

Let's learn from history ... Episode 1 Bread for Paris!

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Layout

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1 Introduction

Welcome!

Welcome! In this booklet you can put into practice what you have learned so far about basic human needs and about helpful and less useful strategies.

Here you have the opportunity to experience history in a completely different way: Historians from Austria, Greece, France and Sweden have worked intensively on the topic of what we can learn from the history of Europe. They have described exciting episodes from the perspective of the 5 basic needs. You have the chance to slip into the roles of the people involved and experience the scene from their individual point of view!

If you have not yet heard about the basic needs according to William Glasser's concept, you should first familiarise yourself with the booklet "Needs and Strategies", because this knowledge is already taken as a basis here.

Of course, you can always refer back to the booklet "Needs and Strategies" if you are not sure about one or the other question. This is not a test or a school assignment. You can also do your history experience in pairs with a friend and talk to him or her in between.

2 Milestones in the history of mankind



A decision was made to leave the old behind and try something new and better.

So that you can experience these fundamental decisions as vividly and intensively as possible, historians from Greece, France (La Reunion), Austria and Sweden have come together and compiled their knowledge:

How and under what circumstances people lived at that time





- What image they had of the world
- What they believed in

What we cannot know is how they personally felt and what they thought. And this is where you come in: The second part of this booklet is about bringing the people who acted at that time back to life by putting yourself in their shoes.



3 How to use this booklet

Join us! Journey with us into the past and experience history from new perspectives! In this chapter you will find a selected episode in which the course was set for great changes.

First, familiarise yourself with the historical background of the episode (Step 1). Here you can find out about the living conditions of the people who lived in the place where the episode happened at that time.

In the chapter "The Situation" you will find a description of the challenge the people faced.

And now you can already take action: In the chapter "The people involved", different people who were at the place of the event at that time tell you about the situation from their point of view. Choose one of the people for your historical experience.

Of course, you will also learn how the story continued according to the historical records, but we ask you to be patient. After all, it would only be half as much fun if you knew everything in advance. Instead, go to the second part of this booklet, slip into the role of the person you have chosen and experience the story from his or her point point of view. What is on your mind when you are in that role? How would you act?





Follow the individual steps and only at the very end look at how the story actually continued. If you want to know more about it, ask your history teacher, he or she will be happy about your interest and tell you more about it.

4 The individual steps

Ready?

Then, let's turn back the clock now and get into the story!



Read the description of the episode and the situation carefully. Do not hesitate to ask your teacher if you are unsure or have further questions of understanding. You can also do further research on the internet if you are particularly interested in a topic.

Episode 1: Bread for Paris!



What you should know about this time

We are in Paris, in France, and the year is 1789. To be precise, today is 5 October 1789. We are at the beginning of the French Revolution. France is ruled by King Louis XVI. The storming of the Bastille, the state prison of France, on 14 July of that year set things in motion. A National Assembly was created, which since then has had influence on state affairs as a third





power in the state (third estate) in addition to the nobility and the church. In this National Assembly, the bourgeoisie is also given a voice for the first time. One of its first tasks is to draw up a new constitution for France.

France is heavily in debt. Half of all government spending per year alone goes to repaying the national debt. Another quarter of all its expenditure at this time is spent by France on its military. And, what is considered particularly scandalous: Of the quarter that then remains, another quarter is spent on the royal court. For courtly festivities and pension payments to courtiers, a sum of 36 million livres has to be provided each year by the people.

In 1789, the year we are now in, people's life expectancy is not particularly high. To be more precise, the average age is just 28 years. Famines, epidemics and wars claim many lives. In addition, there is no health insurance, no unemployment benefit and no pension provision. If someone is sick at this time, he or she must be able to find the money to be treated by a doctor. If someone loses his or her job, he or she soon has no money at all and old people have to rely on their families to take care of them.

Because the aristocracy has fled Paris due to the revolutionary confusion, the number of unemployed people in the city is increasing. Many women and day labourers lose their already small earnings because their services are no longer needed and hardly any luxury goods are produced.

