



# Behaviour Codes through the Medieval Routes. (Middle Ages and Nowadays)



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# Behaviour Codes through the Medieval Routes. Middle Ages



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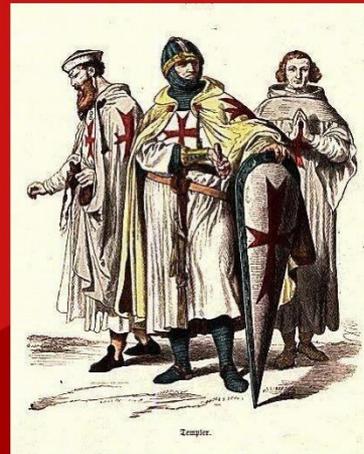
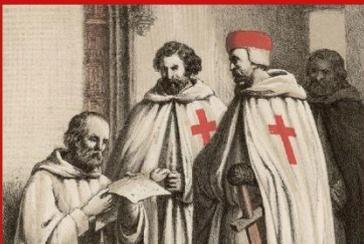
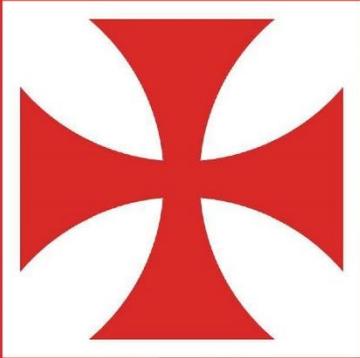


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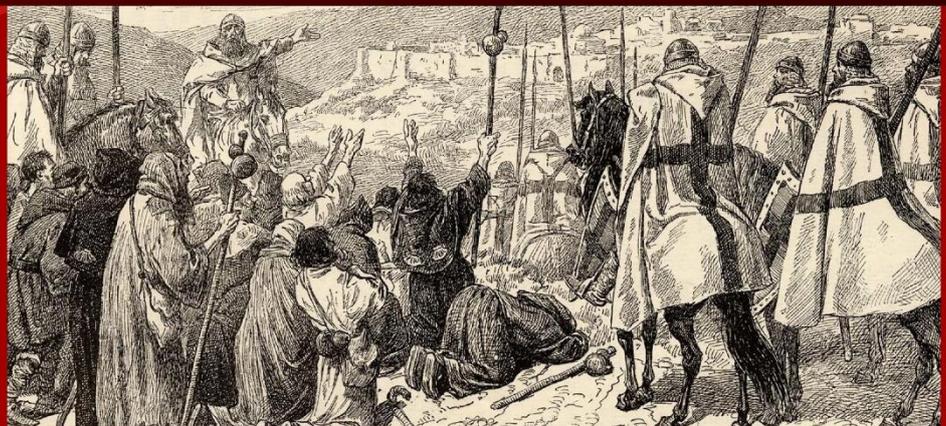


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# Les Commandements des Templiers



- 1- You will have faith in the Church and observe its commandments.
- 2- You will protect the Church.
- 3- You will respect the weaknesses of others and you will defend their rights.
- 4- You will love the country where you were born.
- 5- You will never retreat in the face of the enemy.
- 6- You will wage a merciless war against non-believers.
- 7- You will carry out your feudal duties, if these are not against the law of God
- 8- You will never lie, and always keep your word
- 9- You will be liberal and generous with all
- 10- You will forever be the champion of the law and a force for good against injustice and evil





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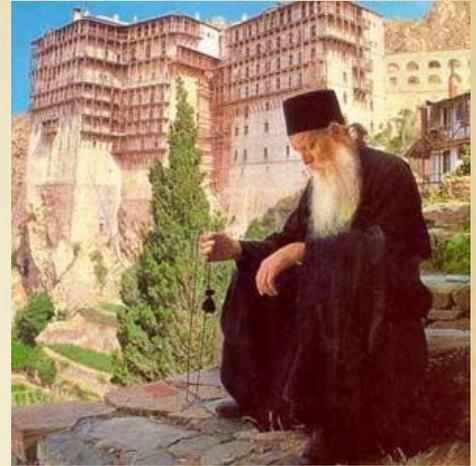


## Monk's Behavioural Code

The program is basic in a monastery and more generally in spiritual life. Each monk has his own program that has been shaped according to:

- The monastic life of the monastery
- The personal mental state of the monk and
- The elder's advice and interventions.

The daily life of the monks is divided into 3 parts. Eight hours for study and individual prayer, eight hours for work and eight hours for rest.



