

# A NUN'S DAY

IT IS WINTERTIME. SISTER JOAN IS A NUN AT A BIG NUNNERY. THIS IS HOW SHE WOULD SPEND HER DAY. (EACH SERVICE SHE WENT TO IS SHOWN BY A CROSS. UNDERNEATH EACH CROSS IS THE NAME OF THE SERVICE.)

MIDNIGHT~ SISTER JOAN IS FAST ASLEEP ON HER STRAW BED IN THE DORMITORY.



2 A.M.



MATINS LAUDS

THEN BACK TO BED UNTIL...

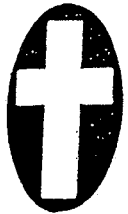


JUST BEFORE DAWN THE NUNS WASH AND GET DRESSED.

BREAKFAST OF BREAD AND BEER.



7 A.M.

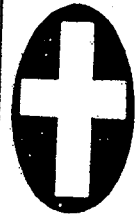


PRIME

ALL THE NUNS MEET IN THE CHAPTER HOUSE. ONE NUN READS A CHAPTER FROM ST. BENEDICT'S RULES. TODAY SISTER MARGARET WILL BE PUNISHED FOR MISSING SOME OF THE SERVICES.



9 A.M.



TIERCE

MORNING - SISTER JOAN IS BUSY WITH HER NEEDLEWORK. OTHER NUNS TEACH OR WORK IN THE FIELDS OR HELP IN THE WORKSHOPS. THEY TAKE IT IN TURNS TO HELP IN THE KITCHEN.



12 NOON



SEXT NONE

MEANWHILE, SOME NUNS GET DINNER READY.



TODAY IS A MEAT DAY, SO DINNER IS BEEF WITH BREAD AND BEER. THEY EAT IN SILENCE AS SISTER ALICE READS ALOUD FROM A HOLY BOOK. THEY USE SIGN LANGUAGE TO EACH OTHER. SISTER JOAN IS ASKING FOR THE SALT.



AFTERNOON ~ BACK TO WORK UNTIL 5 O'CLOCK



5 P.M.

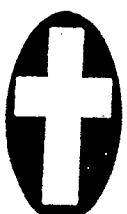


VESPERS

A LIGHT SUPPER OF SOUP, FISH, BREAD AND ALE. EACH NUN IS ALLOWED ONE LOAF AND A GALLON OF BEER A DAY.



7 P.M.



COMPLINE

THEN STRAIGHT TO BED.



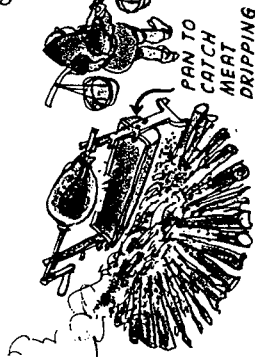
# Having a Feast

The 'kitchen' is just a group of sheds in the courtyard. Servants have been working here since dawn.



GEESE FROM CASTLE POULTRY-YARD

There is no butter. Meat dripping is used instead.



PAN TO CATCH MEAT DRIPPING

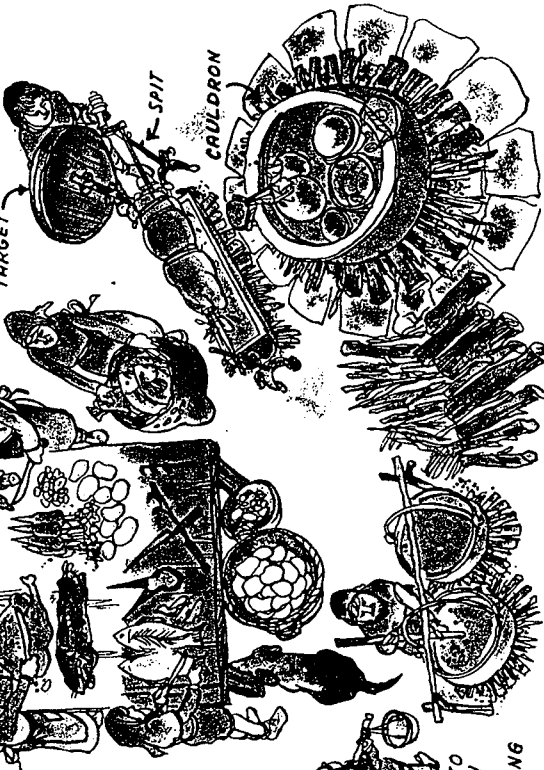
Spices and herbs must be ground up with a mortar and pestle. Lots of spices are used, to hide the taste of the meat. Without refrigerators, it goes bad quickly.



MORTAR

Much of the meat is roasted on spits in front of the fire. The servant boy who has to turn this spit is using an old, wet archery target as a fire screen.

ARCHERY TARGET



SPIT

CAULDRON

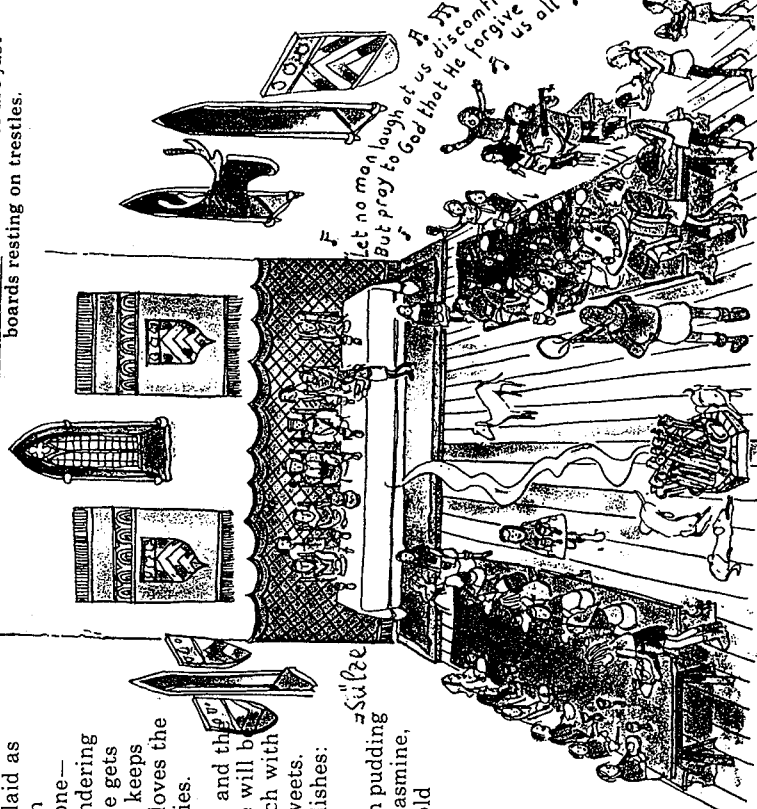
Sometimes food is scarce. In the winter, even rich people may live on beans and porridge. The poor often go hungry. During a famine some years ago they ate grass.

