

# Tetrapharmakos in Philodemus's On Choices and Rejections

Post by “Don” of October 4, 2024 at 12:21 AM

[Quote from Kalosyni](#)

And wondering...for the 4th on the list, perhaps instead of "easy to endure" it should say "easy to avoid"?

The word in the fourth line is εὐεκκατέρητον.

[https://www.perseus.tufts.edu/hopper/text?do...57%3Aentry%3Deu\)ekkarte%2Frhtos](https://www.perseus.tufts.edu/hopper/text?do...57%3Aentry%3Deu)ekkarte%2Frhtos)

Based directly on [ἐγκαρτερέω](#) ,

**A.** *persevere or persist in a thing*, **2.** *c. acc., await steadfastly*, **3.** *abs., hold out, remain firm under*

The prefix ευ- (eu-) conveys the "easy to do ..."

I get the sense that "the terrible" is "easily endured" precisely in light of PD4: Pain does not last continuously in the flesh; instead, the sharpest pain lasts the shortest time, a pain that exceeds bodily pleasure lasts only a few days, and diseases that last a long time involve delights that exceed their pains.

PS. But I think I understand what you're saying; however, I would respond to that by saying pain isn't easy to avoid. We can avoid some pain by choosing certain paths. But there are some pains that happen by chance and some that just happen by virtue of our being mortal creatures. PD4 and the 4th line (τὸ δὲ δεινὸν εὐεκκατέρητον) provide encouragement to see "the terrible" in context. And it's not just "pain" or ἄλγος in line 4. It's literally "the terrible" τὸ δεινὸν (to deinon) the same word used in our word "dino-saur" terrible lizard. PD4 does use ἄλγος "pain (of either mind or body), sorrow, trouble, grief, distress, woe" The tetrapharmakos ups the ante with "the terrible".