Monks early in the morning (around 03.30 a.m.), before coming to the temple, will wake up to fulfill their own rule, which usually includes repentance, prayer with a rosary and reading books. For their daily exercise and their spiritual struggle, the monks have as their instruments their prayer, cross, and co-baptism.



There are two kinds of prayer, the individual and the public. The monks usually read, among other things, the biographies of the Saints, the writings of the Holy Fathers and many others.

In the morning, prayers last about four hours. Immediately afterwards they go to the Dining room (trapeza).

The common "trapeza" is a key feature in the Commonwealth.

The abbot is the first to come into the room, followed by the rest of the monks. After prayer and while the monks eat, a monk reads excerpts from the texts of the holy fathers or the life of the saints.



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Generally the monks' food is simple. The meat is completely absent and usually the dinner is made up of legumes, pasta, vegetables, olives, sometimes oil, fish and fruit. Their traditional bread is remarkable, while their wine accompanying each meal is great. The "trapeza" is closing fast. There is no room for unnecessary discussions and jokes. If the abbot is absent, the priest means the end of the food by thanking God.



If they live in a priory, unless their religious duties, monks have other duties too.

They take care of the elders, of the animals, they make bread and prepare food in the galley.

Some monks decorate the temple, while others deal with the knitting of knots, hagiography, woodcarving and goldsmithing, the manufacture of incense, and rarely the hieraptics and bookbinding.

In the afternoon (around 16.00) evening begins. After the evening, they go for dinner.

After dinner, they go back to the church to pray, they take the wish of the high priest kissing their hand and then retreat to their rooms.

The monk is a fighter of the spirit. He lives and prays for all

His job is to live in obedience and prayer while his life is in agreement with the promises he made when he became a monk.



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## The rules of the Medical School in Salerno.

The Medical School of Salerno is one of the most important schools in the history of medicine, its principles are still inspired by doctors, it is considered the first and most important medical institution of Europe in the Middle Ages.

The approach was based on experience and practice and it opened the way to the culture of prevention.

The Mediterranean Diet already existed in the Middle Ages.

In the "Regimen Sanitatis Salernitanum", the most famous health manual of the entire Middle Ages, it was written about healthy eating and its importance for health and longevity.

The basic rules of hygiene and nutrition of the Regimen, to live well and stay healthy:

### I. PUT ON WEIGHT WITH BALANCE.

You have to eat fresh eggs, wheat, figs and meat and soups. Drink red wine mixed with water, eat a few vegetables. No snacks during the day and no afternoon siesta.

To live well, one could and should get fat.

A fundamental rule for health - according to the Salerno school - was the balance of the 4 humours of the human body introduced by Hippocrates: the black bile - earth, melancholic mood located in the spleen; yellow bile - fire, anger located in the liver; phlegm - corresponds to the phlegmatic state, to the water located in the head; blood - air, is located in the heart and corresponds to a blood personality.

Disequilibrium generated diseases.



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## 2. AVOID ANGER

A basic rule for feeling good was keeping anger away.

"A joyful mind, rest and a moderate diet" was what a person needed to feel good, said the school of Salerno. Among the recommended foods there were fresh figs and grapes; less recommended apples, pears and peaches, considered melancholic fruits, the mood associated with black bile.

Wheat and all kinds of meat were considered nutrients.

## 3. ONLY FRESH CHEESES

At that time fresh cheese was considered nutrient, it was not the same for old cheese, considered cold and a source of constipation. Ending the meal with some cheese was a good rule.

Losing weight was not fashionable, fat was beautiful and a symbol of comfort and health.

Garlic and radishes were suggested (it helped to eradicate poisons) as well as cabbage soup with laxative properties.

Peas, stews and pork were also good, only if accompanied by a glass of wine. Eating pork without wine was not considered healthy.

## 4. EAT ONLY WHEN THE STOMACH IS EMPTY

A basic rule was, before eating again, waiting until the stomach was completely empty. But understanding when the stomach is really empty is not simple. The "Regimen" advised: "you will know exactly when you are hungry, judging your desire for food".



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## 5. HAVE A WALK AFTER EATING

After the meal, the Manual suggests to get up or walk. And this “queen” rule is still recommended by any wise doctor to have a long and healthy life: a walk after lunch and maybe even after dinner.



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## PILGRIMS IN THE MIDDLE AGES

Throughout the Middle Age, Christians sought to close the distance between themselves and God by engaging in physical travel toward a spiritual goal. Such journeys had a variety of functions: a pilgrim might set out to fulfill a vow, to expiate a crime, to seek a miraculous cure, or simply to deepen his or her faith. None of these purposes is specific to Christian pilgrimage yet by the fourth century A.D., pilgrimage had become a recognized expression of Christian pity.

