

## Roman Baths

Every Roman city had a public bath where people came to bathe and socialise. The public bath was something like a community centre where people worked out, relaxed, and met with other people.

The main purpose of the baths was a way for the Romans to get clean. Most Romans living in the city tried to get to the baths every day to clean up. They would get clean by putting oil on their skin and then scraping it off with a metal scraper called a strigil.



The baths were also a place for socializing. Friends would meet up at the baths to talk and have meals. Sometimes men would hold business meetings or discuss politics.

There was a fee to get into the public baths. The fee was generally pretty small so even the poor could afford to go. Sometimes the baths would be free as a politician or emperor would pay for the public to attend.

### Fun Fact

The Romans were the first to have underfloor heating. Hot air, heated by a furnace, was circulated through brick-lined pipes underneath the floor.



## What did the Roman Baths look like?

The typical Roman bath could be quite large with a number of different rooms:

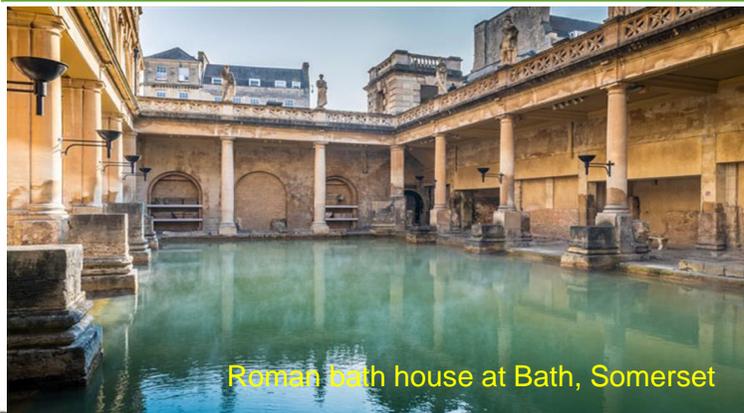
**apodyterium** This room was the changing room where visitors would take off their clothing before entering the main area of the baths.

**tepidarium** This room was a warm bath. It was often the main central hall in the bath where the bathers met and talked. **We still use the word tepid to mean 'warm'!**

**caldarium** This was a hot and steamy room with a very hot bath.

**frigidarium** This room had a cold bath to cool the bathers at the end of a hot day. **This is where we get the word 'fridge' from.**

Some baths were so big they had multiple hot and cold baths. They also might have a library, a food service, a garden and a reading room!



## Key Vocab

<b>hilariter</b>	Cheerfully
<b>ludunt</b>	They are playing
<b>apodyterium</b>	Changing room
<b>tepidarium</b>	Warm room
<b>caldarium</b>	Hot room
<b>frigidarium</b>	Cold room
<b>recumbunt</b>	They are lying down
<b>ancillae</b>	Slave girls
<b>prudenter</b>	Skilfully
<b>breviter</b>	For a short time
<b>summergunt</b>	They plunge underwater
<b>cum amicis</b>	With friends
<b>garriunt</b>	They are chatting
<b>laetae</b>	Happy
<b>purae</b>	Clean
<b>disumbe!</b>	Lie down!
<b>oculos aperi!</b>	Open your eyes!
<b>gratias agimus</b>	Thank you



# Knowledge Organiser Latin: Clean and Healthy

Flavius is in a terrible mood so Lepidina takes him off to the doctor.



## Latin adverbs end in -ter

hilariter	cheerfully
breviter	briefly
prudenter	skilfully
segniter	lazily
celeriter	quickly



*Miss Urmston and Flavia cheerfully play*

*magistra Urmston et Flavia hilariter ludunt*

*The word 'hilarious' comes from the Latin 'hilaris' which means cheerful. If something is hilarious it is very funny – and that cheers us up!*



The doctor at Vindolanda might have used some tools like these. The palettes and mixing tools were used to mix eye medicines like Flavius's ointment. The scalpels were used in operations. The doctor might have used the hooks for pulling out tonsils!