

The Needs of Daily Life



Hi, I'm Marguerite.

I found this great image. It shows a man in ancient Rome being carried on a portable bed. I wonder why he's being carried?

I've seen images of people being pulled in horse-drawn carriages. Maybe this picture shows a type of transportation.

I know that a picture can tell different stories. This picture also makes me think of paramedics carrying people on stretchers. Is the man sick? The people might be carrying him to see the doctor. Did they have hospitals back then?

Images like this one make me curious. I wonder what daily life was like in early societies. What happened if you were sick? How did people care for one another?

This modern illustration shows a man who is wealthy being carried in a *lectica*. A *lectica* is a human-powered vehicle that was used to carry people in ancient Rome.



Big Question

How did early societies make use of their environments to meet their daily needs?

Learning Goals

- compare the needs of daily life in medieval England, ancient Rome, and Aztec society
- evaluate evidence and draw conclusions
- describe how daily needs were met in three early societies

Where Did People Live?

Medieval England

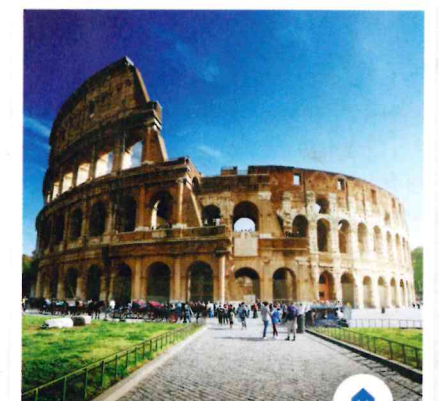
Most people in medieval England lived in small villages in the fertile countryside. The communities where people lived and farmed were called **manors**. Over time, as farming tools and equipment improved, fewer people were needed to work the fields. Many peasants moved to towns to find work.



Did You Know?

In medieval England, after a farmer's crop was harvested, poor people were allowed to collect anything left in the field. In ancient Rome, a portion of grain was given or sold at a lower price to people who were poor.

This modern drawing shows an aerial, or overhead, view of a town in medieval England. What do you notice about the town?



Ancient Rome

The first ancient Romans settled on fertile land along the Tiber River. Most ancient Romans lived in the countryside, but some lived in cities or villages. Over time, Rome became the largest city in the world.

As cities grew, farms became larger to feed the growing population. Families that were wealthy owned most of these farms. They had slaves or workers to farm their fields. Many small farm owners moved to cities because they were unable to compete with these large farms.

Both in early societies and in Canada today, large cities often need large buildings, such as arenas and city halls. This photo shows the Colosseum, a huge stadium in the city of Rome. It was used as a theatre and sports arena. Why do you think buildings such as this one were needed?

