Letter to Menoeceus By Epicurus

Translated by Robert Drew Hicks

Greeting.

Let no one be slow to seek wisdom when he is young nor weary in the search thereof when he is grown old. For no age is too early or too late for the health of the soul. And to say that the season for studying philosophy has not yet come, or that it is past and gone, is like saying that the season for happiness is not yet or that it is now no more. Therefore, both old and young ought to seek wisdom, the former in order that, as age comes over him, he may be young in good things because of the grace of what has been, and the latter in order that, while he is young, he may at the same time be old, because he has no fear of the things which are to come. So we must exercise ourselves in the things which bring happiness, since, if that be present, we have everything, and, if that be absent, all our actions are directed toward attaining it.

Those things which without ceasing I have declared to you, those do, and exercise yourself in those, holding them to be the elements of right life. First believe that God is a living being immortal and happy, according to the notion of a god indicated by the common sense of humankind; and so of him anything that is at agrees not with about him whatever may uphold both his happiness and his immortality. For truly there are gods, and knowledge of them is evident; but they are not such as the multitude believe, seeing that people do not steadfastly maintain the notions they form respecting them. Not the person who denies the gods worshipped by the multitude, but he who affirms of the gods what the multitude believes about them is truly impious. For the utterances of the multitude about the gods are not true preconceptions but false assumptions; hence it is that the greatest evils happen to the wicked and the greatest blessings happen to the good from the hand of the gods, seeing that they are always favorable to their own good qualities and take pleasure in people like to themselves, but reject as alien whatever is not of their kind.

Accustom yourself to believe that death is nothing to us, for good and evil imply awareness, and death is the privation of all awareness; therefore a right understanding that death is nothing to us makes the mortality of life enjoyable, not by adding to life an unlimited time, but by taking away the yearning after immortality. For life has no terror; for those who thoroughly apprehend that there are no terrors for them in ceasing to live. Foolish, therefore, is the person who says that he fears death, not because it will pain when it comes, but because it pains in the prospect. Whatever causes no annoyance when it is present, causes only a groundless pain in the expectation. Death, therefore, the most awful of evils, is nothing to us, seeing that, when we are, death is not come, and, when death is come, we are not. It is nothing, then, either to the living or to the dead, for with the living it is not and the dead exist no longer. But in the world, at one time people shun death as the greatest of all evils, and at another time choose it as a respite from the evils in life. The wise person does not deprecate life nor does he fear the cessation of life. The thought of life is
no offense to him, nor is the cessation of life regarded as an evil. And even as people choose of food not merely and simply the larger portion, but the more pleasant, so the wise seek to enjoy the time which is most pleasant and not merely that which is longest. And he who admonishes the young to live well and the old to make a good end speaks foolishly, not merely because of the desirability of life, but because the same exercise at once teaches to live well and to die well. Much worse is he who says that it were good not to be born, but when once one is born to pass with all speed through the gates of Hades. For if he truly believes this, why does he not depart from life? It were easy for him to do so, if once he were firmly convinced. If he speaks only in mockery, his words are foolishness, for those who hear believe him not.

We must remember that the future is neither wholly ours nor wholly not ours, so that neither must we count upon it as quite certain to come nor despair of it as quite certain not to come.

