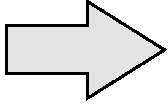




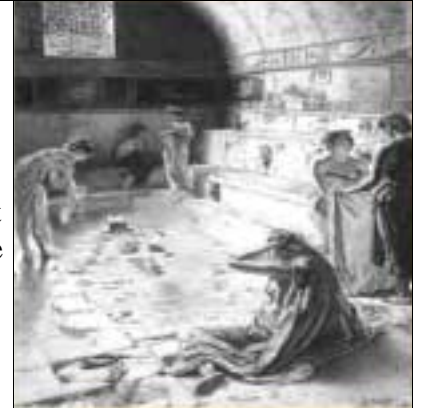
WERE BATHS THE ONLY REASON THAT ROMAN PEOPLE WERE HEALTHY?

ROMAN BATHS



The Romans were very proud of their bath-houses, which could be found in most towns, villas and forts throughout their Empire.

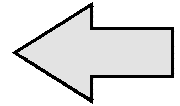
At the peak of the Roman Empire over 1 million people lived in its capital, Rome. Public toilets and baths were built in Rome and other towns in the empire. Commissioners were put in place to ensure that there were plentiful supplies of clean water. These helped to keep Roman people clean and healthy. Now everyone could have a bath.



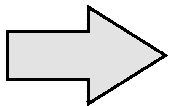
An Aqueduct near Belgrade

Fresh, clean water was essential to Roman public health. In AD100, there were nine aqueducts bringing water to Rome and filter tanks to purify it. Aqueducts carried water great distances, and were often cut through mountains and valleys. Filter tanks purified water from the aqueducts and lead pipes brought the clean water into the homes of the wealthy and to the public baths.

AQUADUCTS

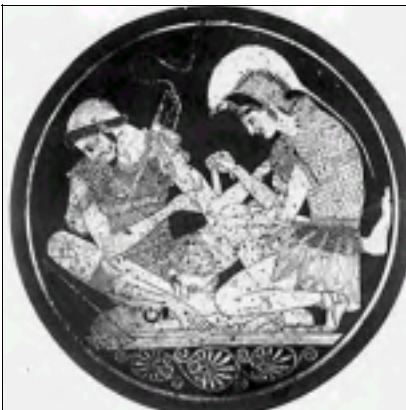


ASCLEPIUS



Asclepius was the god of healing. The temples built for him were also centres for healing. The priests used snakes as part of the healing ceremonies. The Romans needed a healthy population to service the empire, so public doctors were appointed in Rome and throughout the empire.

At the Asclepius people relaxed, ate well and took exercise. These things helped them to become better. These places were like the first hospitals.



The Roman Empire depended greatly on its soldiers as they were not only needed to conquer new lands and defend territory, but also used to keep order, build roads, aqueducts and settlements. It was therefore vital that soldiers were kept as fit and healthy as possible and that their wounds and illnesses were cared for because of the shortage of good recruits. Each legion had medical orderlies attached to them. These were called 'medici'.

MEDICI

