to government was increasingly limited to the more privileged classes. Attempts to address these social problems, such as the reform movements of Tiberius and Gaius Gracchus in B. Gaius Marius, a commoner whose military prowess elevated him to the position of consul for the first of six terms in B. After Sulla retired, one of his former supporters, Pompey, briefly served as consul before waging successful military campaigns against pirates in the Mediterranean and the forces of Mithridates in Asia. During this same period, Marcus Tullius Cicero , elected consul in 63 B. After earning military glory in Spain, Caesar returned to Rome to vie for the consulship in 59 B. From his alliance with Pompey and Crassus, Caesar received the governorship of three wealthy provinces in Gaul beginning in 58 B. With old-style Roman politics in disorder, Pompey stepped in as sole consul in 53 B. With Octavian leading the western provinces, Antony the east, and Lepidus Africa, tensions developed by 36 B. In the wake of this devastating defeat, Antony and Cleopatra committed suicide. He instituted various social reforms, won numerous military victories and allowed Roman literature, art, architecture and religion to flourish. Augustus ruled for 56 years, supported by his great army and by a growing cult of devotion to the emperor. When he died, the Senate elevated Augustus to the status of a god, beginning a long-running tradition of deification for popular emperors. The line ended with Nero , whose excesses drained the Roman treasury and led to his downfall and eventual suicide. The reign of Nerva , who was selected by the Senate to succeed Domitian, began another golden age in Roman history, during which four emperorsâ€”Trajan, Hadrian, Antoninus Pius, and Marcus Aureliusâ€”took the throne peacefully, succeeding one another by adoption, as opposed to hereditary succession. Under Antoninus Pius , Rome continued in peace and prosperity, but the reign of Marcus Aurelius â€” was dominated by conflict, including war against Parthia and Armenia and the invasion of Germanic tribes from the north. When Marcus fell ill and died near the battlefield at Vindobona Vienna , he broke with the tradition of non-hereditary succession and named his year-old son Commodus as his successor. Decline and Disintegration The decadence and incompetence of Commodus brought the golden age of the Roman emperors to a disappointing end. His death at the hands of his own ministers sparked another period of civil war , from which Lucius Septimius Severus emerged victorious. During the third century Rome suffered from a cycle of near-constant conflict. A total of 22 emperors took the throne, many of them meeting violent ends at the hands of the same soldiers who had propelled them to power. Meanwhile, threats from outside plagued the empire and depleted its riches, including continuing aggression from Germans and Parthians and raids by the Goths over the Aegean Sea. The reign of Diocletian temporarily restored peace and prosperity in Rome, but at a high cost to the unity of the empire. Diocletian divided power into the so-called tetrarchy rule of four , sharing his title of Augustus emperor with Maximian. A pair of generals, Galerius and Constantius, were appointed as the assistants and chosen successors of

Diocletian and Maximian; Diocletian and Galerius ruled the eastern Roman Empire, while Maximian and Constantius took power in the west. The stability of this system suffered greatly after Diocletian and Maximian retired from office. Constantine the son of Constantius emerged from the ensuing power struggles as sole emperor of a reunified Rome in 312. He moved the Roman capital to the Greek city of Byzantium, which he renamed Constantinople. Roman unity under Constantine proved illusory, and 30 years after his death the eastern and western empires were again divided. Despite its continuing battle against Persian forces, the eastern Roman Empire—later known as the Byzantine Empire—would remain largely intact for centuries to come. Rome eventually collapsed under the weight of its own bloated empire, losing its provinces one by one: Britain around 410; Spain and northern Africa by 455; Gaul and Italy around 476, further shaking the foundations of the empire. Start your free trial today.

### Chapter 2 : Rome in a Day Sightseeing Monument Tour - City Wonders

*Rich in atmosphere and historical information, A Day in Ancient Rome is a voyage into a world both distant to us in time and surprisingly near in its habits, mores, and passions.*

