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## Epicurus

(342-270 B.C.)

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*Though a rather obscure figure who left behind few writings, Epicurus did leave behind an enduring philosophy (appropriately known as Epicureanism). Epicureanism was particularly influential during the Roman era, but it has never really been out of circulation. Indeed, one will hear versions of Epicureanism espoused, less systematically but no less earnestly, by people who have never heard of Epicurus.*

*To the Epicurean, pleasure is the highest good—the thing for which all other things are done. This principle (later appropriated by Jeremy Bentham and John Stuart Mill as the starting point of Utilitarianism) has often been misunderstood, since people often assume that pleasure is synonymous with sensuality. But to the Epicurean, true pleasure is attainable only by a state of mind in harmony with the nature of the universe. If one's attitude and behavior are not in harmony with the nature of things, one is doomed to a life of pain. Consequently, there are two parts to Epicurus's philosophy: a theory of the nature of the universe and a practical handbook explaining the behavior and attitude conducive to pleasure in such a world.*

*The first selection is a description of the universe. Since the earliest days of Greek culture, philosophers had been concerned with the structure of the universe. Epicurus's version is probably the most sophisticated such system in antiquity. He believes the universe, which has neither beginning nor end, to be made of tiny, invisible atoms in space. The number of atoms and the amount of space are infinite, and consequently the universe is boundless. Atoms, which have only the primary qualities of size and shape, are in a constant state of flux, incessantly moving about in space, colliding, bouncing off one another, and forming temporary combinations from which all the things we actually see (and our very selves) derive. Eventually the combination of atoms will disperse, the visible structure will decay, and the atoms will be freed to move about as before. Everything in life as we know it is temporary; the only eternal essences are atoms and space. This is also true for the soul, which is material in nature and therefore merely a temporary combination of very fine atoms. When a human being dies, his soul, after separating from the body, "dies" as well, i.e. its constituent atoms disperse into the void. There is no afterlife.*

*Completing Epicurus's universe, almost as an afterthought, are the gods, who are "blessed," i.e., perfectly happy and without pain. Since interference in human affairs is the one thing most obviously calculated to cause pain, we may be certain that the gods are entirely detached from us. They never interfere in our lives.*

*Epicurus now turns to the state of mind and mode of living most conducive to the attainment of happiness. He finds that there are two causes of unhappiness: "trouble in the mind and pain in the body." Both may be avoided by thinking and acting in accordance with the nature of the universe. The primary causes of mental anguish are fear of the gods and fear of death. Since, as Epicurus has already demonstrated, the gods are completely unconcerned with human beings and the soul dies with the body, the follower of Epicurus can be confident that such fears are groundless.*

*As for pain in the body, while we can never completely eliminate the possibility of some disease or accident cutting us off from the source of happiness, we can reduce the likelihood. If we remember that the universe is in a constant state of flux and that nothing is ours permanently, we will learn to distinguish between those pleasures that harmonize with the nature of the universe (which we ought to pursue) and those pleasures that conflict with it (which we ought to shun). For although all pleasures are good, some pleasures (e.g., luxuries) are hard to obtain, short lived and lead to pain. The pleasures we ought to pursue are the pleasures that are moderate, simple, easily obtainable and harmless. The mental faculty which enables us to make this distinction is prudence.*

*In spite of their later reputation, Epicureans do not counsel actively pursuing all pleasures. Indeed, to an Epicurean, the absence of pain is the highest pleasure. The goal of Epicureanism is the attainment of a peace of mind which places us above the tempest of life and enables us to contemplate the universe with the blissful detachment of the gods themselves.*

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## from the *Letter to Herodotus*

For those who are unable, Herodotus, to work in detail through all that I have written about nature, or to peruse the larger books which I have composed, I have already prepared at sufficient length an epitome of the whole system, that they may keep adequately in mind at least the most general principles in each department, in order that as occasion arises they may be able to assist themselves on the most important points, in so far as they undertake the study of nature. But those also who have made considerable progress in the survey of the main principles ought to bear in mind the scheme of the whole system set forth in its essentials. For we have frequent need of the general view, but not so often of the detailed exposition. Indeed it is necessary to go back on the main principles, and constantly to fix in one's memory enough to give one the most essential comprehension of the truth. And in fact the accurate knowledge of details will be fully discovered, if the general principles in the various departments are thoroughly grasped and borne in mind; for even in the case of one fully initiated the most essential feature in all accurate knowledge is the capacity to make a rapid use of observation and mental apprehension, and this can be done if everything is summed up in elementary principles and formulae. For it is not possible for any one to abbreviate the complete course through the whole system, if he cannot

embrace in his own mind by means of short formulae all that might be set out with accuracy in detail. Wherefore since the method I have described is valuable to all those who are accustomed to the investigation of nature, I who urge upon others the constant occupation in the investigation of nature, and find my own peace chiefly in a life so occupied, have composed for you another epitome on these lines, summing up the first principles of the whole doctrine. . . .