But at noon, in the great hall, the tables are always laid as well as possible. Baron Godfrey invites everyone—minstrels, traders, wandering knights. This is how he gets news of the world and keeps his friends. Everyone loves the music, games and stories.

It is late summer now, and the food is splendid. There will be four courses today, each with soup, fish, meat and sweets. Here are some of the dishes:

- Boar's head with brawn pudding
- Shellfish scented with jasmine, rosemary and marigold
- Fruit tarts
- Salmon with orange
- Beef with spices
- Sugared nuts
- Stuffed quarter of bear
- Sugared mackerel
- Squirrel stew
- Apples and figs
- Cakes with honey

Only the baron and Lady Alice (and perhaps some of their fine guests) have chairs. They sit at a special raised table—the 'high table'. The other tables are just boards resting on trestles.

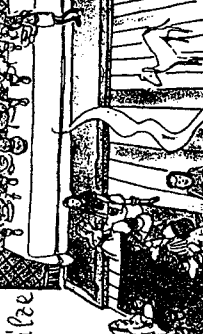


Let no man laugh at us, discomfite. But pray to God that He forgive us all.

Very few people use plates. One of the young squires serving at table will cut a slice of stale bread for you to put your food on. Later these will be given to the poor.

You must wash your hands before meals, since you eat with your fingers. Squires bring basins and pitchers to the fine people. The others use basins near the door.

Eating a Meal



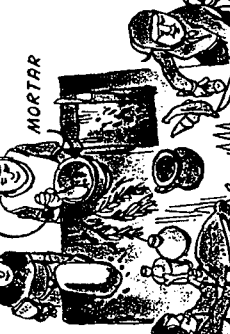
Eating a Meal

You use your own knife to cut up your meat. A platter of food is shared by two people, and usually you share a cup, too. You make friends quickly, this way.



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Every bit of precious heat is used. After the bread is baked, the oven will be used for many other things, from making cakes to drying feathers and fuel.



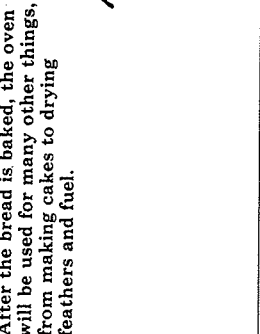
Raising Bread

A fire is lit inside the oven to heat it while the dough is being made. Then the fire is raked out and the dough popped in, to bake as the oven cools.



Inside a Cauldron

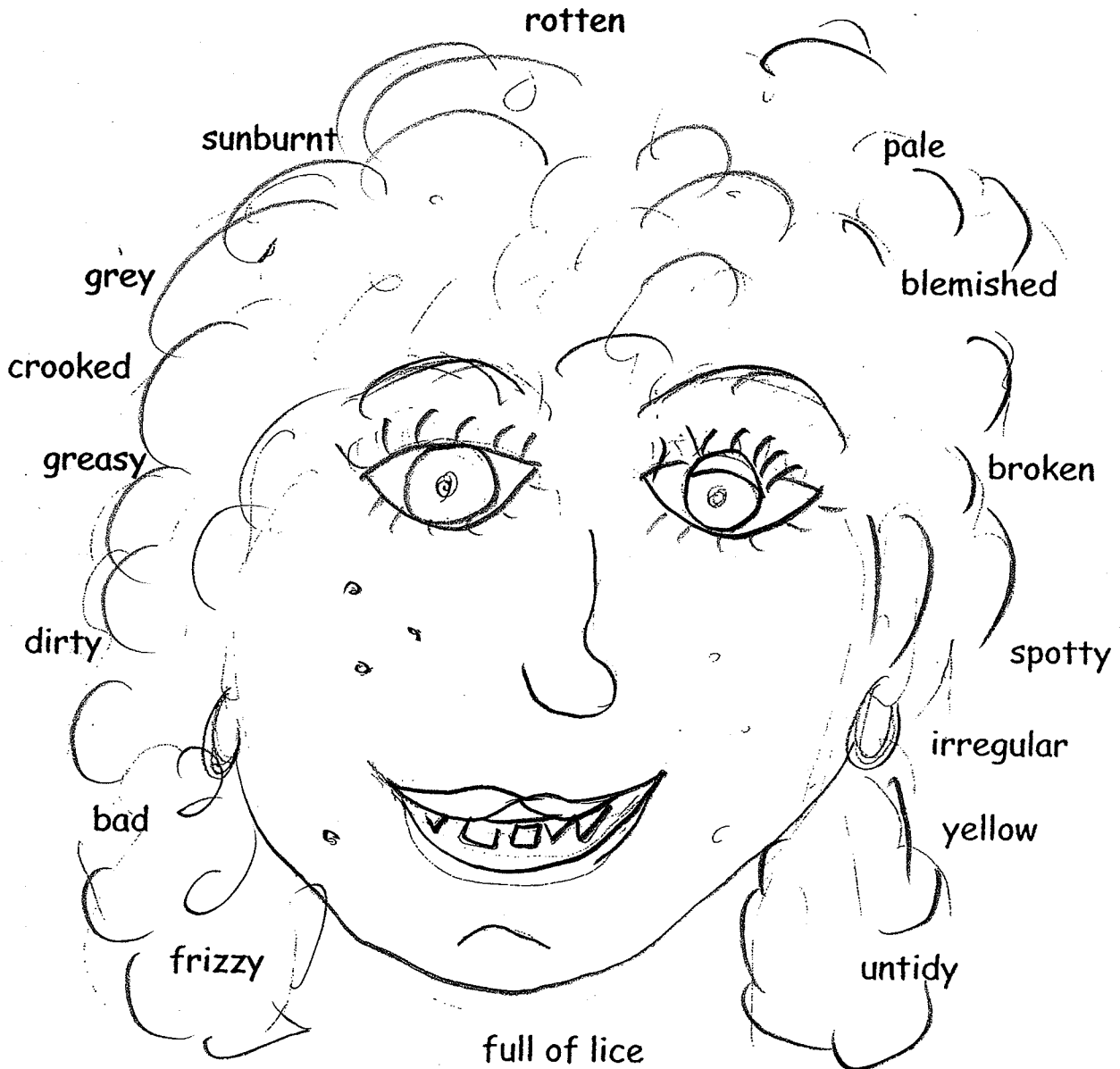
To find out what's inside CAULDRON GAMES



To find out what's inside CAULDRON GAMES

## MIRROR, MIRROR ON THE WALL ...

While the medieval standards of beauty may have been similar to ours the standard of HYGIENE was definitely less well developed then. People would never look as pretty as they were shown in their portraits because they didn't have the means to preserve their beauty. A fine lady may have been portrayed with her lips closed to hide her bad teeth. A glimpse in the mirror would have shown quite a different picture of the same person ...



