The Romans

[Name of the Student:]

[Name of the Institution:]

The Romans

Rome was founded in 753 B.C. by Romulus, and it was one of the greatest empires of the ancient era. Rome started from a small town in central Italy, which later grew into a vast empire. It included most of Europe, England, Northern Africa, parts of western Asia, and islands of the Mediterranean.

Rome rose to prominence in the age of Julius Caesar who turned the country from a monarchy to an empire. The Roman law was written on twelve tables, which were the bronze plates with the Roman law code inscribed on them. These basic laws guided the Romans through all subsequent law formulations related to civil rights, property rights, and legal procedures. The Senate included aristocrats and nobles, whereas the political powers accumulated in it. The Romans excelled in developing a sound political system, strong army, and a huge cultural heritage (Graham & Kamm, 2014).

The Romans used to speak old Latin (classic Latin) for official purposes, and Vulgar Latin for informal conversation. The modern Latin is not the same language as was spoken by the Romans. Many European languages evolved from their language, after the fall of the Western Roman Empire. Among other legacies of the Romans are the religion of Christianity, the alphabets, democratic ideology, and tactics used in battles.

Romans built a strong army by incorporating soldiers into it coming from different backgrounds. They trained, organized, and led their troops efficiently. They developed extraordinary fighting skills that helped them conquer vast lands. They acquired more soldiers as they continued to win battles, and turned the enemy’s soldiers into their loyal army by offering them citizenship.

 The Romans came into contact with the Greek literature that was full of knowledge. The Romans translated literary works of the Greek into classic Latin and continue working on their discoveries. The Romans adopted Greek sciences, philosophy, art, and much of its religion. A major distinction between the Greek and the Roman hallmarks was that the Greeks excelled in intellectual sciences and art, whereas the Romans surpassed all their contemporary counterparts in battle-field skills, political system, and administration.

The Punic wars fought against Carthage, North Africa, three times (Lazenby, 2016). In the final battle with Carthage around 149 BC, the Romans captured the city. The Macedonian Wars fought against King Philip V of Macedonia spread the influence of the Roman Empire in the East. In 52 BC, Julius Caesar led the army in the battle of Alesia and stood victorious by extending his empire to many countries of Western Europe. Other major battles include the battle of Actium, third servile war, the battle of Milvian Bridge, etc.

Romans' culinary habits evolved with time. Their empire continued to expand through centuries, and they had encountered numerous civilizations during warfare. Further, the differences between different classes in the Roman society also increased as their civilization evolved and empire grew (Duducu, 2015). They named their meals during different times in a day as Ientaculum (taken in the early morning), Cena (at noon), and Vesperna (in the evening). Cena was the main meal of the day, the most nutritious in its composition. As time elapsed, Cena evolved to more developed forms and would include many dishes when served. It totally replaced Vesperna, and began to be served relatively later in the evening.

Roman architecture is one of the most remarkable architectures in the world and it has an everlasting impression on the coming generations. Certain buildings like Colosseum, which they constructed, still stand today intact, because they used excellent building materials. They also built the best roads in the ancient world. They developed systems to transfer water from its source to the urban areas.

Works Cited

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