Italy could no longer supply all of the recruits in the army, so only officers came from Italy
Soldiers mostly came from provinces
Barbarians joined the army to gain Roman citizenship

Urban Population of Rome
- 500,000 - 750,000

Hazards and Benefits of Urban Living
- Had stately palaces, noble buildings, beautiful residential areas
- But most people lived in badly constructed houses and took whatever was available
- Hazards: fire, crime, poor sanitation
- Benefits: Aqueducts, baths, sewage systems

Aqueducts and Their Operations
- Hundreds of miles were built
- Brought fresh water into the city
- Powered by gravity
- Required thousands of workers for regular maintenance who were paid out of the imperial treasury

Gladiatorial Contests and Chariot Races
- Participants fought to the death with swords and other weapons
- Many gladiators were criminals, slaves of gladiatorial schools, prisoners of war
- Chariot races were two-horse and four-horse chariots racing in a course of 7 laps (around 5 miles)
- Four permanent teams - each with own color - fought against each other

Role of Army in Roman Cultural Expansion
- Areas where legions were stationed became romanized - i.e. use legionaries, who upon retirement, often settled where they had served
- They frequently married local women
- They brought essential skills and veterans used their retirement pay to set themselves up in business

Changes in Eastern Part of Empire
- Traded with other areas and built extensively
- Beautifying themselves with new amphitheaters, temples, and other public buildings

Major Economic Activities of Britain
- Britain and Belgium became prime grain producers
- Britain produced wool
- Italy and southern Gaul produced huge quantities of water and wine
- Syria produced olive oil
- Egypt produced wheat

Belgium ^^
Italy and Southern Gaul (as well as Syria and Egypt) ^^

Centers of Potter
- 2nd Century CE
- Gaul and Germany took over the pottery market