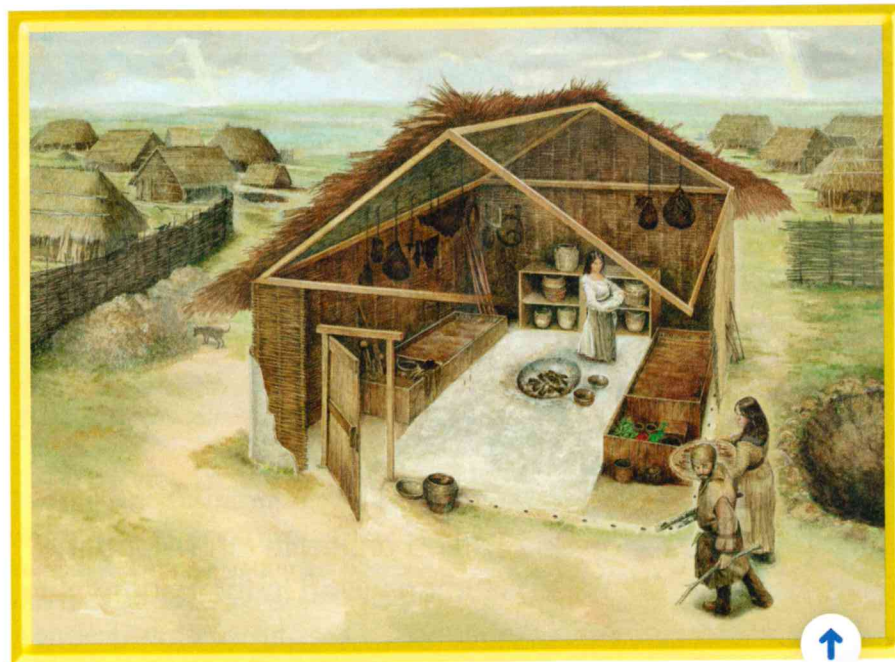
Inquire and Apply

- 1 Explain how the environment influenced where people settled in ancient Rome and medieval England.
- 2 How would the needs of people in medieval England or ancient Rome change as communities grew? Use a graphic organizer to show your ideas.

What Did Homes Look Like?

Homes in Medieval England

Peasants lived in one- or two-room cottages. The walls were wooden frames covered with straw and mud. The floor was dirt, and the roof was made of layers of straw called thatch. There were no bathrooms or kitchens. There was a fire pit in the middle of the cottage for warmth and cooking. Animals such as cows or pigs often slept in the home at night. The animals' body heat helped keep the family warm.



The cottage shown in this modern artwork is similar to what a peasant home would have looked like. What do you notice about the cottage? How does it compare with the home you live in?

Nobles and lords lived in large houses or castles. These buildings were made of stone and wood and had many rooms for both the family and servants. Many castles were surrounded by gardens, by ponds, and even by moats.

Inside, windows let in the sunshine to light the rooms. Most rooms had chimneys and fireplaces for both heat and light. Feasts were held in the home's main room, which was called the great hall. Toilets were built into the walls of the castle. Human waste fell into a pit or the moat below.

Did You Know?

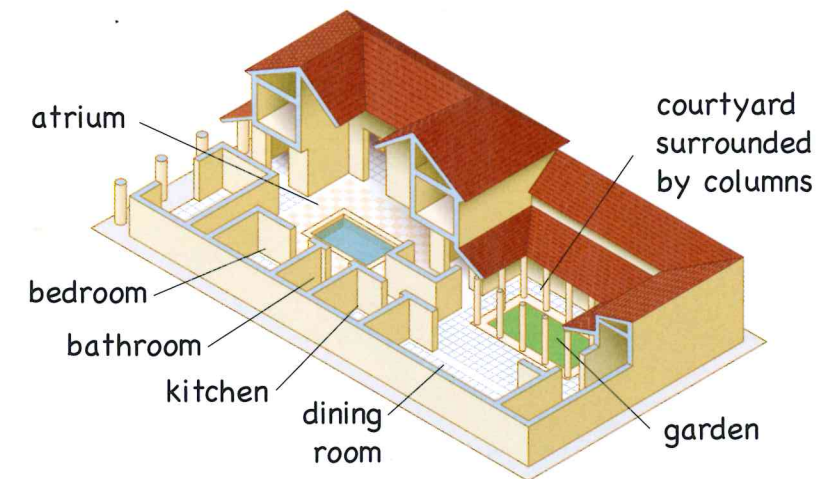
Outside a peasant's house in medieval England were rows of herbs and vegetables, and some fruit trees. There was no lawn and no flowering plants, except for lavender and roses that had strong, sweet scents. The garden helped ensure that a peasant family got enough to eat and had a variety of foods.

Homes in Ancient Rome

Many ancient Romans lived in homes that looked like apartment buildings. People who were poor lived in small, crowded rooms in buildings with six or seven floors. These buildings were not well built, and the floors and roofs would sometimes collapse. Apartment buildings were made of wood, so fire was always a danger.

Often, the buildings had shops on the first floor. Families lived on the upper floors. Grandparents, parents, and children lived together in only one or two rooms. There was no bathroom or kitchen. Families used public baths, toilets, and fountains. To cook food, families used a fire pit in the courtyard that they shared with their neighbours.

Families that were wealthy lived in large, well-built houses with walls made of stone and roofs made of clay tiles. They had marble floors, carved columns, and beautiful gardens.



