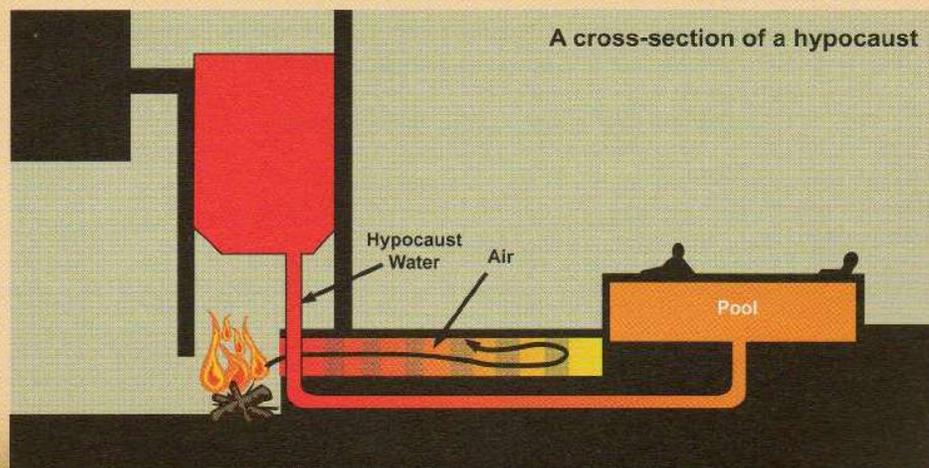


Bathing Roman-style

Bathing was a very important part of daily life in ancient Rome. People visited public bath houses, or *thermae*, not just to keep clean but to socialise, exercise and relax. There was also an economic reason for communal bathing: in Rome, water pipes were taxed according to their size, so many houses had only a basic supply of water which would have been used carefully.

The bath houses, often luxuriously appointed with marble, stonework, mosaics, statues and gardens, were engineering feats with innovative piping and heating systems. Some of the bath houses were huge and required extensive heating; a bath complex built by the Emperor Diocletian was the size of a football field! In order to heat the buildings and the bath water, the Romans used a system called a *hypocaust*. This involved building raised floors on pillars and leaving spaces in between the walls which could be heated with warmed air. Slaves working in areas under the raised floors ensured that furnaces were supplied with the fuel needed to heat rooms as well as bathing pools. Rooms which required a lot of heat were positioned close to the furnaces.

The actual process of bathing followed a distinct pattern which could be varied according to personal taste. When visitors arrived at the bath house, they would change out of their clothing and leave their garments with a slave. Sometimes garments went 'missing' as slaves conducted a lively trade in used clothing! The visitor might then be rubbed with oil in the *unctuarium* before moving to the *palaestra* (an area for exercise), working up a sweat before moving into the *tepidarium* (a room with warmed air). Next would be the *caldarium*—a hot room like a modern sauna. The idea was to induce a sweat which would help purify the skin. More oil might be rubbed on the skin at this point and then scraped off using an instrument called a *strigil*. Then the bathing process might be reversed: the bather cooled down slowly by going back to the *tepidarium* and then to the *frigidarium* (no prizes for guessing the temperature in this part of the bathing complex!). To complete the process, the visitor might go for a swim in the main pool, followed by a stroll around the gardens, a visit to the library or perhaps a purchase from one of the many food vendors.



14. What was one reason that many Romans bathed in public baths rather than at home?
- (A) Water was not connected to individual houses.
 - (B) Laws punished any Roman who bathed at home.
 - (C) Roman houses were not designed to include bathrooms.
 - (D) Many Romans could only afford a limited quantity of water.
15. According to the text, for a hypocaust to function, the rooms required
- (A) open space under the floors.
 - (B) a location close to the furnace.
 - (C) thick, solid walls to trap the heat.
 - (D) a system of hot water pipes in the walls.
16. Which word is a synonym for 'distinct', as it is used in the text?
- (A) definite (B) effective (C) separate (D) straightforward
17. 'When visitors arrived at the bath house, they would change out of their clothing and leave their garments with a slave.'
- Which option restates the quotation and retains the same style and meaning?
- (A) Visitors arrived at the bath house while changing out of their clothing which would be left with a slave.
 - (B) On arrival at the bath house, visitors would change out of their clothing, leaving the garments with a slave.
 - (C) Visitors arriving at the bath house left their garments with a slave and then changed into their clothing.
 - (D) During visitor arrival slaves would change them out of their clothing and leave the garments with them.
18. In the third paragraph, the word 'missing' is written in quotation marks to suggest that
- (A) the slaves had actually stolen the clothes.
 - (B) it was said by one of the visitors to the baths.
 - (C) some bathers were careless with their belongings.
 - (D) the visitors had instructed the slaves to sell the clothes.
19. Based on information in the text, the English word 'tepid' is related to the word used for
- (A) a cold room.
 - (B) a bath house.
 - (C) a warm room.
 - (D) an exercise area.
20. Which option shows the 'distinct pattern' of rooms used by a visitor to a Roman bathhouse?
- (A) palaestra → caldarium → frigidarium → tepidarium
 - (B) caldarium → palaestra → tepidarium → frigidarium
 - (C) palaestra → unctuarium → caldarium → frigidarium
 - (D) tepidarium → caldarium → tepidarium → frigidarium
21. The writer suggests that in Roman times, bathing was regarded as being
- (A) spiritual. (B) pleasurable. (C) compulsory. (D) embarrassing.