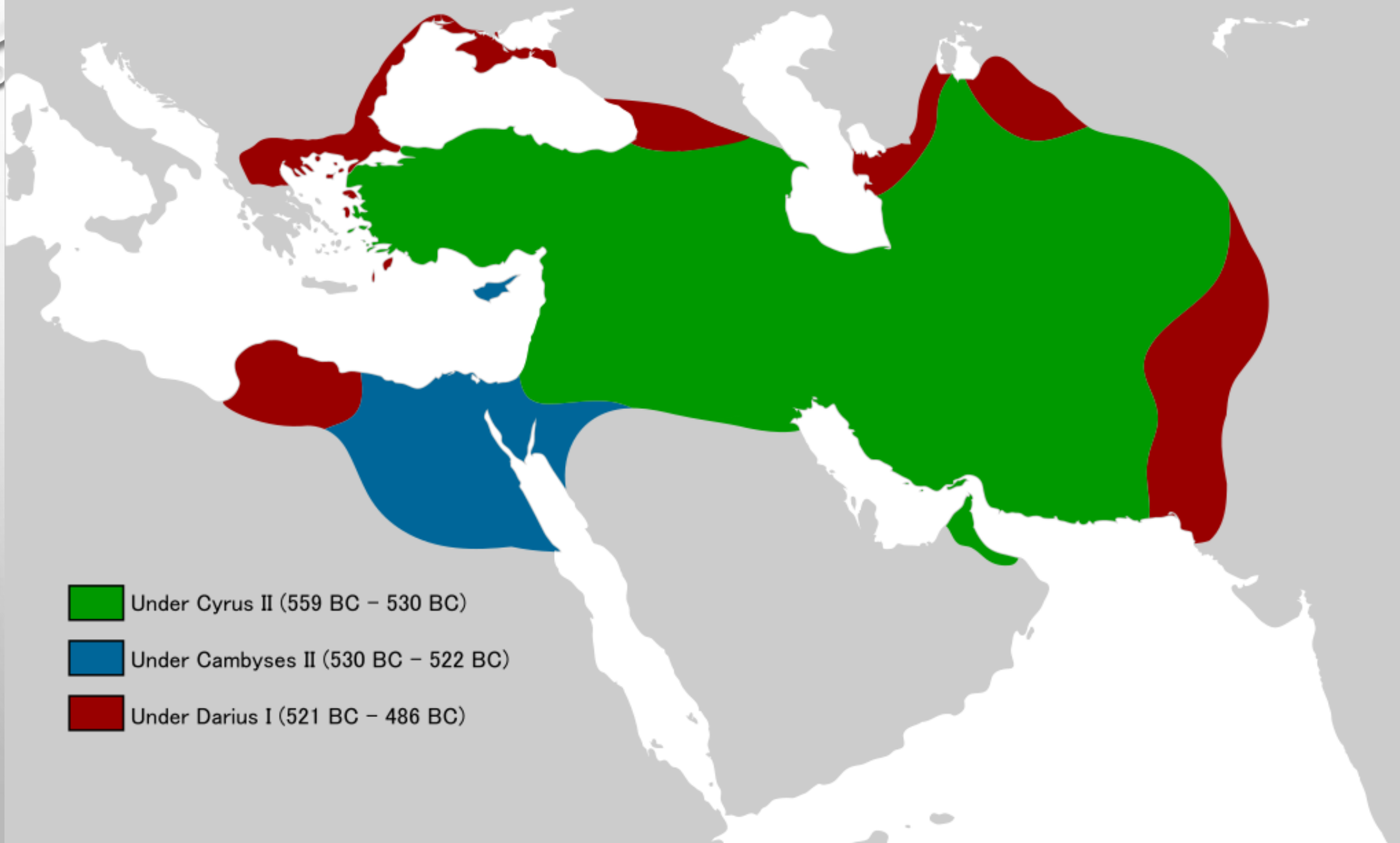





HELLENIC POLIS TIME LINE

- 2000-1400 BCE MINOAN CULTURE FLOURISHES
- 1580-1120 BCE MYCENAEAN CULTURE DOMINANT
- 1120-800 BCE “DARK AGES”
- 776 BCE OLYMPICS BEGIN
- 600 BCE MILITARIZATION OF SPARTA
- 510 BCE DEMOCRACY IN ATHENS
- 399 BCE SOCRATES EXECUTED
- 343 BCE ARISTOTLE TUTORS ALEXANDER (THE GREAT)

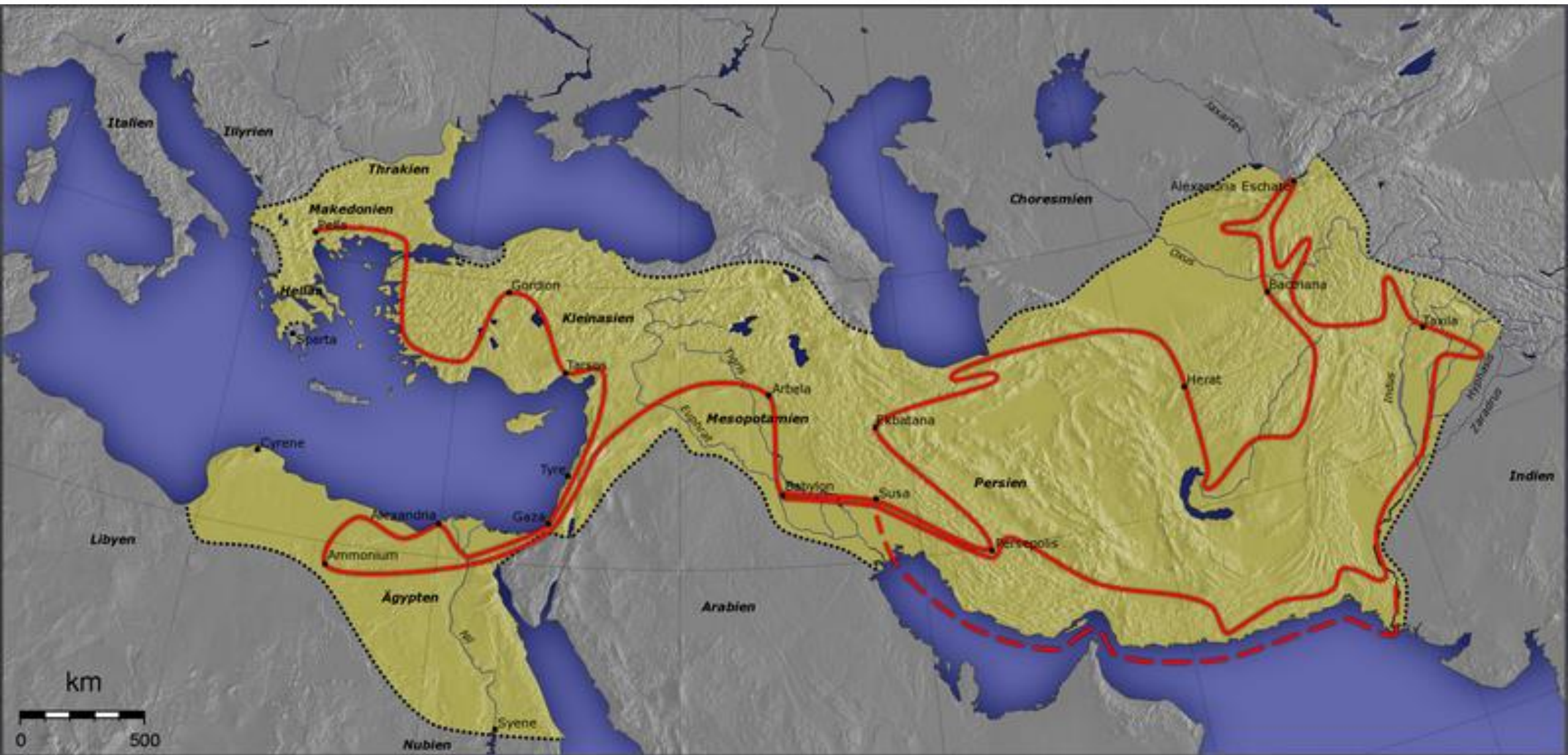


 Under Cyrus II (559 BC – 530 BC)