**A Typical Day in Ancient Rome** The ancient Romans started their day with breakfast. The lower class Romans plebeians might have a breakfast of bread, dry or dipped in wine, and water. Sometimes olives, cheese, or raisins were sprinkled on the bread. In 1AD, it became the custom to distribute bread daily to the unemployed. Workmen, on their way to work, grabbed some bread, and ate it on the way. The upper class Romans patricians enjoyed fresh meat, fish, fruits, vegetables, bread, and used honey to sweeten food. They had slaves to cook and clean. A wet towel was handy or brought by slaves to tidy up after a meal. Early in the morning, schoolboys, on the run, often stopped at a bakery for a quick meal, or to buy a pancake to eat on their way to school. Then, they got dressed to go out. It looked like a white sheet 9 yards long. Togas were arranged very carefully, in a stylish way. Togas fell out of style rather early. The toga was inconvenient, and people felt the cold when they wore it. To get anyone to wear them, even very early emperors had to legislate the wearing of togas by at least senators. Eventually, the emperors gave up. The Romans switched to comfortable tunics, which looked like long tee shirts. They were far more practical. Tunics were made of cool linen, for summer wear, and warm wool, for winter wear. Sometimes, they wore trouserlike affairs. Scale armour shines a little, but not much. And, they made leather armour, with the metal on the inside, or at least under the leather, probably again on a backing of linen, to make three layers. So, although the ancient Romans loved the ornate and glittery, their armour most probably did not shine! Roman Men Rings were the only jewellery worn by Roman citizen men, and good manners dictated only one ring. Of course, some men did not follow "good taste", and wore as many as sixteen rings. Hairstyles and beards varied with the times. In early Roman times, men wore long hair and full beards. For a while, they were clean-shaven with short hair. About 1AD, they had started to style their hair and wear beards again. Roman Women Women enjoyed gazing at themselves in mirrors of highly polished metal not glass. The ancient Roman women loved ornate necklaces, pins, earrings, bracelets and friendship rings. Women often dyed their hair, usually golden-red. They used false hairpieces to make their hair thicker or longer. Sometimes, Roman women wore their hair up, in carefully arranged styles, held with jewelled hairpins. Sometimes they wore it down, curled in ringlets. Parasols were used, or women might carry fans made of peacock feathers, wood or stretched linen. In the house, most Romans men and women wore sandals. Some were even decorated with pearls. Roman Boys Boys wore a tunic down to their knees. It was white, with a crimson border. Once a boy became a man, he put aside his childish clothes, and wore an all-white tunic. A boy became a citizen at age 16 or The year was selected by choosing the date which came closest to March 17th. Coming of age, becoming a citizen, was quite a celebration. The day ended with a dinner party, given by the father, in honour of the new Roman citizen. Roman Girls Girls wore a simple tunic with a belt at the waist. When they went outside, they wore a second tunic that reached their feet. Bulla Children wore a special locket around their neck, given to them at birth, called a bulla. It contained an amulet as a protection against evil and was worn on a chain, cord, or strap. Girls wore their bulla until the eve of their wedding day, when their bulla was set aside with other childhood things, like her toys. Boys wore their bulla until they day they became a citizen. For example, if he became a successful general, and won the honour of triumph, he would wear his bulla in ceremonial parades, to protect him from the evil jealousy of men or gods. Once they got dressed, adults might wander down to the Forum, to do their shopping and banking. The Forum was the main marketplace and business centre, where the ancient Romans went to do their banking, trading, shopping, and marketing. It was also a place for public speaking. The ancient Romans were great orators. They loved to talk although not nearly as much as the ancient Greeks! The job of their orators was not to argue, but to argue persuasively! People thronging the Forum would stop and listen, then wander away to do their shopping, and perhaps leave a gift at a temple for one of their gods. The Forum was also used for festivals and religious ceremonies. It was a very busy place. School The goal of education in ancient Rome was to be an effective speaker. The school day began before sunrise, as did all work in Rome. Kids brought

candles to use until daybreak. There was a rest for lunch and the afternoon siesta, and then back to school until late afternoon. No one knows how long the school year actually was; it probably varied from school to school. However, one thing was fixed. School began each year on the 24th of March! If his father could read and write, he taught his son to do the same. The father instructed his sons in Roman law, history, customs, and physical training, to prepare for war. Reverence for the gods, respect for law, obedience to authority, and truthfulness were the most important lessons to be taught. Girls were taught by their mother. Girls learned to spin, weave, and sew. About BC, the Romans borrowed some of the ancient Greek system of education. The children studied reading, writing, and counting. They read scrolls and books. They wrote on boards covered with wax, and used pebbles to do math problems. They were taught Roman numerals, and recited lessons they had memorised. At age 12 or 13, the boys of the upper classes attended "grammar" school, where they studied Latin, Greek, grammar, and literature. At age 16, some boys went on to study public speaking at the rhetoric school, to prepare for a life as an orator. Did the kids of the poor go to school? At the poorer levels, no. School was not free. Nor should anyone imagine large classes in special buildings. Children, educated outside of the home, were sent to the house of a tutor, who would group-tutor. Children, educated in the home, were taught by intelligent and gifted slaves. Children, in poorer homes, did not have slaves to teach them; they were taught by their parents, as they were in early Roman days.