Across the country, large parts of the population are living in bitter poverty. The farmers, who make up four-fifths of the population, had suffered a bad harvest the previous year as a result of the Little Ice Age and then endured a hard winter. While the farmers lack the most basic necessities, they still see the storehouses of the landlords, to whom they have to pay taxes, well filled. Nevertheless, grain prices rise. The result is protests and demands for sale at a "fair price".

In the late summer of 1789, the tense situation in France seems to calm down again. Thus, on 26 August, the National Assembly adopted the Declaration of Civil and Human Rights. Principles of the rule of law emerge, such as freedom of speech, freedom of religion, separation of powers, freedom of the press, and the people are granted supreme power in the state (popular sovereignty).

King Louis XVI, however, continues to offer stubborn resistance and refuses to sign the decrees of 4 August, which include the abolition of serfdom for farmers and tax exemption for the aristocracy.





Bread is more expensive than at any other time in 18th century France, costing three times the price of the better years. Craftsmen in towns have to spend about half their income on bread supplies alone. In general, many people only have enough money for one meal a day, and then only for brown bread with vegetable soup. Every price increase has the effect of threatening the existence of the people and causes the demand for other goods of daily use to fall. Now even those who have not been politically engaged until now are becoming dissatisfied and starting to get upset.

The Situation

Economic misery has brought the masses to the political arena. The prices of bread are still rising unstoppably, moreover, food is still short in the country. The millers and bakers stretched the flour with plaster, which repeatedly leads to riots against them.

In the capital, Paris, riots break out again and again. These tumults serve as an occasion for the king to order the Flanders Regiment with one thousand soldiers from northern France to Versailles. In this way he hoped to gain more support from the National Assembly.

On 4 October 1789, despite all the poverty in the country, a splendid celebration was once again held at Versailles Palace, the traditional seat of the royal family. Together with several noble families and over 5,000 servants, the royal family lives there on 51,000 square metres, about 20 kilometres outside Paris. The people are outraged when the rumour spreads that the flag of the National Assembly, which stands for the values of freedom and democracy, has been ridiculed on this occasion.



Each of the persons described has written history in his or her own personal way. With their decisions and strategies, all the people involved have had an influence on future events.

Of course, many, many more people were involved. We have chosen these four for you because it is important to us to give a voice not only to the rich and powerful, but also to those who have had less of a voice in the historiography up to now. After all, everyone bears the consequences of the decisions made at this time.





The involved Persons



Louison, flower seller at the Paris fish market



Pierre, member of the National Assembly

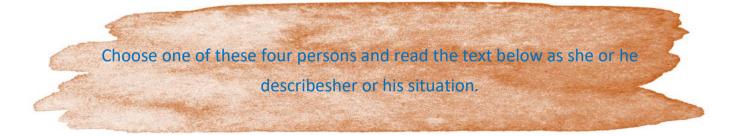


Clément, soldier of the guard regiment



Marie Antoinette, Queen of France

Whose footsteps you would like to step into?



Attention! Please read only the text that belongs to the person you have chosen and then go on to step 3

Person 1: Louison, flower seller



Hello, I'm Louison. I'm a flower seller at our fish market in Paris. My husband was there when they stormed the Bastille. And he lost his life in the attack. But life must go on somehow. Today is another grey, rainy day. Although it is quite cold for the time of year, there is thunderstormlike tension here in the poor quarters. There is simply far too little work and soon none of us will be able to afford bread anyway!

And you know what's really bad? Yesterday there was another party at Versailles Palace. They celebrated there all night, the rich who want for nothing. The officers



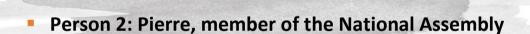


of the guard and the nobles once again celebrated Marie Antoinette, that hated Austrian who now sits on our throne! And some officers are even said to have trampled the colours of our National Assembly, blue-white-red, into the dirt.

Many of us are really bitterly poor and can no longer afford the basic necessities of life, while those up there are living the high life! My friend Camille hasn't had a bite of bread for two days and her five children are crying their eyes out for something to eat. Her husband hasn't been able to find a new job for months, since some nobles left our town.

Now we stand there at the market, we market women, but none of us really wants to start working. What for? There are far too few people coming here, hardly any of us can afford anything because there is no money left!