 Under Cambyses II (530 BC – 522 BC)

 Under Darius I (521 BC – 486 BC)



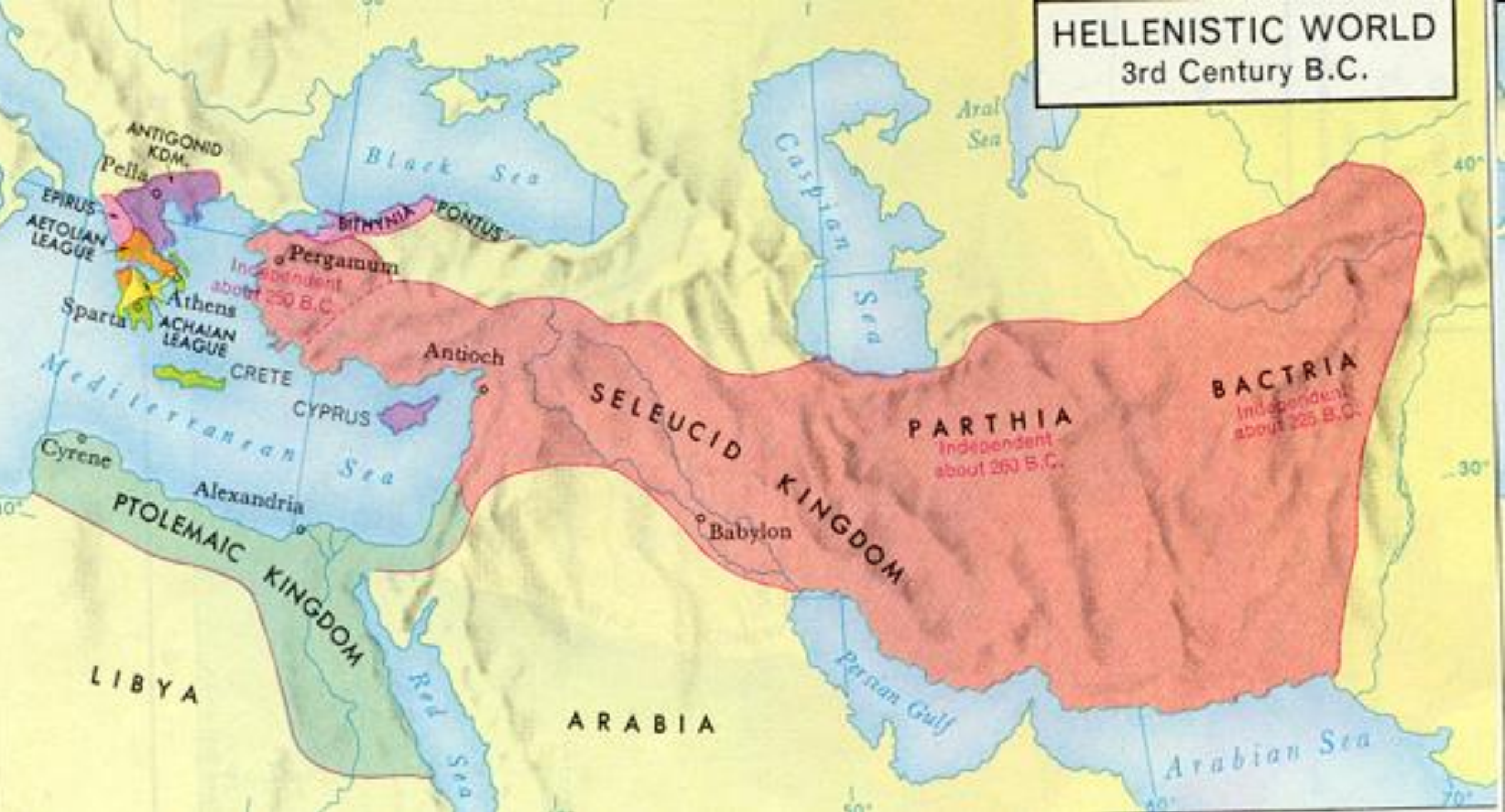






**HELLENISTIC WORLD
AFTER THE BREAKUP OF
ALEXANDER'S EMPIRE
310 B.C.**

HELLENISTIC WORLD 3rd Century B.C.





GEOGRAPHY

- MAINLAND AND ISLANDS ARE **MOUNTAINOUS**
 - DIFFICULT TRAVEL
 - **MARITIME** FOCUSED
- NO MAJOR RIVERS
- LITTLE GOOD FARMLAND
 - ALWAYS HAVE INADEQUATE FOOD
 - **SEAFOOD** FORMS A MAJOR SOURCE OF DIET
 - REQUIRES **TRADE** FOR FOOD
 - OLIVES = OLIVE OIL
 - GRAPES = WINE

DEFINING THE HELLENIC WORLD

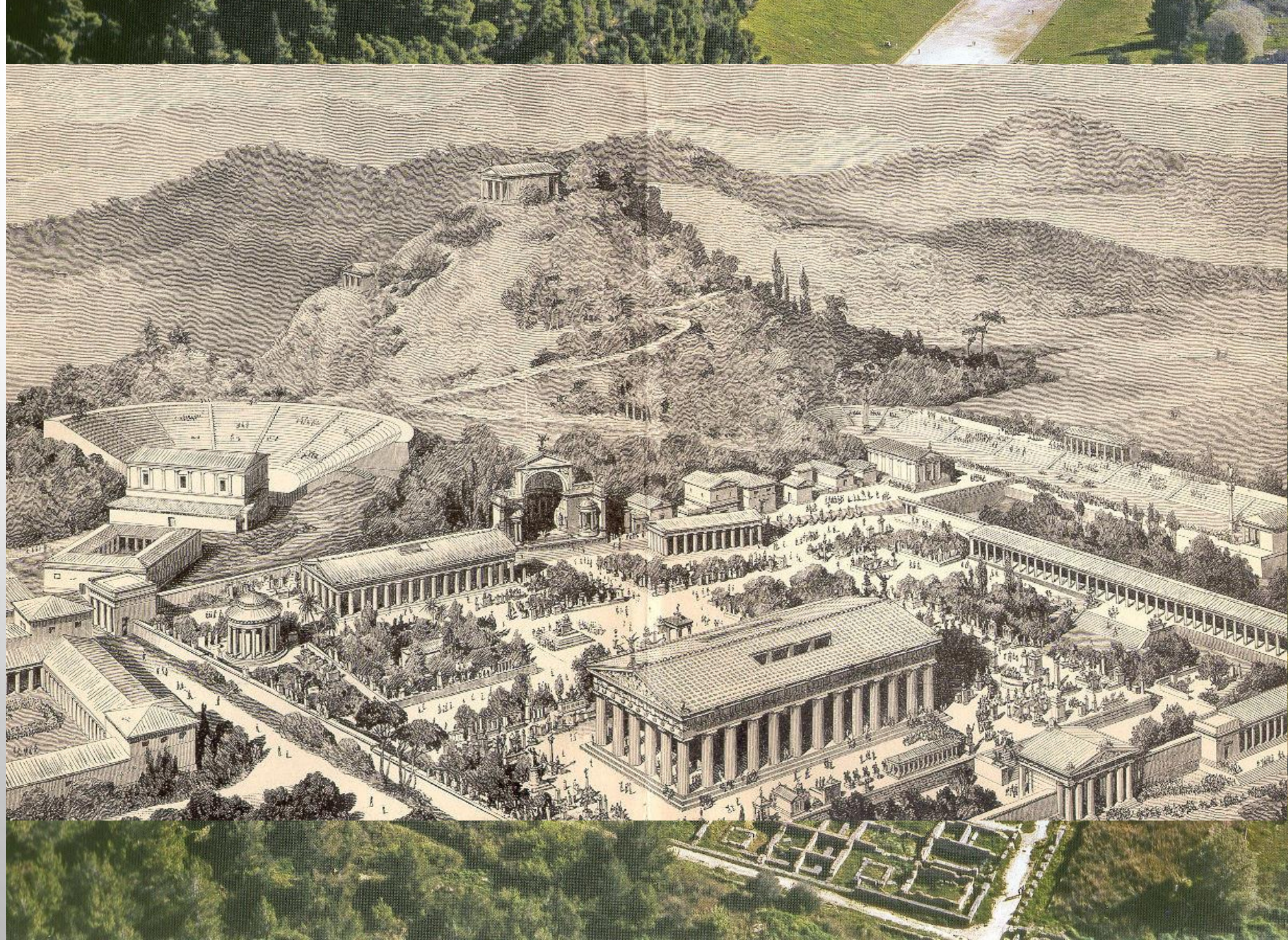
- COMMON HISTORY
 - HEROIC IDEAL = DARK AGE OF GREECE (1150-800 B.C.)
- COMMON BELIEFS
- COMMON TRADITIONS