We must also reflect that of desires some are natural, others are groundless; and that of the natural some are necessary as well as natural, and some natural only. And of the necessary desires some are necessary if we are to be happy, some if the body is to be rid of uneasiness, some if we are even to live. He who has a clear and certain understanding of these things will direct every preference and aversion toward securing health of body and tranquillity of mind, seeing that this is the sum and end of a happy life. For the end of all our actions is to be free from pain and fear, and, when once we have attained all this, the tempest of the soul is laid; seeing that the living creature has no need to go in search of something that is lacking, nor to look anything else by which the good of the soul and of the body will be fulfilled. When we are pained pleasure, then, and then only, do we feel the need of pleasure. For this reason we call pleasure the alpha and omega of a happy life. Pleasure is our first and kindred good. It is the starting-point of every choice and of every aversion, and to it we come back, inasmuch as we make feeling the rule by which to judge of every good thing. And since pleasure is our first and native good, for that reason we do not choose every pleasure whatever, but often pass over many pleasures when a greater annoyance ensues from them. And often we consider pains superior to pleasures when submission to the pains for a long time brings us as a consequence a greater pleasure. While therefore all pleasure because it is naturally akin to us is good, not all pleasure is worthy of choice, just as all pain is an evil and yet not all pain is to be shunned. It is, however, by measuring one against another, and by looking at the conveniences and inconveniences, teat all these matters must be judged. Sometimes we treat the good as an evil, and the evil, on the contrary, as a good. Again, we regard. independence of outward things as a great good, not so as in all cases to use little, but so as to be contented with little if we have not much, being honestly persuaded that they have the sweetest enjoyment of luxury who stand least in need of it, and that whatever is natural is easily procured and only the vain and worthless hard to win. Plain fare gives as much pleasure as a costly diet, when one the pain of want has been removed, while bread an water confer the highest possible pleasure when they are brought to hungry lips. To habituate one’s se therefore, to simple and inexpensive diet supplies al that is needful for health, and enables a person to meet the necessary requirements of life without shrinking and it places us in a better condition when we approach at intervals a costly fare and renders us fearless of fortune.
When we say, then, that pleasure is the end and aim, we do not mean the pleasures of the prodigal or the pleasures of sensuality, as we are understood to do by some through ignorance, prejudice, or willful misrepresentation. By pleasure we mean the absence of pain in the body and of trouble in the soul. It is not an unbroken succession of drinking-bouts and of merrymaking, not sexual love, not the enjoyment of the fish and other delicacies of a luxurious table, which produce a pleasant life; it is sober reasoning, searching out the grounds of every choice and avoidance, and banishing those beliefs through which the greatest disturbances take possession of the soul. Of all this the d is prudence. For this reason prudence is a more precious thing even than the other virtues, for ad a life of pleasure which is not also a life of prudence, honor, and justice; nor lead a life of prudence, honor, and justice, which is not also a life of pleasure. For the virtues have grown into one with a pleasant life, and a pleasant life is inseparable from them.

Who, then, is superior in your judgment to such a person? He holds a holy belief concerning the gods, and is altogether free from the fear of death. He has diligently considered the end fixed by nature, and understands how easily the limit of good things can be reached and attained, and how either the duration or the intensity of evils is but slight. Destiny which some introduce as sovereign over all things, he laughs to scorn, affirming rather that some things happen of necessity, others by chance, others through our own agency. For he sees that necessity destroys responsibility and that chance or fortune is inconstant; whereas our own actions are free, and it is to them that praise and blame naturally attach. It were better, indeed, to accept the legends of the gods than to bow beneath destiny which the natural philosophers have imposed. The one holds out some faint hope that we may escape if we honor the gods, while the necessity of the naturalists is deaf to all entreaties. Nor does he hold chance to be a god, as the world in general does, for in the acts of a god there is no disorder; nor to be a cause, though an uncertain one, for he believes that no good or evil is dispensed by chance to people so as to make life happy, though it supplies the starting-point of great good and great evil. He believes that the misfortune of the wise is better than the prosperity of the fool. It is better, in short, that what is well judged in action should not owe its successful issue to the aid of chance.

Exercise yourself in these and kindred precepts day and night, both by yourself and with him who is like to you; then never, either in waking or in dream, will you be disturbed, but will live as a god among people. For people lose all appearance of mortality by living in the midst of immortal blessings.
The Enchiridion. By Epictetus

Translated by Elizabeth Carter

1. Some things are in our control and others not. Things in our control are opinion, pursuit, desire, aversion, and, in a word, whatever are our own actions. Things not in our control are body, property, reputation, command, and, in one word, whatever are not our own actions.

The things in our control are by nature free, unrestrained, unhindered; but those not in our control are weak, slavish, restrained, belonging to others. Remember, then, that if you suppose that things which are slavish by nature are also free, and that what belongs to others is your own, then you will be hindered. You will lament, you will be disturbed, and you will find fault both with gods and men. But if you suppose that only to be your own which is your own, and what belongs to others such as it really is, then no one will ever compel you or restrain you. Further, you will find fault with no one or accuse no one. You will do nothing against your will. No one will hurt you, you will have no enemies, and you not be harmed.

