Roman Bath Houses

*Match the pictures to the descriptions.*

**Caldarium** - This was the hottest room in a Roman bath. It was a bit like a Jacuzzi.

The hot water and steamy air temperatures may have risen well above 100 degrees Fahrenheit.

**Frigidarium** - This was a freezing cold bath to refresh the Romans.

The Romans would feel very refreshed after plunging into the freezing waters of frigidarium.

**Palaestra** - Before bathing the Romans would exercise in open courtyards.

The Romans would work up a sweat so they could feel the benefit of a good bath.
The Roman Bath

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 socialise 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.

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

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

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.

Answer the following questions:

1. Why did the Romans go to the baths other than to bathe?
2. What are some of the exercises the Romans did before bathing?
3. How many treatment rooms did the Roman bath houses have? What were they called?
4. What did the Romans use a scratcher for?
5. What was the bath house heating system called and how did it work?
6. Do you think the Romans were clean and healthy? Why?
Label the Roman bath house plan and explain in detail what happened in each room/area. Explain why the Romans used these pools/areas.

<table>
<thead>
<tr>
<th>The important room/area that the Romans used at the bath house</th>
<th>Describe what the Romans might have done in this room/area?</th>
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</thead>
<tbody>
<tr>
<td>1) Roman toilets</td>
<td></td>
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<tr>
<td>2) Palaestra</td>
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<td>3) Caldarium</td>
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<tr>
<td>4) Frigidarium</td>
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<tr>
<td>5) Roman changing rooms</td>
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<tr>
<td>6) Main swimming pool</td>
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Roman Bath plan