Find matching adjectives to continue the sentences:

Their teeth would have been

\_\_\_\_\_

Their skin may have been

\_\_\_\_\_

Their hair was

\_\_\_\_\_

# A Trip to Town

Baron Godfrey's steward is off to town. Lady Alice has made a huge shopping list. She is giving a feast and she needs plenty of good wax candles and some special red dye for her new dress—as well as spices, silks, new sword blades, and other things that come from foreign countries.

The steward is delighted to go. The town is very exciting. Thirty years ago it was just a cross-roads with a little market and a huddle of houses. All the land nearby belonged to Lord John (commonly known as John Deatooth). But John needed money to go on a crusade, so he rented the land to some thrifty merchants and craftsmen. Look what has happened since.

This is one of the first shops you see. The barber is also the dentist and the surgeon. He pulls teeth and he treats the sick by cutting them to make them bleed a little, into a bowl.

At night, the gatekeeper shuts these gates to keep out ruffians. Then watchmen walk the dark streets with lanterns, crying the curfew. This means that people must 'cover' their fires—flimsy houses catch fire easily.

CRIMINALS ARE HANGED HERE

People like goldsmiths, who have learned a craft, belong to a kind of club called a guild. Its members take care of one another. They have their own slang, badges and songs, as well as special signs and customs, like the knights. They try to keep their craft a mystery.

These birds help collect the town's rubbish. (The pigs and dogs in the streets help, too.) The rubbishy gates are woods and fields.

Each town has its own laws and punishments. In one town you can be put in the pillory if you sell stinking fish or pretend to be a holy hermit to get food.

The goldsmith's shop is the bank. It is well-protected (because of the gold) so it is a safe place to leave money.

The church is always busy. Merchants meet here and sometimes bible plays are acted on the porch. People come to gossip as well as pray—and to see the story-pictures inside. A hunted criminal is safe from arrest if he stays near the altar.

This peasant is running away from Lord John. He hopes to become an apprentice and learn a trade. If he stays in the town for a year and a day he will be a free man.

Each market stall must buy a licence from the town council. This is one of the ways the council gets money. The council is a group of important townspeople who make laws and deal with things like fire protection.

This pilgrim is travelling to a saint's tomb. Then, he hopes, God will forgive his sins. You can tell he is a pilgrim by the cross he wears.

The first universities started in this—just a few good teachers, selling knowledge. The lectures are in Latin, and people come to them from all over Europe.

MONEY LENDERS

Many Jews become money-lenders, because the Christian laws do not allow them to do much else. Some become very rich, which makes people jealous.

This river is the town's main water supply.

# The Training of a Knight

You will notice lots of children round the castle. One of them is the baron's nephew, Robert. Like many boys of noble birth, Robert was sent to live with his uncle when he was very young—about six years old.

For many years, Robert served as a page, learning to be courteous and obedient. When he became a squire, at 14, he began training to be a knight.

His cousin, Simon, is about to take his knightly vows. Turn the page and see.



## Learning About Armour

ROBERT

Robert helps his lord dress, and arms him for jousts and battles.

This teaches him how to use armour and look after it.



## Archery Lessons

Almost everyone learns to use a bow and arrow. Skilful hunters are always needed, particularly in winter, when food is scarce.

All the people in the castle love to hunt. But knights never use their cross-bows in a battle. They always fight man-to-man.

## Riding Practice



Robert has to learn to ride one-handed, to keep his weapon arm free. He must train his horse to get used to noise—or it might bolt during a battle.

**USING A LANCE**

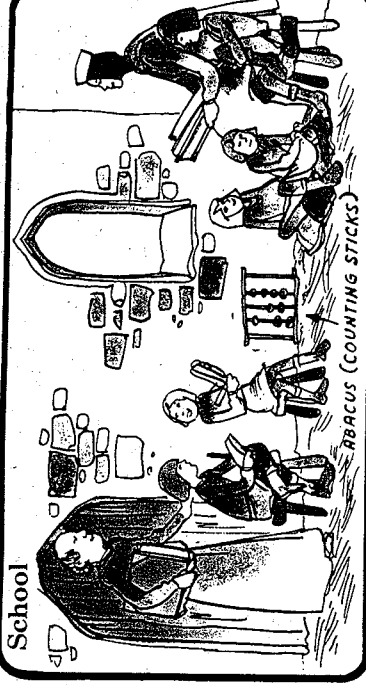


HERE THE YOUNG SQUIRE IS ABOUT TO GALLOP AT A SWIFTLING TARGET CALLED A QUINTEIN. HE HAS FIVE TRIES TO KNOCK IT DOWN BY HITTING IT DEAD CENTRE.



AT THE LAST MOMENT, HE RISES IN HIS STIRUPS TO GET HIS WHOLE BODY BEHIND THE BLOW. IF THE BLOW IS OFF-CENTRE, THE TARGET'S WINGS ROUND AND CLUBS HIM.

## School

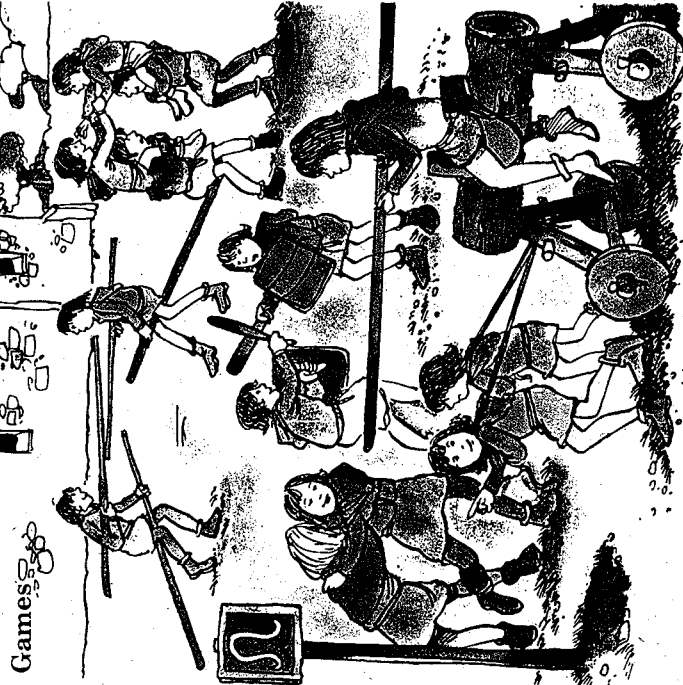


ABACUS (COUNTING STICKS)

The castle priest teaches Robert to read and write a little. Sometimes Lady Alice reads to him, and tells him stories of brave and famous people.

