

## What was the legacy of the Romans? Rise of the Anglo-Saxons

- **Roman Legacies in Britain:**
  - **Roads** – built straight and strong, many still in use.
  - **Towns and cities** – London, Chester, York all began as Roman settlements.
  - **Law and government** – Roman ideas influenced later rulers.
  - **Architecture** – arches, mosaics, villas, and public buildings.
  - **Language** – Latin influenced English words.
  - **Christianity** – spread during Roman rule and remained after they left.
- After Romans left, the **Anglo-Saxons** (from Germany and Denmark) moved in and took control.

## Who were the Romans and why did they want Britain?

- **Romans** – People from Rome in Italy who built a huge empire.
- Wanted Britain for:
  - **Resources** (iron, tin, lead, gold).
  - **Fertile land** for farming.
  - **Slaves** to work for them.
  - To show their **power and strength**.

## How did the Romans conquer and control Britain?

- **Julius Caesar** first invaded in 55 BC but failed.
- **Emperor Claudius** successfully invaded in 43 AD.
- Built **roads, forts, and walls** (like Hadrian's Wall) to control land.
- Used the **Roman army** – highly trained and disciplined.
- Local leaders (tribes) were made **allies or defeated**.

## Why did the Romans leave Britain?

- Around **410 AD** the Romans left.
- **Rome was under attack** by other tribes (like Goths and Vandals).
- Roman soldiers were needed back in Italy.
- Britain became too **expensive to defend**.
- Local Britons left to defend themselves from raids by **Picts, Scots, and Saxons**.

## How did the works of Hippocrates and Galen influence Roman-Britain medicine?

- **Hippocrates** (460–377 BC) – Greek doctor, “Father of Medicine.”
  - Taught that disease had **natural causes**, not punishment from gods.
  - Created the **Four Humours theory** – illness came from imbalance of blood, phlegm, yellow bile, black bile.
- **Galen** (129–200 AD) – Roman doctor, worked in gladiator schools and in Rome.
  - Built on Hippocrates’ ideas, encouraged **observation and dissection** (mainly of animals).
  - Believed in **opposites** – treat illness with the opposite (e.g., fever = cooling).
  - Writings were studied and used across the empire, including Britain.
- In Roman Britain, doctors and healers followed Galen and Hippocrates’ ideas to diagnose and treat illness.

## How did Roman medicine and public health work? Chester and Bath as example site studies.

- **Roman medicine:**
  - Doctors treated soldiers and civilians.
  - Used herbal cures, surgery, and humours theory.
- **Public health:**
  - Built **aqueducts** to bring clean water.
  - Public **baths** for washing.
  - **Toilets and sewers** improved hygiene.
- **Chester** – Roman fortress with baths, barracks, aqueducts, and a strong military hospital.
- **Bath** – Hot springs turned into a **temple and baths** for health and religion.

## What was life like in Roman Britain?

- **Towns** built with stone houses, markets, and forums.
- **Roman baths** for washing and relaxing.
- **Amphitheatres** for entertainment (gladiators).
- Rich people lived in **villas** with mosaics and underfloor heating.
- Poor people lived in **small huts**.
- Roman religion brought **many gods and temples**.

