

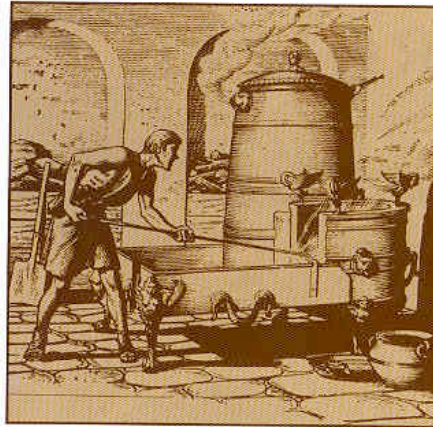
ROMAN to --- REGENCY



6. *Medieval Calendar, the May Bath. (BB, p.11).*

A mere tale of a tub, my words are idle.

John Webster, c.1580/c.1625



7. Roman Water Heater (Compound Brazier),
from Pompei, 1st Century AD. (BSE, p.356).

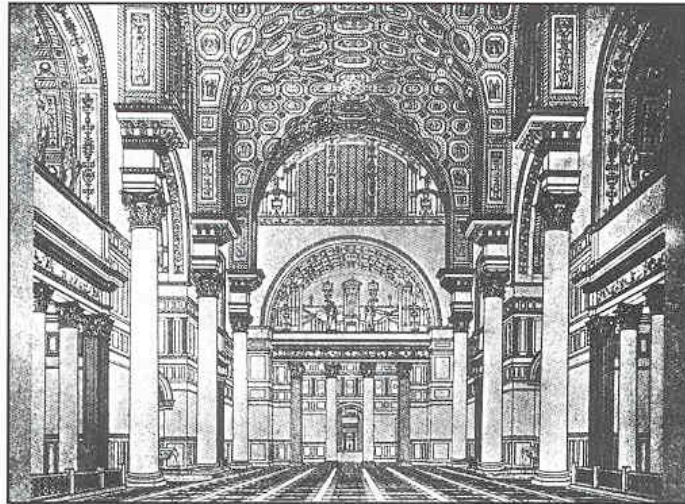
Roman to Regency

It is believed that as long ago as the third century BC, underfloor heating was used in bathrooms in the Indus Valley. But the Romans were the first great heating engineers. What is not so well known is the extent of the water heating systems employed in their large *thermae*, or public baths. For example, the Baths of Caracalla in Rome (AD 216) covered an area of about 120,000 m² and could seat some 1600 bathers. Unlike *Aquae Sulis* at Bath in Somerset, there were no hot springs and the immense amount of water in the baths was heated by fires.

The Baths of Caracalla had 28 heating chambers, each of 108 m² floor area and holding 1160 m³ of water, heated by a hypocaust, or underfloor warm air system. This alone was insufficient. So the Romans devised an ingenious heat exchanger called a *miliarium*, comprising a brass furnace surrounded by a leaden vessel filled with water circulating from the pools. Thin brass pipes, called *dracones*, led from the perimeter vessel of water to the core of the furnace and formed the heat exchanger.

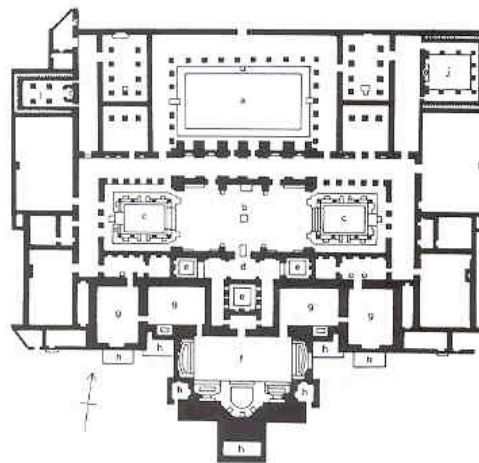
Bathing was a well-developed social habit in Rome, but with the decline and fall of the Empire the practice of bathing seems to have been largely forgotten until the Middle Ages. In London, the delights of the Turkish Bath were introduced by returning crusaders. By the reign of Richard II (1377/99) there were 18 public bath houses, or stews, in Southwark alone, all making a handsome profit from immoral earnings until closed by Henry VIII.