There is little paper, so he and his friends use pointed sticks and waxed tablets to practise writing. They need an abacus to do sums with Roman numerals.

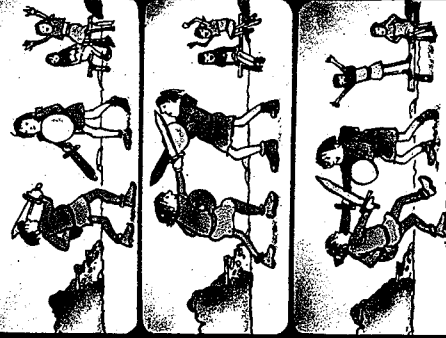
## Games



While the knights practise jousting, the squires wrestle and fight and 'joust' with wooden sticks and horses.

When knights and older squires come round, the small boys must be ready for a rough time. No one is very gentle—a knight must learn to be tough.

## Sword Practice



Young boys use small, blunt swords or even wooden ones, and little round shields called bucklers. They slash with the sword's edge, catching blows with the sword or the buckler.

As the boys get stronger they use heavier weapons. The sharp-edged battle sword weighs about 1½kg. It can slice through armour, cutting off arms and legs.

# A Squire Becomes a Knight

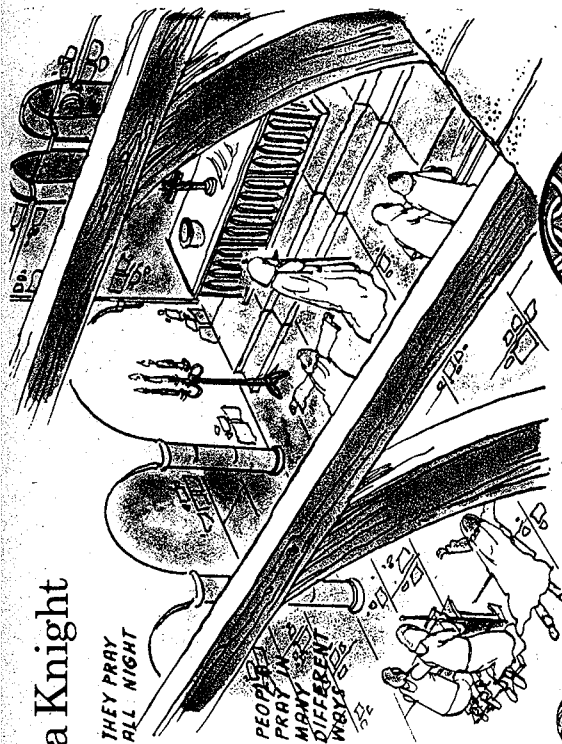
The time has come for Simon to be dubbed a knight. Several of his friends will be knighted with him. Tomorrow, after the ceremony, there will be feasts and jousts and gifts from the new knights to their friends.

But first, they spend the whole night praying. They do not eat or sleep all night—only pray that God will help them in their new duties.

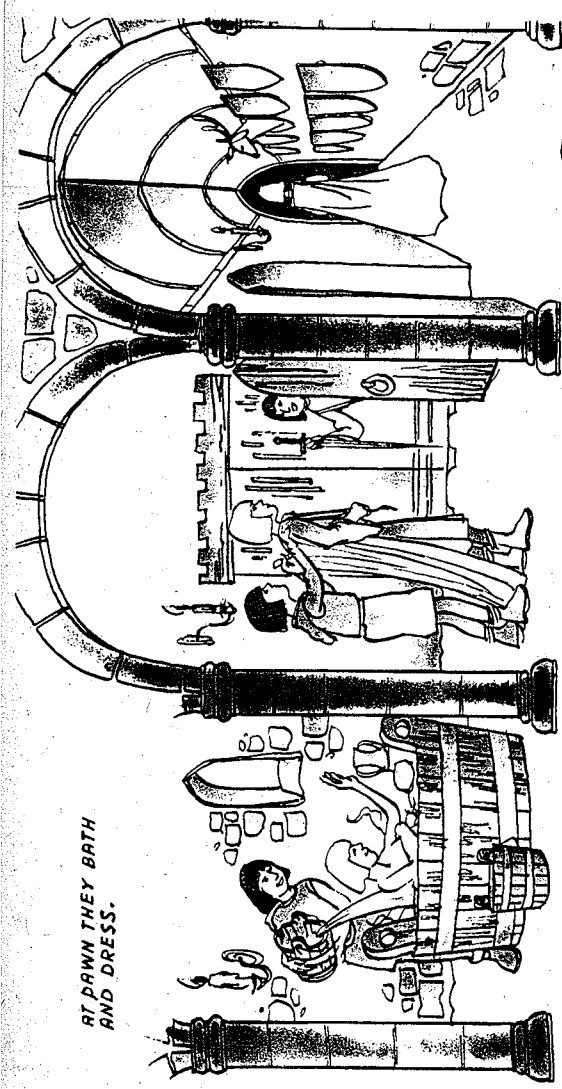
When dawn breaks, they bath and dress in long white robes. This shows that they promise to be pure and faithful.

THEY PRAY ALL NIGHT

PEOPLE PRAY IN MANY DIFFERENT WAYS



AT DAWN THEY BATH AND DRESS.



**SIMON IS ARMED AND KNIGHTED**  
SIMON STANDS AT THE ALTAR, BEFORE THE KNIGHTS AND LADIES OF THE CASTLE, WHILE FELLOW KNIGHTS BRING ARMOUR AND WEAPONS. BEFORE HE IS KNIGHTED HE WILL BE DRESSED FOR BATTLE.

THE QUILTED VEST AND CAP WILL HELP PROTECT HIM FROM ENEMY BLOWS—AND FROM HIS OWN HEAVY ARMOUR.

HIS CHAIN-MAIL SHIRT IS VERY SLIPPERY. HE HAS TO ROLL IT UP LIKE A WOOLLY RUMPER TO PUT IT ON.

CHAIN MAIL IS MADE OF METAL RINGS LINKED LIKE THIS.

THE GREAT HELM IS LIKE A BUCKET WITH HOLES FOR SEEING AND BREATHING. IT HIDES HIS HEAD COMPLETELY.

HIS COAT-OF-ARMS MUST BE SHOWN ON HIS TUNIC. HIS TUNIC AND SHIELD AND GUARDS, TO SHOW WHO HE IS.

NOW HE GETS HIS LANCE. EACH PIECE OF ARMOUR AND EACH WEAPON HAS A SPECIAL MEANING.