Romans and Conquest	
Key word	Definition
<b>Romans</b>	People from Rome who built a huge empire across Europe, Africa, and Asia.
<b>Empire</b>	A group of countries or lands controlled by one ruler.
<b>Invasion</b>	When an army enters another country to take control.
<b>Julius Caesar</b>	Roman general who tried to invade Britain but failed.
<b>Emperor Claudius</b>	Roman emperor who successfully invaded Britain.
<b>Boudica</b>	Queen of the Iceni tribe who led a rebellion against the Romans.
<b>Iceni</b>	A powerful Celtic tribe led by Boudica.
<b>Celts</b>	The people living in Britain before the Romans arrived.
<b>Picts</b>	Tribes in Scotland who resisted Roman control.
<b>Tribute</b>	Taxes or payments demanded by the Romans from local tribes.
<b>Hadrian's Wall</b>	A wall built across northern England to keep out tribes from Scotland.
<b>Legion</b>	A unit of the Roman army, around 5,000 soldiers.
<b>Centurion</b>	Officer in charge of about 80 Roman soldiers.
Medicine and Health	
Key word	Definition
<b>Hippocrates</b>	Greek doctor called the "Father of Medicine"; created the Four Humours theory.
<b>Four Humours</b>	Belief that the body was made of blood, phlegm, black bile, and yellow bile. Illness came from an imbalance.
<b>Galen</b>	Roman doctor who developed Hippocrates' ideas and encouraged dissection.
<b>Dissection</b>	Cutting open animals (and sometimes humans) to study the body.
<b>Herbal remedies</b>	Medicines made from plants.

Life in Roman Britain	
Key word	Definition
<b>Villa</b>	Large countryside house for rich Romans, often with mosaics and underfloor heating.
<b>Mosaic</b>	A picture or pattern made from tiny, coloured tiles.
<b>Amphitheatre</b>	Large open arena for entertainment like gladiator fights.
<b>Colosseum</b>	Huge amphitheatre in Rome; smaller versions were built in Britain.
<b>Baths</b>	Public places with hot and cold pools for washing and relaxing.
<b>Forum</b>	The main square or marketplace in a Roman town.
<b>Hypocaust</b>	Roman central heating system under floors.
<b>Insulae</b>	Roman apartment blocks where poorer people lived in towns.
<b>Temple</b>	A building where Romans worshipped their gods.
<b>Gods and Goddesses</b>	Roman religion included Jupiter (sky), Mars (war), Minerva (wisdom).
<b>Christianity</b>	Religion that began to spread in Roman Britain.
<b>Londinium</b>	Roman name for London.
<b>Latin</b>	Language spoken by Romans.
Leaving Britain and Legacy	
Key word	Definition
<b>Collapse</b>	When something falls apart, like the Roman Empire.
<b>Legacy</b>	Something left behind that continues to have an impact.
<b>Roads</b>	Built straight and strong by Romans; many still used today.
<b>Anglo-Saxons</b>	Tribes from Germany and Denmark who settled in Britain after the Romans left.
<b>Barbarians</b>	Term Romans used for people outside their empire.

<b>Sanitation</b>	Keeping places clean to stop disease spreading.
<b>Public health</b>	Roman system to keep people healthy using baths, aqueducts, sewers, and toilets.
<b>Aqueduct</b>	Bridge or channel used to carry fresh water into towns.
<b>Sewers</b>	Underground pipes that carry waste away.
<b>Military hospitals</b>	Hospitals built in forts for Roman soldiers.
<b>Chester</b>	Roman city with baths, army barracks, and a hospital; shows how the army spread Roman health and lifestyle.
<b>Bath</b>	Roman town built around natural hot springs; a site for bathing and worship.

<b>Saxons</b>	Tribe from northern Europe who invaded after the Romans left.
<b>Angles</b>	Tribe who, along with the Saxons, gave "England" its name.
<b>Villas and towns</b>	Many fell into ruins after the Romans left, but foundations remain.
<b>Latin inscriptions</b>	Writings carved into stone, some still found today.
<b>Latin place name words:</b>	<p><b>-chester / -cester / -caster</b> – From <i>castra</i>, meaning "fort" (e.g. Manchester, Leicester).</p> <p><b>-col / -coln</b> – From <i>colonia</i>, meaning "settlement" (e.g. Lincoln).</p> <p><b>-street</b> – From <i>strata</i>, meaning "paved Roman road" (e.g. Stretford, Stratford).</p> <p><b>-don</b> – From <i>dunum</i>, meaning "fortified place" (e.g. London, Croydon).</p>