Having made these points clear, we must now consider things imperceptible to the senses. First of all, that nothing is created out of that which does not exist: for if it were, everything would be created out of everything with no need of seeds. And again, if that which disappears were destroyed into that which did not exist, all things would have perished, since that into which they were dissolved would not exist. Furthermore, the universe always was such as it is now, and always will be the same. For there is nothing into which it changes: for outside the universe there is nothing which could come into it and bring about the change.

Moreover, the universe is bodies and space: for that bodies exist, sense itself witnesses in the experience of all men, and in accordance with the evidence of sense we must of necessity judge of the imperceptible by reasoning, as I have already said. And if there were not that which we term void, and place and intangible existence, bodies would have nowhere to exist and nothing through which to move, as they are seen to move. And besides these two nothing can even be thought of either by conception or on the analogy of things conceivable such as could be grasped as whole existences and not spoken of as the accidents or properties of such existences. Furthermore, among bodies some are compounds, and others those of which compounds are formed. And these latter are indivisible and unalterable (if, that is, all things are not to be destroyed into the non-existent, but something permanent is to remain behind at the dissolution of compounds): they are completely solid in nature, and can by no means be dissolved in any part. So it must needs be that the first-beginnings are indivisible corporeal existences.

Moreover, the universe is boundless. For that which is bounded has an extreme point: and the extreme point is seen against something else. So that as it has no extreme point, it has no limit; and as it has no limit, it must be boundless and not bounded. Furthermore, the infinite is boundless both in the number of the bodies and in the extent of the void. For if on the one hand the void were boundless, and the bodies limited in number, the bodies could not stay anywhere, but would be carried about and scattered through the infinite void, not having other bodies to support them and keep them in place by means of collisions. But if, on the other hand, the void were limited, the infinite bodies would not have room wherein to take their place.

Besides this the indivisible and solid bodies, out of which too the compounds are created and into which they are dissolved, have an incomprehensible number of varieties in shape: for it is not possible that such great varieties of things should arise from the same atomic shapes, if they are limited in number. And so in each shape the atoms are quite infinite in number, but their differences of shape are not quite infinite, but only incomprehensible in number.

And the atoms move continuously for all time, some of them falling straight down, others swerving, and others recoiling from their collisions. And of the latter, some are borne on, separating to a long distance from one another, while others again recoil and recoil, whenever they chance to be checked by the interlacing with others, or else shut in by atoms interlaced around them. For on the one hand the nature of the void which separates each atom by itself brings this about, as it is not able to afford resistance,

and on the other hand the hardness which belongs to the atoms makes them recoil after collision to as great distance as the interlacing permits separation after the collision. And these motions have no beginning, since the atoms and the void are the cause.

These brief sayings, if all these points are borne in mind, afford a sufficient outline for our understanding of the nature of existing things.

Furthermore, there are infinite worlds both like and unlike this world of ours. For the atoms being infinite in number, as was proved already, are borne on far out into space. For those atoms, which are of such nature that a world could be created out of them or made by them, have not been used up either on one world or on a limited number of worlds, nor again on all the worlds which are alike, or on those which are different from these. So that there nowhere exists an obstacle to the infinite number of the worlds. . . .