THE PRIEST BLESSES HIS SWORD. IT HAS A SPECIAL MEANING, TOO.

NOW BARON GODFREY GIVES SIMON THE KISS OF PEACE. THEN HE STRIKES HIM WITH THE FLAT OF THE SWORD.

AWAKE FROM EVIL DREAMS AND KEEP WATCH, FAITHFUL IN CHRIST AND PRIZEWORTHY IN FAME.

NOW SIMON GETS HIS SPURS. HOLDING HIS SWORD, HE THINKS OF THE SWORDS OF THE GREAT HEROES—COVERUN, THE SWORD OF MARLBORNE-EXALIBUR, THE SWORD OF ARTHUR.

IT IS SIMON HIMSELF WHO KNIGHTS HIS GREAT FRIEND GERALD. THIS IS ONE OF HIS PRIVILEGES, NOW HE IS A KNIGHT.

THE TUNIC IS TO KEEP HIS ARMOUR FROM RUSTING IN THE RAIN AND SUN.

THE LEGS OF A MOUNTED KNIGHT ARE AN EASY TARGET, SO HE WEARS METAL SHIN GUARDS AS WELL AS MAIL LEGGINGS.

THE CHEST PROTECTOR IS A NEW KIND OF ARMOUR, MADE OF METAL PLATES.

THE HOOD OF THE SHIRT FASTENS UP.

AND NOW... ON TO THE FEASTS AND THE JOUSTING!

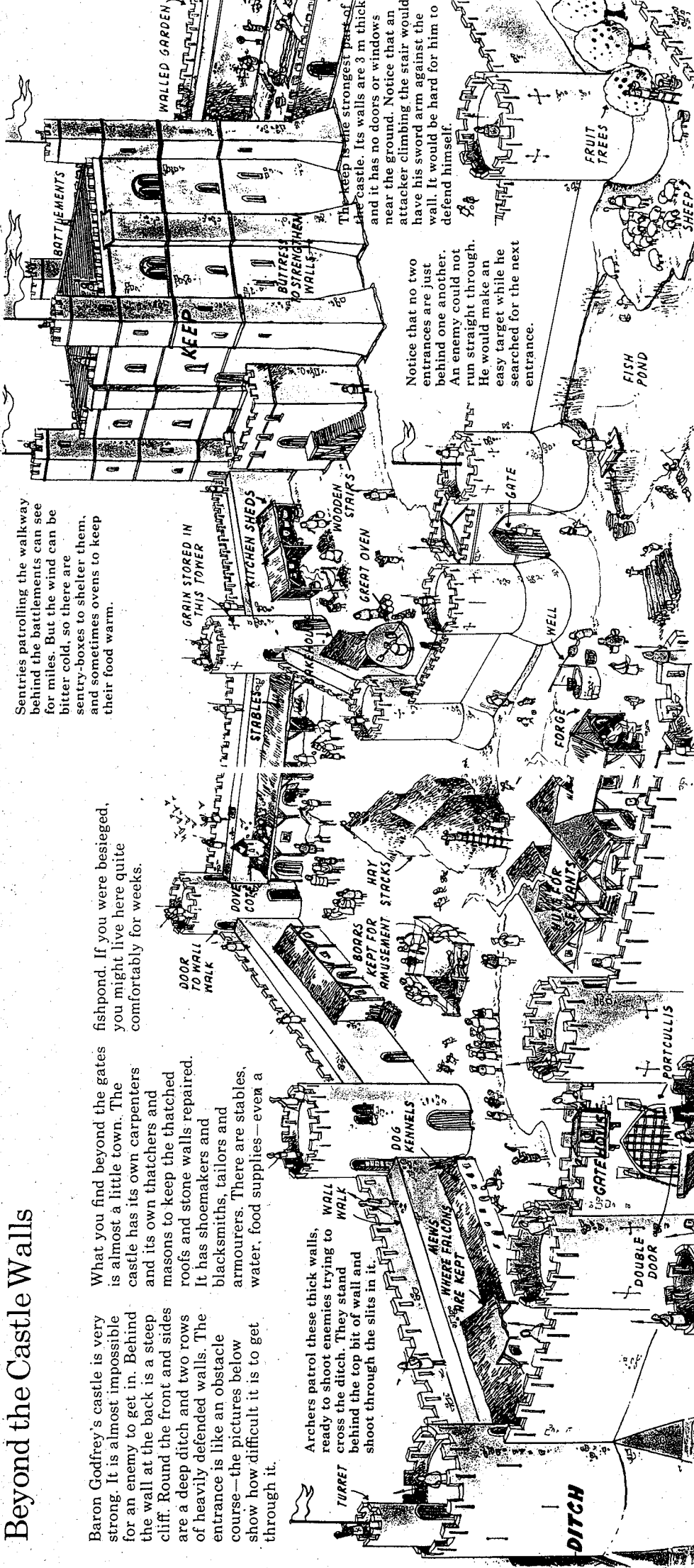
# Beyond the Castle Walls

Baron Godfrey's castle is very strong. It is almost impossible for an enemy to get in. Behind the wall at the back is a steep cliff. Round the front and sides are a deep ditch and two rows of heavily defended walls. The entrance is like an obstacle course—the pictures below show how difficult it is to get through it.

What you find beyond the gates is almost a little town. The castle has its own carpenters and its own thatchers and masons to keep the thatched roofs and stone walls repaired. It has shoemakers and blacksmiths, tailors and armourers. There are stables, water, food supplies—even a

fishpond. If you were besieged, you might live here quite comfortably for weeks.

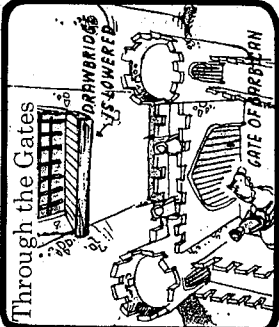
Archers patrol these thick walls, ready to shoot enemies trying to cross the ditch. They stand behind the top bit of wall and shoot through the slits in it.



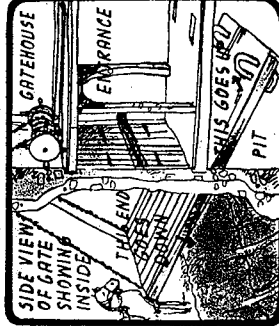
Sentries patrolling the walkway behind the battlements can see for miles. But the wind can be bitter cold, so there are sentry-boxes to shelter them, and sometimes ovens to keep their food warm.

Notice that no two entrances are just behind one another. An enemy could not run straight through. He would make an easy target while he searched for the next entrance.

