The Early Christians in the Face of Epidemics

Oleksandr Kashchuk

Ivan Franko National University of Lviv, Department of History of Middle Ages and Byzantine Studies, Faculty of History, Universytetska Str., 1, Lviv 79000, Ukraine; Ukrainian Catholic University, Department of Theology, Theology and Philosophy Faculty, Khutorivka Str., 35a, Lviv 79070, Ukraine, oleks_andr@ucu.edu.ua

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Abstract. The purpose of the article is to present the reaction of the early Christians to the emergence and the spread of the great epidemics. During the early Christian ages (2nd–3rd centuries) different plagues devastated people of the Roman Empire. Christianity has already prepared some modes of activity to deal with epidemics. These were both ideological and practical means. The main conclusion is that the pestilences during which Christians might show their moral principles, the special manner of life, and activity were one of the reasons to explain conversion to Christianity.

Keywords: epidemics, pestilence, Christianity, early Church, charity, consolation

The Church took an active position in social life from the beginning of Christianity, although she was small and persecuted. The activity of the Christians was especially demonstrated in those circumstances that required the Christians to sacrifice themselves for the sake of their neighbour: wars, calamities, social injustice and epidemics. The article aims to present the reaction of the early Christians to the spread of the greatest epidemics and encourage further research or debate in this area.

1. The pestilences during the early Christian ages

During the early Christian ages (2nd–3rd centuries) different plagues devastated people of the Roman Empire. The first pestilence of which we have reliable accounts is ‘The Plague of Antoninus’ that is also called ‘The Plague of Galen’. This disease took origins in the army of Verus (161–169) which was sojourning in the East in 165 A.D. The disease was spread by the army throughout provinces, after Verus’ soldiers had returned1. It is usually identified as smallpox2. The plague swept


over most of Rome’s provinces. Such a great pestilence caused irreparable damage throughout the Empire including the city of Rome. The enfeebling disease devastated not only the Roman army stationed in its winter quarters along the extensive frontiers of the Empire, but also thousands of people in cities and provinces. It is supposed that even emperor Marcus Aurelius (161–180) caught the disease himself. The pestilence in Europe lasted at least fourteen years. The plague broke out again under Commodus (176–192) in 189. It was greater than before, about two thousand people often died in Rome in a single day. There is an assumption that the Antonine Plague was probably the most devastating pestilence in late antiquity.

Great pestilences did not affect the Roman world from the 180s A.D. until the middle of the 3rd century. There was a burst of a pandemic which is often called ‘The Epidemic of Cyprian’ because it was described, among others, by Saint Cyprian (ca. 200–258) in his treatise De mortalitate. The plague stretched over the Roman Empire between 250 and 270. Orosius (ca. 375–420) claimed that during the reign of Gallienus (253–268) the human race slowly recovered from the severe plague which was worse and more long-lasting than was normally the case. It is confirmed by Porphyry (ca. 234–305), a philosopher, that the disease was spread

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in the city of Rome in approximately 270\textsuperscript{10}. Claudius Gothicus (268–270) died of it\textsuperscript{11}. This disease lasted no less than fifteen years\textsuperscript{12}. Its contagiousness was extreme and it swept over the same regions repeatedly, after intervals of several years\textsuperscript{13}. This was a plague of inconceivable ills. There was hardly a province of the Roman Empire, a city, or a home – from east to west – that was not touched and devastated by this pestilence\textsuperscript{14}. The pestilence was one of the elements that caused the great crisis through which the Roman world passed. Historians noticed that humanity had not seen before such a great destruction of human life\textsuperscript{15}.

2. The response of the Christians towards epidemics

Christianity during the first centuries of its existence has already prepared some modes of activities to deal with epidemics\textsuperscript{16}. These were both ideological and practical means. In fact, Christianity established itself firstly in the minds of people\textsuperscript{17} and then it was manifested in their acts. Aristides of Athens (2\textsuperscript{nd} century) accentuated both the commandment of the law of the Christians and their manner of life from which it is possible to learn that they alone came near to a knowledge of the truth\textsuperscript{18}. During epidemics Christianity demonstrated its teaching in consolation and its manner of life in charity.

2.1. Christian consolation

In the face of death brought by epidemics, the pagan teaching could not provide consolation that flowed from the belief in life after death\textsuperscript{19}. The pagan society plagued by suffering from illness and fear of death could not find answers concerning the benefits of plagues and suffering in either teaching of philosophers


\textsuperscript{11} L.K. Little, \textit{Life and Afterlife…}, p. 4; D.T. Reff, \textit{Plagues, Priests…}, p. 49.