Aiming therefore at such great things, remember that you must not allow yourself to be carried, even with a slight tendency, towards the attainment of lesser things. Instead, you must entirely quit some things and for the present postpone the rest. But if you would both have these great things, along with power and riches, then you will not gain even the latter, because you aim at the former too: but you will absolutely fail of the former, by which alone happiness and freedom are achieved.

Work, therefore to be able to say to every harsh appearance, "You are but an appearance, and not absolutely the thing you appear to be." And then examine it by those rules which you have, and first, and chiefly, by this: whether it concerns the things which are in our own control, or those which are not; and, if it concerns anything not in our control, be prepared to say that it is nothing to you.

2. Remember that following desire promises the attainment of that of which you are desirous; and aversion promises the avoiding that to which you are averse. However, he who fails to obtain the object of his desire is disappointed, and he who incurs the object of his aversion wretched. If, then, you confine your aversion to those objects only which are contrary to the natural use of your faculties, which you have in your own control, you will never incur anything to which you are averse. But if you are averse to sickness, or death, or poverty, you will be wretched. Remove aversion, then, from all things that are not in our control, and transfer it to things contrary to the nature of what is in our control. But, for the present, totally suppress desire: for, if you desire any of the things which are not in your own control, you must necessarily be disappointed; and of those which are, and which it would be laudable to desire, nothing is yet in your possession. Use only the appropriate actions of pursuit and avoidance; and even these lightly, and with gentleness.
and reservation.

3. With regard to whatever objects give you delight, are useful, or are deeply loved, remember to tell yourself of what general nature they are, beginning from the most insignificant things. If, for example, you are fond of a specific ceramic cup, remind yourself that it is only ceramic cups in general of which you are fond. Then, if it breaks, you will not be disturbed. If you kiss your child, or your wife, say that you only kiss things which are human, and thus you will not be disturbed if either of them dies.

4. When you are going about any action, remind yourself what nature the action is. If you are going to bathe, picture to yourself the things which usually happen in the bath: some people splash the water, some push, some use abusive language, and others steal. Thus you will more safely go about this action if you say to yourself, "I will now go bathe, and keep my own mind in a state conformable to nature." And in the same manner with regard to every other action. For thus, if any hindrance arises in bathing, you will have it ready to say, "It was not only to bathe that I desired, but to keep my mind in a state conformable to nature; and I will not keep it if I am bothered at things that happen.

8. Don't demand that things happen as you wish, but wish that they happen as they do happen, and you will go on well.

9. Sickness is a hindrance to the body, but not to your ability to choose, unless that is your choice. Lameness is a hindrance to the leg, but not to your ability to choose. Say this to yourself with regard to everything that happens, then you will see such obstacles as hindrances to something else, but not to yourself.

14. If you wish your children, and your wife, and your friends to live for ever, you are stupid; for you wish to be in control of things which you cannot, you wish for things that belong to others to be your own. So likewise, if you wish your servant to be without fault, you are a fool; for you wish vice not to be vice," but something else. But, if you wish to have your desires undisappointed, this is in your own control. Exercise, therefore, what is in your control. He is the master of every other person who is able to confer or remove whatever that person wishes either to have or to avoid. Whoever, then, would be free, let him wish nothing, let him decline nothing, which depends on others else he must necessarily be a slave.

17. Remember that you are an actor in a drama, of such a kind as the author pleases to make it. If short, of a short one; if long, of a long one. If it is his pleasure you should act a poor man, a cripple, a governor, or a private person, see that you act it naturally. For this is your business, to act well the character assigned you; to choose it is another's.

19. You may be unconquerable, if you enter into no combat in which it is not in your own control to conquer. When, therefore, you see anyone eminent in honors, or power, or in high esteem on
any other account, take heed not to be hurried away with the appearance, and to pronounce him happy; for, if the essence of good consists in things in our own control, there will be no room for envy or emulation. But, for your part, don't wish to be a general, or a senator, or a consul, but to be free; and the only way to this is a contempt of things not in our own control.

28. If a person gave your body to any stranger he met on his way, you would certainly be angry. And do you feel no shame in handing over your own mind to be confused and mystified by anyone who happens to verbally attack you?