### THE PILGRIM'S ROULES

1. To be in divine consciouness
2. To have a penitent heart
3. To have a sacrifice mind
4. To be ready to help the others
5. To have the heart ready to receive indulgence
6. To wear simple and comfortable dresses to protect from the sun and frost
7. To eat simple foods with easy conservation
8. To reach the goal by walking along the streets of pilgrimage on foot
9. To collect testimonials in order to document the passage through the different places of cult
10. To reach the sacred place to atone for personal sins and not to fall in error in the future.



(Duomo di Fidenza: Pellegrini)



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# The Brotherhood of Blackheads

## Behaviour codes

### The Blackheads Society

- The Blackheads Society was founded in the 13th century as a gentlemen's club for wealthy single merchants and their journeymen. The society's members were mainly young and unmarried German, but there were also English, Scottish, Dutch, Swedish and Norwegian members.
- Towards the end of the 14th century, the guilds uniting Riga's merchants and craftsmen were joined by a brotherhood of banquet caterers to upper classes which quite significantly called themselves Blackheads.
- In 1416, the Blackheads Association was officially founded in Riga



- When travelling and supplying exotic goods from overseas, they managed to protect their ships and caravans from pirates and robbers. The Blackheads chose St. Maurice as their patron saint, who traditionally was depicted as a black soldier in knight's armour. The society's not so politically correct name originated from one of their patron saints; St Maurice was supposedly a black African Christian Roman commander who died as martyr after refusing to kill fellow Christians. St

Maurice's head was depicted on the Blackheads coat of arms, thus giving them their name.

- After obtaining their tenant's rights and entering holy wedlock, members of the brotherhood become part of Riga's patrician elite, serving as councillors, members of the Great Guild and respected members of the city's community.
- House of the Blackheads was built in 1334 as a venue for meetings and banquets held by Riga's various public organizations. The building was destroyed by bombs in the Second World War but was fully rebuilt in 1999. The prophecy that was once written on the building's doors: "If I am destined to ruination, I will be rebuilt by you!" has come true!



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- The Blackheads were known for their festivities which they organised, not only for themselves but also for the citizens of Riga. They held many different festivals, carnivals and tournaments. The Balls organised at the House of the Blackheads were famous all over Europe, but were of course, only for members and other aristocrats. It is well known that Russian tsars and tsarinas often frequented such balls.

- The Blackheads Society had strict rules of internal order, that is, its activities were governed by statutes or drafts adopted in 1416.

### The Blackheads statutes

- These statutes strictly regulate not only the code of behavior, duties, but also stipulate that blackheads should be unmarried traders and sailors of German origin.
- For not obeying statutes blackheads were punished, it could be covered either in cash or in grain.
- Joining the brotherhood, the new companion gave it some silver item on which was engraved his name and the date of the gift.
- Blackheads were one of the main organizers of social and cultural life in the city. In Blackhead House there were held festivities in honor of the election of new officials or visits of important persons.
- The Blackheads were neither modest nor mean; therefore they held a wide-range of traditional festivals that took place not only in their own house, but also in Town Hall Square and the city streets. Of course, the Rigans were invited! And the celebration under the head of blackheads meant not only festive processions, feasts and dances, but also horseracing tournaments. The Vastlāvjī were a holiday cycle, which started preparing for Christmas, which was celebrated for several days. The top of the celebration was evening and the night before the Ash Wednesday, followed by the Great Feast before Easter. *Ļoti svinēti tika Maija Grāfa svētki pavasarī.*
- There was a rule that during the feasts no one of blackheads could get drunk, the druk had to be pay fine.



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- Entrance in Blackhead House only to unmarried people
- The blackhead, who had decided to marry, called together his companions and placed a barrel of beer and a good ham on the table. After that, they held a luxurious wedding, on which the other blackheads came with their beer cups.
- After the wedding, the blackhead had to leave the Blackheads Association.



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## Rules

- preservation of cultural and historical traditions and monuments,
- mutual respect, honesty, justice, help,
- respect for other virtue norms at all levels of society,
- a high culture of work, behavior, language and communication,
- material and spiritual well-being of members of the organization, of all inhabitants,
- good physical and emotional state,
- financially support their members and their relatives if necessary,
- to ensure modernization and compliance of legislation in all spheres of life,
- to ensure the quality of goods and services,
- support for real producers and service providers,
- to achieve the growth of the business of its members,
- organize production outlets,
- represent their rights and their members' rights and interests



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## THE KNIGHT'S CODE

There was no authentic knight's code as such. The Code of Knights was a moral system which went beyond rules of combat and introduced the concept of Chivalrous conduct – qualities idealized by the Medieval knights such as bravery, courtesy, honour and great gallantry towards women. The Codes of chivalry also incorporated the notion of courtly love. The Code of Chivalry was the honor code of the knight. The Code of Chivalry was an important part of the society and lives of people who lived during the Medieval times and was understood by everyone.