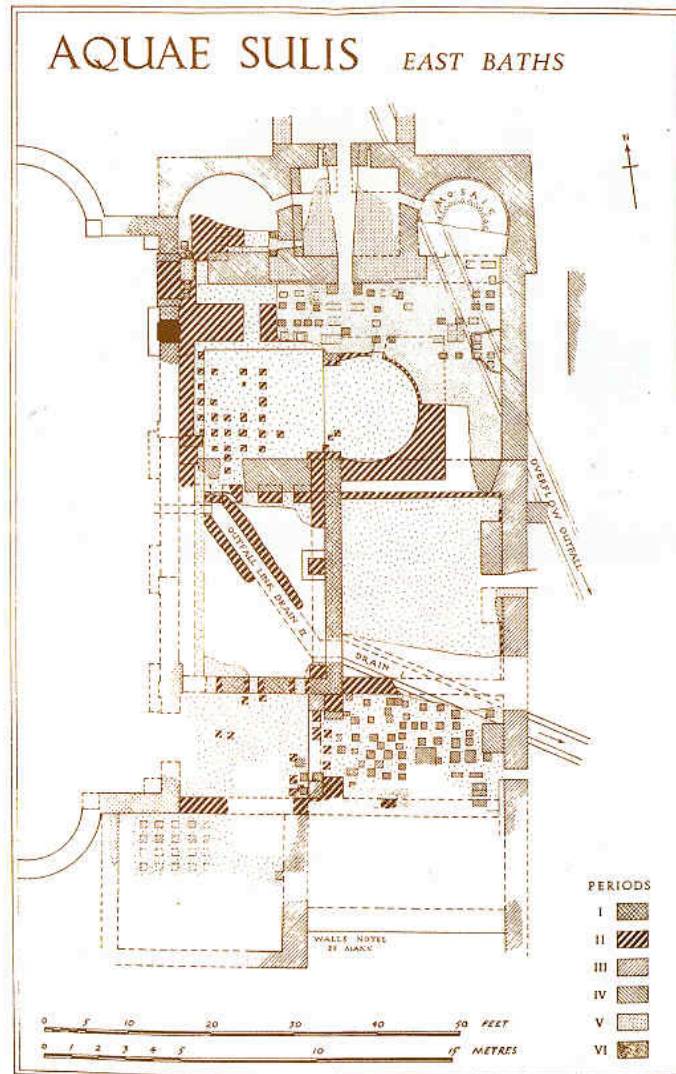
The Muslim bath, or *Hammām*, derives from Islamic concern for both ritual and cleanliness. There were also purpose built bathhouses in India and Persia. But it was the Renaissance in Italy which gave rise to sumptuous bathrooms and bathing pavilions. Taking hot baths again became a fashionable past-time of the nobility in Italy and France. By the 18th century, a visit to a hot spa (to take the waters) was considered the done thing both in England and on the continent. On the domestic scene, a variety of baths appeared, but the height of rare luxury in Regency times was the warm bath, complete with both hot and cold taps.



8. Print of 1832. Baths of Caracalla, Rome, AD 217. (WA, p.68).

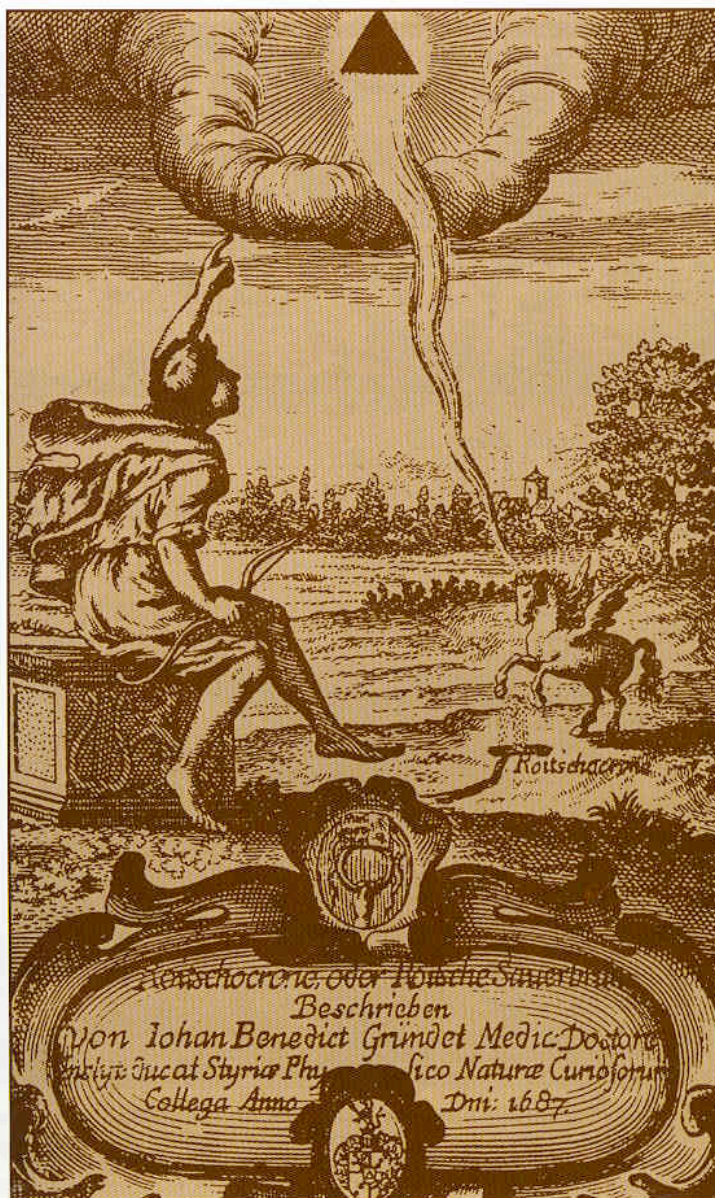
9. Plan. Hadrian's Baths at Lepcis Magna, Libya, AD 127. (RAA, p.126).
Features include (a) open-air swimming bath,
(b) frigidarium, (c) plunge-baths,
(d/e) tepidarium, (f) calidarium,
(g) super-heated rooms, (h) furnaces,
and (j) latrines.