31. Be assured that the essential property of piety towards the gods is to form right opinions concerning them, as existing "I and as governing the universe with goodness and justice. And fix yourself in this resolution, to obey them, and yield to them, and willingly follow them in all events, as produced by the most perfect understanding. For thus you will never find fault with the gods, nor accuse them as neglecting you. And it is not possible for this to be effected any other way than by withdrawing yourself from things not in our own control, and placing good or evil in those only which are. For if you suppose any of the things not in our own control to be either good or evil, when you are disappointed of what you wish, or incur what you would avoid, you must necessarily find fault with and blame the authors. For every animal is naturally formed to fly and abhor things that appear hurtful, and the causes of them; and to pursue and admire those which appear beneficial, and the causes of them. It is impractical, then, that one who supposes himself to be hurt should be happy about the person who, he thinks, hurts him, just as it is impossible to be happy about the hurt itself. Hence, also, a father is reviled by a son, when he does not impart to him the things which he takes to be good; and the supposing empire to be a good made Polynices and Eteocles mutually enemies. On this account the husbandman, the sailor, the merchant, on this account those who lose wives and children, revile the gods. For where interest is, there too is piety placed. So that, whoever is careful to regulate his desires and aversions as he ought, is, by the very same means, careful of piety likewise. But it is also incumbent on everyone to offer libations and sacrifices and first fruits, conformably to the customs of his country, with purity, and not in a slovenly manner, nor negligently, nor sparingly, nor beyond his ability.

33. Immediately prescribe some character and form of conduce to yourself, which you may keep both alone and in company.

Be for the most part silent, or speak merely what is necessary, and in few words. We may, however, enter, though sparingly, into discourse sometimes when occasion calls for it, but not on any of the common subjects, of gladiators, or horse races, or athletic champions, or feasts, the vulgar topics of conversation; but principally not of men, so as either to blame, or praise, or make comparisons. If you are able, then, by your own conversation bring over that of your company to proper subjects; but, if you happen to be taken among strangers, be silent.
Don’t allow your laughter be much, nor on many occasions, nor profuse.

Avoid swearing, if possible, altogether; if not, as far as you are able.

Avoid public and vulgar entertainments; but, if ever an occasion calls you to them, keep your attention upon the stretch, that you may not imperceptibly slide into vulgar manners. For be assured that if a person be ever so sound himself, yet, if his companion be infected, he who converses with him will be infected likewise.

Provide things relating to the body no further than mere use; as meat, drink, clothing, house, family. But strike off and reject everything relating to show and delicacy.

As far as possible, before marriage, keep yourself pure from familiarities with women, and, if you indulge them, let it be lawfully. But don’t therefore be troublesome and full of reproofs to those who use these liberties, nor frequently boast that you yourself don’t.

If anyone tells you that such a person speaks ill of you, don’t make excuses about what is said of you, but answer: "He does not know my other faults, else he would not have mentioned only these."

...Go not [of your own accord] to the rehearsals of any authors, nor appear [at them] readily. But, if you do appear, keep your gravity and sedateness, and at the same time avoid being morose.

...When you are going to any of the people in power, represent to yourself that you will not find him at home; that you will not be admitted; that the doors will not be opened to you; that he will take no notice of you. If, with all this, it is your duty to go, bear what happens, and never say [to yourself], "It was not worth so much." For this is vulgar, and like a man dazed by external things.

In parties of conversation, avoid a frequent and excessive mention of your own actions and dangers. For, however agreeable it may be to yourself to mention the risks you have run, it is not equally agreeable to others to hear your adventures. Avoid, likewise, an endeavor to excite laughter. For this is a slippery point, which may throw you into vulgar manners, and, besides, may be apt to lessen you in the esteem of your acquaintance. Approaches to indecent discourse are likewise dangerous. Whenever, therefore, anything of this sort happens, if there be a proper opportunity, rebuke him who makes advances that way; or, at least, by silence and blushing and a forbidding look, show yourself to be displeased by such talk.

*Epictetus (ca. AD 50-ca. 130) was one of the most important teachers of Stoicism. The son of a slave woman and himself a slave for many years, he was given his freedom sometime after the death of the*
Roman Emperor Nero in AD 68. He exiled by the emperor Domitian to Epirus where he established a school at which he taught logic, physics and ethics.

The Discourses are a collection of class notes taken by Flavius Arrianus, one of his students.