## CODE OF CHIVALRY – THE SONG OF ROLAND

A Code of Chivalry was documented in an epic poem called 'The Song of Roland'. The 'Song of Roland' describes the 8<sup>th</sup> Century Knights of the Dark Ages and the battles fought by the Emperor Charlemagne. The code has since been described as Charlemagne's Code of Chivalry. The Song of Roland was written between 1098-1100 and described the betrayal of Count Roland at the hand of Ganelon. Roland was a loyal defender of his liege Lord Charlemagne and his code of conduct became understood as a code of chivalry. The Code of Chivalry described in the Song of Roland is an excellent representation of the Knight's Code of Chivalry.



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## RULES

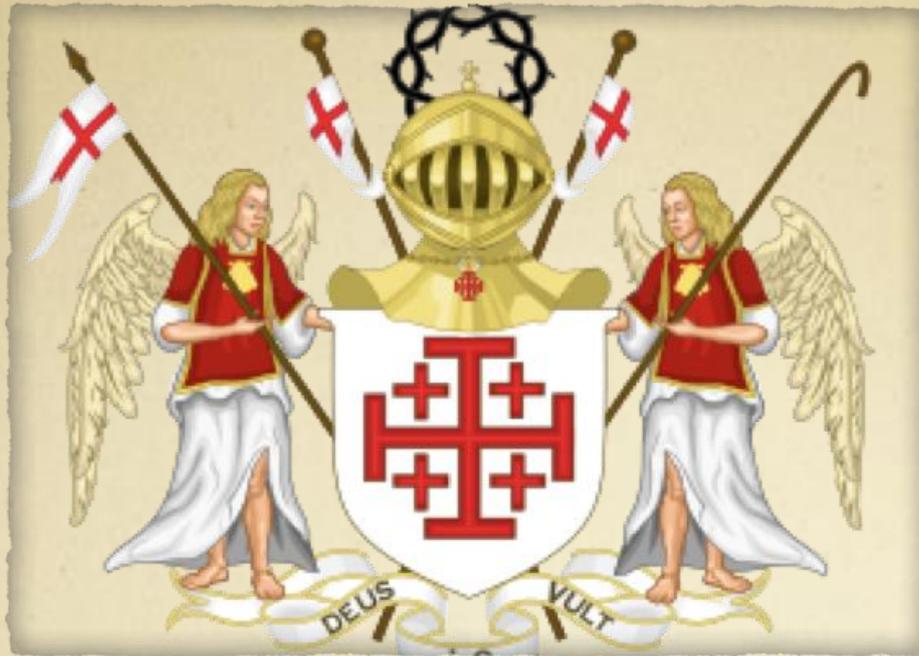
- Always be devoted to God, Motherland, Lord.
- Never be cowardly
- Be ambitious and follow your goal
- Lost battles with honour
- Be a model for others
- Respect people around you
- Be generous to people in need
- Be faithful to your principles and ideals
- Do not hurt the weaker
- Help widows and orphans
- Live with honour and for glory
- Fight for the good of all
- Protect the honour of fellow knights
- Avoid injustice, meanness and deception
- Respect the honour of women
- Never reject and equal challenge
- Never turn away from the enemy



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## THE CANONS OF THE HOLY SEPULCHRE

After his death in 1134, Alfonso I “the Fighter” left his Kingdom to the three military orders from Palestine: the Holy Sepulchre, the Hospital and the Temple.

The Canons of the Holy Sepulchre resigned to its rights, and it's compensated with benefits and prebends, among them lands and money to build a church in Calatayud, first headquarter of the Order in Spain.