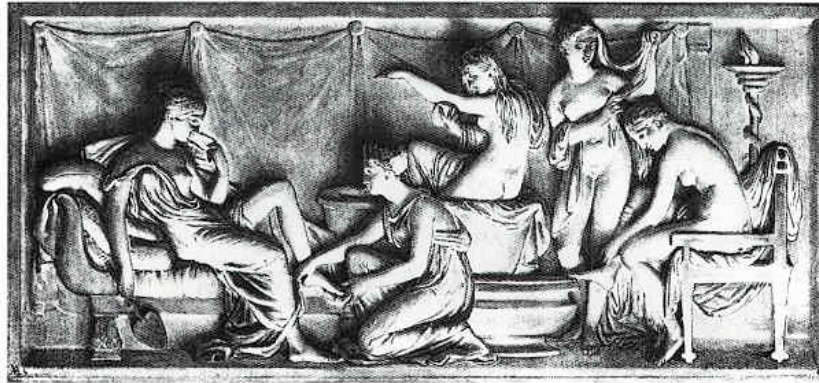


10. Plan. Remains of the Roman East Baths at Bath. From the 1st Century AD, (after RB, fig.34). Although hot mineral springs provided some quarter of a million gallons each day of hot water at about 120° F, this Eastern Suite was heated in typical Roman fashion by stoke-holes, including one heating a boiler, passing warm air to a series of hypocausts (underfloor heating ducts) and flues. The small squares on the drawing are the remains of the hypocaust pillars which once supported the heated floor slab above.

A hot spring bath can cure anything but love
Japanese Folk Song.



11. Illustration from a History of Rogaska Slatina Hot Springs, Czechoslovakia, 1687. (TIW, p.73).



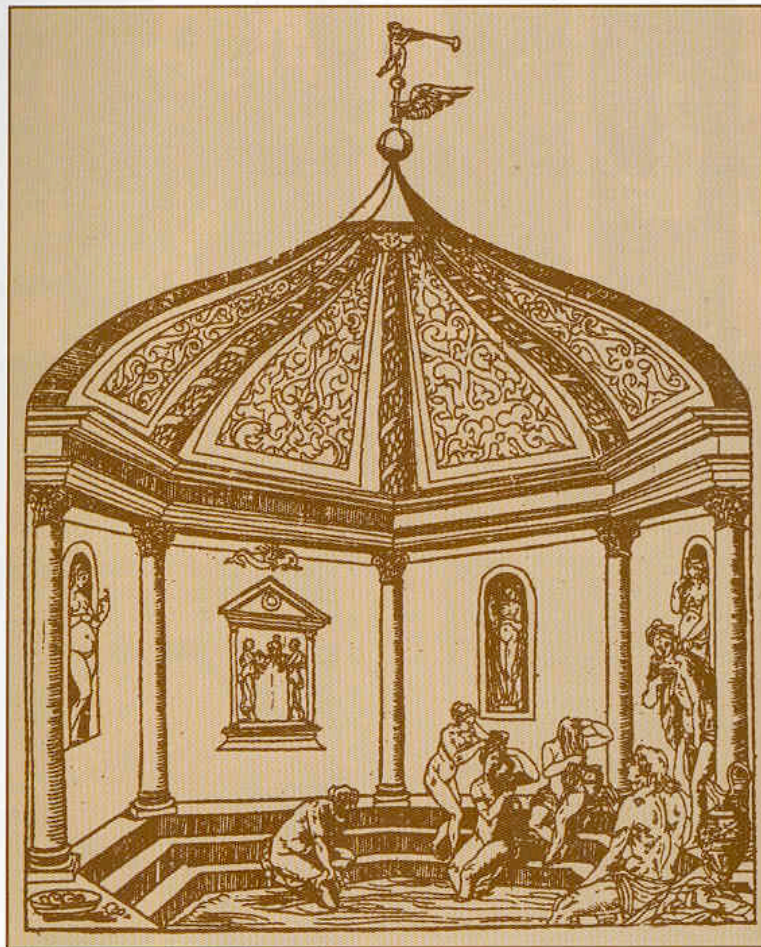
12. Painting. *Civilian Life in Athens*. (BB, p.69).
Women washing, a painting in the manner of a Roman bas-relief.
 (by Nicolas Gosse and Auguste Vinchon).