Of Providence

From everything which is or happens in the world, it is easy to praise Providence, if a man possesses these two qualities, the faculty of seeing what belongs and happens to all persons and things, and a grateful disposition. If he does not possess these two qualities, one man will not see the use of things which are and which happen; another will not be thankful for them, even if he does know them. If God had made colours, but had not made the faculty of seeing them, what would have been their use? None at all. On the other hand, if He had made the faculty of vision, but had not made objects such as to fall under the faculty, what in that case also would have been the use of it? None at all. Well, suppose that He had made both, but had not made light? In that case, also, they would have been of no use. Who is it, then, who has fitted this to that and that to this? And who is it that has fitted the knife to the case and the case to the knife? Is it no one? And, indeed, from the very structure of things which have attained their completion, we are accustomed to show that the work is certainly the act of some artificer and that it has not been constructed without a purpose. Does then each of these things demonstrate the workman, and do not visible things and the faculty of seeing and light demonstrate Him? And the existence of male and female, and the desire of each for conjunction, and the power of using the parts which are constructed, do not even these declare the workman? If they do not, let us consider the constitution of our understanding according to which, when we meet with sensible objects, we simply receive impressions from them, but we also select something from them, and subtract something, and add, and compound by means of them these things or those, and, in fact, pass from some to other things which, in a manner, resemble them: is not even this sufficient to move some men, and to induce them not to forget the workman? If not so, let them explain to us what it is that makes each several thing, or how it is possible that things so wonderful and like the contrivances of art should exist by chance and from their own proper motion?

Do not wonder if for other animals than man all things are provided for the body, not only food and drink, but beds also, and they have no need of shoes nor bed materials, nor clothing; but we require all these additional things. For animals, not being made for themselves, but for service, it was not fit for them to he made so as to need other things. For consider what it would be for us to take care not only of ourselves, but also about cattle and asses, how they should be clothed, and how shod, and how they should eat and drink. Now as soldiers are ready for their commander, shod, clothed and armed: but it would be a hard thing, for the chiliarch to go round and shoe or clothe his thousand men; so also nature has formed the animals which are made for service, all ready, prepared, and requiring no further care. So one little boy with only a stick drives the cattle.

But now we, instead of being thankful that we need not take the same care of animals as of ourselves, complain of God on our own account; and yet, in the name of Zeus and the gods, any one thing of those which exist would be enough to make a man perceive the providence of God, at least a man who is modest and grateful. And speak not to me now of the great things, but only of things, that milk is produced from grass, and cheese from milk, and wool from skins. Who made these things or devised them? "No one," you say. Oh, amazing shamelessness and stupidity!
Well, let us omit the works of nature and contemplate her smaller acts. Is there anything less useful than the hair on the chin? What then, has not nature used this hair also in the most suitable manner possible? Has she not by it distinguished the male and the female? does not the nature of every man forthwith proclaim from a distance, "I am a man; as such approach me, as such speak to me; look for nothing else; see the signs"? Again, in the case of women, as she has mingled something softer in the voice, so she has also deprived them of hair (on the chin). You say: "Not so; the human animal ought to have been left without marks of distinction, and each of us should have been obliged to proclaim, 'I am a man.' But how is not the sign beautiful and becoming, and venerable? how much more beautiful than the cock's comb, how much more becoming than the lion's mane? For this reason we ought to preserve the signs which God has given, we ought not to throw them away, nor to confound, as much as we can, the distinctions of the sexes.

Are these the only works of providence in us? And what words are sufficient to praise them and set them forth according to their worth? For if we had understanding, ought we to do anything else both jointly and severally than to sing hymns and bless the deity and to tell of his benefits? Ought we not, when we are digging and ploughing and eating, to sing this hymn to God? "Great is God, who has given us such implements with which we shall cultivate the earth: great is God who has given us hands, the power of swallowing, a stomach, imperceptible growth, and the power of breathing while we sleep." This is what we ought to sing on every occasion, and to sing the greatest and most divine hymn for giving us the faculty of comprehending these things and using a proper way. Well then, since most of you have become blind, ought there not to be some man to fill this office, and on behalf of all to sing the hymn to God? For what else can I do, a lame old man, than sing hymns to God? If then I was a nightingale, I would do the part of a nightingale; if I were a swan, I would do like a swan. But now I am a rational creature, and I ought to praise God. This is my work; I do it, nor will I desert this post, so long as I am allowed to keep it, and I exhort you to join in this same song.