Everyone here grumbles about the conditions. And every one of us knows what happened last night at the festivity at Versailles. We are really upset! It's getting louder and louder here! Very close to us, Paul also has his market stall. He brought his drum from the last war because he wants to turn it into money here so that he can finally buy something to eat. I want to say something too, but no one hears me in the commotion! I need something loud to make myself heard. As if spellbound, I stare at the drum!





Hello, I am Pierre and we are having very turbulent times here in France.

For long enough, only the nobility and the ecclesiastical rulers have had their say in France. And what about the bourgeoisie? We citizens finally want a fair constitution! After all, we have worked hard for our prosperity! Nevertheless, until recently we had nothing to say in this country. But now we have formed the National Assembly.

I work as a lawyer and I have been a member of the National Assembly from the beginning. We only formed in the middle of June this year because we finally want to give France a proper constitution and already at the beginning of August we decided that all privileges of the nobles and all feudal burdens would be abolished. From now on, nobles should pay taxes just like everyone else. And at the end of August we decided on the Declaration of Human and Civil Rights. We are very committed to rule of law principles: we are fighting for freedom of expression here in our country, for freedom of religion. And, of course, what is very important:





we are fighting for freedom of the press in our country: no censorship, the press should finally be allowed to write about what is going on in our country!

Nevertheless, not much has really changed for the better here in our country.

King Louis XVI continues to resist and simply stall us. He still hasn't signed our decrees of 4 August, with which we decided to abolish feudalism and the tax privileges of the nobility.

Moreover, food is still scarce in our country. Riots keep breaking out in the capital, Paris. No wonder when people simply cannot afford the simplest basic foodstuffs like bread! These riots now served as an occasion for our king to order the Flanders regiment with one thousand soldiers from northern France to Versailles.

He probably hopes that this will enable him to take a stronger stand against our National Assembly. Yes, we fear, not without reason, that the King might take military action against us in these times!

And now there is the great procession of women, some 6,000 of them, who have marched from our capital Paris to Versailles, armed with rifles, pikes, sabres and axes. And they even received support during the day from about 1500 national guardsmen armed with guns. So their commander, General de La Fayette has also joined this procession of outraged women. La Fayette, this hero of liberty, who fought in America for the insurgents and thus for democracy and against our arch-enemy Britain. Yes, our La Fayette has joined this procession of women, the commander of our National Guard, because, after all, his troops are subordinate to our National Assembly.

It is now late afternoon, my watch shows half an hour past four. The National Assembly has already met here in our temporary assembly hall, in the hall for ball games, in the early hours of the morning. And today's session will probably go on like this for a few more hours. But ... what is going on here? Who is disturbing our session? Five women and one man! What are they doing here? Market women! Now the women's companion takes the floor. I can't wait to hear this. He demands on behalf of the women that the price of bread be drastically reduced.





Person 3: Clément, soldier of the guard regiment



Hello! I'm Clément and I'm a soldier in the guard regiment. I'm actually quite happy to be on duty in my regiment. In these troubled times, it's quite good to have a secure income and something to eat regularly. I really feel sorry for the many people in our country who have been living in abject poverty for so long now and can hardly raise the money to afford such simple things as bread. And all the men who have lost their jobs! I'm quite happy that I'm allowed to stand quard here. I don't have a wife

or children to look after and I actually feel quite comfortable here among my comrades. There has been a lot of turmoil lately and now our King has also ordered the 1000 men who are under the command of the Flanders Regiment in Northern France to come to Versailles. Our king no longer feels quite safe here!

It is now shortly before midnight and four hours ago we had the alarm. That's why I'm here, although I should have had the day off. Our entire regiment of guards is here and we are now guarding the forecourt of the castle while the Swiss regiment is on guard at the doors, at the stairways and inside the castle. An angry crowd is said to be on its way here from Paris, our capital, to the royal court at Versailles. And the people are said to have armed themselves. Allegedly they have the weapons from the show halls of their town hall i.e. cannons, rifles and other weapons.