DEFINING THE HELLENIC WORLD

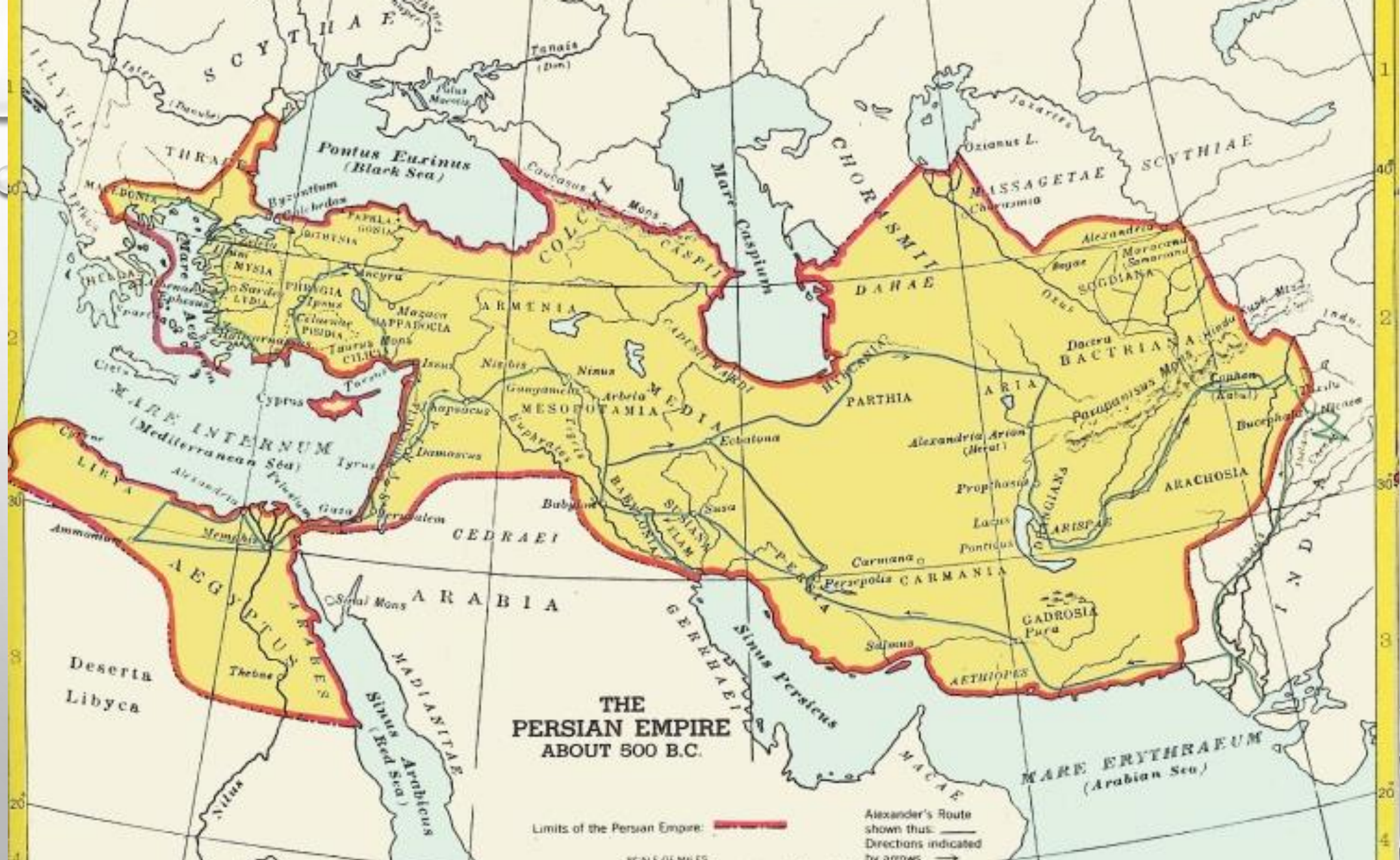
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DEFINING THE HELLENIC WORLD

- COMMON HISTORY
 - HEROIC IDEAL = DARK AGE OF GREECE (1150-800 B.C.)
- COMMON BELIEFS
 - ORACLE OF DELPHI
- COMMON TRADITIONS
 - GAMES OF OLYMPIA
 - PHALANX



SCYTHIAE

THRACE

Pontus Eurinus
(Black Sea)

Caucasus Mons

Mare Caspium

CHORASMII

MASSAGETAE

SCYTHIAE

MAEDONIA

Byzantium

Chalcidica

COLCHIA

CASSPII

DAHAE

Alexandria

SOGDIANA

HECATAIA

LYDIA

PHRYGIA

LYCIA

PHIDEGIA

LYCIA

ARMENIA

ARMENIA

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MARE INTERNUM
(Mediterranean Sea)

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THE PERSIAN EMPIRE ABOUT 500 B.C.

Limits of the Persian Empire: ———

Alexander's Route shown thus: ———

Directions indicated by arrows: →

SCALE OF MILES



MACEDONIA

THRACE

THESSALY

ANATOLIA

Boeotia

Lydia

PELOPONNESE

CYCLADES IS.