Visualizing

To help you understand new ideas, use details and descriptions to form pictures in your mind. For example, picture what a modern apartment building looks like to help you understand where many ancient Romans lived. What other details in the text help you picture their homes?

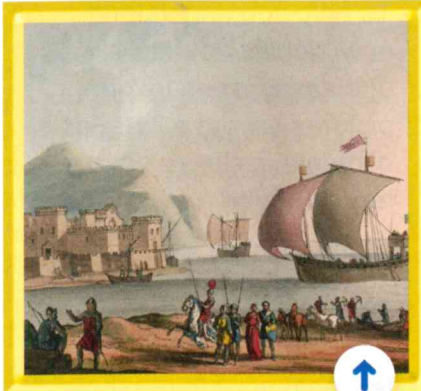
Often, the homes of wealthy families in ancient Rome had an atrium, a section with an open roof to let in light and air. What are some benefits of having an atrium?

Inquire and Apply

- 1 What conflicts do you think there might have been in crowded buildings? What strategies would people need to get along?
- 2 Create a diagram of your home that shows some artifacts. Label the artifacts and explain what they reveal about your life.

How Did People Travel?

Medieval England



Soldiers and merchants travelled by boat to other countries in Europe. Boats were also used to transport building materials for castles and churches. What else might people have used boats for?

In medieval England, people who were poor walked most places. They usually travelled in groups because thieves and wild animals made the roads dangerous.

Wealthy people could afford to travel with horses. They rode either on horseback or in horse-drawn carriages. The main highways followed the paths of ancient Roman stone roads. These were kept in good repair because the king rode along them. Most other roads had ruts and potholes and were not comfortable to travel along.

Many people used small boats to travel between villages along England's many lakes and rivers. Once stone bridges began to be built in the 1200s CE, boat transport was less common.



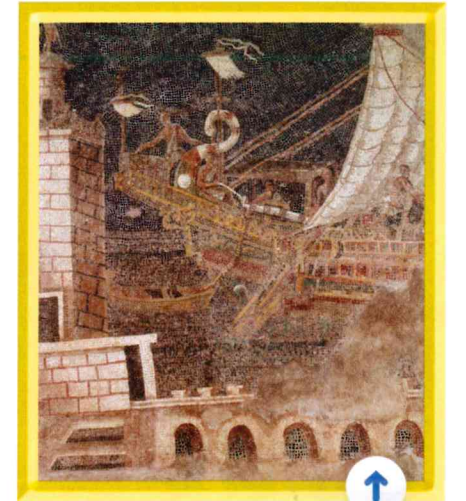
Horses pulled wheeled vehicles in medieval England. This painting from around 1400 CE shows a noblewoman going hunting. What does this image tell you about her?