Now that's one of those times when I don't like to be a guard soldier. And I can see them coming now. For God's sake! There must be several thousand of them! My rifle is freshly oiled and loaded, of course! This could be a most unpleasant night. I don't want to shoot at our own people!

I can hear their voices now. Aren't these women who are screaming over there? My fellow guards! Some look quite puzzled. Others start laughing. Now the first of the train have arrived. What am I supposed to do now?





Person 4: Marie Antoinette, Queen of France



Yes, it is indeed me. I am Queen Marie Antoinette. People think it's so easy to play the queen, but they're wrong. Nothing but rules and ceremonial. Apparently, being natural is a crime.

Yes, I have had quite an eventful life. My strict mother, Empress Maria Theresa, all the rules and constraints I was already subjected to as a child at home at the imperial court. Then my early marriage to Ludwig. I was only 14 when we were married. All the education I had to endure in my

childhood. And what was the point of it all? As a woman, I can have little influence on my husband's affairs of state. And Louis, my husband? He is said to be weak in leadership. But that's no wonder with all the people around him who want to influence my husband.

And yes, I had a dissolute life! I don't want to sugarcoat anything here! I just wanted to escape a little from all the fuss at the French court with all its rules and etiquette. I loved balls, fashion, extravagant hairstyles and of course I like my little private château Le Petit Trianon. Louis gave it to me as a gift in 1774. There I finally have peace from all the favourites here at court, because at Le Petit Trianon I only receive friends and patrons, no matter how offended the members of the court may be. And I loved playing cards. Pharo, a really amusing game. Well, I lost a small fortune there too, but what the hell.

And then there was that awful visit to the theatre. That was four years ago now. When I entered our royal loge and the people in the auditorium could see me, they suddenly started booing me. Oh my God! All that hatred and obvious hostility towards my person. It was so horrible to feel that no one but really no one in the hall liked me.

And all because of this unfortunate collar. I never wanted this really precious and sinfully expensive diamond necklace, although it was offered to me several times. And suddenly it has disappeared and these fraudsters are associating my name with it. I am really innocent and my innocence could also be proven, but what use is all that! People simply thought I was capable of such a fraud! They no longer respect me! No, they despise me, they hate me!

That was a really hard blow for me, back then in the theatre, and I have turned a lot of things in my life upside down since then. I've completely changed my lifestyle. All the expensive





comforts that I had had before and that I had loved so much, I gave them up since that happened in the theatre. I gave up gambling. I dismissed many of my favorites at Le Petit Trianon chateau and I also practically stopped attending balls, stopped going to the theater, and stopped giving receptions since then. I have withdrawn into the circle of my family and now spend a lot of time with my children. I have simply tried to lead a new, quieter life. Lately, however, I often have the impression that this insight of mine is much too late.

Life can be so cruel! Of my four children, two are already deceased, but Marie Thérèse, my daughter, and Louis Joseph, my little son and heir to the throne, are alive and, thank God, enjoying the best of health.

Yesterday these many people, armed with cannons, rifles and other weapons, marched from Paris here to us in Versailles. They spent the whole night in front of our castle. Nevertheless, the night is said to have been relatively peaceful. And it is mainly women who are besieging us here, although I have also heard that around 1500 National Guardsmen have joined them with their leader, General de La Fayette. La Fayette, that freedom hero who fought in America for the insurgents there and thus for democracy and against our arch-enemy Britain. Thank God we have the Swiss Guard guarding our castle and the additional regiments of guards now securing the forecourt.

For God's sake! What was that? Have the insurgents invaded our castle after all? I hear shouting, commotion. What am I going to do now?

5 Needs and Strategies



You have already had experiences with the five basic needs and now it is a question of putting yourself in the shoes of people who were there at the time and were involved in some way. If all people have these basic needs, then we can assume that this was also the case back then, do you agree?





You now have the opportunity to help shape history as one of the actors of that time! The more you have familiarised yourself with the circumstances of the time in the previous chapter, the better you will be able to put yourself in the shoes of the person you chose and his or her circumstances.

When you do this, simply follow the guide in this chapter. It will guide you step by step through your historical experience. At the end of the chapter you will find out how the people involved actually decided and acted according to the history that has been handed down to them and what the consequences were.