**Baths** The ancient Romans might hit the baths first, and then wander down to the Forum, although many did prefer to get their shopping done early. In all but the largest baths, there were separate hours for men and women. Large baths had duplicate facilities. The Public Baths were extremely popular. Roman women and men tried to visit the baths at least once every day. The baths had hot and cold pools, towels, slaves to wait on you, steam rooms, saunas, exercise rooms, and hair cutting salons. They had reading rooms and libraries, as among the freeborn, who had the right to frequent baths, the majority could read. They even had stores, selling all kinds of things, and people who sold fast food. The baths were arranged rather like a very large mall, with bathing pools. The baths were packed. The people loved them.

**Chapter 3 : Roman Daily Life - Ancient Roman People for Kids**

*This is a fun history book depicting a typical day in ancient Rome. Instead of chapter numbers, you have hours - " a.m. - The Master Awakes," " - Arrival at the Roman Forum," etc. Alberto Angela acts as your guide, leading you on a tour of the city.*

Carthage was a rich, flourishing Phoenician city-state that intended to dominate the Mediterranean area. After the Carthaginian intercession, Messana asked Rome to expel the Carthaginians. Rome entered this war because Syracuse and Messana were too close to the newly conquered Greek cities of Southern Italy and Carthage was now able to make an offensive through Roman territory; along with this, Rome could extend its domain over Sicily. Carthage was a maritime power, and the Roman lack of ships and naval experience would make the path to the victory a long and difficult one for the Roman Republic. Despite this, after more than 20 years of war, Rome defeated Carthage and a peace treaty was signed. Among the reasons for the Second Punic War [36] was the subsequent war reparations Carthage acquiesced to at the end of the First Punic War. Rome fought this war simultaneously with the First Macedonian War. The war began with the audacious invasion of Hispania by Hannibal, the Carthaginian general who had led operations on Sicily in the First Punic War. At great cost, Rome had made significant gains: More than a half century after these events, Carthage was humiliated and Rome was no more concerned about the African menace. However, Carthage, after having paid the war indemnity, felt that its commitments and submission to Rome had ceased, a vision not shared by the Roman Senate. Ambassadors were sent to Carthage, among them was Marcus Porcius Cato , who after seeing that Carthage could make a comeback and regain its importance, ended all his speeches, no matter what the subject was, by saying: Carthage resisted well at the first strike, with the participation of all the inhabitants of the city. However, Carthage could not withstand the attack of Scipio Aemilianus , who entirely destroyed the city and its walls, enslaved and sold all the citizens and gained control of that region, which became the province of Africa. Thus ended the Punic War period. At this time Rome was a consolidated empire " in the military view " and had no major enemies. Gaius Marius , a Roman general and politician who dramatically reformed the Roman military Foreign dominance led to internal strife. Violent gangs of the urban unemployed, controlled by rival Senators, intimidated the electorate through violence. The situation came to a head in the late 2nd century BC under the Gracchi brothers, a pair of tribunes who attempted to pass land reform legislation that would redistribute the major patrician landholdings among the plebeians. Marius then started his military reform: At this time, Marius began his quarrel with Lucius Cornelius Sulla: Marius, who wanted to capture Jugurtha, asked Bocchus , son-in-law of Jugurtha, to hand him over. As Marius failed, Sulla, a general of Marius at that time, in a dangerous enterprise, went himself to Bocchus and convinced Bocchus to hand Jugurtha over to him. This was very provocative to Marius, since many of his enemies were encouraging Sulla to oppose Marius. The reformist Marcus Livius Drusus supported their legal process but was assassinated, and the *socii* revolted against the Romans in the Social War. At one point both consuls were killed; Marius was appointed to command the army together with Lucius Julius Caesar and Sulla. To consolidate his own power, Sulla conducted a surprising and illegal action: He seized power along with the consul Lucius Cornelius Cinna and killed the other consul, Gnaeus Octavius , achieving his seventh consulship. Sulla after returning from his Eastern campaigns, had a free path to reestablish his own power. Sulla also held two dictatorships and one more consulship, which began the crisis and decline of Roman Republic. Please help improve this article by adding citations to reliable sources. Unsourced material may be challenged and removed. Political divisions in Rome became identified with two groupings, *populares* who hoped for the support of the people and *optimates* the "best", who wanted to maintain exclusive aristocratic control. Sulla overthrew all populist leaders and his constitutional reforms removed powers such as those of the tribune of the plebs that had supported populist approaches. Meanwhile, social and economic stresses continued to build; Rome had become a metropolis with a super-rich aristocracy, debt-ridden aspirants, and a large proletariat often of impoverished farmers. The latter groups supported the Catilinarian conspiracy " a resounding failure, since the consul Marcus Tullius Cicero quickly arrested and executed the main leaders of

