

Roman Baths

By Alia



All Roman towns had public baths. The baths were not only for swimming or taking a bath, it was the center of social life. The bath center had hot baths, a warm steam room, and a cold bath. You could be massaged with an ointment that was scraped off using an instrument called a strigil, or you could keep up with the latest gossip, get a pedicure, or get your hair done. Romans would spend the whole day there!



Caracalla was the most hated Roman emperor. To make the Romans like him more, he made the largest public bath in Rome. He made the workers work around the clock to get it done. Even in the worst weather! The bath could hold up to 2,000 people!



I will explain the three main parts of the bath:
The Caldarium
The Entertainments
The Toilets

The Caldarium is a 115 foot wide concrete dome. It was the hottest room, the hot water and steamy air was used to open your pores. The highest temperature was 100 degrees with 100% humidity. The pool is large and three feet deep. It was heated with a hypocaust which is a furnace. Workers stoked the furnace with wood to keep the fires burning and keep those bathwaters hot.

Next is the Entertainment! They had jugglers, gymnasts, jesters, musicians, philosophers, and poets. This entertainment not only stimulated the mind but it also stimulated the body.

Now there is the Toilets. The toilet seats were close together and in a big group. The Romans did not have toilet paper, so they used a sponge on a stick that they washed off in a stream of water. They washed their hands in a basin. Sewers underneath the baths and toilets would carry all of the waste to the river.

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