Step 3: Instant History – Be the person

Put yourself as much as possible in the shoes of the person you have chosen and imagine that you are that person for this experience.

Now answer these questions:

- What does the situation you are in look like from perspective? vour Describe in the first person what is currently your mind. on Start with: I am (e.g., Luison, Clement, ...)
- Which people around you are in the same or a similar situation?

Step 4: How are you?

You are now still the person you chose. Now tell about your basic needs. Take time to think and answer these questions:

Freedom:

What options are there for you now?

Love and belonging:

Who is in a similar situation as you are right now?

Survival:

Is your life or safety endangered in any way? By what?









If you want to know how the person you have now put yourself in the shoes of actually acted then, read on in the corresponding box:

Please read only the one box, otherwise the excitement of the other characters will be lost for you!





Did you find it exciting to dive into the story and put yourself in the person's shoes? If you have time and want to, you can now choose another person to play the role of. So go back to Step 2 at page 5 and choose who you want to be next.

If you are sure you don't want to try another role in this episode, you will find out how the story continues in the next chapter.





6 How the story continues

If you want to know how the episode continued according to history, read on here now. But only do so if you have either already been in the roles of all the characters described in this episode or are sure that you don't want to take on any more roles, because otherwise we would be spoiling here.

It's Monday 5 October 1789, early in the morning. As every day, the market women have gathered at the Paris market. The market halls are full as usual. But today the atmosphere is charged. Words of profanity fall, drenched in anger and indignation. Of course, everyone here has heard about the excessive celebrations at the Palace of Versailles. And today, simply no one wants to go to his or her work.

As every day, the market women have gathered at the Paris market. The market halls are full as usual. But today the atmosphere is charged. Words of profanity fall, drenched in anger and indignation. Of course, everyone here has heard about the excessive celebrations at the Palace of Versailles. And today, simply no one of the women wants to go to her work.

"Enough!" The voices are getting louder and louder: "Those in Versailles have no idea how miserable we are! If the King and his Queen lived here with us, in our midst, there would surely be enough to eat!" Among the market women is Louison, a young flower seller. She has a soldier's drum and she is beating on it.

"Up, up!" she shouts. And the women follow her. Together they walk to the town hall of Paris. "We want bread!" the crowd shouts. But Mayor Bailly refuses to listen to them. Then the angry women force their way into the city hall's witness halls. A civil servant is attacked with kicks. And then the women arm themselves. They take cannons, rifles and other weapons.

"Follow me!" shouts Louison, banging on the drum, "We want to pay a visit to the ladies and gentlemen in Versailles!"

And the women follow the drummer in hundreds. Soon they become more. From everywhere, hungry housewives, girls and servants, who had already lined up at dawn for bread and meat in front of the still-closed shops, come running and soon the several hundreds turn into several thousands. Armed with rifles, pikes, sabres and axes.





"Versailles is feasting, Paris is starving!" the angry crowd shouts as they inexorably approach Versailles. Over and over again, "Versailles feasts, Paris starves!" Versailles is feasting, Paris is starving!" The shouting fires up the women's determination to speak their minds to the king and his world-weary nobility.

It takes a whole four hours for the angry crowd to arrive at the royal palace. There, they have long since heard about the angry procession of enraged people and have prepared themselves accordingly. The forecourt of the castle is screened by soldiers of the king's guard regiments, while the Swiss regiment secures the doors, stairs and the inside of the castle. Tense, the guards wait for the angry crowd to arrive, when they suddenly realise that the procession is mostly women and children. Tension falls from the soldiers. Some laugh, others joke, others even lay down their weapons and all of them look like mesmerised at the evergrowing crowd of women. By now there are about 6,000 of them gathered in front of the castle.

Against all expectations, things are quite peaceful. Soldiers share their provisions with the women. Initially, five women and one man move to the National Assembly on Ballhausplatz, where they present their demands to the members present there. The members of the National Assembly, however, do not feel responsible for the concerns of the women who have been sent and direct them to the King.