the conspiracy. Onto this turbulent scene emerged Gaius Julius Caesar, from an aristocratic family of limited wealth. To achieve power, Caesar reconciled the two most powerful men in Rome: He formed them into a new informal alliance including himself, the First Triumvirate "three men". This satisfied the interests of all three: Crassus, the richest man in Rome, became richer and ultimately achieved high military command; Pompey exerted more influence in the Senate; and Caesar obtained the consulship and military command in Gaul. Crassus had acted as mediator between Caesar and Pompey, and, without him, the two generals manoeuvred against each other for power. Caesar conquered Gaul, obtaining immense wealth, respect in Rome and the loyalty of battle-hardened legions. He also became a clear menace to Pompey and was loathed by many optimates. Pompey and his party fled from Italy, pursued by Caesar. Caesar was now pre-eminent over Rome, attracting the bitter enmity of many aristocrats. He was granted many offices and honours. In just five years, he held four consulships, two ordinary dictatorships, and two special dictatorships: Soon afterward, Octavius, whom Caesar adopted through his will, arrived in Rome. Octavian historians regard Octavius as Octavian due to the Roman naming conventions tried to align himself with the Caesarian faction. This alliance would last for five years. Upon its formation, 300 senators were executed, and their property was confiscated, due to their supposed support for the Liberatores. The Second Triumvirate was marked by the proscriptions of many senators and equites: However, Lucius was pardoned, perhaps because his sister Julia had intervened for him. Lepidus was given charge of Africa, Antony, the eastern provinces, and Octavian remained in Italia and controlled Hispania and Gaul. Additionally, Antony adopted a lifestyle considered too extravagant and Hellenistic for a Roman statesman. Antony and Cleopatra committed suicide. Now Egypt was conquered by the Roman Empire, and for the Romans, a new era had begun. Empire 100 the Principate Main article: In that year, he took the name Augustus. Officially, the government was republican, but Augustus assumed absolute powers. The emperors of this dynasty were: Augustus, Tiberius, Caligula, Claudius and Nero. The dynasty is so-called due to the gens Julia, family of Augustus, and the gens Claudia, family of Tiberius. This dynasty instituted imperial tradition in Rome [62] and frustrated any attempt to reestablish a Republic. With this title he not only boasted his familial link to deified Julius Caesar, but the use of Imperator signified a permanent link to the Roman tradition of victory. The Augustus of Prima Porta, 1st century AD, depicting Augustus, the first Roman emperor He also diminished the Senatorial class influence in politics by boosting the equestrian class. The senators lost their right to rule certain provinces, like Egypt; since the governor of that province was directly nominated by the emperor. The creation of the Praetorian Guard and his reforms in the military, creating a standing army with a fixed size of 28 legions, ensured his total control over the army. This peace and richness that was granted by the agrarian province of Egypt [66] led the people and the nobles of Rome to support Augustus increasing his strength in political affairs. His generals were responsible for the field command; gaining such commanders as Marcus Vipsanius Agrippa, Nero Claudius Drusus and Germanicus much respect from the populace and the legions. Augustus intended to extend the Roman Empire to the whole known world, and in his reign, Rome conquered Cantabria Aquitania, Raetia, Dalmatia, Illyricum and Pannonia. Poets like Virgil, Horace, Ovid and Rufus developed a rich literature, and were close friends of Augustus. The works of this literary age lasted through Roman times, and are classics. Augustus also continued the shifts on the calendar promoted by Caesar, and the month of August is named after him. Influenced by his wife, Livia Drusilla, Augustus appointed her son from another marriage, Tiberius, as his heir.

**Chapter 4 : Book Review: A Day In The Life Of Ancient Rome By Alberto Angela | History And Other Thought**

*A Day in Ancient Rome - Colosseum, Roman Forum, Trevi Fountain, the Pantheon and Piazza Navona SHARE See the one of the most fascinating sites in all the world - The Colosseum and the Roman Forum.*