Laconia

Caria

Cythera

Rhodes

Crete

Corcyra

Thasos

Lemnos

Lesbos

Chios

Samos

Olympia

Corinth

Troizen

Attica

Eretria

Thebes

Marathon

Athens

Plataea

Thermopylae

Sardis

Ephesus

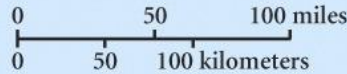
Mt. Mycale

Miletus

Mediterranean Sea

Propontis

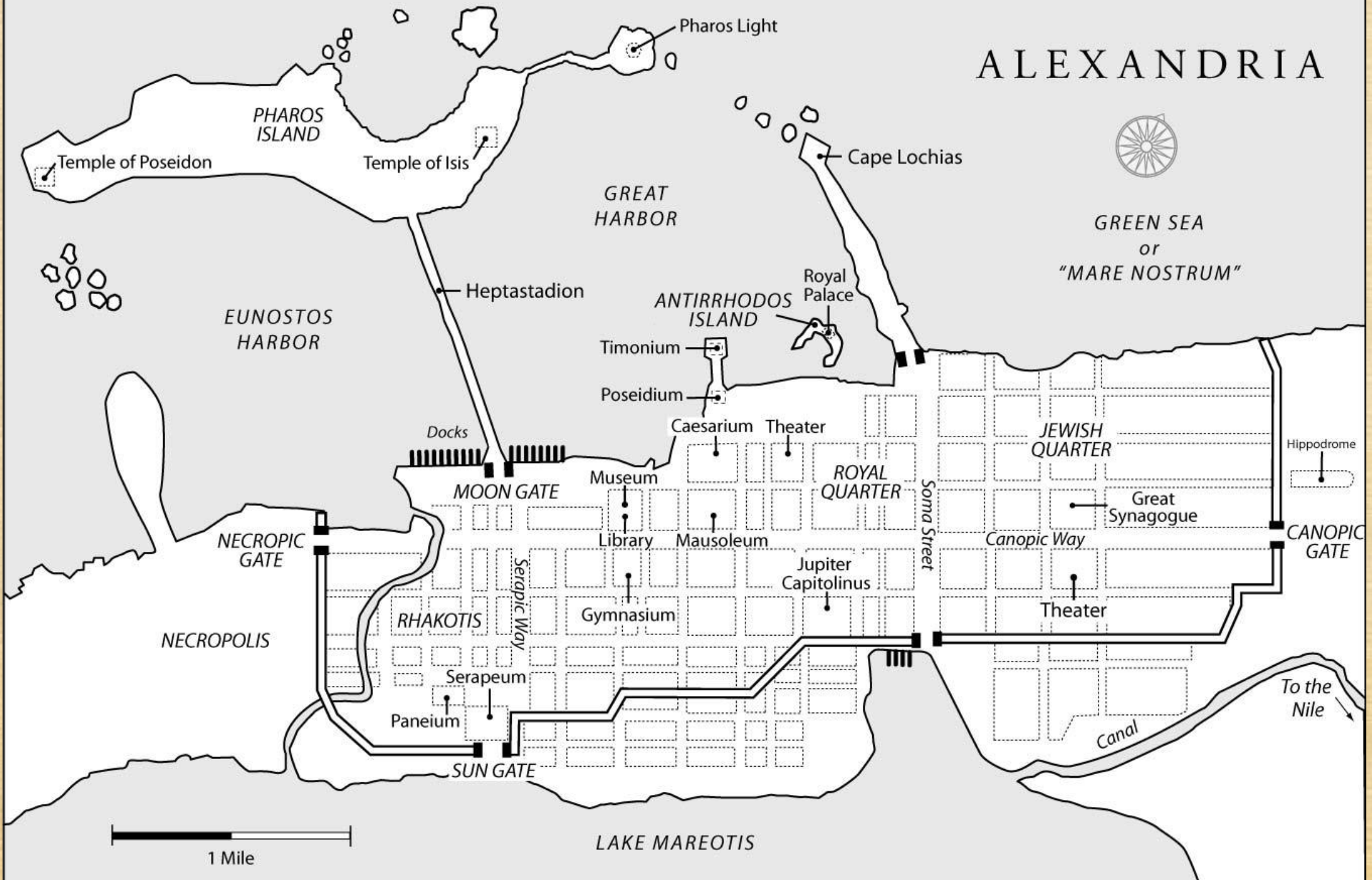
Hellespont



Canal dug by Persians



ALEXANDRIA



1 Mile

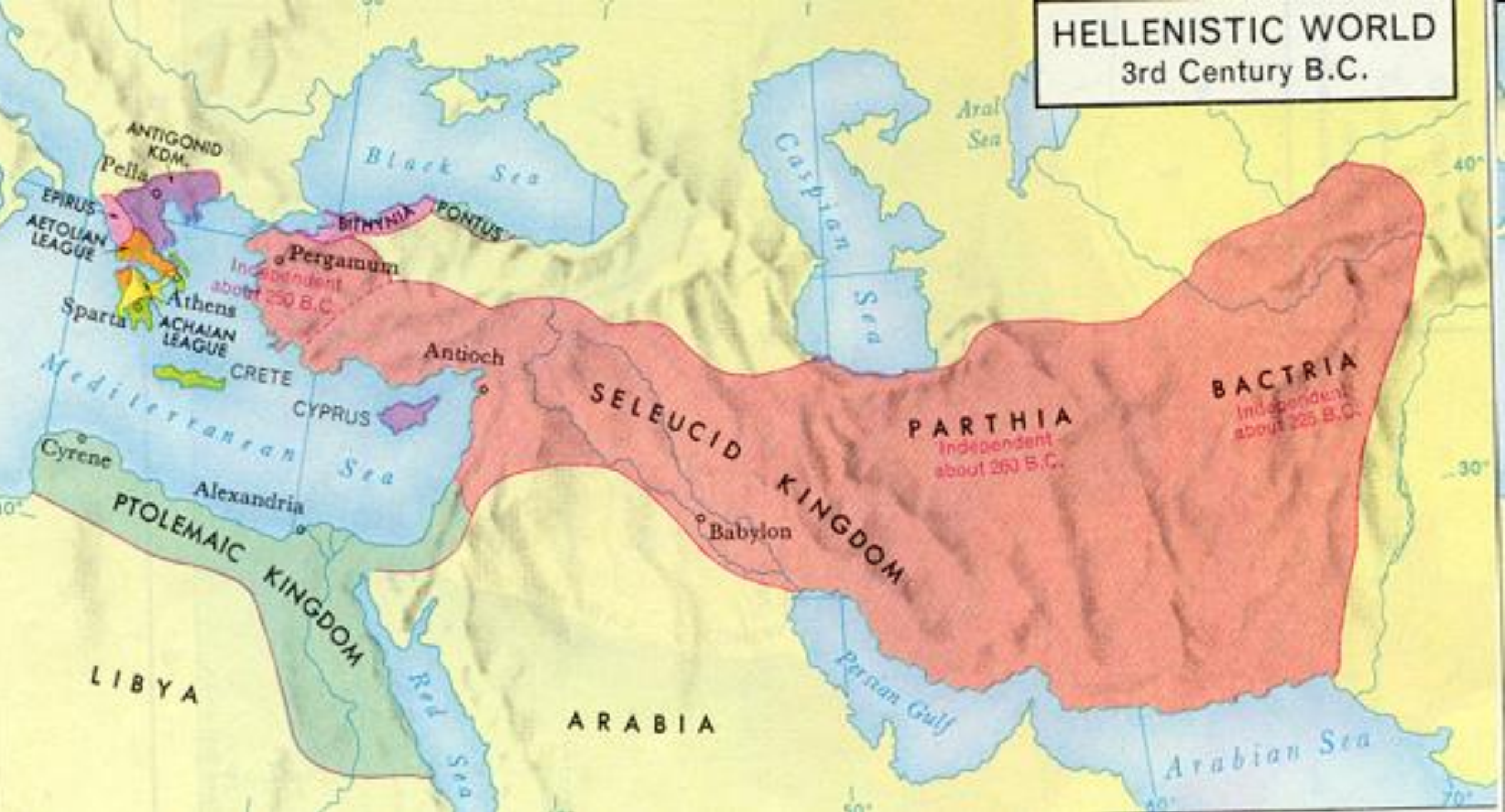
Ancient Alexandria

(1st c. B.C.–1st c. A.D.)



HELLENISTIC WORLD

3rd Century B.C.

