

# Tips On Offsetting Pleasures Against Pains

Post by "Cassius" of November 28, 2023 at 6:18 PM

## [Quote from Don](#)

So, Cicero asks "num propterea idem voluptas est ut ita indolentia?" "Is pleasure (voluptas) the same as "freedom from pain" (indolentia)?" Interestingly enough, indolentia, according to Lewis & Short (\*the\* Latin dictionary) is a word coined by Cicero!

If I recall correctly Thomas Jefferson picked up that line and put it in his outline:

Yep:

Syllabus of the doctrines of Epicurus.  
Physical The universe eternal.

M. J. J. J. J.

it's parts, great & small, interchangeable.

Matter and Void alone.

Motion inherent in matter, which is weighty & declining.  
eternal circulation of the elements of bodies.

Gods, an order of beings next superior to man.

enjoying in their sphere, their own felicities;

but not meddling with the concerns of the scale of beings below them.

Moral Happiness the aim of life.

Virtue the foundation of happiness;

Utility the test of virtue.

Pleasure active and In-dolent.

In-dolence is the absence of pain, the true felicity.

Active, consists in agreeable motion

it is not happiness, but the means to produce it.

thus the absence of hunger is an article of felicity; eating the means to obtain it.

The *Summum bonum* is to be not pained in body, nor troubled in mind

i.e. In-dolence of body, tranquility of mind.

to procure tranquility of mind we must avoid desire & fear, the two  
principal diseases of the mind.

Man is a free agent.

Virtue consists in 1. Prudence. 2. Temperance. 3. Fortitude. 4. Justice.

Each has opposed 1. Folly. 2. Desire. 3. Fear. 4. Deceit.