

Vegetarianism

Post by “michelepinto” of August 22, 2019 at 5:17 AM

I'm so busy with the first Epicurean festival that will be next week that I do not read this forum often

In the festival we will organize an epicurean lunch. And presenting the epicurean lunch to people just this morning I wrote these few lines:

Epicurus was not a vegetarian

Often we find the name Epicurus in the list of historical vegetarian figures. Indeed there are some testimonies in this sense, which are inevitably misunderstood by those who want to read us what they want to read.

For example San Girolamo tells us: "Epicurus, a supporter of pleasure, did nothing but fill all his books with vegetables and fruit, and said that it is necessary to live on simple foods, because the meats and the refined foods are prepared with great anxiety and effort, and there is greater punishment in proposing them than enjoying them ..."

But we know that Epicurus had made his flag of moderation and excluding a food on principle just does not fit into his strings. Certainly he normally preferred other foods, but on occasion there is no doubt that he even ate meat.

"Being able to live happily with simple and unrequired food is good for your health and (...) makes us appreciate more the little luxuries that sometimes fate gives us ..." (Letter to Meneceo).

Of course after the festival I'll post all the pictures of Epicurus' Lunch... 😊