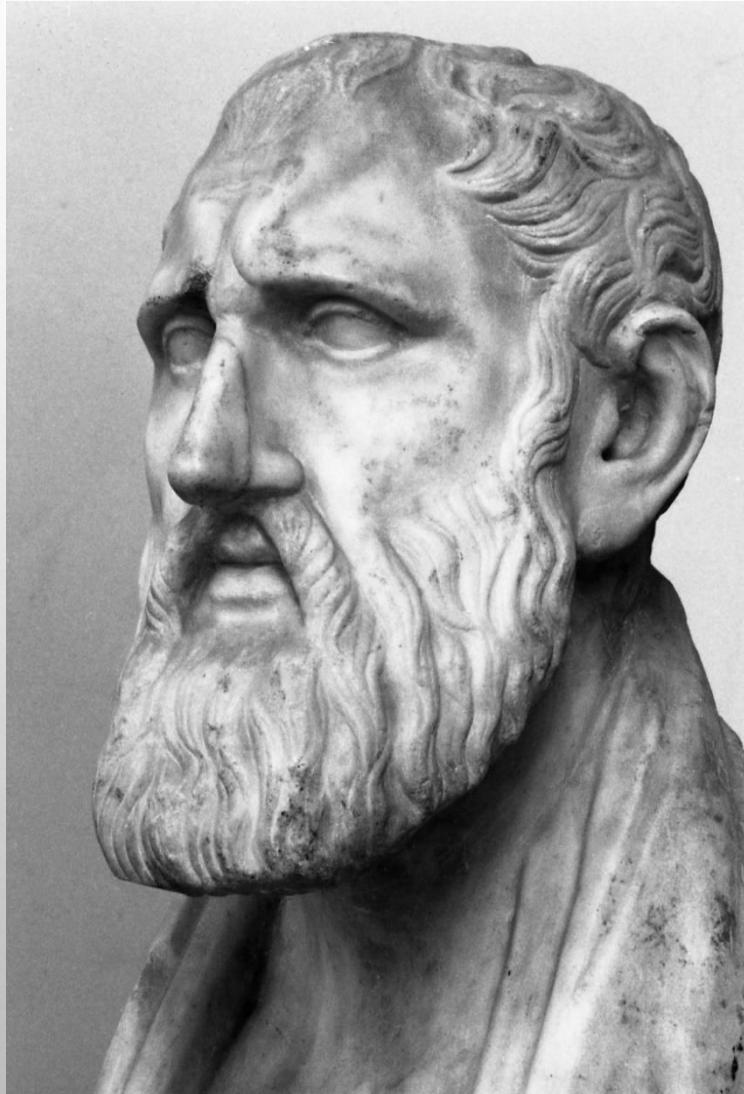


LAYERS OF BELIEF

- 1- GODS
 - ZEUS = JUPITER
 - POSEIDON = NEPTUNE
 - HADES = PLUTO
- 2- HELLENIC PHILOSOPHY
 - SOCRATES / PLATO / ARISTOTLE
- 3- HELLENISTIC PHILOSOPHY
 - STOICISM -VS- EPICUREANISM
- 4- MYSTERY CULTS

