

## **Roman Bath houses**

The Roman Bath house was the social heart of the Roman community and people would go not only to bathe, but also to conduct business and socialize with friends.

Baths were very important to the Romans and all citizens used the baths on a daily basis.

They could then relax and watch the entertainment on offer and eat. All cities in the Roman Empire had fresh water supplies and Roman citizens were encouraged to keep clean.



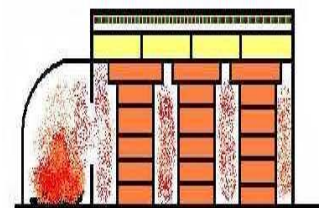
### **What did the Romans do at the baths?**

Before bathing the Romans would exercise. They did things such as running, mild weight-lifting, wrestling, and swimming.

After exercise they rubbed perfumed oil on themselves which they would then scrape off with a strigil. They would then use the various baths.

### **How were the pools heated?**

The pool was heated by the hypocaust. This heating system was below ground and heated by a fire. The fire then heated the water which was then transported by pipe to the pool.



### **Source 1 Lucius Seneca writing about the Roman baths**

I live over the public baths, its sickening. First there are strongmen doing their exercises grunting and moaning. Next the lazy ones having a massage. I hear someone being slapped on their shoulders. What about the ones who leap in the pool, making a huge splash

## **Questions**

1. Why did the Romans people go to the baths other than to bathe?
2. What are some of the exercises the Romans did before bathing?
3. How many pools did the Roman bath houses have? What are these pools called?
4. What did the Romans use the strigil for?
5. What was the pool heating system called and how did it work?
6. What does source 1 tell us about the Roman Baths?
7. Do you think the Romans were clean and healthy? Explain