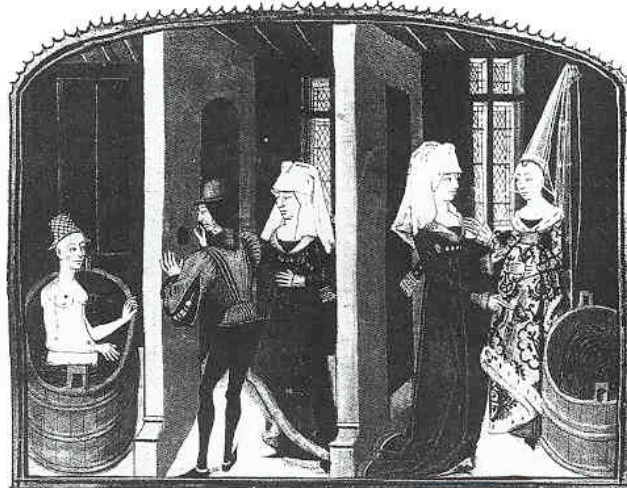
13. Woodcut. *The Standard Italian Bath-Tub*, Florence, 1500. (IRI, p.246).
The bath was usually taken in the bedchamber, the tub being filled with hot water from jugs. The lids shown on the bath in the background helped to keep in the steam. Emptying after use was a laborious task.

**Pour, varlet, pour the water,
The water steaming hot!**

Macaulay, Edward de Vere, Earl of Oxford, 1550/1604



14. Drawing of 1546. A Bathing Pavilion, probably Italian Style. (IRI, p.317).
From the French edition of "Hypnerotomachia." Features a bath with concentric steps,
similar to a drawing by the Italian architect, Serlio.

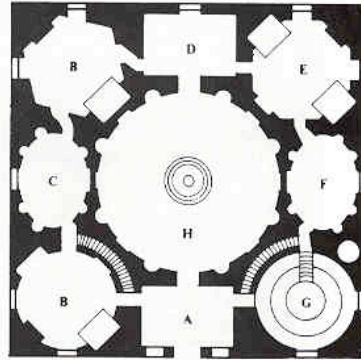


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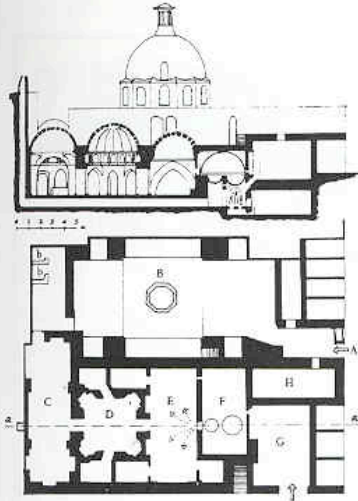
15. French Miniature of the 15th Century. Taking a Bath. (TTW, p.89).
Just what the gentleman? (second from left) is up to is open to conjecture!