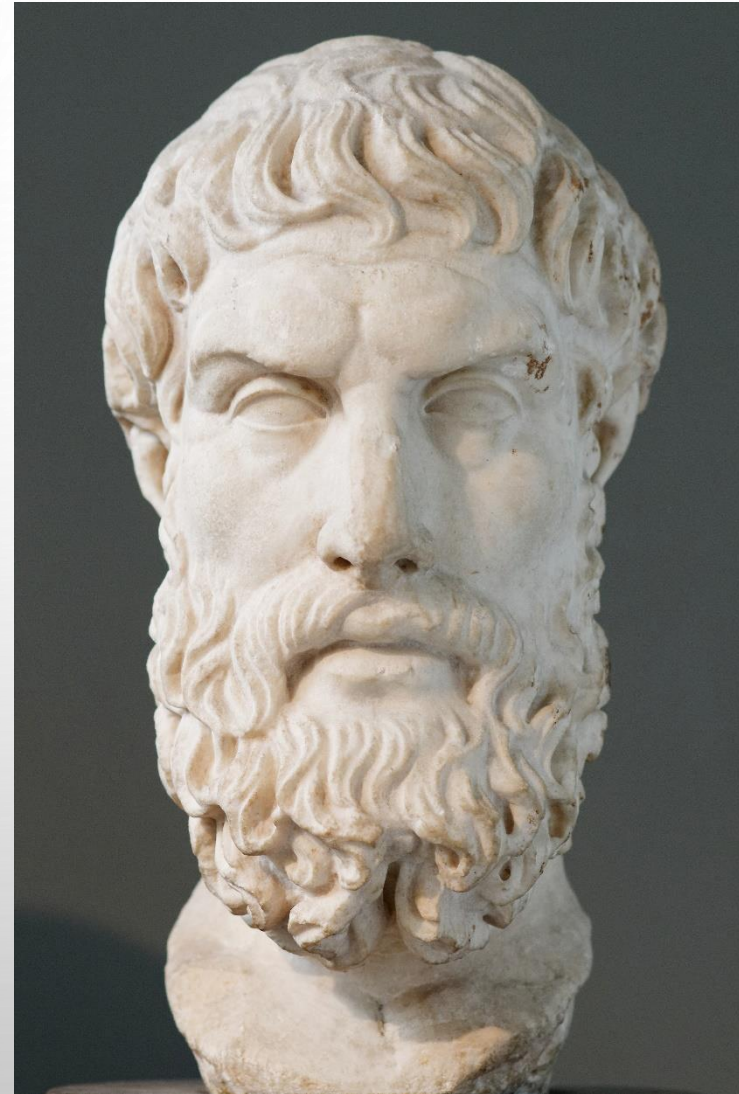
ZENO OF CITIUM

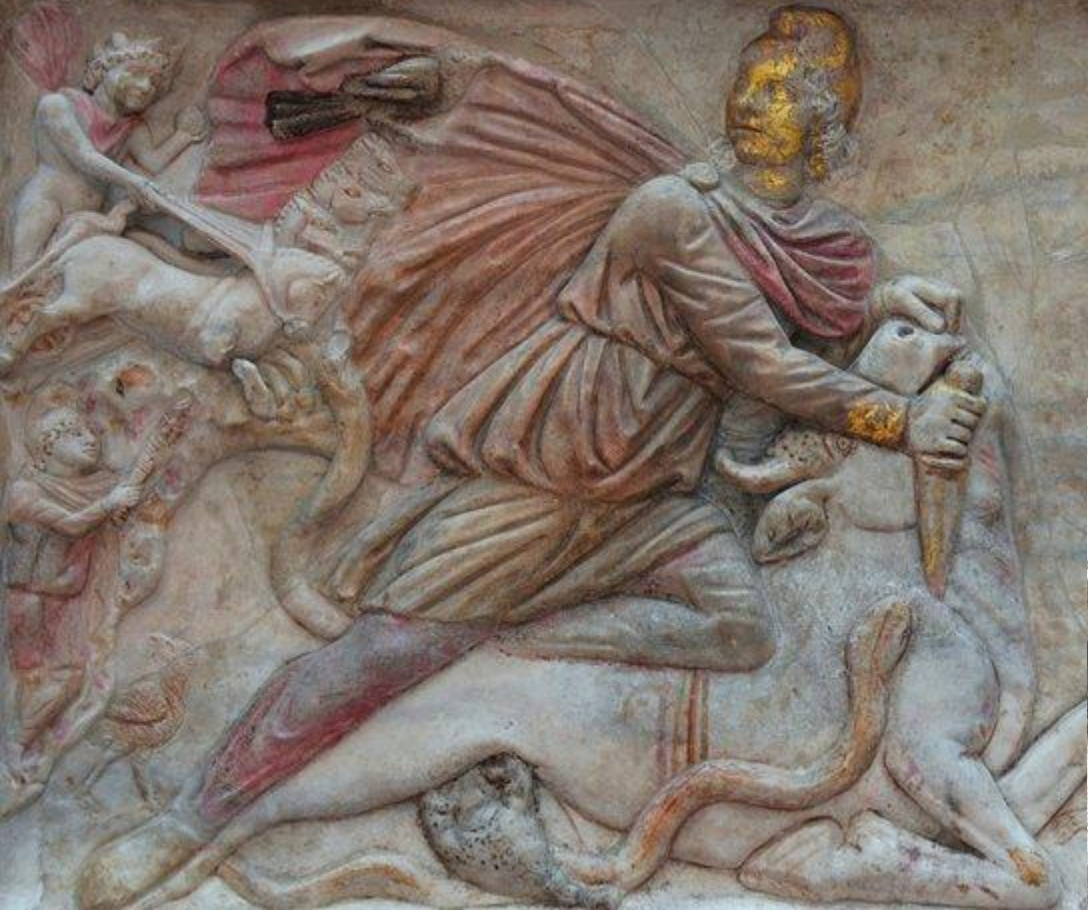
334-262 BCE



EPICURUS OF SAMOS

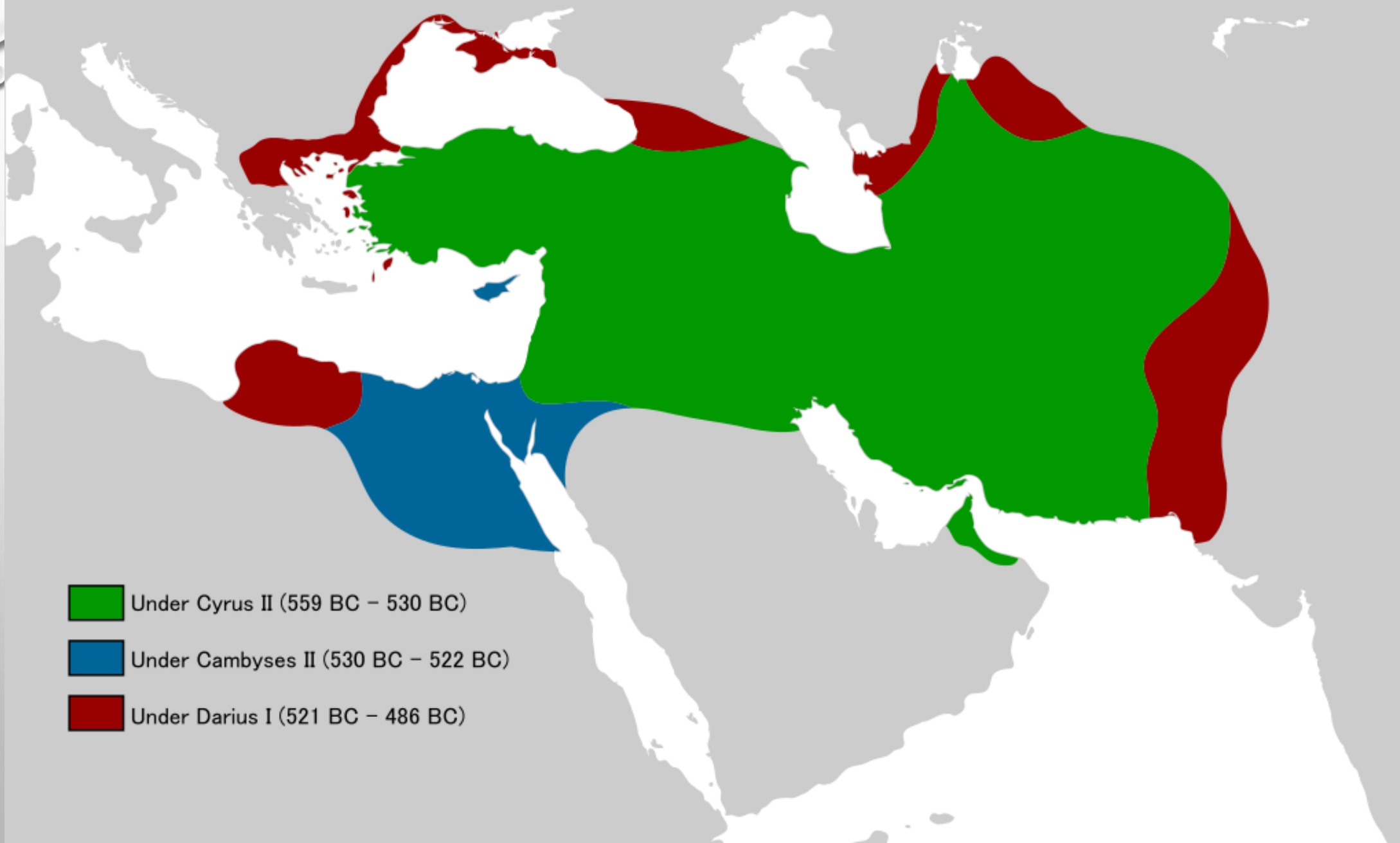
341-270 BCE








LAYERS OF BELIEF

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- 3- HELLENISTIC PHILOSOPHY
 - STOICISM -VS- EPICUREANISM
- 4- MYSTERY CULTS
 - ATTIS = ANATOLIA
 - ISIS = EGYPT
 - ORPHIC = DEATH AND REBIRTH
 - ELEUSINIAN = MINOAN
 - MITHRAISM



 Under Cyrus II (559 BC – 530 BC)

 Under Cambyses II (530 BC – 522 BC)

 Under Darius I (521 BC – 486 BC)

ZOROASTRIANISM

- **STARTED 1500-1000 BCE BY ZOROASTER (ZARATHUSTRA)**
 - TRANSITION TO MONOTHEISM
- **PERSIAN EMPIRE**
 - CYRUS THE GREAT ADOPTS IN 550 BCE
 - SPREADS THROUGHOUT PERSIAN EMPIRE
- **LIFE IS A STRUGGLE BETWEEN TWO SPIRITUAL STATES**
 - **AHURA MAZDA** - GOD OF LIGHT, GOODNESS, MIND AND SPIRIT
 - **ANGRA MAINYU** - REPRESENTS DARKNESS, EVIL AND MATTER
 - FREE WILL
 - JUDGEMENT AFTER DEATH



ROME

- 509 BCE INDEPENDENT ROME
- 218-201 BCE SECOND PUNIC WAR
- 73-71 BCE SLAVE REVOLT LED BY SPARTACUS
- 49-44 BCE CAESAR DICTATOR OF ROME
- 27 BCE OCTAVIAN BECOMES EMPEROR
- 96CE-180CE "ERA OF FIVE GOOD EMPERORS"
- 235-284 AGE OF THE "BARRACKS EMPERORS"
- 284-305 DIOCLETIAN RULES
- 306-337 CONSTANTINE RULES
- 391 CHRISTIANITY OFFICIAL RELIGION OF EMPIRE
- 476 ROMAN EMPIRE "OFFICIALLY" ENDS

