

# Polystratus - Main Biography

**Post by “Cassius” of November 20, 2023 at 3:03 PM**

Polystratus - Scholarch (2nd): (c. 300 - 219/8 BCE) from 250 to 219/8 BCE. Polystratus (Greek: Πολύστρατος; fl. 3rd century BC) ; died 219/18 BCE) was an Epicurean philosopher, and head (scholarch) of the Epicurean school in Athens. He succeeded Hermarchus as head of the sect c. 250 BC, and was himself succeeded by Dionysius of Lamptraï when he died 219 or 218 BC. Valerius Maximus relates that Polystratus and Hippoclitides were born on the same day, followed the sect of the same master Epicurus, shared their patrimony in common, and supported the school together, and at last died at the same moment in extreme old age. Fragments of two of his works survive among the scrolls found at the Villa of the Papyri at Herculaneum. The first is On Irrational Contempt, which is a polemic directed "against those who irrationally despise popular beliefs." His opponents in the work may be the Cynics or the Skeptics. The second preserved work is entitled On Philosophy, of which only broken fragments can be deciphered. [Wikipedia](#)

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**Post by “Bryan” of January 25, 2024 at 3:19 AM**

Looking for any criticism on this rough start, which I think may be the first attempt to fully render these lines into English.

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**Post by “Don” of January 25, 2024 at 6:18 AM**

This is of great benefit! Thanks for your work! I especially like:

"this is what I believe to be the work of prudence, to dispel the vain turmoil caused by dreams and signs."

"simply to remove those things which disturb without reason, which cannot be done without having examined and known that the things causing the disturbance are false"

"Always, but only to care for health; for if one is healthy, they will not be troubled by any of those things which now cause them distress. 'For indeed,' you will say, 'I know this and want this and think this.'"

'τοῦτ' οἶδα καὶ τοῦτο βούλομαι καὶ τοῦτ' οἶ'

(That last line is almost as good a motto or slogan or aphorism as the Tetrpharmakos in my opinion)

"Only through correctly engaging in the study of nature about all these matters is it possible to grasp the truth. "

τὸν ἐλεύθερον βίον "a free life" ton eleutheron bion - I like that description of the Epicurean path!

And I'm only up to page 19! You've given me something to dig into! Thanks for the work and the inspiration!!

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### Post by "Cassius" of January 25, 2024 at 7:27 AM

#### [Quote from Don](#)

'I know this and want this and think this.'"

'τοῦτ' οἶδα καὶ τοῦτο βούλομαι καὶ τοῦτ' οἶ'

Don is that what you are referring to in English and Greek? Agreed that is very interesting.

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### Post by "Don" of January 25, 2024 at 7:40 AM

#### [Quote from Cassius](#)

#### [Quote from Don](#)

'I know this and want this and think this.'"

'τοῦτ' οἶδα καὶ τοῦτο βούλομαι καὶ τοῦτ' οἶ'

Don is that what you are referring to in English and Greek? Agreed that is very interesting.

Yes

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### **Post by “Bryan” of January 25, 2024 at 4:21 PM**

Thank you! Yes for that quote we also need the "ομαι" from the next column to give us: τοῦτ  
οἶδα καὶ τοῦτο βούλομαι καὶ τοῦτ οἶομαι