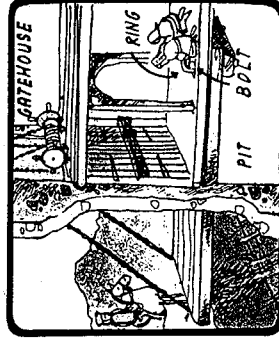
The keep is the strongest part of the castle. Its walls are 3 m thick and it has no doors or windows near the ground. Notice that an attacker climbing the stair would have his sword arm against the wall. It would be hard for him to defend himself.



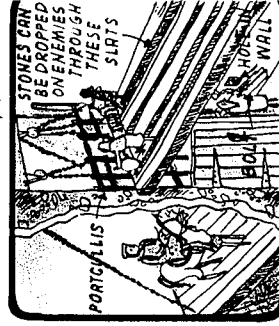
Through the Gates  
First you have to get through the barbican. This is to stop enemies from coming up to the entrance. (They might fill up the ditch.)



Now the drawbridge is lowered. One end lifts up from a pit below the entrance floor. The other end swings down to make a bridge. This picture shows how.



Now the drawbridge is bolted into place. The entrance is still defended by an iron grill called a portcullis, and big double doors.



Now the portcullis is raised. It slides up grooves in the walls. The doors are unbolted. You can see these grooves and bolt-holes in many castles.

BEGGARS

DITCH

# Inside the Keep

The keep is where the baron's family lives, together with knights, men-at-arms, servants and friends.

This keep was built two hundred years ago—about 1040. Then it was a draughty, cold and gloomy place. Many young squires died coughing. But now it is much more comfortable and cheerful. The walls are hung with rugs from crusader lands, there is glass in some of the windows, and the fireplaces give more heat and less smoke.

The courtyard round the keep

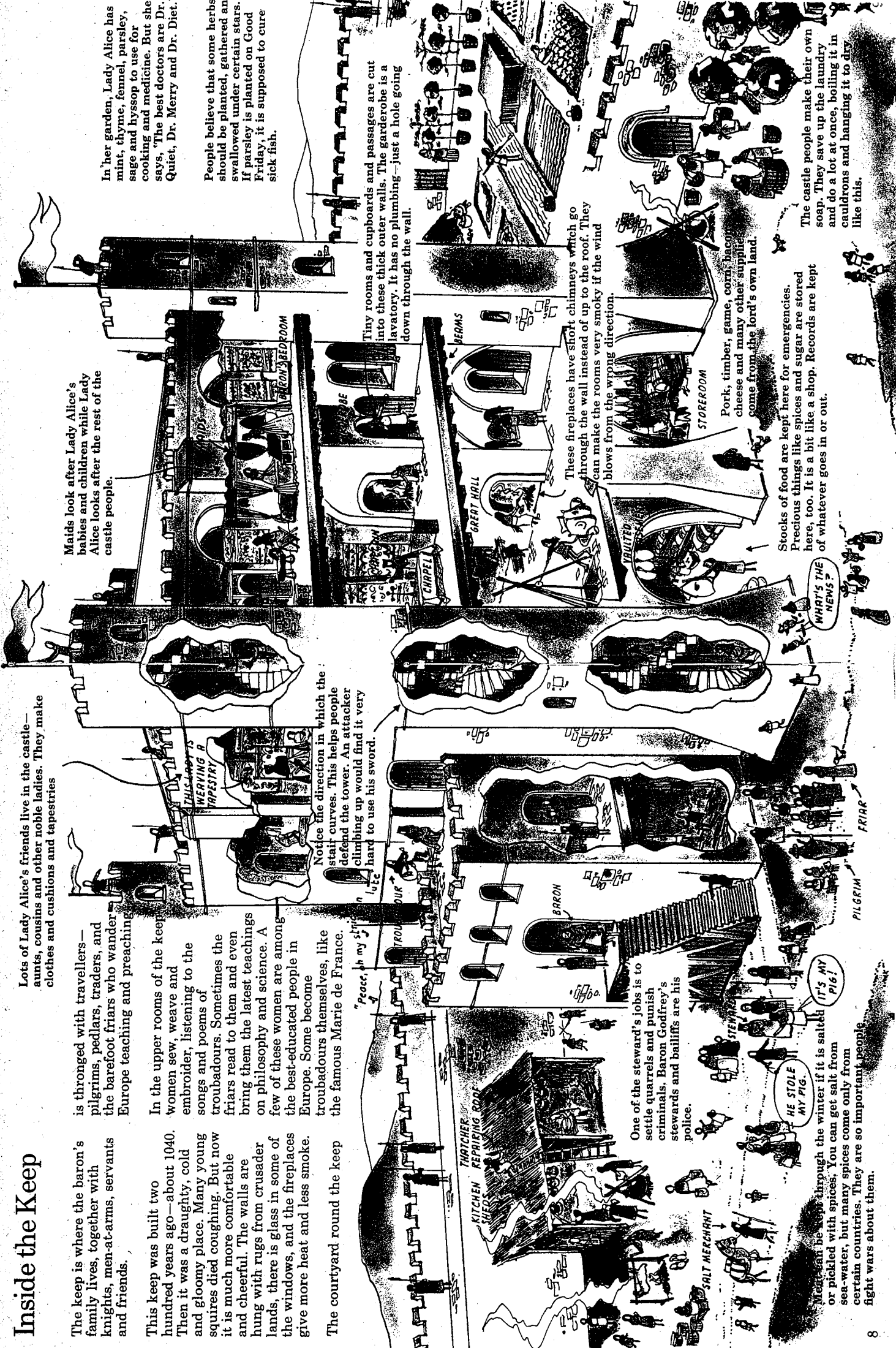
Lots of Lady Alice's friends live in the castle— aunts, cousins and other noble ladies. They make clothes and cushions and tapestries

is thronged with travellers— pilgrims, pedlars, traders, and the barefoot friars who wander Europe teaching and preaching

In the upper rooms of the keep women sew, weave and embroider, listening to the songs and poems of troubadours. Sometimes the friars read to them and even bring them the latest teachings on philosophy and science. A few of these women are among the best-educated people in Europe. Some become troubadours themselves, like the famous Marie de France.

Notice the direction in which the stair curves. This helps people defend the tower. An attacker climbing up would find it very hard to use his sword.

"Peace, by my sword!"



Maidens look after Lady Alice's babies and children while Lady Alice looks after the rest of the castle people.

People believe that some herbs should be planted, gathered and swallowed under certain stars. If parsley is planted on Good Friday, it is supposed to cure sick fish.

Tiny rooms and cupboards and passages are cut into these thick outer walls. The garderobe is a lavatory. It has no plumbing—just a hole going down through the wall.

These fireplaces have short chimneys which go through the wall instead of up to the roof. They can make the rooms very smoky if the wind blows from the wrong direction.

