

Aqueduct



Photograph by Roberto Lucci/Dreamstime

In order to provide its growing cities with freshwater, the Roman Empire developed the aqueduct, an engineering innovation that allowed the transport of freshwater across long distances. Normally starting at fresh mountain sources, an aqueduct would gradually lower, allowing gravity to bring water from its source to a city.

Military Weapons



Courtesy National Geographic Channel/Kent Eanes

The Roman military relied on new technologies for their armies to remain effective on the battlefield. In addition to iron weapons like the *pilum*, a javelin-like projectile that featured a soft iron tip, the Romans also developed siege engines like the catapult and *onager* to attack walled cities. When traveling, Roman armies built temporary forts every night to protect their forces from ambush.



Military Armor

Courtesy National Geographic Channel/Kent Eanes

Roman body armor varied depending on rank and position; however, many Roman soldiers wore a breastplate.



Military Helmets

Courtesy National Geographic Channel/Kent Eanes

The style of Roman helmets worn by the military varied. The Gallic type included a crest and neck and cheek guards.

Roads and Surveying



Photograph by Angelo Cordeschi/Dreamstime

While seeming like a simple technology, developing straight roads in the ancient world was quite challenging. To solve this problem, the Romans developed a tool known as a *groma* that allowed engineers to ensure roads were paved straight and even. Building a strong network of roads that were safe to travel helped the economy of the Roman Empire flourish as goods and people could travel from one side of the Roman Empire to another.

Food



Courtesy National Geographic Channel/Kent Eanes

Wherever Rome went, Roman culture followed closely behind. One major feature of Roman culture was food. Roman food, based on ingredients native to the Mediterranean world, unified various sectors of the Roman Empire.

Baths



Photograph by Neil Harrison/Dreamstime

Another major feature of Roman culture was bathhouses. For men and women, the bathhouse became a zone of social interaction where politics, business, and gossip could be discussed. In addition, amenities like this helped the Romans win over newly conquered peoples, showing that belonging to the Roman Empire had positive benefits and did not mean complete subjugation.