

# as the romans did jo ann shelton

**As the Romans Did** Jo Ann Shelton is a captivating exploration of the daily life, customs, and societal structures of ancient Rome. In her insightful book, Shelton delves into the world of ancient Romans, offering readers a vivid portrayal of their culture, practices, and the complexities of their civilization. This article will take a closer look at the themes and insights presented in "As the Romans Did," highlighting its significance in understanding Roman history and culture.

## Overview of "As the Romans Did"

Jo Ann Shelton's "As the Romans Did" serves as both a historical account and a cultural guide, presenting an accessible narrative that brings ancient Rome to life. The book is divided into various sections that discuss different aspects of Roman life, including:

- Social Structure
- Daily Routines
- Food and Dining
- Family Life
- Religion and Festivals
- Entertainment and Leisure

Each section combines scholarly research with engaging storytelling, making it appealing to both history enthusiasts and casual readers.

## The Social Structure of Ancient Rome

One of the most striking features of Roman society was its complex social hierarchy. Shelton emphasizes how this structure influenced every aspect of life in ancient Rome. The social classes included:

1. **Patricians:** The aristocratic ruling class, often wealthy landowners.
2. **Equestrians:** A class of wealthy individuals involved in commerce and

trade.

3. **Plebeians:** The common people, including farmers, laborers, and craftsmen.
4. **Slaves:** Individuals who had no rights and were considered property.

Understanding these classes helps readers appreciate the dynamics of Roman society, including the power struggles and social tensions that shaped historical events.

## Political Influence and Governance

Shelton discusses the governance of Rome, highlighting the transition from a Republic to an Empire. She explains how political power was concentrated in the hands of a few, leading to significant changes in laws and citizen rights. The book outlines key political figures and events that defined Roman governance, such as:

- The role of the Senate
- The rise of populism
- The impact of military leaders
- The eventual establishment of imperial rule

## Daily Life in Ancient Rome

In "As the Romans Did," Shelton provides a detailed account of daily life for various social classes. Readers gain insight into the routines and activities that defined Roman existence.

### Morning to Night: A Roman's Day

The typical day for a Roman citizen was structured and filled with various activities, including:

1. **Morning:** Rising early, citizens would begin their day with prayers and breakfast, often consisting of bread and cheese.

2. **Midday:** The workday would commence, with men engaging in trade or politics, while women managed the household.
3. **Afternoon:** Many would gather in public spaces for socializing, business dealings, and political discussions.
4. **Evening:** Dinner was a time for family and friends to gather, often accompanied by entertainment and lively conversation.

This daily routine varied significantly based on social class and gender, which Shelton meticulously explains to help readers understand the nuances of Roman life.

## Food and Dining Customs

Food played a central role in Roman culture, and Shelton explores the diverse culinary practices that characterized the empire. Key highlights include:

- The importance of bread and grains in the Roman diet.
- The use of spices and exotic ingredients, particularly among the wealthy.
- Dining customs, including the practice of reclining during meals.
- Special occasions and festivals that featured elaborate feasts.

The book provides recipes and descriptions of popular dishes, allowing readers to appreciate the flavors and traditions of ancient Roman cuisine.

## Family Life and Social Interactions

Family was the cornerstone of Roman society, and Shelton discusses the roles and responsibilities of family members. In her book, she emphasizes:

### The Role of Women

Women in ancient Rome had a complex status, often confined to domestic roles yet possessing significant influence within the household. Shelton details:

- The responsibilities of women in managing the home.
- Marriage customs and the importance of dowries.
- The limited but growing opportunities for women in commerce and society.

## Children and Education

Shelton also highlights the upbringing of children in Roman families, focusing on:

1. The significance of education, particularly for boys.
2. The expectations placed on girls and their roles in society.
3. The practices surrounding childhood and coming-of-age rituals.

