

# **Lesson 3:**


## **What was daily life like for Roman men?**

**Year 10 Latin**

**Tuesday 12th September 2023**

# Today

**LO: to identify and describe the daily routine and appearance of Roman men**



## ROMAN MEN

BREAKFAST	LUNCH
CLIENTES	AFTERNOON ACTIVITIES
PATRONUS	HYGIENE
CLOTHING	

- Complete the information sheet with key bits of information as we read and discuss



# ROMAN MEN - THEIR DAILY ROUTINE

The day began early for Caecilius and the members of his household. He would usually get up at dawn. His slaves were up even earlier, sweeping, dusting and polishing.

It did not take Caecilius long to dress. The first garment that he put on was his tunic, similar to a short-sleeved shirt, then his **toga**, a very large piece of woollen cloth arranged in folds, and finally his shoes, which were rather like modern sandals. A quick wash of the hands and face with cold water was enough at that time of the morning. Later he would visit a barber and be shaved, and in the afternoon he would enjoy a leisurely visit to the public baths.





# ROMAN MEN - THEIR DAILY ROUTINE

Breakfast was only a light snack, often just a cup of water and a piece of bread. The first duty of the day for Caecilius was to receive the respectful greetings of a number of poorer people and freedmen who had previously been his slaves. He would receive these visitors in the atrium and hand out small sums of money to them. If they were in any kind of trouble, he gave them as much help and protection as he could.

*An important Roman dressed in his toga. This hot and unwieldy garment was valued because only citizens could wear it.*





# ROMAN MEN - THEIR DAILY ROUTINE

In return, they helped Caecilius in several ways. For example, they accompanied him as a group of supporters on public occasions, and they might also be employed by him in business affairs. They were known as his **clientēs**, and he was their **patrōnus**.

After seeing these visitors, if he had no further business to conduct at home, Caecilius set out for the **forum** (marketplace), where he spent the rest of the morning trading and banking.





# ROMAN MEN - THEIR DAILY ROUTINE

Lunch was eaten at about midday, and it was also a light meal. It usually consisted of some meat or fish followed by fruit. Business ended soon after lunch. Caecilius would then have a short siesta before going to the baths. Towards the end of the afternoon, the main meal of the day began. This was called *cēna*.





# ROMAN MEN - THEIR CLOTHING

## Getting Up and Dressed

From long habit the man of the house woke at dawn and got up: there was little of comfort to detain him in the bedroom, merely the bed (*cubile*), a chest for blankets or clothes (*arca*), and the chamber-pot (*lasanum*). He probably slept in his underwear, a simple loin-cloth, and his tunic, so it did not take him very long to dress. If he washed at all he simply bathed his eyes, mouth and hands in cold water, for he knew he would be attending a bath-house, whether public or private, later in the day.

It is unlikely that the Roman cleaned his teeth as we do, though Pliny does say that to take away an unpleasant taste in the mouth one should 'rub the teeth with the ashes of a burnt mouse mixed in honey', and advises that they be picked with a porcupine's quill to make them stronger!





# ROMAN MEN - THEIR CLOTHING



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SCHOOL CLASSICS PROJECT

Book 1 - Stage 2

*Roman clothing*