16. Title Page of a Spa Book. Possibly the Bath at Plombières, in France, 16th Century. (WL, p.24).

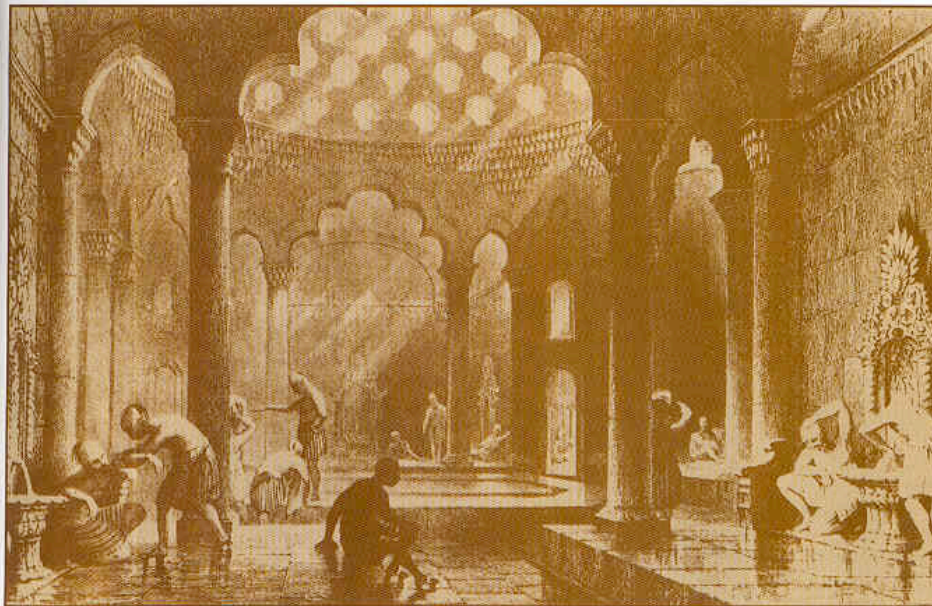


17. Design for a French Bathing Pavilion, by the Italian Architect Serlio, c.1547. (IRI, p.317).
Note: (F) the sauna with underfloor heating, and (G) a plunge-bath. Hot water was furnished from a built-in cistern.

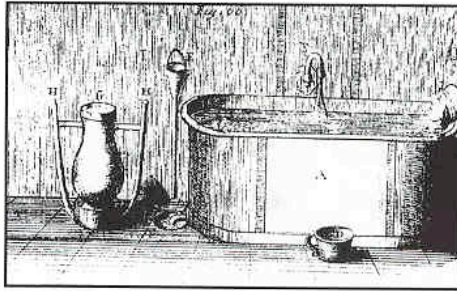


Every man has the right to a Saturday night bath.
Observer, Sayings of the Week, 13 March 1960, Lyndon B Johnson

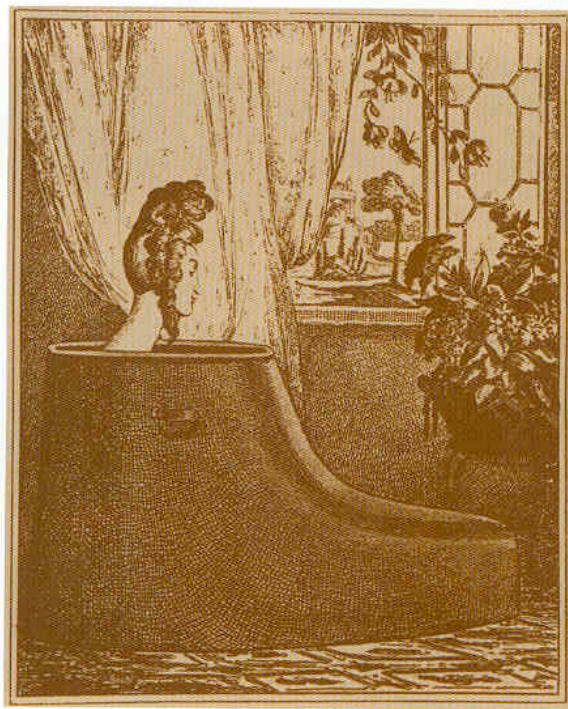
18. Plan & Section. An Islamic Bath-House, the Hammān al-Bzouria, Damascus, 12th Century. (AIW, p.110).
(A) Entrance with shops. (B) Disrobing room with fountain. (C) Cold room. (D) Warm room. (E) Hot room. (F) Steam room. (G) Fuel. (H) Water tank.



19. Engraving of the 19th Century. A Turkish Bath, the Cagaloglu Hammān, Istanbul, 18th Century. (AIW, p.95).
With a hot stone in the centre, and dim light from thick glass ceiling plugs, the bathers stretched out and steamed on stone benches.



20. Domestic Bathtub, France 1728. (ADI, p.96).
Note left, the so-called cylinder heater for the hot water, and the drain cock for emptying the bath.



21. Engraving. A Bathing Shoe, or Sabotière, c.1800. (TTW, p.96).