Their portrayal in films and stories has turned them into archetypal legends – facing death on a daily basis is certainly not something to be taken lightly! Origins of gladiator games We tend to associate gladiators with blood, gore and brutality, but is that the real history behind these characters? The term gladiator is derived from the Latin *gladiatores* in reference to their weapon the *gladius* – the short sword. Many historians believe the tradition of gladiator fighting dates back to the Etruscans who hosted the contests as part of their religious rites of death. Gladiators were both slaves and free men The tradition of gladiator fighting lasted for over years – a proof of its popularity! Present throughout the Roman Empire, it was a fixture in the Roman entertainment calendar from BC to AD and the games remained largely unaltered bar a few small rule changes. Early on, most gladiators were condemned prisoners and slaves, who were sacrificed by their Emperors. Later, when the Coliseum opened in 80 AD, being a gladiator proved a lucrative career move and thanks to this change, gladiator schools were set up to train volunteer fighters. The schools enticed free men with the hope of winning a stake of the prize money and ultimately, glory. These new fighters included retired soldiers, warriors and men desperate to make a living. Some were even knights and nobles who wanted to prove their pedigree and show off their fighting skills. The Colosseum in Rome. BigStockPhotos Gladiator training schools Rome had three notable training schools, including Capua which was known for the caliber of gladiators it produced. Agents would scout for potential gladiators to try and persuade them to come and fight for their honor. These gladiator schools offered both safety and incarceration. Comparable to a prison regime, they offered the comfort and security of three hearty meals a day and the best possible medical attention. However, the recruits, who were free men, had to live in shackles and were not allowed to speak at mealtimes. They were allowed to keep any rewards and money if they won a fight. Their diet consisted of protein and carbohydrates like barley porridge and cereals – with no option of wine, only water. Although the gladiators were fighting fit, most of them were a little on the round side. This mosaic depicts some of the entertainments that would have been offered at the games. Tripoli, Libya, first century. Public Domain The lifespan of a gladiator Gladiators were an expensive investment for those who ran the gladiator schools, so it was preferable that the fighters did not die on the field – meaning they had to be strong enough to last more than one fight. Contrary to popular belief, not many gladiators actually fought to the death. However, it was also commonplace at fights held at the Coliseum for the Emperor to have the final say as to whether the combatants lived or died – often invoking the opinions of the audience to help decide the matter. So whether you fought well or not, your fate could lie ultimately in the hands of your ruler. Female gladiators When we think of gladiators in ancient Rome we tend to stereotype and think of men – warriors or slaves. But interestingly female slaves were also forced into the pit to fight alongside their male counterparts, or as Emperor Domitian preferred, to pit them against dwarves for his particular entertainment. Women fought in gladiator fights for years until Emperor Septimius Severus banned their participation from these bloodthirsty games. Relief of two female gladiators *gladiatrices* found at Halicarnassus. Public Domain Gladiator weapons The brave, strong gladiators not only had their strength to bring into the pit but also their swords. The type of armor and weapons they fought with depended on their social ranking as a gladiator. There were four main classes of gladiator: The Samnites were equipped with a short sword *gladius*, rectangular shield *scutum*, greaves *ocrea* and a helmet. The Thracians fought with a curved short sword *sica* and a very small square or round shield *parma*. Finally, the *Retiarius* were the most exposed of all, with no helmet or armour other than a padded shoulder piece, and whose defense included a weighted net used to entangle the opponent and a trident. A *retiarius* stabs at a *secutor* with his trident in this mosaic from the villa at Nennig, Germany, c. Public Domain The end of gladiator games Although gladiators may have seemed well equipped, the strength and courage it must have taken to step into battle and face death on a regular occurrence is unfathomable. We can be grateful that this brutal form of entertainment came to an end in AD, thanks to the Emperor Honorius

who closed down the gladiator schools. Who knows when this diversion might have ended had he not stepped in? Why choose a blood battle over traditional forms of trade and commerce? Dramatic painting portraying gladiators in the arena.

**Chapter 5 : A day In The Life of a Roman Teenager**

*Ancient Rome Essay Words | 4 Pages. The story of ancient Rome is a tale of how a small community of shepherds in the central Italy grew to become one of the greatest empires in history, and then collapsed.*

A day in Ancient Rome began with breakfast, and depending on whether you are upper class patrician or lower class plebian , breakfast was dependent on what was affordable. After breakfast, adults might venture down to the Forum to do their shopping and banking. The Forum was the main marketplace and business center, as well as a place for public speaking, as ancient Romans were considered great orators. It was also used for festivals and religious ceremonies. While the adults were busy at The Forum, the children attended school. Girls were taught to spin, weave, and sew by their mother. School day began at sunrise. There was a rest time at lunch as well as in the afternoon, then back to school until late afternoon. For the adults, the order of business was to go to the baths, either before or after the Forum. The baths were visited at least once every day. Children were not allowed to visit, and there was an admission charged. Slaves could not use the baths, but they could visit as attendants. In the afternoon, wealthy Romans rested at home or with friends while the poor worked constantly. When the children came home from school, they played with their pets, toys, and friends. Dinner for the plebeians during The Imperial Age consisted of porridge. When they could afford it, fish, bread, olives, and wine with meat was eaten on special occasions. The patricians had dinners that were quite elaborate with a lot of wine. The men held dinner parties while the women and children ate separately. Then, in the evening, one might attend one of the many free theatres.

