

# Sickness and Health in the Ancient World

Post by "Don" of February 20, 2021 at 12:36 PM

<https://www.bbc.co.uk/programmes/p095vj2q>

One of my favorite historical podcasts had an episode about medicine in ancient Greece and Rome. They had one line that struck me in light of the medicine analogies Epicurus used. They said the default condition in the Ancient World was more or less sickness punctuated by bouts of health for the individual. The exact opposite of our modern thinking. I think that's interesting in light of Epicurus's sayings on the chronic vs acute pains.

In any case, if you like history, give You're Dead to Me a try!