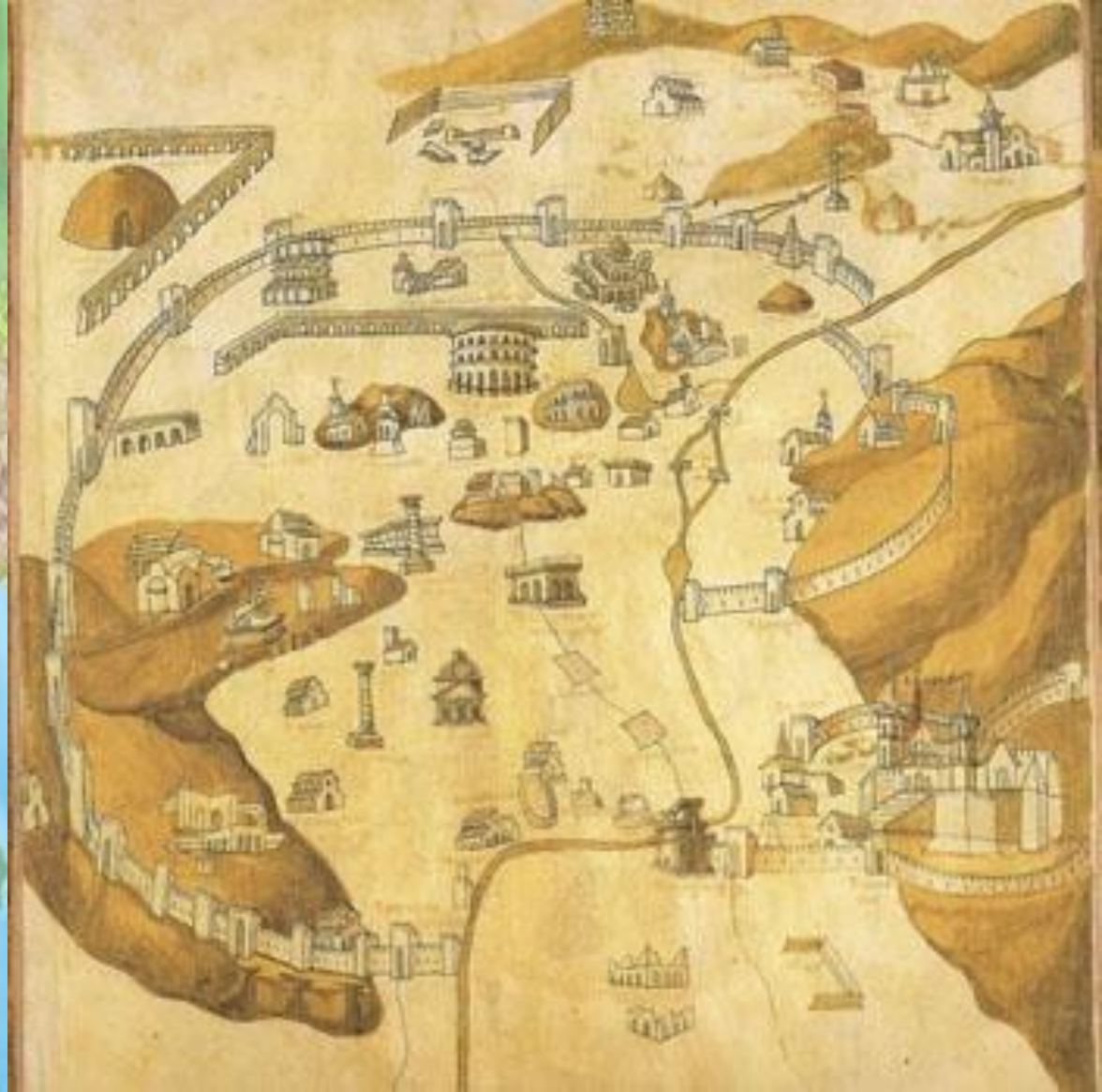


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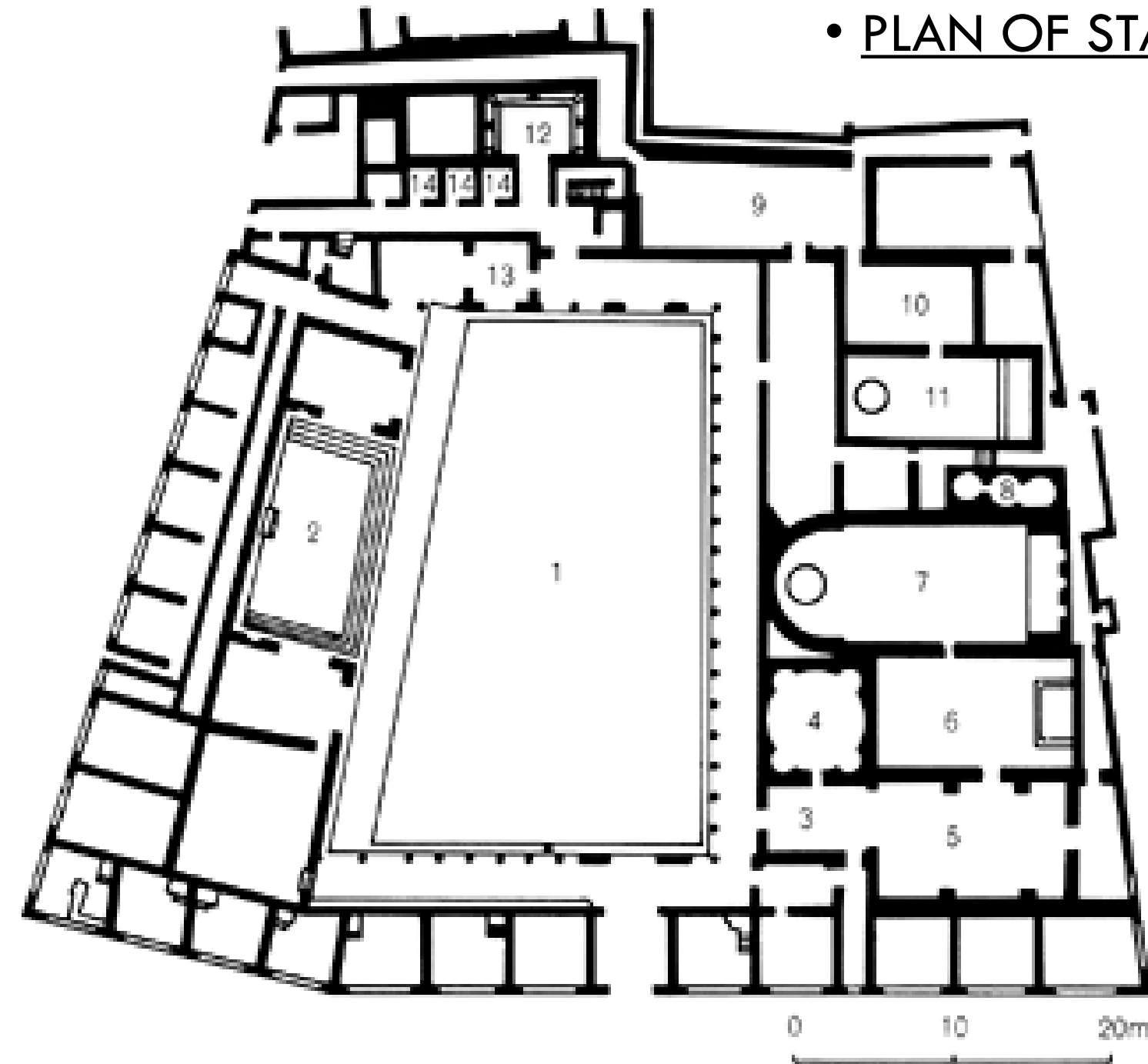