## Religion and Festivals

Religion was integral to daily life in ancient Rome, and Shelton explores the pantheon of gods and the rituals conducted to honor them. Key points include:

### The Role of Religion

- The integration of religion into political life.
- Public and private worship practices.
- The influence of various cults and foreign religions over time.

## Festivals and Public Celebrations

Roman festivals were significant social events, often characterized by:

1. **Religious Observances:** Rituals that included sacrifices and processions.

2. **Public Games:** Gladiatorial contests and chariot races that drew large crowds.
3. **Community Gatherings:** Opportunities for citizens to socialize and celebrate.

These festivals played a crucial role in reinforcing community bonds and cultural identity.

## Entertainment and Leisure

In her exploration of entertainment, Shelton captures the various forms of leisure activities that ancient Romans enjoyed, such as:

### Public Games and Theaters

- Gladiatorial contests, which were a major form of entertainment.
- The popularity of theatrical performances, both comedic and tragic.
- Chariot races in the Circus Maximus, drawing crowds from all walks of life.

### Private Gatherings

Shelton also discusses the social gatherings that occurred in private homes, including:

1. Dinners that often featured entertainment, such as music and poetry readings.
2. Social clubs where individuals could network and build alliances.
3. Games and leisure activities enjoyed by families and friends.

# Conclusion

**As the Romans Did** by Jo Ann Shelton is a rich and engaging resource that illuminates the multifaceted nature of ancient Roman life. By weaving together historical facts with vivid narratives, Shelton allows readers to step back in time and experience the culture and society of one of history's most fascinating civilizations. The book serves as a valuable contribution to the study of ancient Rome, making it an essential read for anyone interested in history, culture, or the complexities of human society. Whether you are a seasoned historian or simply curious about the past, "As the Romans Did" offers insights that resonate with contemporary life, reminding us of the enduring legacy of the Romans.

## Frequently Asked Questions

### **What is the primary focus of 'As the Romans Did' by Jo Ann Shelton?**

The book primarily focuses on the daily life, customs, and social structures of ancient Rome, providing insights into how Romans lived, worked, and interacted.

### **How does Jo Ann Shelton approach the topic of Roman culture in her book?**

Shelton employs a narrative style that combines historical facts with engaging anecdotes, making the complexities of Roman culture accessible and relatable to readers.

### **What unique perspective does the book offer on Roman society?**

The book offers a perspective that emphasizes the diversity and richness of Roman society, highlighting various classes, roles, and cultural practices that shaped everyday life.

### **Are there any specific themes that Shelton explores in 'As the Romans Did'?**

Yes, themes such as social hierarchy, gender roles, religion, and the impact of geography on Roman life are explored in depth throughout the book.

### **What types of sources does Jo Ann Shelton use to**

## **support her arguments?**

Shelton utilizes a variety of sources, including ancient texts, archaeological findings, and contemporary scholarship, to provide a well-rounded view of Roman life.

## **Does 'As the Romans Did' include discussions on the influence of Roman culture on modern societies?**

Yes, Shelton discusses how various aspects of Roman culture have influenced modern societies, particularly in terms of law, governance, and urban planning.

## **What makes 'As the Romans Did' a suitable read for both scholars and general readers?**

The book strikes a balance between scholarly rigor and engaging storytelling, making it informative for academics while remaining accessible to general readers interested in history.

## **How has 'As the Romans Did' been received by critics and readers?**

The book has been well-received, praised for its thorough research and lively prose, making it a popular choice among those studying ancient Rome.

## **What is one of the most surprising facts revealed in 'As the Romans Did'?**

One surprising fact is the extent to which daily life in Rome was influenced by public entertainment, such as gladiatorial games and theatrical performances, which were integral to social cohesion.

## **What can readers expect to learn about Roman dining customs in the book?**

Readers can expect to learn about the elaborate dining customs of Romans, including the significance of banquets, the types of food consumed, and the social dynamics involved in communal meals.

## **[As The Romans Did Jo Ann Shelton](#)**

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