**Ancient Rome – The Religious Influence**

The people of Ancient Rome worshiped many gods, and they played a very important role in worship. The gods controlled their lives. The most important god to the people was Jupiter who had a wife by the name of Juno, goddess of the sky. Other gods included Mars god of war , Mercury messenger of the gods , Neptune god of the sea , Janus god of the doorway , Diana goddess of hunting , Vesta goddess of the hearth , Minerva goddess of healing and wisdom and Venus goddess of love. Some emperors were also considered gods and worshiped on special occasions. Each god had a special festival day which was usually a public holiday. On this particular day, people would visit the temple for whichever god was being celebrated. At the temple, priests would sacrifice animals and offer them to the god. Temples of this nature were built throughout ancient Rome and had the same building pattern. People called augurs were also usually present in the temples during the sacrifice of animals at the altar. These people were special priests who interpreted natural phenomena, which were believed to represent messages sent from the gods. These phenomena included flights of birds, patterns in clouds and smoke, and markings on livers of sacrificial animals. The reason why is not clear, except that they were possibly used as scapegoats. Also, the Romans did not understand the accounts they heard of the various rites Christians celebrated in secrecy. Pagans were suspicious of the Christian refusal to sacrifice to the Roman gods as this was an insult to them as well as an act of treason. [Learn More About Roman Gods!](#)

God , the Father, sent His only Son to satisfy that judgment for those who believe in Him. Jesus , the creator and eternal Son of God, who lived a sinless life, loves us so much that He died for our sins, taking the punishment that we deserve, was buried , and rose from the dead according to the Bible. If you truly believe and trust this in your heart, receiving Jesus alone as your Savior , declaring, " Jesus is Lord ," you will be saved from judgment and spend eternity with God in heaven. What is your response?

### Chapter 6 : History of Ancient Rome for Kids: Roman Food, Jobs, Daily Life

*Ancient Rome A day in the Life see what life was like in Ancient Rome I created this video with the YouTube Video Editor (blog.quintoapp.com).*

Selling and trading goods Making clothing Some became doctors, lawyers, writers, or teachers. Many others joined the military, which provided a decent salary for a man supporting a family. Unlike today, though, most men worked six hours or fewer each day, usually stopping around mid-day. After work and school ended each day, most men and boys headed to the baths, which required only a very small fee to enter. Here people gathered, not only to wash, but also to sit and talk among friends. The bathhouses usually included gardens, gymnasiums, libraries, and other forms of recreation. A typical cold bath resembled something like a swimming pool, while other rooms were available for hot baths. After spending some time at the baths, most would head home for their biggest meal of the day, eaten somewhere between our lunch time and dinner time. This meal usually consisted of wheatmeal porridge. When hosting a dinner party or celebrating a special occasion, though, a Roman dinner could consist of as many as six or seven courses. In addition to salads, eggs, garden vegetables, and fresh breads, a variety of Mediterranean seafood would have been available, including: Meat dishes consisted of lambs, pigs, chickens, geese, ducks, and even peacocks, among others. For dessert, they ate fruit and honey-sweetened cakes. Romans valued their leisure time. Following dinner, adults and children were able to pursue other interests, such as music, art, dancing, reading, and sports. Many attended plays, while others enjoyed chariot races. There were many options for entertainment. Gladiator fights, for example, always drew large crowds. Many Romans spent their time in gardens and fields, assuring their families of fresh foods. Children helped and would often use this time to learn about both family and Roman history from their parents. Religion was a big part of daily Roman life. Although some families did not visit temples often, many had small shrines in the home dedicated to specific gods and goddesses. Like the Greeks, early Romans believed the gods and goddesses lived on top of Mount Olympus. Families would pray to these gods to ask for protection and guidance. At night, Romans used lamps that burned olive oil. Most families could afford to burn just one lamp, which provided only a fraction of the light from one of our electric bulbs. Most Romans went to bed early, leaving them able to rise easily in the morning to begin a new day.