Ancient Rome

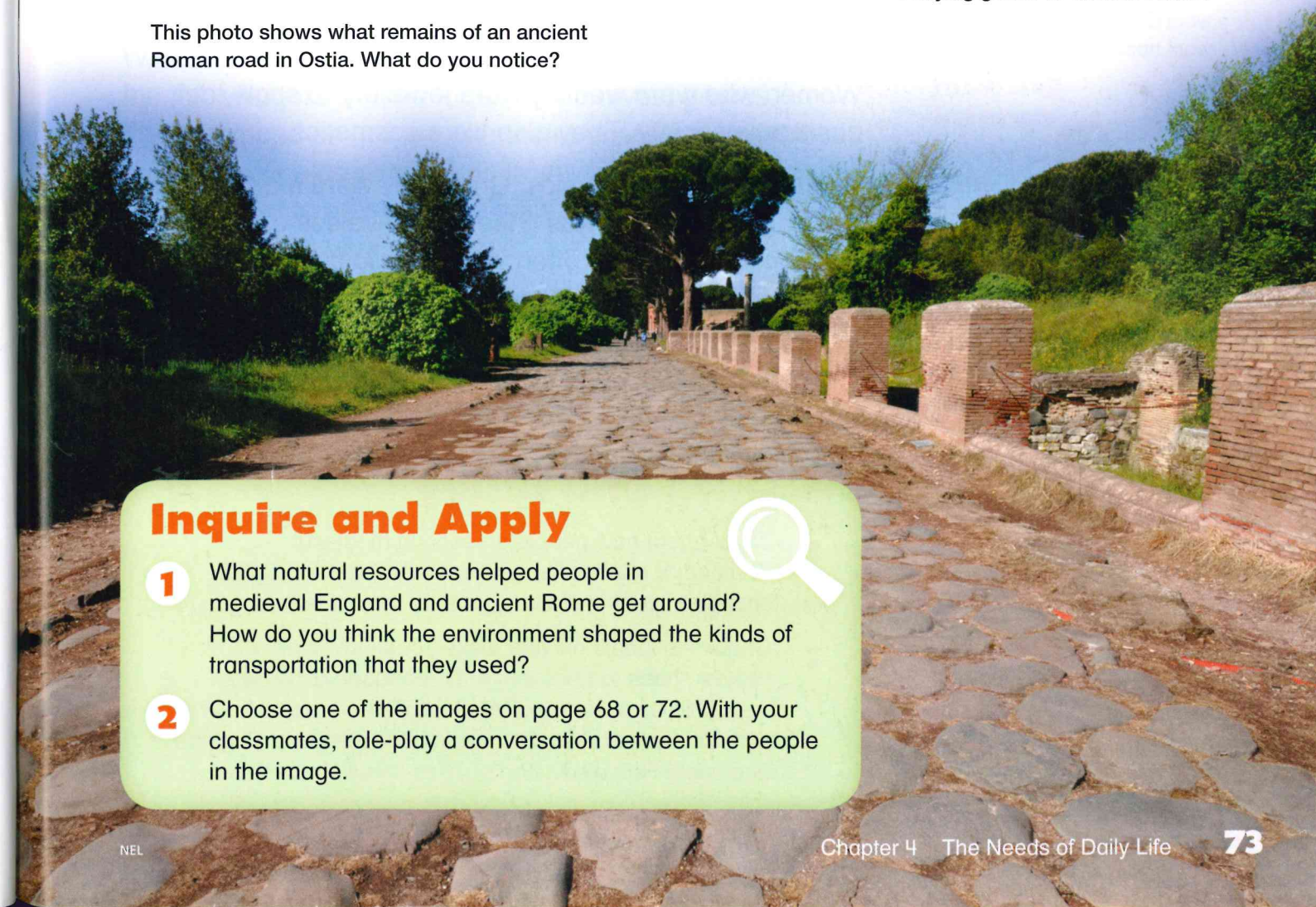
Like people in medieval England, most people in ancient Rome walked. They used animals for transportation, too. These animals included horses, oxen, and donkeys. People in government and the military rode horses. Horses were also used to pull carts and chariots. Chariots were used mainly for racing and in battle. Oxen and donkeys were harnessed to carts and wagons, which transported people and goods.

Ancient Romans were famous for their roads. Their roads were so well built that some still exist today. Ancient Romans built their roads on solid foundations using materials such as rock and gravel. They then laid stones on top. The roads were built slightly higher in the middle so that water could drain into ditches on either side. Ancient Romans built roads across their empire. This helped bring goods and resources to Rome and move soldiers to control the vast empire.

This photo shows what remains of an ancient Roman road in Ostia. What do you notice?



Travel by water was also important. Ancient Romans used ships to carry trade goods to and from Rome. This ancient mosaic shows Roman ships sailing into port. Ships sailed from areas that are now northern Africa, the Middle East, and southern Europe, carrying goods to ancient Rome.



Inquire and Apply

- 1 What natural resources helped people in medieval England and ancient Rome get around? How do you think the environment shaped the kinds of transportation that they used?
- 2 Choose one of the images on page 68 or 72. With your classmates, role-play a conversation between the people in the image.

What Did People Wear?

People in medieval England and ancient Rome made their clothes from wool (from sheep and goats), leather (from various animals), and cotton and linen (from plants).

