

The Baths

1. Did one have to pay to use the public baths?

There was a small admission fee that was paid to the "ostiarius" (doorkeeper) when you entered the baths.

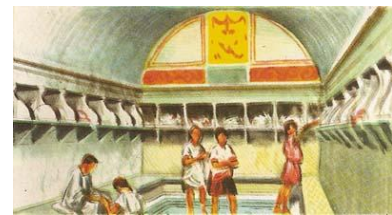
2. What was the "palaestra"?

The "palaestra" was an open area attached to the baths which was used for games and exercising prior to bathing.



3. What was the "apodyterium"?

The "apodyterium" was the changing room. In it there were slave attendants who would store your cloths and guard your belongings while you were in the baths.



4. What were the different bathing rooms which you could use while at the baths? What was their order of use?

tepidarium: a warm room and bath

caldarium: a hot room containing a hot pool for soaking after which the bather would be rubbed with olive oil by a slave who would then scrape the oil off with a "strigil". After the cleaning the bather would get a massage.

frigidarium: a room with a pool of unheated water



strigil with oil

5. Were the baths quiet or noisy?

According to Seneca who lived close to a bath at Rome, the baths were very noisy with the sounds of grunting weight lifters, the smacking of bodies by the masseurs, the yelling of venders selling food, the singing of bathers, splashing of water, the screams caused by the hair pluckers and the noise of brawlers.

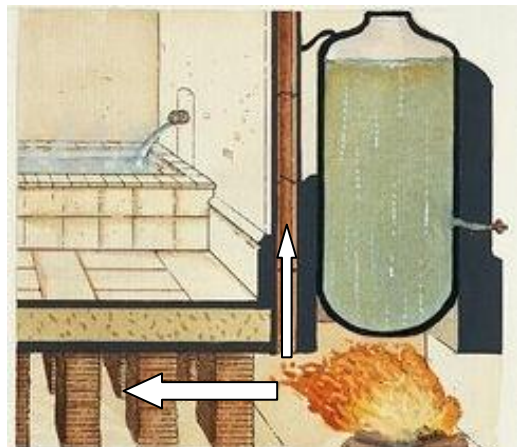
Heating the Baths

6. Where did the Romans get the idea of the baths?

Like many things the Romans did, they got the idea of the baths from the Greeks.

7. How were the baths heated?

The baths were heated by a "hypocaust". This ingenious invention by the Romans made it possible to supply a constant temperature to the various rooms and pools of water. After heating the water, hot air from the furnace circulated beneath the floors and through the walls of the building creating a warm and comfortable environment. The different temperatures were regulated by the order of the rooms. The furnace was located near the caldarium which resulted in hot water and a hot room and then traveled to the caldarium and then the frigidarium. As the temperature of the air and water dissipated the rooms and water became increasingly cooler.



hypocausts

This is not all you need to know. Re-read the reading.