### Chapter 7 : A Day in the Life of an Ancient Roman by Quincey Borggard on Prezi

*In ancient Rome, the streets were as nearly deserted during the midday rest period as they were at midnight. Even kids got a hour break from school during the midday rest. (After siesta, kids returned to school to finish their school day.)*

By pa010 Tips a day in a life of a roman child , a day in the life of an italian teenager , Ancient Rome , average life of teenager in rome , gladiator school in rome , items that a roman teenager would use , Roman Empire , Special Interest , tailor made , teenager romans , wine 0 Comments Welcome to the world of Lucius Popidius Secundus, a year old living in Rome in 73 AD. His life is a typical one of arranged marriages, coming-of-age festivals, and communal baths. Like mastering reading and writing in two languages, fighting in imperial wars, taking care of spouses and various other items. A day in Ancient Rome began with breakfast, and depending on whether you are upper class patrician or lower class plebian , breakfast was dependent on what was affordable. After breakfast, adults might venture down to the Forum to do their shopping and banking. The Forum was the main marketplace and business centre, as well as a place for public speaking, as ancient Romans were considered great orators. It was also used for festivals and religious ceremonies. While the adults were busy at The Forum, the children attended school. Girls were taught to spin, weave, and sew by their mother. School day began at sunrise. There was a rest time at lunch as well as in the afternoon, then back to school until late afternoon. For the adults, the order of business was to go to the baths, either before or after the Forum. The baths were visited at least once every day. Children were not allowed to visit, and there was an admission fee. Slaves could not use the baths, but they could visit as attendants. In the afternoon, wealthy Romans rested at home or with friends, while the poor worked constantly. When the children came home from school, they played with their pets, toys, and friends. Dinner for the plebeians during The Imperial Age consisted of porridge. When they could afford it, fish, bread, olives, and wine with meat was eaten on special occasions. The patricians had dinners that were quite elaborate with a lot of wine. Then, in the evening, one might attend one of the many free theatres. Did the Romans have free time? Most people in Roman times did not have much spare time. They were too busy working. They liked games though. Soldiers often played board games with counters and dice. Counters and boards for their games have been found. Hunting was also popular. People hunted animals for fun as well as for food. The Romans introduced fallow deer to Britain, just for hunting. They enjoyed fights between gladiators, and fights between people and animals. These bloodthirsty shows were put on in front of crowds in large arenas called amphitheatres. Why not book a tour!

### Chapter 8 : Typical Day in Ancient Rome - Mr Reidy's Notes

*A day in Ancient Rome began with breakfast, and depending on whether you are upper class (patrician) or lower class (plebian), breakfast was dependent on what was affordable. After breakfast, adults might venture down to the Forum to do their shopping and banking.*