\textsuperscript{13} H. Zinsser, \textit{Rats…}, p. 138.


\textsuperscript{15} Zosimus, \textit{Historia nova}, 1, 26, ed. L. Mendelssohn, Lipsiae 1887, p. 19; Ioannes Zonaras, 12, 21, p. 137.

\textsuperscript{16} D.T. Reff, \textit{Plagues, Priests…}, p. 38.


\textsuperscript{19} D.T. Reff, \textit{Plagues, Priests…}, p. 72.
or religious leaders\textsuperscript{20}. This problem has existed among the pagans for a long time. Thucydides (ca. 460–400 BC) in his \textit{Historia belli Peloponnesiaci}, describing the great epidemic that killed the inhabitants of Athens in 430–426 BC, writes about the futility of pagan science and religion. Doctors did not know how to treat. Oracles did not know what to foretell. People were so immersed in suffering that they no longer paid attention to it\textsuperscript{21}.

In contradistinction to the heathens, Christian belief in the resurrection of the dead was a great source of consolation. The meditation on resurrection was coincident with suffering and death\textsuperscript{22}. The promise of life after death was noticeable in the early 3\textsuperscript{rd}-century \textit{Passio Sanctorum Perpetuae et Felicitatis}\textsuperscript{23}. Death for the early Christians was viewed as the moment of birth into eternity, a time of joy\textsuperscript{24}. One of the earliest contributions to the Christian literature of consolation during the plague is Cyprian's (ca. 248–258) treatise \textit{De mortalitate}. It was written as a sermon for the Christians of his city\textsuperscript{25}. Cyprian perceives death as a means by which a Christian is freed from the world. Consequently, the plague is a danger only to the unfaithful. To the Christians it is a salutary departure because they are called to refreshment\textsuperscript{26}. Therefore, in \textit{De mortalitate} Cyprian summons not to fear death but to wish to depart from the world\textsuperscript{27}. The world is not worthy of love because of its hatred to the Christians\textsuperscript{28}. By departure the Christians are being freed from its ruin and threatening disasters\textsuperscript{29}. As to the Christians who have already departed, they should not be mourned, because they are not lost but sent before\textsuperscript{30}.

Dionysius of Alexandria (248–264) who reports the standpoint of both Christian and pagan communities of Alexandria towards a severe assault of plague in 262\textsuperscript{31}, in a similar tone remarks that for the Christians this pestilence was not so dreadful as for pagans and the Christians treated it as exercise and probation.

\textsuperscript{22} D.T. Reff, \textit{Plagues, Priests}…, p. 38, 71.
\textsuperscript{24} J. Curran, \textit{Pagan City}…, p. 196, 201–216.
\textsuperscript{25} Introduction to ‘Mortality’…, p. 195.
\textsuperscript{27} Cyprianus, \textit{De mortalitate}, 19, p. 308–309.
\textsuperscript{28} Cyprianus, \textit{De mortalitate}, 24, p. 312.
\textsuperscript{29} Cyprianus, \textit{De mortalitate}, 25, p. 312–313.
And for pagans the plague was more dreadful than any dread, and more intolerable than any other calamity because it prevailed over all hopes. The most of the Christians died with the sick most joyfully, taking the affliction of others, and drawing the sickness from their neighbours to themselves and willingly receiving their pains. And many who cared for the sick and gave strength to others died themselves having transferred to themselves their death. The best of the Christians departed from life in this manner, including some presbyters and deacons and those of the people who had the highest reputation. This form of death was a kind of martyrdom, because it exhibited great piety and strong faith.

Accordingly, death for the Christians in times of plagues was perceived as the way to compensatory life in heaven. Their belief into resurrection was a source of a great hope and joy even during pestilence.

2.2. Charity

The members of a Christian community were bound together not only by common faith and rites but also by common manner of life and activity. Christian groups included people from different social groups. They were united by Christ’s commandment of love and self-sacrifice which were presented to late antique Christians as the goals towards which they should have jointly striven. The Christians practiced love of one’s neighbor much more effectively than any other group.

Christian community became a kind of an alternative society and even new families centered around Christ. Christianity came to appeal to men who felt deserted. They took the strangers to their homes, cared for the burial of the poor and supplied the food to the indigent. The wealthy among them helped needy. Christianity also cared for widows and orphans, the elderly, and the disabled; it provided a nursing service as well.