Medieval English Clothing

In medieval England, most peasant women not only sewed their own clothes and clothes for their family, they also spun their own wool and wove the cloth. People wore woollen robes or tunics over linen garments. Only very wealthy people could afford fur and jewels. Around 1330 CE, clothes changed significantly because of a new invention—buttons.

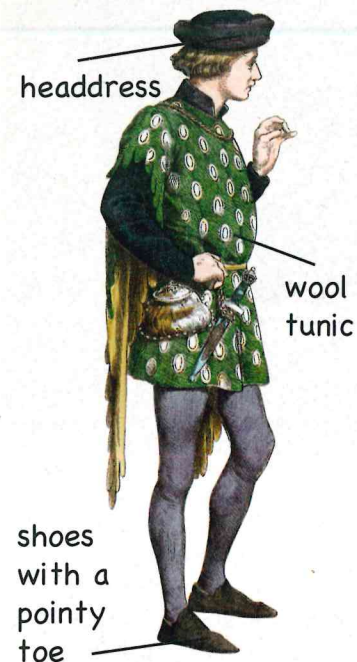
Ancient Roman Clothing

Most ancient Romans wore tunics and cloaks. Some people were allowed to wear togas. A toga was a long sheet wrapped loosely around the body, leaving one arm free. Slaves were not allowed to wear togas. Only the emperor could wear an all-purple toga.

Women who were wealthy wore jewellery to show their position in society. They also wore cosmetics.

Young women wore tunics. Once they were married, they wore a *stola*. A *stola* was a loose, sleeveless dress with shoulder straps. They often wore a *palla* over the *stola*. A *palla* was a piece of cloth wrapped around the body.

Ancient Romans had many types of footwear, including sandals, shoes, slippers, and boots of all different heights.



In the mid-1300s CE, men who were wealthy wore short wool tunics and coloured wool hose, or leggings.



This modern illustration shows the clothing of an ancient Roman woman who was wealthy.

Inquire and Apply

- 1 Think about how people dressed in medieval England or ancient Rome. How have clothing styles changed over time? How are they the same?
- 2 Check the labels on your jacket, coat, sweater, cap, or shoes to see what they are made of. Create a graphic organizer to show the different materials. Which of the materials could have existed in medieval England or ancient Rome?

What Did People Eat and Drink?

Foods were similar in medieval England and ancient Rome.

Preserving Food

There were no refrigerators in medieval England or ancient Rome. Food had to be eaten quickly or treated to prevent it from spoiling. We still use many of the methods that people in these early societies used for preserving food. Fruits, such as grapes, apricots, and pears, were left to dry in the sun. Vegetables were pickled in vinegar or preserved in oil. Meat from chickens, cows, goats, and sheep, as well as fish, was salted or dried. Milk was made into cheese, which stayed fresh longer.

Making Wine and Ale

Wine was the most common drink in ancient Rome. In the fall, villagers worked together to harvest grapes. They stomped on grapes with their bare feet to press out the juice. Wine presses made from wooden beams could also be used to press out the juice, but this innovative technology was very expensive.

Village water supplies in medieval England were often polluted. Most people drank weak ale instead of water. Peasants brewed water with grain and yeast to make their own ale. People who were wealthy bought ale and also drank wine and cider.

Inquire and Apply

- 1 How did climate affect the way people in medieval England and ancient Rome preserved food and drink?
- 2 Research or interview family members about modern methods for making sure food does not spoil. Record one new method of food preservation and one that is the same as or similar to a method used in an early society.



Most people in medieval England did not eat breakfast. If farmers had a hard morning of plowing to do, then they might eat bread and cheese first. They might also bring it to the fields with them for lunch. Today you can find this type of meal listed on some menus as the "Ploughman's Lunch."

Making Inferences

Look for clues in the text and think about what you already know to come up with your own ideas or conclusions. For example, make inferences to figure out why there were no refrigerators in early societies or why we still use many of the methods from centuries ago to preserve food.