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## RULES

- Stay awake close to Christ's tomb
- Listen to the Mass as many days as possible
- Fight against the pagans
- Defend the Holy Church
- Avoid unfair wars
- Try to get peace and harmony among Christians
- Honor and watch over the interests of his country
- Protect widows and orphans
- Exempt captives
- Give charity
- Fast and practice the remaining abstinence the Church recomens to their faithful



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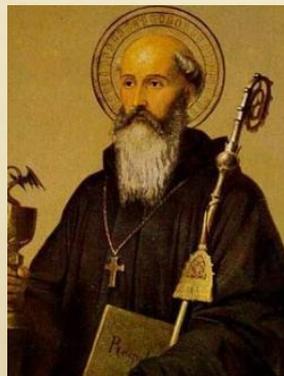
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## BENEDICTINE MONKS

Benedictine monks receive their name from Saint Benedict of Nursia. His rule proposed a life centred in three main virtues: taciturnity, humility and obedience. They observed strictly the Divine Office, followed the maxima “Ora et Labora” and were known for their hospitality.

Their order contributed to different fields: spiritual, liturgic, artistic, intellectual, administrative and economic.



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## RULES

1. Keep the ten Commandments and fulfil the works of mercy.
2. Punish the body, not be delighted and love the fast.
3. Prompt, cheerful and absolute obedience must be address to the superior, it is the first degree of humility.
4. The use of words must be moderated. Healthy conversation is not forbidden
5. Humility is a virtue, monks have to experience the 12 steps guiding them to heaven.
6. Seven times a day and one at the night, monks have to dedicate to the Divine Office.
7. Any property is forbidden unless the abbot allows it
8. Monks have to take care for sick, olds and children



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## DOMINICAN MONKS

The order of the preacher friars, commonly known as Dominican Monks, thanks to his creator, Saint Dominic of Guzman. They followed the rule of Saint Augustine.

The novelty this order presented was the combination of prayer and preaching.

They were present in Calatayud in the Monastery of Saint Peter Martyr of Verona.



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## RULES

1. Into the convent, the friar teach, meditate and perfect his knowledge.
2. Outside, he preaches in the city and follows the courses at University.
3. In their daily routine, the Divine Office is recited.
4. Friars include in their routine pray and study
5. Friars have vows of obedience, poverty and chastity.
6. The spiritual path is based on penance, renounce of pleasures and dispossession of material goods.
7. The cenobitic regime stipulate mutual assistance.
8. Community prayer is an obligation.
9. The last pilar of the spiritual path is direction and teaching.



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## BROTHERHOOD OF THE PIETA

Since the Middle Ages to the 19<sup>th</sup> Century it has been a trade association, that also assists the executed in the last moments of his life.

It has been linked for centuries to the Monastery of Saint Benedict in Calatayud. This Monastery was considered as the parish of hanged and foundlings.

It was at the same time a pious and guild brotherhood.

They have the privilege of burying all those dead lacking resources. Nowadays, they continue picking up those who die in strange circumstances.



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## RULES

1. The traditional scheme of three consecutive days: vespers, mass with procession and candles and mass of the dead, must be followed in their religious functions.
2. The brothers commit themselves solemnly to act with honesty and charity, always in the service of God and of the Virgin.
3. The brothers swear allegiance and obedience to the king.
4. The brothers will provide religious assistance and will bury those sentenced to death lacking resources and any other included in the works of mercy.
5. The brotherhood will examine those who want to open a shop or workshop.



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## JEWISH

The behaviour of this society was mainly centered in their religion, and for this reason, they have to follow a series of rules.

Jewish were very superstitious, and they were all the day blessing and praising God to protect them.



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## RULES

1. It is obligatory to give alms.
2. Child must be presented to the community by the family when they are born.
3. Marriages will be arranged as soon as possible. The groom will court the bride at her home only on important days and accompanied by a chaperone.
4. The groom have to give his bride a jewel having belonged for a long time to his family.
5. If a woman becomes widow, her brother in law must marry her and give her children.
6. The meat must be eaten without any drop of blood. To do that, animals are hanged after their dead and clean one time after the other to eliminate all the blood of the meat.
7. On Sabbat, it's forbidden to do any type of physic work.



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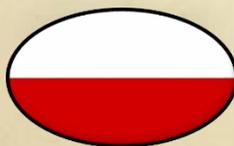
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## ERASMUS+ TRAVELLER'S CODE

1. Always be loyal to the Erasmus project.
2. Always be nice to your Erasmus friends.
3. You should be interested in this project.
4. You should know the English language.
5. You should help the people who don't speak English well.
6. Do your best in the Erasmus activities.
7. Respect other people.
8. Be creative.
9. Be kind.
10. Listen to others.
11. Help everyone.
12. Work together.
13. Be friendly.
14. You should be open for other people.
15. You should study the language of the country you are going to visit.
16. You should discover the specialities of the country you are visiting.
17. Be on time.
18. Don't lose the group.
19. Have a great time.



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