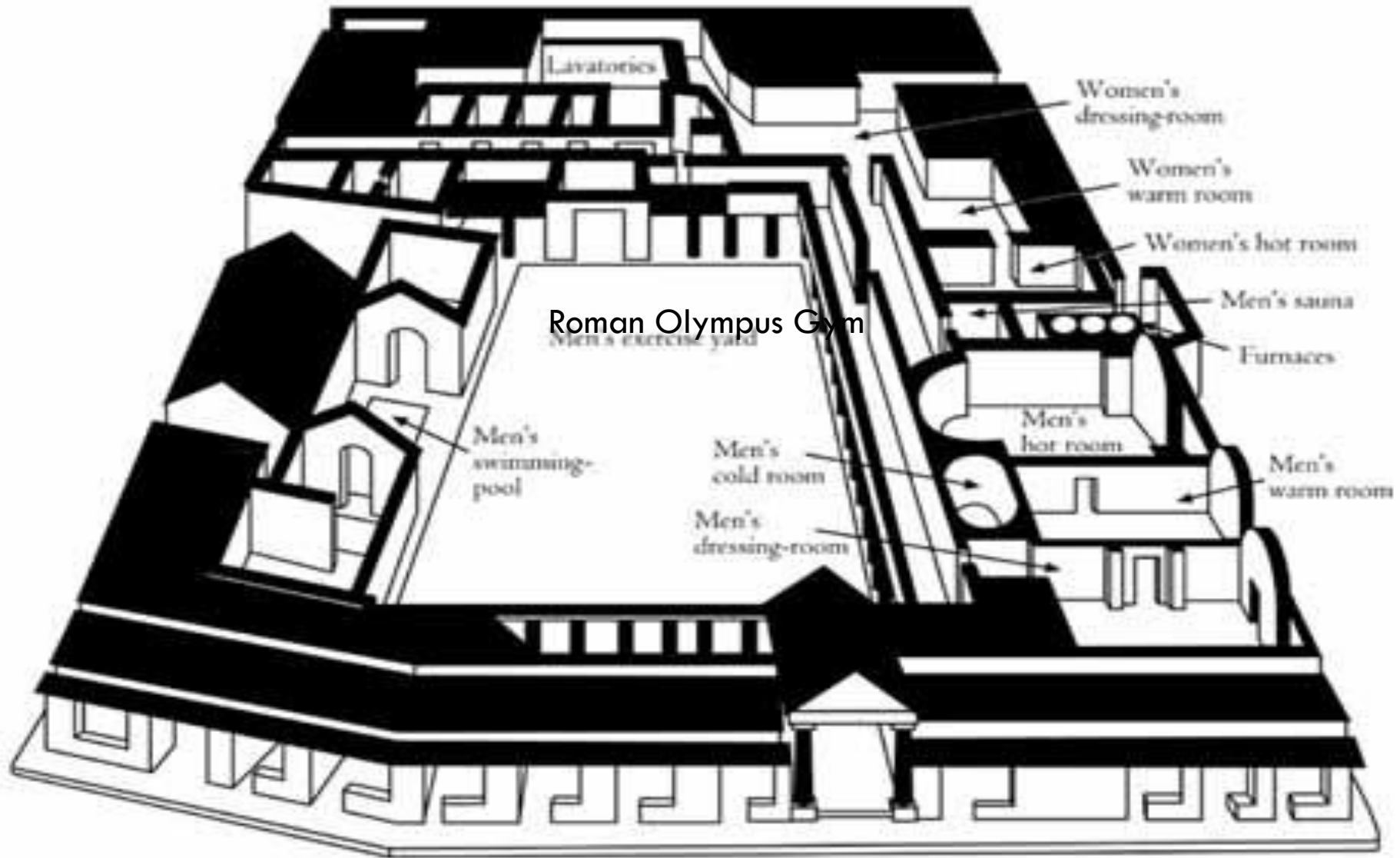
• PLAN OF STABIAN BATHS POMPEII

Plan of the Stabian Baths

1. Palaestra
2. Swimming pool (natatio)
3. Entrance hall
4. Cold bath (frigidarium; formerly a hot sweating room, laconicum)
5. Undressing room (apodyterium)
6. Warm room (tepidarium)
7. Hot room (caldarium)
8. Furnaces
9. Women's apodyterium
10. Women's tepidarium
11. Women's caldarium
12. Latrine
13. Bath supervisor's office
14. Individual "hip bath" cubicles

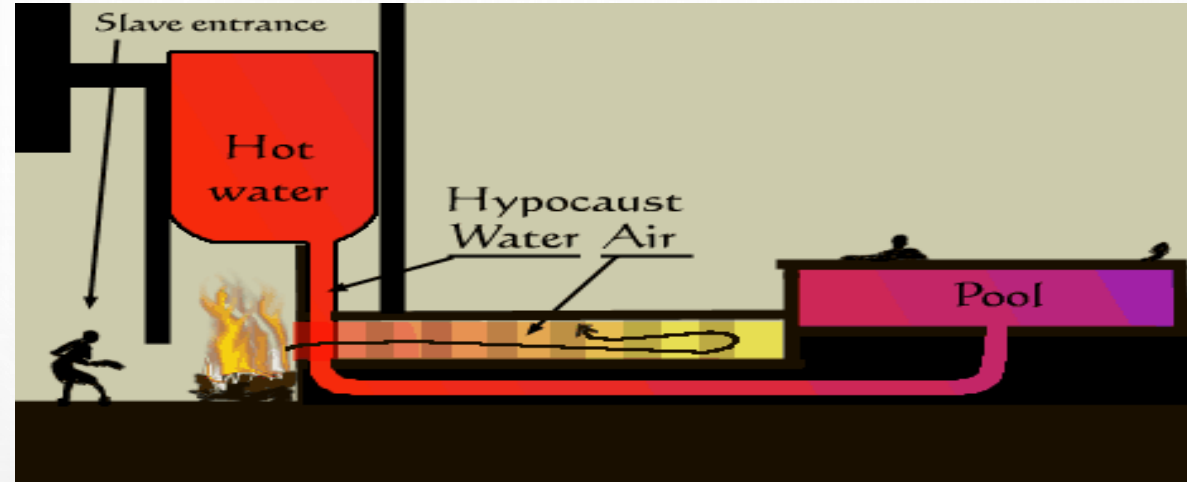


Roman Olympus Gym



HYPOCAUST SYSTEM

The hypocaust were used for heating public baths and private homes.



Changing room/getting ready room.

WHY WAS ROME SUCCESSFUL?

- **STRUCTURE AND STABILITY**

- **CITIZENSHIP**

- LATIN RIGHT
- MILITARY SERVICE

- **GOVERNORS OF PROVINCES**

- OVERSIGHT WITHOUT OPPRESSION

- **KEEP PEOPLE HAPPY**

- **THRIVING CONSISTENT ECONOMIC GROWTH**

- LOW TAXES
- OPEN TRADE

- **CULTURAL EXPANSION**

AUGUSTUS
(27 B.C. - 14 A.D.)



III. ERA OF THE FIVE GOOD EMPERORS

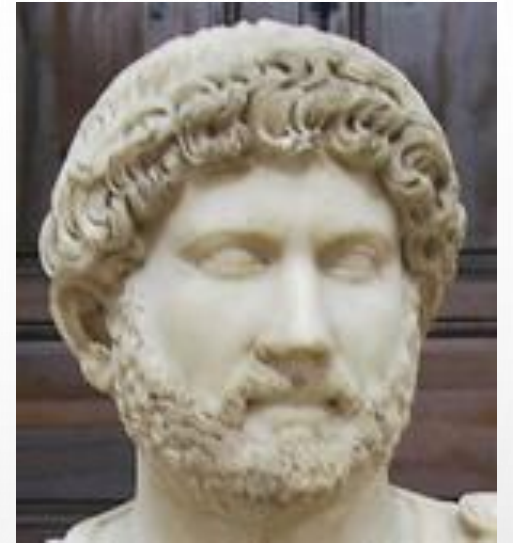
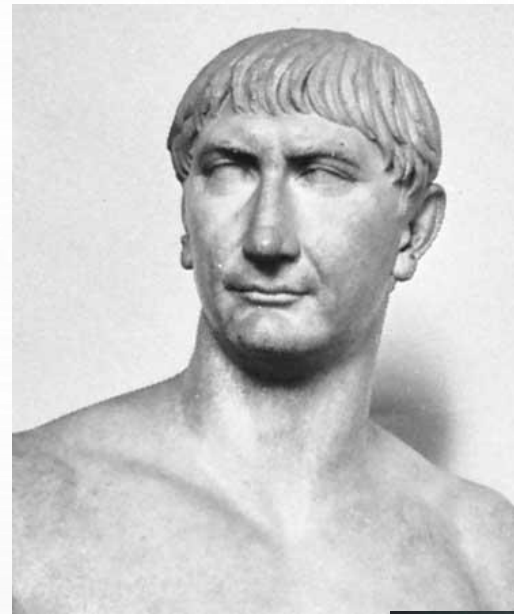
- 96-180 CE
- SUCCESSION POLICY
 - NECESSITY
- MILITARY EXPANSION
- STABLE ECONOMY

The “Five Good Emperors”

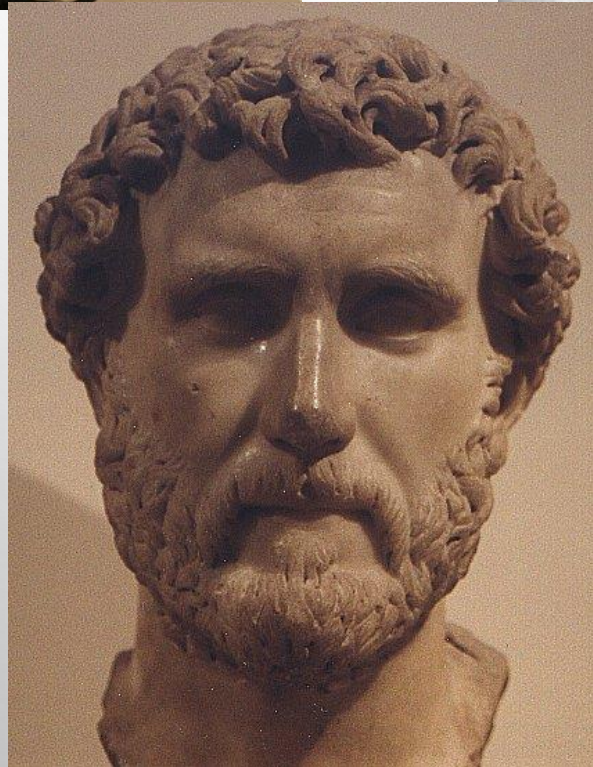
1. Nerva (96-98)
2. Trajan (98-117)
3. Hadrian (117-138)
4. Antoninus Pius (138-161)
5. Marcus Aurelius (161-180)



Marcus Aurelius - last of the good emperors



**FIVE GOOD
EMPERORS
(96-180)**



TRADE ROUTES AND GREAT EMPIRES OF THE FIRST CENTURY A.D.





117 AD