



Contents

Introduction: Knowing yourself ix

1 The bare necessities: Food and shelter 1

You are what you eat: Food and drink 1

Come to my banquet: The social experience of dining 8

Combine these ingredients: Cookbooks 22

A roof over your head I: Apartments 24

A roof over your head II: Private homes 29

It makes the world go round: Money 33

2 From the cradle to the grave: The family and the journey of life 43

First steps: Childhood 45

Learning your lessons: Education 50

Tying the knot: Marriage 59

The game of love: Sexuality 62

Respect your elders: Old age 68

In memoriam: Burial 70

Counting out time: The calendar 76

Fun for all: Holidays and festivals 82

3 Living the good life: Entertainments and leisure activities 89

Looking good: Athleticism and the perfect body 89

Faster, higher, stronger: Sports and athletic competitions 93

Superstars: Champion and celebrity athletes 97

- The adoring mob: Fans and spectators 101
- A roll of the dice: Games and gambling 104
- A soothing soak: Baths and bathing 107
- Going abroad: Travel and tourism 114
- 4 Power to the people: Systems of government 129**
 - Man, the political animal: Politics and the ancient city 129
 - The great experiment: Athens and the birth of democracy 131
 - Democracy part I: The good 134
 - Democracy part II: The bad 138
 - Democracy part III: And the ugly 144
 - Government by representation: The Roman Republic 146
 - Looking backwards to go forwards: The Founding Fathers and Classical Antiquity 152
 - The Empire strikes back: Another Roman model of government 160
- 5 Understanding and shaping the material world: Architecture and science 167**
 - The two most influential buildings in the world 167
 - Mapping where we live: City planning 176
 - The bones of a city: Infrastructure 179
 - Putting it together: Building methods and design elements 188
 - Theaters for entertainment, arches for boasting 191
 - I've got a question: The first scientist-philosophers 195
 - Practical and not-so-practical science: Engineers and inventors 202
 - A healthy body and a healthy mind: Medicine 206
- 6 Understanding and shaping the spiritual world: Superstition and religion 217**
 - Better safe than sorry: Superstitions 217
 - Unnatural powers: Magic and witchcraft 221
 - Keep away from me: The evil eye 227
 - It's all in the stars: Astrology 229

- The supernatural: Ghosts, werewolves, and vampires 231
- A world full of gods: Greek and Roman religious beliefs 235
- You can have only one God: The rise of Christianity 240
- How to worship: Prayer, sacrifice, priests, and divination 244
- A visit to church: Christianity borrows from paganism 252
- Gods or devils? The demonization of paganism 262
- 7 Words, ideas, and stories: Language, law, philosophy, and literature 267**
- The building blocks of language: The alphabet 267
- Dead languages live again: The influence of Greek and Latin 272
- A few words about words: Some classical words and phrases 275
- And justice for all: The law 280
- Thinking big thoughts: Philosophy 287
- Universal archetypes: Classical myths 294
- From epic to slapstick: Poetry and theater 301
- The joy of reading: Novels, biographies, and advice manuals 310
- Retelling old tales: Modern versions of ancient stories 315
- 8 You can't escape the past: Popular culture and antiquity 321**
- Down the hole: Rediscovering antiquity 321
- Antiquity invades the silver screen: Film and television 327
- From awe to consumerism: The diminution and domestication of antiquity 335
- A day in the life: The ancient world lives on 339
- 9 Ancient and modern parallels: Environmental problems, celebrities and fashion, and globalization and cultural assimilation 341**
- Environmental issues: Deforestation 342
- Ancient attitudes toward natural resources 346
- Pollution and climate change 348
- Celebrities and cults of personality 350

	Celebrities in the ancient world	351
	The celebrity power couple phenomenon	356
	Fashion and status	358
	Hair and status	362
	The battle of the beards	364
	Dressing for difference and embodying virtue	367
	One world, one culture: Hellenization and Romanization	371
	Familiarity and otherness: The past really is a strange land	380
	<i>Bibliography</i>	383
	<i>Index</i>	391
5	Understanding the past: The role of the past in the present	391
	Retelling old tales: Modern versions of ancient stories	391
	The two sides of the coin: The past as a resource and a burden	391
8	You can't escape the past: Popular culture and antiquity	391
	Down the hole: Rediscovering antiquity	391
	Antiquity in the modern world: The past as a resource and a burden	391
	From awe to consumption: The domestication of antiquity	391
	I've got a lot to say: The past as a resource and a burden	391
	A day in the life: The past as a resource and a burden	391
	A head in the sand: The past as a resource and a burden	391
9	Ancient and modern parallels: Environmental problems	391
	Celebrity and fashion: The past as a resource and a burden	391
	Assimilation	391
	Environmental issues: Deforestation and the past	391
	Ancient attitudes toward natural resources: The past as a resource and a burden	391
	Pollution and climate change	391
	Celebrities and calls of personality	391