Pork, timber, game, corn, bacon, cheese and many other supplies come from the lord's own land.

Stocks of food are kept here for emergencies. Precious things like spices and sugar are stored here, too. It is a bit like a shop. Records are kept of whatever goes in or out.

The castle people make their own soap. They save up the laundry and do a lot at once, boiling it in cauldrons and hanging it to dry like this.

"WHAT'S THE NEWS?"

"IT'S MY PIG!"

"HE STOLE MY PIG."

Meat can be kept through the winter if it is salted or pickled with spices. You can get salt from sea-water, but many spices come only from certain countries. They are so important people fight wars about them.

# Dawn at the Castle

Your first night in the castle has ended. At dawn the great bell is rung. Everyone wakes.

The air is so cold that many people wear night-caps to keep their heads warm.

At night, with the windows shuttered, the castle is dark as a cave. A huge candle burns all night in the baron's room.

No one has a bedroom to himself. Several of the baron's servants sleep in the same room with him and his lady—as well as his dogs and children.

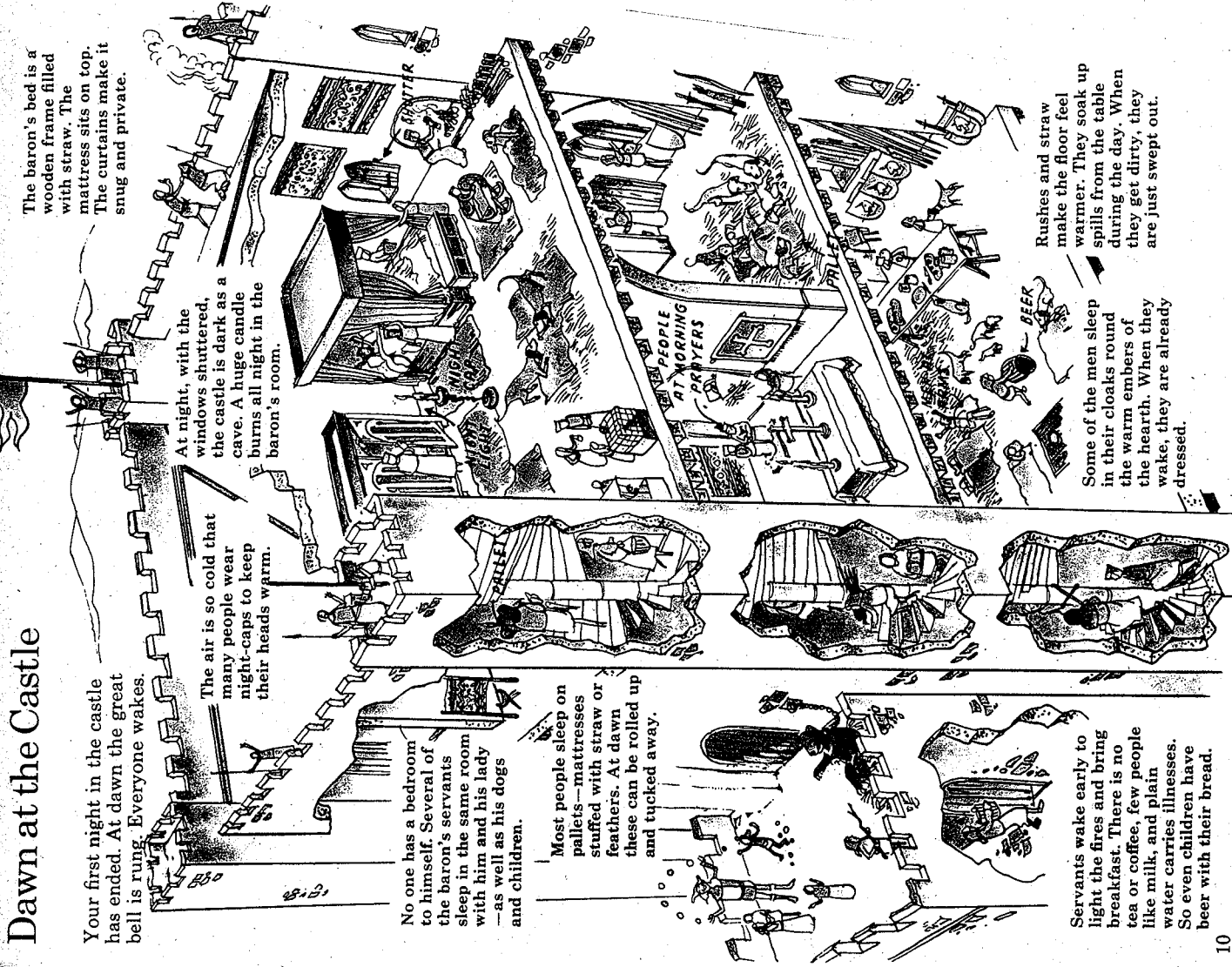
Most people sleep on pallets—mattresses stuffed with straw or feathers. At dawn these can be rolled up and tucked away.

Servants wake early to light the fires and bring breakfast. There is no tea or coffee, few people like milk, and plain water carries illnesses. So even children have beer with their bread.

Rushes and straw make the floor feel warmer. They soak up spills from the table during the day. When they get dirty, they are just swept out.

Some of the men sleep in their cloaks round the warm embers of the hearth. When they wake, they are already dressed.

The baron's bed is a wooden frame filled with straw. The mattress sits on top. The curtains make it snug and private.



## Baron Godfrey Gets Dressed



BEFORE HE GETS UP HE PUTS ON HIS SHIRT.



HE SHAVES BY RUBBING HIS WHISKERS OFF WITH A ROUGH PUMICE STONE.



HE IS HELPED ON WITH HIS LONG HOSE.



HIS SHOES FASTEN UP WITH A BUTTON.

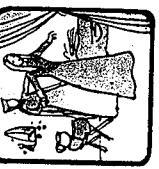


HIS ROBE IS LINED WITH FUR.



A USEFUL BAG SLIDES ONTO HIS BELT.

## Lady Alice Gets Dressed



SHE WEARS A TUNIC



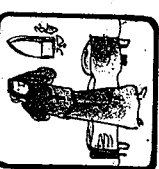
COVERED WITH A BAND OF CLOTH

COILED ROUND HER EARS

HER HAIR IS BRAIDED

AND ROBE CALLED A SURCOAT.

## And Others Get Dressed



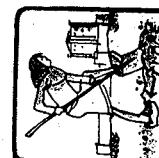
MONKS AND NUNS SPEND THEIR LIVES HELPING PEOPLE AND SERVING GOD. THEIR LONG ROBES SHOW THEY ARE SPECIAL.