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33 Eusebius, VII, 22, 7, p. 198–199.
34 Eusebius, VII, 22, 8, p. 199.
35 A. Cameron, *Christianity and the Rhetoric…*, p. 37.
in the middle of the 3rd century entailed more protection than to be a *civis romanus*. For people who felt deserted being a member of a Christian community might be the only way to renew their sense of dignity.

We have some knowledge of an attitude of the Christians towards pandemic of the middle 3rd century in Carthage and Alexandria. At this period conditions in the cities stricken by the plague were horrifying; many people did not want to care for the sick, relatives even exposed members of their family lest themselves suffer from contagion, bodies laid in the streets. Bishop Dionysius, describing the situation in Alexandria wrote that everyone was mourning and wailings resounded daily through the city because of the multitude of the dead and dying.

At this time Cyprian of Carthage (c. 200–258) showed himself as a jealous pastor of his people. Pontius’ *Vita Cypriani* described Cyprian’s application of the principles of Christian charity. The bishop insisted that the mercy and help should be applied not only to the faithful but also to the heathens according to one’s wealth and position. Those who were not able to give money should have given their services. Cyprian’s *De mortalitate* is penetrated with the feeling of obligation of responsible charity. Cyprian insisted that the plague was a mark of a Christian love. It tested people’s hearts and their love towards relatives and neighbors,

whether the well care of a sick, whether relatives dutifully love their kinsmen as they should, whether masters show compassion to their ailing slaves, whether physicians do not desert the afflicted begging their help, whether the violent repress their violence, whether the greedy even through the fear of death, quench the ever insatiable fire of their raging avarice, whether the proud bend their necks, whether the shameless soften their affrontery, whether the rich, even when their dear ones are perishing and they are about to die without heirs bestow and give something! We are learning not to fear death. These are trying exercises for us.

In a similar spirit, Dionysius of Alexandria testified of the exceeding love and charity which most of the Christians demonstrated. He claimed that they held fast to each other, visited the sick fearlessly, and ministered to them continually. They were present near the dying people and were jealous in the burial of the dead. The service of the burial of the dead entered into ecclesial life

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45 *Introduction to ‘Mortality’*…, p. 196.
46 Eusebius, VII, 22, 2, p. 197.
49 Eusebius, VII, 22, 7, p. 198–199.
so that the Christian Churches had become identified with the burial of the dead by the fourth century\textsuperscript{51}.

The conduct of the pagans was very contrasted to that of the Christians in the face of pestilence. The individuals felt little social responsibility for the others. Care for health was regarded as a private responsibility\textsuperscript{52}. The pagans deserted those who began to be sick, and left even their dearest friends. They cast out the sick into the streets when they were half dead\textsuperscript{53}. The most unscrupulous of them took advantage of the situation to rob the sick\textsuperscript{54}. The pagans refused to bury their dead for fear of contagion. They avoided any contact with death but, regardless all their precautions, it was not easy for them to escape\textsuperscript{55}.

The non-Christian classical world had no religious impulse for charity\textsuperscript{56}. For example, it is supposed that the famous doctor Galen (129 – ca. 200/216) during the plague fled from Rome to Asia Minor. He himself wrote late in life that he had left Rome in 166 to avoid the pestilence\textsuperscript{57}. The indifference of pagans towards their neighbors and their self-centeredness have been known since ancient times. Thucydides wrote that people were dying because there was no one to take care of them. There were piles of dead bodies, and in the streets many half-dead, staggering or flocking around the fountains in their desire for water. People, not knowing what would happen to them, were indifferent to all the rules of religion and laws. There were very few who cared for the sick\textsuperscript{58}.

3. The benefits of the Christian responses to the epidemics

The outburst of epidemics showed demoralization and religious confusion of classical pagan society. It was a Christian belief that introduced in the classical world the sense of consolation and social responsibility in treating epidemic disease\textsuperscript{59}. Christianity has arisen at a time when caring for health was entering into the consciousness of people because of different factors that increased susceptibility to diseases\textsuperscript{60}. This was an opportunity for the Christians to show their deep

\textsuperscript{52} G.B. Ferngren, Medicine and Health Care..., p. 116–117.
\textsuperscript{53} Eusebius, VII, 22, 10, p. 199; G.B. Ferngren, Medicine and Health Care..., p. 118.
\textsuperscript{54} G.B. Ferngren, Medicine and Health Care..., p. 118. Cf. Pontius, 9, p. 64; Cyprianus, Ad Demetriatinum, 10–11, [in:] idem, Opera omnia..., p. 357–359.
\textsuperscript{55} Eusebius, VII, 22, 10, p. 199.
\textsuperscript{56} G.B. Ferngren, Medicine and Health Care..., p. 114, 121.
\textsuperscript{59} G.B. Ferngren, Medicine and Health Care..., p. 117–118.
\textsuperscript{60} H. Avalos, Health Care and the Rise of Christianity, Peabody 1999, p. 5.
faith, morality and set an example to follow\textsuperscript{61}. Christians’ caring for the sick and dying was impressive, despite the risk of infection.

