**Big Ideas – Medicine Through Time at the Roman Baths**

Below are 4 big ideas from the Medicine Through Time course. The Roman Baths tell us a huge amount about each of them. By using the symbols below, this sheet will indicate to you when each big idea is coming up.

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| SYMBOL | BIG IDEA |
|  | Supernatural MedicineSupernatural medicine is the idea that illness is both caused and cured by gods or God. If something is supernatural, it cannot be seen. |
|  | Natural MedicineNatural medicine is the idea that illness is caused by something physical and can be cured by something physical. Natural medicine also believes that you are less likely to get sick if you eat well and take regular exercise. |
|  | Public HealthPublic Health is when the government see it as their responsibility to keep everyone healthy. The Romans didn’t have the NHS, but they were the first civilisation to actively encourage the whole population to stay healthy. |
|  | Germ TheoryThe Romans realised the link between dirt and disease. A Roman called Varro even predicted germ theory when he said that ‘certain minute animals’ in the air cause disease. It was not until 1861 that microscopes were strong enough to prove this! |

Look down at the Great Bath. List the ways in which visiting the Great Bath would have kept you fit and healthy.

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Find the Hot Spring and listen to audio guide 27. The Romans thought the Spring was a gift from the goddess, but what is the actual explanation?

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Look at the projection of people arriving at the Roman Baths, and list some of the different types of people who visited.

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Find the perspex model of the Baths in the First Century. How did the Romans ensure that they were always bathing in clean water?

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Find the large model of the Baths in the Fourth Century. What natural activities are taking place to ensure good health?

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Stay at the large model. What supernatural activities are taking place to ensure good health?

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Enter ‘Life and Death in Aquae Sulis’. Look at the map of the Roman Empire on your immediate right. Why would the Romans have been so concerned to keep their citizens healthy?

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Find the glass cabinet entitled ‘Living in Aquae Sulis’.

What items are to do with personal hygiene?

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Enter ‘Worshipping the Gods’. Look out for the altar to Aescluapius, a large cube. Read the object label. How did the priest diagnose patients in Aescluapius’ chapel?

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Walk into the Temple Courtyard and stand beside the sacrificial altar. Listen to audio guide 48. How did the Haruspex tell the future?

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Leave the Temple Courtyard and find the glass cabinet of offerings to the Goddess. Find the ivory carving of a torso. What illness might that person have been asking the Goddess for help with?

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Look at the other offerings to the Goddess. What can these tell us about the mixture of people who came to the Baths?

Go to the East Baths. Listen to the audio guides and explain how the Romans kept clean and healthy in each of the following rooms:

Caldarium \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Tepidarium \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Natatio \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Go to the West Baths. Listen to audio guide 96 and explain how the Romans were kept clean and healthy in the frigidarium.

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Look down at the Hot Spring for a final time and listen to audio guide 72. How were the Baths used in each of the following historical periods? Were these methods natural or supernatural?

Middle Ages \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Georgians \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_



When you get back to school, which of the 4 ‘big ideas’ will you be most keen to find out more about? Say why.