Next, referring always to the sensations and feelings, for in this way you will obtain the most trustworthy ground belief, you must consider that the soul is a body of fine particles distributed throughout the whole structure, and most resembling wind with a certain admixture of heat, and in some respects like to one of these and in some to the other. There is also the part which is many degrees more advanced even than these in fineness of composition, and for this reason is more capable of feeling in harmony with the rest of the structure as well. Now all this is made manifest by the activities of the soul and the feelings and the readiness of its movements and its processes of thought and by what we lose at the moment of death. Further, you must grasp that the soul possesses the chief cause of sensation: yet it could not have acquired sensation, unless it were in some way enclosed by the rest of the structure. And this in its turn having afforded the soul this cause of sensation acquires itself too a share in this contingent capacity from the soul. Yet it does not acquire all the capacities which the soul possesses: and therefore when the soul is released from the body, the body no longer has sensation. For it never possessed this power in itself, but used to afford opportunity for it to another existence, brought into being at the same time with itself: and this existence, owing to the power now consummated within itself as a result of motion, used spontaneously to produce for itself the capacity of sensation and then to communicate it to the body as well, in virtue of its contact and correspondence of movement, as I have already said. Therefore, so long as the soul remains in the body, even though some other part of the body be lost, it will never lose sensation; nay more, whatever portions of the soul may perish too, when that which enclosed it is removed either in whole or in part, if the soul continues to exist at all, it will retain sensation. On the other hand the rest of the structure, though it continues to exist either as a whole or in part, does not retain sensation, if it has once lost that sum of atoms, however small it be, which together goes to produce the nature of the soul. Moreover, if the whole structure is dissolved, the soul is dispersed and no longer has the same powers nor performs its movements, so that it does not possess sensation either. For it is impossible to imagine it with sensation, if it is not in this organism and cannot effect these movements, when what encloses and surrounds it is no longer the same as the surroundings in which it now exists and performs these movements. Furthermore, we must clearly comprehend as well, that the incorporeal in the general acceptation of the term is applied to that which could be thought of as such as an independent existence. Now it is impossible to conceive the incorporeal as a separate existence, except the void: and the void can neither act nor be acted upon, but only provides opportunity of motion through itself to bodies. So that those who

say that the soul is incorporeal are talking idly. For it would not be able to act or be acted on in any respect, if it were of this nature. But as it is, both these occurrences are clearly distinguished in respect of the soul. Now if one refers all these reasonings about the soul to the standards of feeling and sensation and remembers what was said at the outset, he will see that they are sufficiently embraced in these general formulæ to enable him to work out with certainty on this basis the details of the system as well . . . .

And in addition to what we have already said we must believe that worlds, and indeed every limited compound body which continuously exhibits a similar appearance to the things we see, were created from the infinite, and that all such things, greater and less alike, were separated off from individual agglomerations of matter; and that all are again dissolved, some more quickly, some more slowly, some suffering from one set of causes, others from another. And further we must believe that these worlds were neither created all of necessity with one configuration nor yet with every kind of shape. Furthermore, we must believe that in all worlds there are living creatures and plants and other things we see in this world; for indeed no one could prove that in a world of one kind there might or might not have been included the kinds of seeds from which living things and plants and all the rest of the things we see are composed, and that in a world of another kind they could not have been.

Moreover, we must suppose that human nature too was taught and constrained to do many things of every kind merely by circumstances; and that later on reasoning elaborated what had been suggested by nature and made further inventions, in some matters quickly, in others slowly, at some epochs and times making great advances, and lesser again at others. And so names too were not at first deliberately given to things, but men's natures according to their different nationalities had their own peculiar feelings and received their peculiar impressions, and so each in their own way emitted air formed into shape by each of these feelings and impressions, according to the differences made in the different nations by the places of their abode as well. And then later on by common consent in each nationality special names were deliberately given in order to make their meanings less ambiguous to one another and more briefly demonstrated. And sometimes those who were acquainted with them brought in things hitherto unknown and introduced sounds for them, on some occasions being naturally constrained to utter them, and on others choosing them by reasoning in accordance with the prevailing mode of formation, and thus making their meaning clear.

Furthermore, the motions of the heavenly bodies and their turnings and eclipses and risings and settings, and kindred phenomena to these, must not be thought to be due to any being who controls and ordains or has ordained them and at the same time enjoys perfect bliss together with immortality (for trouble and care and anger and kindness are not consistent with a life of blessedness, but these things come to pass where there is weakness and fear and dependence on neighbours). Nor again must we believe that they, which are but fire agglomerated in a mass, possess blessedness, and voluntarily take upon themselves these movements. But we must preserve their full majestic significance in all expressions which we apply to such conceptions, in order that there may not arise out of them opinions contrary to this notion of majesty. Otherwise this very contradiction will cause the greatest disturbance in men's souls. Therefore we must believe that it is due to the original

inclusion of matter in such agglomerations during the birth-process of the world that this law of regular succession is also brought about. . . .

And besides all these matters in general we must grasp this point, that the principal disturbance in the minds of men arises because they think that celestial bodies are blessed and immortal, and yet have wills and actions and motives inconsistent with these attributes; and because they are always expecting or imagining some everlasting misery, such as is depicted in legends, or even fear the loss of feeling in death as though it would concern them themselves; and, again, because they are brought to this pass not by reasoned opinion, but rather by some irrational presentiment, and therefore, as they do not know the limits of pain, they suffer a disturbance equally great or even more extensive than if they had reached this belief by opinion. But peace of mind is being delivered from all this, and having a constant memory of the general and most essential principles.

