

1096-C5-1016 **Irene Iaccarino*** (irene.iaccarino@hotmail.it), via Interna Marina 19, 88900 Crotona, Italy,
and **Rosanna Iembo** (rosannaiembo@libero.it), via Federico Cozzolino 18, 84018 Scafati,
Salerno, Italy. *Food for empathy in the School of Pythagoras and his wife Theano.*

Pythagoras was the founder of mathematics, astronomy, music and also medicine, many centuries before Hippocrates and he set up the naturopathic system of recovery. In Crotona (southern Italy), with his wife Theano, the first great scientist of mankind, he founded the school of knowledge and values, “the” School of the ancient west. Pythagoras and Theano taught rigour, essentiality, frugality, sobriety and coherence. They created a style of life based on vegetarianism, health, respect, love and pacifism. They preached not to decay the body with impure foods; but to feed on wheat and apples, and grapes of vineyards, tasty grasses, milk and honey fragrant with thyme because the land provides a great amount of pure foods which do not cause bloodshed nor death. So they urged a non-carnivorous diet, not only for physical, mental and spiritual wellbeing, not only for love of animals, but because they believed that violence towards the weakest lead inevitably to violence among human beings. ”Never sacrifice animals to gods or hurt animals, but at all levels promote a culture of respect and protection.” That was the first great school of pacifism in the west where also food played a role in creating empathy. (Received September 12, 2013)