In One Day in Rome advertisement Since time is wasting, arise early and begin your day with some "live theater" by walking the streets of the Eternal City around your hotel, as Rome awakens to another day. Deliveries are being made; Romans with early calls are reporting to work, and the famous cats of the city are out looking for a fish head. This walk will get you centered before you catch a taxi, hop a bus, or board the Metro for a ride to the first attraction on our tour. But first, we suggest that you duck into a Roman cafe for breakfast. Sit back and people-watch as patrons go through the same ritual as you, fortifying themselves for another day. A lot of the museums, piazzas, and other attractions will have to wait for another day, if you have one. The "Rome in 1 Day" crowd will want to concentrate on the "greatest hits" itinerary by taking in the monuments that made Imperial Rome revered throughout the known world. If you have just 1 day, consider rejecting Imperial Rome as hard as this is to do and opt instead to explore St. The choice is yours. This was the spiritual heart of ancient Rome, where triumphant generals made sacrifices to the gods for giving them victories. At the top of the graceful steps leading to the Campidoglio is the fabled equestrian statue of the emperor Marcus Aurelius. Across the piazza is the Palace of the Conservatori based on an architectural plan of Michelangelo. Save these museums for a future visit. In the distance you can see the Colosseum , also coming up later in our itinerary. Allow at least 30 minutes or more to walk up and down the steps leading to Capitoline Hill taking in the view. Immediately east of the column is Basilica Ulpia, whose gray marble columns rise roofless into the sky. Moving east you come to the Forum of Julius Caesar, the site of the ancient Roman stock exchange and the Temple of Venus. On your right is the Forum of Nerva, honoring an emperor with a 2-year reign A. Directly east of Nerva is the Forum of Vespasian begun by the emperor after the capture of Jerusalem in A. Immediately following that is the Temple of Venus and Roma, or what little is left of it. Colosseum Construction on this amphitheater began in A. The completed stadium was dedicated by Titus in A. Covered with marble, it could hold 80, spectators who watched games that nearly rendered extinct many species of animals from the Roman Empire. Next to the Colosseum is the: You can gaze in awe at this remarkable arch with its intricate carving for at least 15 minutes before pressing on. Before tackling the Roman Forum and the Palatine Hill , we suggest a luncheon break in the area of the Colosseum. Within a short walk of the Colosseum you can take in the glories of: There is also a walking tour of the area if you need more guidance. After you view the Roman Forum , you can explore Palatine Hill , which was once covered with the palaces of patrician families and early emperors. Allow at least 3 hours to take in these attractions and the Palatine Museum. To reach our next attraction, pick up bus no. The Pantheon This fabulous ancient monument was built and rebuilt several times, first by Agrippa who began it in 27 B. The present structure is the result of an early 2nd century A. The Pantheon stands on Piazza della Rotonda, which is complete with obelisk and baroque fountain. It is in an astonishing state of preservation, considering nearly 2 millennia of vandalism. Allow 45 minutes for a visit. Take the Metro to Spagna for our next stop. For a break, head nearby to this cafe, which Romans claim serves the most superior coffee in Rome. The pure water used in the brew is funneled into the city by an aqueduct built in 19 B. Scala di Spagna Spanish Steps Rising over the Piazza di Spagna in the very heart of Rome is a monumental baroque staircase â€” best viewed in spring when the flowers are in full bloom. It was the work of Francesco de Sanctis in the 18th century. Allow at least 30 minutes for a visit. After perhaps a shower and rest at your hotel, take bus no. Piazza Navona The most beautiful square in all of Rome â€” and best seen at night â€” is like an ocher-colored gem, unspoiled by new buildings, or even by traffic. The shape stems from the Stadium of Domitian, whose ruins lie underneath. Great chariot races were once held here. During summer evenings there are outdoor art shows. Some of the oldest streets in Rome surround Piazza Navona. There is no more romantic place to dine in all the city. For your arrivederci to Roma, take bus no. Fontana dei Trevi Trevi Fountain This is an 18th-century extravaganza of baroque stonework

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ruled over by a large statue of Neptune. Visitors come here at night for 20 minutes or so to toss a coin into the fountain, which is said to ensure that you will some day return to Rome. This information was accurate when it was published, but can change without notice. Please be sure to confirm all rates and details directly with the companies in question before planning your trip.

### Chapter 9 : Ancient Rome - HISTORY

*Daily life in Ancient Rome often began with a light breakfast. Bread and water (or wine) would be served at home, or a wheat pancake could have been purchased on the way to work or school. Sometimes meat, fish, fruit, and other items may have been served, but not each day.*

Tweet on Twitter Realm of History Before the discoveries of Herculaneum and Pompeii two cities destroyed by the eruption of Mount Vesuvius in 79 AD in the 18th century, we knew relatively little about the lives of gladiators. We were reliant on ancient texts and the occasional artifact to glean knowledge of these fearsome warriors. The remains at the two locations above helped historians form a clearer picture of who the gladiators were, how they fought, and how they died. A Brief History of Gladiatorial Combat The first recorded gladiator games were organized by two Etruscan sons in BC to commemorate the death of their father. Gladiatorial combat was a way for the aristocracy and later, Emperors to display their wealth, celebrate military victories and birthdays, mark visits from prominent officials, or to distract the people from the various social and economic problems they faced. Emperor Vespasian ordered the construction of the Colosseum in Rome which began in 72 AD, but he died before its completion. Titus opened the Colosseum in 80 AD with a spectacular day festival of gladiator games. Construction was finally completed in around 96 AD during the reign of Domitian, and events regularly attracted crowds of up to 50,000 people. Notably, women were allowed compete until Septimius Severus banned them in AD. Honorius outlawed the games in AD, some five years after closing gladiator schools. Apparently, the final straw came when a monk, who jumped between two fighters in combat, was stoned to death by the outraged crowd. Although a large percentage of combatants were conquered peoples, slaves or criminals, a number of free men decided to fight. These men usually came from a low social standing and hoped to become popular with crowds and win patronage from wealthy Romans. There were several types of gladiators including: Thracians who fought with a round shield and dagger. Entered the arena on horseback. Wielded two swords at once. Armed with only a net and trident. Whenever one of the brotherhood died in battle, the union would ensure they received a proper funeral and an inscription honoring their achievements. The family of the deceased even received financial compensation. Portraits of great gladiators hung in public places, kids made clay figurines of these warriors, and the best fighters even endorsed products. Roman women loved gladiators and considered the sweat of these men to be an aphrodisiac. But how did these individuals live and die?