Wherefore we must pay attention to internal feelings and to external sensations in general and in particular, according as the subject is general or particular, and to every immediate intuition in accordance with each of the standards of judgment. For if we pay attention to these, we shall rightly trace the causes whence arose our mental disturbance and fear, and, by learning the true causes of celestial phenomena and all other occurrences that come to pass from time to time, we shall free ourselves from all which produces the utmost fear in other men.

Here, Herodotus, is my treatise on the chief points concerning the nature of the general principles, abridged so that my account would be easy to grasp with accuracy. I think that, even if one were unable to proceed to all the detailed particulars of the system, he would from this obtain an unrivalled strength compared with other men. For indeed he will clear up for himself many of the detailed points by reference to our general system, and these very principles, if he stores them in his mind, will constantly aid him. For such is their character that even those who are at present engaged in working out the details to a considerable degree, or even completely, will be able to carry out the greater part of their investigations into the nature of the whole by conducting their analysis in reference to such a survey as this. And as for all who are not fully among those on the way to being perfected, some of them can from this summary obtain a hasty view of the most important matters without oral instruction so as to secure peace of mind.

### *Letter to Menoecus*

Let no one when young delay to study philosophy, nor when he is old grow weary of his study. For no one can come too early or too late to secure the health of his soul. And the man who says that the age for philosophy has either not yet come or has gone by is like the man who says that the age for happiness is not yet come to him, or has passed away. Wherefore both when young and old a man must study philosophy, that as he grows old he may be young in blessings through the grateful recollection of what has been, and that in youth he may be old as well, since he will know no fear of what is to come. We must then meditate on the things that make our happiness, seeing that when that is with us we have all, but when it is absent we do all to win it.

The things which I used unceasingly to commend to you, these do and practice, considering them to be the first principles of the good life. First of all believe that god is a being immortal and blessed, even as the common idea of a god is engraved on

men's minds, and do not assign to him anything alien to his immortality or ill-suited to his blessedness: but believe about him everything that can uphold his blessedness and immortality. For gods there are, since the knowledge of them is by clear vision. But they are not such as the many believe them to be: for indeed they do not consistently represent them as they believe them to be. And the impious man is not he who denies the gods of the many, but he who attaches to the gods the beliefs of the many. For the statements of the many about the gods are not conceptions derived from sensation, but false suppositions, according to which the greatest misfortunes befall the wicked and the greatest blessings the good by the gift of the gods. For men being accustomed always to their own virtues welcome those like themselves, but regard all that is not of their nature as alien.

Become accustomed to the belief that death is nothing to us. For all good and evil consists in sensation, but death is deprivation of sensation. And therefore a right understanding that death is nothing to us makes the mortality of life enjoyable, not because it adds to it an infinite span of time, but because it takes away the craving for immortality. For there is nothing terrible in life for the man who has truly comprehended that there is nothing terrible in not living. So that the man speaks but idly who says that he fears death not because it will be painful when it comes, but because it is painful in anticipation. For that which gives no trouble when it comes, is but an empty pain in anticipation. So death, the most terrifying of ills, is nothing to us, since so long as we exist, death is not with us; but when death comes, then we do not exist. It does not then concern either the living or the dead, since for the former it is not, and the latter are no more.

But the many at one moment shun death as the greatest of evils, at another yearn for it as a respite from the evils of life. But the wise man neither seeks to escape life nor fears the cessation of life, for neither does life offend him nor does the absence of life seem to be any evil. And just as with food he does not seek simply the larger share and nothing else, but rather the most pleasant, so he seeks to enjoy not the longest period of time, but the most pleasant.

And he who counsels the young man to live well, but the old man to make a good end, is foolish, not merely because of the desirability of life, but also because it is the same training which teaches to live well and to die well. Yet much worse still is the man who says it is good not to be born, but 'once born make haste to pass the gates of Death.' For if he says this from conviction why does he not pass away out of life? For it is open to him to do so, if he had firmly made up his mind to this. But if he speaks in jest, his words are idle among men who cannot receive them.

We must then bear in mind that the future is neither ours, nor yet wholly not ours, so that we may not altogether expect it as sure to come, nor abandon hope of it, as if it will certainly not come.