Christian teaching and interpretation as well as moral activity were an active force in Christianization. During the early Christian period every disaster entailed the pagan conversions. The Christians presented their active faith to all intellectual and social groups. The calamities and other disasters where Christians might show their moral principles and the special code of life was the reason to explain conversion to Christianity\textsuperscript{62}. Christian charity was very fruitful. The number of the Christians increased during the plagues as a result of the destruction of traditional social bonds and the creation of new bonds between surviving pagans and Christians. It resulted in large numbers of conversions\textsuperscript{63}. After the Antonine Plague and during the first half of the 3\textsuperscript{rd} century Christianity began to win significant numbers of converts\textsuperscript{64}. That is the case why epidemics are reckoned to contribute to both destruction of classical civilizations and the growth of the Church\textsuperscript{65}.

The outspread of Christianity in the cities of the Roman Empire led to the parochial organization of charitable work. Plagues provided the Church with opportunity for the broad extension of medical charity. Christians cared for the sick on the large scale. During the Plague of Cyprian Christian Churches organized in several cities the systematic care of the sick\textsuperscript{66}. The experience flowing from the dealing with the sick contributed to the emergence of the Christian hospitals in the fourth century\textsuperscript{67}. The hospital became, in origin and conception, a distinctively Christian institution, rooted in Christian concept of charity\textsuperscript{68}.

The hospitals arose from the combination of Christian charity with the classical and Christian learning urged by the Greek Fathers\textsuperscript{69}. According to the earliest Christian belief, the disease is caused by sin or by demons and is healed supernaturally\textsuperscript{70}. By the 3\textsuperscript{rd} and the 4\textsuperscript{th} centuries the Christians had accepted the medical knowledge of the Greco-Roman world\textsuperscript{71}. The natural causality of disease was admitted\textsuperscript{72}. Plagues were treated as both biological problem and divinely inflicted sufferings\textsuperscript{73}.

\begin{itemize}
\item \textsuperscript{61} R. Stark, \textit{The Rise of Christianity}..., p. 74.
\item \textsuperscript{62} A. Cameron, \textit{Christianity and the Rhetoric}..., p. 8, 22–23.
\item \textsuperscript{63} G.B. Ferngren, \textit{Medicine and Health Care}..., p. 121.
\item \textsuperscript{64} D.T. Reff, \textit{Plagues, Priests}..., p. 65–66.
\item \textsuperscript{65} H. Zinsser, \textit{Rats}..., p. 139; D.T. Reff, \textit{Plagues, Priests}..., p. 43, 75.
\item \textsuperscript{66} G.B. Ferngren, \textit{Medicine and Health Care}..., p. 113, 118, 121.
\item \textsuperscript{68} G.B. Ferngren, \textit{Medicine and Health Care}..., p. 124.
\item \textsuperscript{69} J.N. Hays, \textit{The Burdens of Disease}..., p. 17.
\item \textsuperscript{71} J.N. Hays, \textit{The Burdens of Disease}..., p. 16.
\end{itemize}
The plagues contributed also to the rise of the orphanages. In the early middle ages famines and plagues deepened the difficult situation of the poor and increased their numbers. The Christian monasteries accepted children of the lower classes\textsuperscript{74}.

The Emperor Julian (361–363) acknowledged the fruitfulness of Christian charity. According to him through charity the ‘Galilaeans’ had won many adherents. He showed his appreciation of their benevolence to strangers, their care for the graves of the dead\textsuperscript{75}, their deeds of piety, their purity in words, acts\textsuperscript{76} and their philanthropy concerning the poor\textsuperscript{77}.

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Oleksandr Kashchuk
Ivan Franko National University of Lviv
Department of History of Middle Ages and Byzantine Studies
Faculty of History
Universytetska Str., 1, Lviv 79000, Ukraine

Ukrainian Catholic University
Department of Theology
Theology and Philosophy Faculty
Khutorivka Str., 35a, Lviv 79070, Ukraine
oleks_andr@ucu.edu.ua

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