GIRLS WEAR THEIR HAIR LOOSE, BUT THEY EVEN CARRY DAGGERS IN THEIR BELTS.



BOYS DRESS LIKE THEIR FATHERS—THEY EVEN CARRY DAGGERS IN THEIR BELTS.



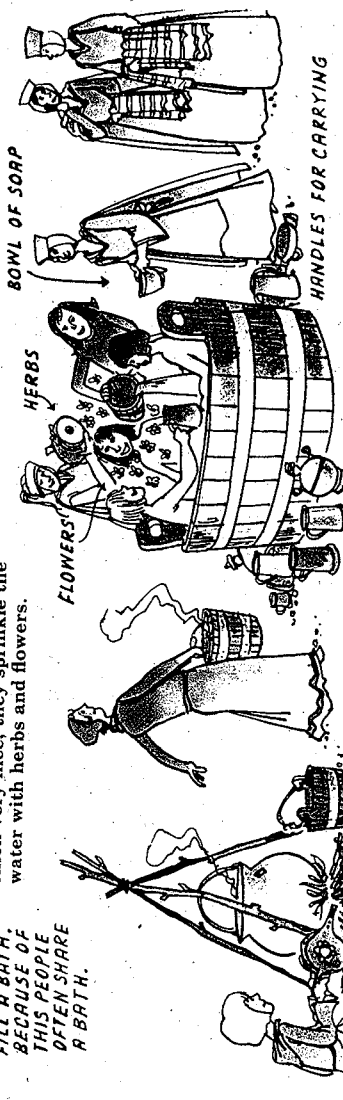
ON WET DAYS, WORKING PEOPLE WEAR CLOGS TO KEEP THEIR FEET DRY.

## Taking a Bath

IT TAKES A LONG TIME TO HEAT ENOUGH BUCKETS OF WATER TO FILL A BATH. BECAUSE OF THIS PEOPLE OFTEN SHARE A BATH.

THE SOAP IS MADE OF MUTTON FAT, WOOD ASH AND SODA. IT IS SOFT AND SQUISHY.

Baths are mostly for fun—or before a feast. Servants bring in a wooden tub and fill it with hot water. Since the soap does not smell very nice, they sprinkle the water with herbs and flowers.



FLOWERS HERBS

BOWL OF SOAP

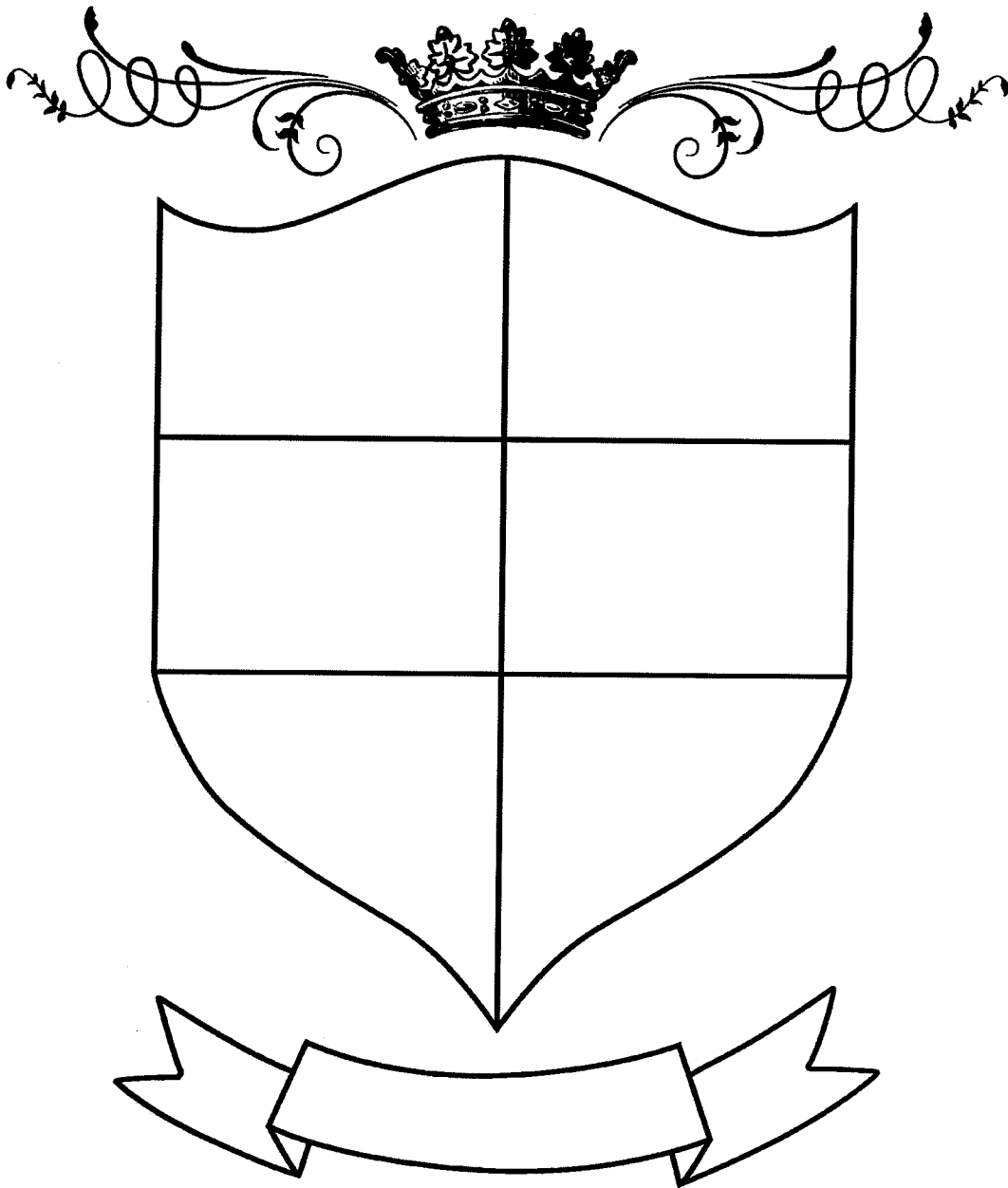
THE TUB HAS HANDLES SO IT CAN BE CARRIED ROUND. IT HAS TO BE FILLED AND EMPTIED BY BUCKETS AND BAILERS.

BELLOWNS TO MAKE FIRE BURN

## PERSONAL COAT OF ARMS

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1. Express in a drawing the most significant event in your life from birth up till now.
2. Express in a drawing your greatest success or achievement in the past year.
3. Express in a drawing your happiest moment in the past year.
4. Express in a drawing something you are good at.
- 5+6 What would you want to accomplish by the time you are twenty-five?