Riots and protests shape the night that the women spend in front of the castle. In the meantime, several soldiers have joined the women. They understand their situation, they understand how hard life has become in the cities: all those people without work, the famine, the daily struggle for survival! And then there are the aristocrats here in Versailles who celebrate one festivity after another, live in luxury, and don't notice all the misery in the cities!

The people have spent a terrible night in front of the castle gates. They are frozen through and the rain this morning is doing its bit to make the atmosphere here more and more charged. The angry crowd pushes against the gate to the forecourt of the castle. They force their way in. Many soldiers have already left the area during the night. Shouting, the crowd pushes forward, forces over the soldiers of the Swiss regiment who are still present. Two servants lose their lives in the confrontations when the protesting crowd finally enters the castle.

Panic seizes Marie Antoinette. She quickly gathers her children, flees from the side wing of the palace and rushes to the central building. There she finds her husband, the king, completely overwhelmed and trembling with fear in the circle of his advisers. She throws





herself into his arms. But neither the king nor his advisers have answers, know what to do now. Battle cries rage from the stairs, where the Swiss regiment is trying to repel the intruders.

It is Marie Antoinette, who awakens from her paralysis of fear. She takes her youngest son in her arms and walks towards the balcony. Stunned, the men stare after her! But as if the Queen had known, the Parisian women in front of the balcony react unexpectedly when they catch sight of their Queen on the balcony. The view of the woman with the child in her arms touches them. Anger turns to enthusiasm. "Long live the Queen! Long live the Prince!" Soon everyone is shouting at the top of their voices: "Long live the Queen!"

Drums and bugles sound from the street to Paris and it is the National Guard, subordinate to the just founded National Assembly. It is led by Lafayette, the general who fought for freedom and democracy on the side of the colonists in the American War of Independence. The citizen soldiers, who form the National Guard, occupy the courtyards, the stairways and the palace and General Lafayette approaches the Queen, takes his place next to her on the balcony and waves to the enthusiastic crowd. And the crowd is going wild. Raging with enthusiasm! Euphoria spreads! The respected general, extremely popular with the people, next to the queen! Now the king has also regained his composure. Although he remains in the background, he now also enters the balcony and waves timidly to the crowd, watching tremulously, as his wife Marie Antoinette and General Lafayette are cheered by the crowd.

When the king promises a delivery of food to Paris, the situation calms down.

Finally, he agrees to sign the decrees of the National Assembly and to abolish the privileges of the nobility.

Wagons and horses are brought in. The King and Queen must return to Paris! Some carriages fill up, because now there are also quite a few lords and ladies of the court who want to return to Paris. Finally, the procession starts to move, and in the early afternoon of 6 October the return march begins together with the royal family.

An unbelievable cheer accompanies the train for a whole six hours. There is a fairground atmosphere. The women dance, together with the soldiers, the workers. The procession is led by the National Guard. The citizen soldiers have loaves of bread on the tips of their bayonets and escort carts filled with bread and flour.





And even the soldiers of the palace and the royal Swiss Guard go along with this procession. It is La Fayette himself who escorts the King's carriage and his court entourage safely to Paris. Also accompanying the procession are hundreds of members of the National Assembly.

Although it is still raining and the ground is therefore muddy and slippery, the crowd is in best mood and sings: "We are bringing the baker, the baker's wife and the baker's son!"

7 Learning from history

Now share your experience and reflections with your classmates:

- How was it? Did you manage to put yourself in the situation and the persons' shoes?
- Can you understand why they acted the way they did?
- Would you have acted the same way?
- What could have happened, if one of the characters acted in a different way? (Luisson: ..., Pierre: ..., Clement: ..., Marie Antoinette: ...)

Further questions to make the most of your experiences and insights with the episode

- For whom did the solution (as described in the chapter "How the story continues" make life better?
- Were there also losers? Who were they? What did they lose?
- Are there situations similar to this episode of history in our world at the moment?
- What can we learn from this episode of history?

8 Literature

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Wolfgang Lautemann, Manfred Schlenke: Geschichte in Quellen, 7 Bde., Amerikanische und Französische Revolution. Bayerischer Schulbuch-Verlag, Berlin 1981