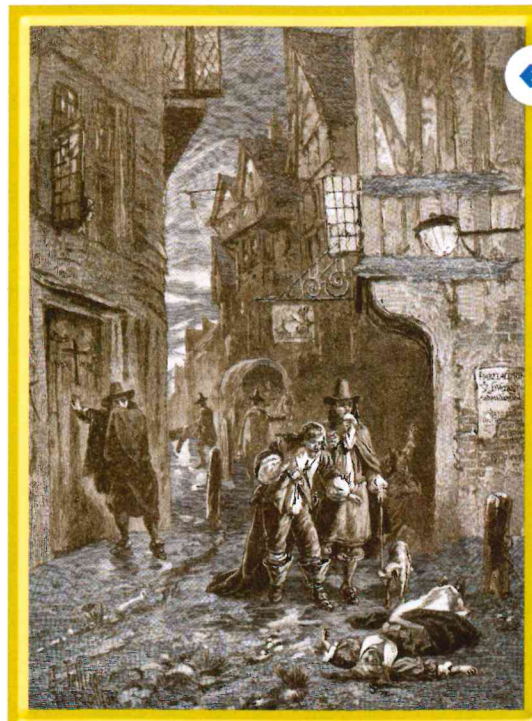
How Were Sick People Cared For?

In Canada, when we feel sick, we can call a doctor or go to a hospital. In these early societies, doctors were not always available. There were no hospitals.

Health in Medieval England

Staying healthy was difficult in medieval England. People were not concerned with keeping their communities clean. Human and animal waste and other garbage were dumped into the streets and rivers. Fleas, lice, and rats were common. People knew little about the human body, germs, or diseases. Peasants could not afford medical help, and many died at a young age.

Serious injuries were common during times of war. A city or town's butchers and barbers also acted as surgeons. Medical instruments were often dirty and caused infection. Doctors of the time believed that bloodletting could cure many illnesses. Bloodletting meant cutting patients and allowing some of their blood to flow out. This treatment usually made the sick person worse.



This painting from around 1800 CE shows the city of London during the Black Death, or plague. From 1348 to 1350 CE, the Black Death killed thousands of people in England and millions throughout the rest of Europe. The disease was brought to England by ships carrying flea-infested rats. For a long time, people thought that the fleas spread the disease to humans by biting them. Recently, historians have found evidence that suggests the plague spread through the air when people coughed or sneezed.

Citizenship in Action



When the Grade 4 students at Truedell Public School in Kingston, Ontario, learned about malaria, they decided to hold a fundraiser. They developed a plan to raise money to buy malaria nets for a village in Uganda. By selling handmade bracelets and asking for donations, they were able to raise \$4200.

Here and Now



The government of Canada passed a law in 1966 CE called the Medical Care Act. This law was made to ensure that all Canadians, rich and poor, receive basic healthcare.

Health in Ancient Rome

Ancient Romans worked to prevent people from becoming ill. They realized that people tended to get sick when they lived in unclean conditions. They built aqueducts that provided fresh, clean water for drinking and bathing. There were even flushing toilets and sewers to keep waste away from clean water.

Some of the medical knowledge that ancient Romans developed has influenced medical practices today. For example, surgeons cleaned instruments before using them. This prevented the spread of germs. Doctors also cleaned wounds to stop infections.

Pharmacies in ancient Rome would have looked like vegetable gardens. Lots of plants and herbs were used in treatments. Treatments could be given by doctors, but often household elders would treat less serious illnesses.



Did You Know?

The ancient Roman emperor Augustus, who ruled from 27 BCE to 14 CE, created a special unit of army surgeons. Surgeons were skilled at fixing broken bones, treating wounds, and stopping infection.

Thinking about Interrelationships

Ancient Romans learned that poor sanitation and dirty water made people sick. This led them to build sewers and aqueducts. In what ways did caring for their environment affect people's health in ancient Rome?

These artifacts are medical tools from ancient Rome. How do you think some of these instruments would have been used?

Inquire and Apply



- 1 What skills did a surgeon need in ancient Rome? How do you think the use of surgeons contributed to the strength of the ancient Roman army?
- 2 How would our lives be different if we did not have hospitals, doctors, or garbage pickup? Describe what you think life would be like.