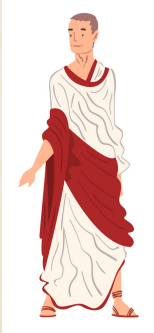
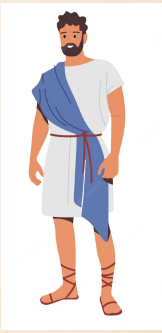


## ROMAN MEN

TOPIC: ROMAN FAMILY LIFE

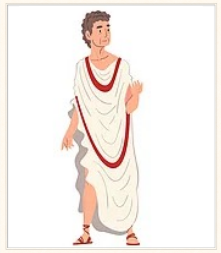
- ✦ DAILY ROUTINE
- ✦ CLOTHING & APPEARANCE
- ✦ COMPARISONS OF RICH AND POOR
- ✦ THE ROLE OF THE 'PATERFAMILIAS' (HEAD OF THE HOUSEHOLD)
- ✦ LO: to identify and describe the daily routine and appearance of Roman men

## 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** (market-place), 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**.

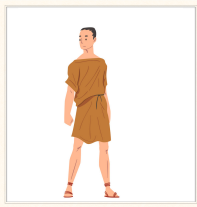


## ROMAN MEN - THEIR CLOTHING

**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 (*culcita*), a chest for blankets or clothes (*arca*), and the chamber-pot (*lacunum*). 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

### Men's clothes

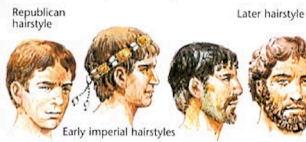
A man's only underwear was a loincloth. He probably slept in one as well. Over this he wore a tunic, made from two rectangles stitched at the sides and shoulders, and tied with a belt. Augustus is said to have worn four tunics at once when the weather was cold.



## ROMAN MEN - THEIR CLOTHING

### Men's hairstyles

During the early republic, many men wore beards, but it later became the fashion in Rome to be clean-shaven. Most Roman men wore their hair short, but during imperial times some fashion-conscious men had longer hair which was oiled and curled. Some popular hairstyles are shown here.



The barber's shop was a place to meet friends and gossip. Being shaved was painful. Although the razor was sharp the barber used no oil or soap, so cuts and scars were frequent.

## ROMAN MEN - THEIR CLOTHING

### Shoes

During the early republic, many Romans went barefoot most of the time. Outside they wore leather sandals. Later, footwear became more elaborate, and shoemakers became skilled at creating ornate footwear out of canvas and leather.



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## ROMAN MEN - THEIR CLOTHING

### The Tunic

This was worn under the toga by men. It was made by sewing two pieces of wool together to make a tube with holes for the arms. It was belted at the waist and just covered the knees.

### Underwear

Both men and women wore a simple loincloth (like the one worn by Tarzan) under their clothes.

### Shoes

Indoors, the Romans wore open-toed sandals. However, outdoors they preferred to wear shoes that covered their toes.

### Jewellery

Men were only allowed to wear one piece of jewellery - a ring that was used to make a mark in wax for sealing documents. However, many ignored the rules and wore several rings and brooches to pin their cloaks.

### Hairstyles

All men had their hair cut short and shaved. After the time of Hadrian some men began growing beards.

Loincloths were made of wool or linen.

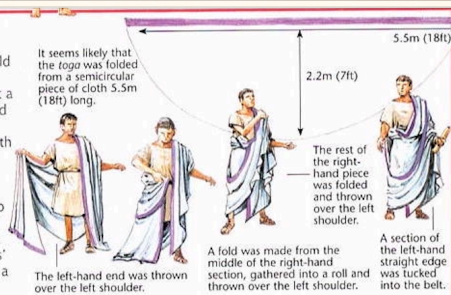


Ordinary men wore plain tunics.

## ROMAN MEN - THEIR CLOTHING

### The toga

Originally only citizens could wear the toga. Worn over the tunic, at first it was just a large wool blanket wrapped around the body. Later it became more elaborate with complicated folds. Many people disliked the toga because it was heavy and awkward, and hard to keep clean. But emperors tried to keep it in use because it was so distinctive. Senators' togas were decorated with a purple stripe.



## ROMAN MEN - THEIR CLOTHING

### The Toga

Only male citizens of Rome were allowed to wear togas. They were made out of wool and were very large. The material was not sewn or pinned but was draped around the body and over one arm. Togas were very expensive because of the large amount of material needed to make them and very heavy. It was the law that all citizens wore togas for public events. They were even told which colour of toga they had to wear:

- A plain white toga was worn by all adult male citizens
- An off-white toga with a purple border was worn by magistrates and upper class boys
- A toga made of dark coloured wool was worn after someone had died
- A bleached toga was worn by politicians
- A purple toga with gold embroidery was worn by a victorious general and later by emperors.