We must consider that of desires some are natural, others vain, and of the natural, some are necessary and others are merely natural; and of the necessary some are necessary for happiness, others for the repose of the body, and others for very life. The right understanding of these facts enables us to refer all choice and avoidance to the health of the body and the soul's freedom from disturbance, since this is the aim of the life of blessedness. For it is to obtain this end that we always act, namely, to avoid pain and fear. And when this is once secured for us, all the tempest of the soul is dispersed, since the living creature has not to wander as though in search of something that is missing, and to look for some other thing by which he can fulfill the good of the soul and the good of the body. For it is then that we have need of

pleasure, when we feel pain owing to the absence of pleasure; but when we do not feel pain, we no longer need pleasure. And for this cause we call pleasure the beginning and end of the blessed life. For we recognize pleasure as the first good innate in us, and from pleasure we begin every act of choice and avoidance, and to pleasure we return again, using the feeling as the standard by which we judge every good.

And since pleasure is the first good and natural to us, for this very reason we do not choose every pleasure, but sometimes we pass over many pleasures, when greater discomfort accrues to us as the result of them: and similarly we think many pains better than pleasures, since a greater pleasure comes to us when we have endured pains for a long time. Every pleasure then because of its natural kinship to us is good, yet not every pleasure is to be chosen: even as every pain also is an evil, yet not all are always of a nature to be avoided. Yet by a scale of comparison and by the consideration of advantages and disadvantages we must form our judgment on all these matters. For the good on certain occasions we treat as bad, and conversely the bad as good.

And again independence of desire we think a great good—not that we may at all times enjoy but a few things, but that, if we do not possess many, we may enjoy the few in the genuine persuasion that those have the sweetest pleasure in luxury who least need it, and that all that is natural is easy to be obtained, but that which is superfluous is hard. And so plain savours bring us a pleasure equal to a luxurious diet, when all the pain due to want is removed; and bread and water produce the highest pleasure, when one who needs them puts them to his lips. To grow accustomed therefore to simple and not luxurious diet gives us health to the full, and makes a man alert for the needful employments of life, and when after long intervals we approach luxuries, disposes us better towards them, and fits us to be fearless of fortune.

When, therefore, we maintain that pleasure is the end, we do not mean the pleasures of profligates and those that consist in sensuality, as is supposed by some who are either ignorant or disagree with us or do not understand, but freedom from pain in the body and from trouble in the mind. For it is not continuous drinkings and revellings, nor the satisfaction of lusts, nor the enjoyment of fish and other luxuries of the wealthy table, which produce a pleasant life, but sober reasoning, searching out the motives for all choice and avoidance, and banishing mere opinions, to which are due the greatest disturbance of the spirit.

Of all this the beginning and the greatest good is prudence. Wherefore prudence is a more precious thing even than philosophy: for from prudence are sprung all the other virtues, and it teaches us that it is not possible to live pleasantly without living prudently and honourably and justly, nor, again, to live a life of prudence, honour, and justice without living pleasantly. For the virtues are by nature bound up with the pleasant life, and the pleasant life is inseparable from them. For indeed who, think you, is a better man than he who holds reverent opinions concerning the gods, and is at all times free from fear of death, and has reasoned out the end ordained by nature? He understands that the limit of good things is easy to fulfill and easy to attain, whereas the course of ills is either short in time or slight in pain: he laughs at destiny, whom some have introduced as the mistress of all things. He thinks that with us lies the chief power in determining events, some of which happen by necessity and some by chance, and some are within our control; for while necessity cannot be called to account, he sees that chance is inconstant, but that which is in our control is subject to no master, and to it are naturally attached praise and blame. For, indeed, it were



better to follow the myths about the gods than to become a slave to the destiny of the natural philosophers: for the former suggests a hope of placating the gods by worship, whereas the latter involves a necessity which knows no placation. As to chance, he does not regard it as a god as most men do (for in a god's acts there is no disorder), nor as an uncertain cause of all things: for he does not believe that good and evil are given by chance to man for the framing of a blessed life, but that opportunities for great good and great evil are afforded by it. He therefore thinks it better to be unfortunate in reasonable action than to prosper in unreason. For it is better in a man's actions that what is well chosen should fail, rather than that what is ill chosen should be successful owing to chance.

Meditate therefore on these things and things akin to them night and day by yourself, and with a companion like to yourself, and never shall you be disturbed waking or asleep, but you shall live like a god among men. For a man who lives among immortal blessings is not like to a mortal being.