

# Recorded Statements of Metrodorus

Post by “Cassius” of July 28, 2025 at 7:44 AM

We need to produce a document with references to the scattered documentation that exists as to the sayings of Metrodorus. I'm therefore starting this thread with a quote referenced by [Adrastus](#), and I hope at some point one of us will collect these into a single document. Please add other references to this thread to make that goal easier.

## [Quote from Seneca Letter to Lucilius 99](#)

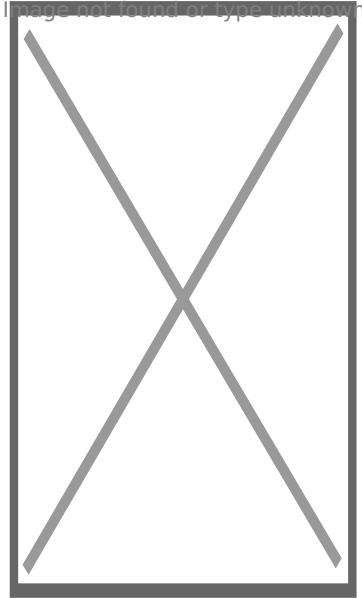
“Even at the moment when your son’s body is on the pyre, or your friend breathing his last, will you not suffer your pleasure to cease, rather than tickle your very grief with pleasure? Which is the more honourable—to remove grief from your soul, or to admit pleasure even into the company of grief? Did I say ‘admit’? Nay, I mean ‘chase after,’ and from the hands, too, of grief itself. <sup>28</sup>. Metrodorus says: ‘There is a certain pleasure which is related to sadness.’ We Stoics may say that, but you may not. The only Good which you<sup>[11]</sup> recognize, is pleasure, and the only Evil, pain; and what relationship can there be between a Good and an Evil? But suppose that such a relationship does exist; now, of all times, is it to be rooted out?<sup>[12]</sup> Shall we examine grief also, and see with what elements of delight and pleasure it is surrounded? <sup>29</sup>. Certain remedies, which are beneficial for some parts of the body, cannot be applied to other parts because these are, in a way, revolting and unfit; and that which in certain cases would work to a good purpose without any loss to one’s self-respect, may become unseemly because of the situation of the wound. Are you not, similarly, ashamed to cure sorrow by pleasure? No, this sore spot must be treated in a more drastic way. This is what you (METRODORUS?) should preferably advise: that no sensation of evil can reach one who is dead; for if it can reach him, he is not dead. <sup>30</sup>. And I say that nothing can hurt him who is as naught; for if a man can be hurt, he is alive. Do you think him to be badly off because he is no more, or because he still exists as somebody? And yet no torment can come to him from the fact that he is no more—for what feeling can belong to one who does not exist?—nor from the fact that he exists; for he has escaped the greatest disadvantage that death has in it—namely, non-existence.

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Post by “Eikadistes” of July 28, 2025 at 8:03 AM

1. The works of **Metróđōros** preserved in [Herculaneum](#) include:  
[P.Herc. 200 \(On Divinity\)](#)  
[P.Herc. 255 \(Against Dialecticians\)](#) ↩
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### **Post by “Don” of July 28, 2025 at 8:12 AM**



[Metrodori Epicurei Fragmenta collegit scriptoris incerti Epicurei Commentarium morale, subiecit Alfredus Koerte : Metrodorus, of Lampsacus, d. 277 B.C : Free Download, Borrow, and Streaming : Internet Archive](#)

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archive.org

It is in Latin and Greek, but it's also a source for citations to look up. It's come in handy in the past for me.

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### **Post by “Cassius” of July 28, 2025 at 9:06 AM**

Great source Don. Now we just need someone to produce that in English. but as you say it's a great start on finding the citations to look for.

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## **Post by “Don” of July 28, 2025 at 10:53 AM**

It's important to remember that some of the Vatican Sayings are attributed to Metrodorus, too.

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## **Post by “Cassius” of July 28, 2025 at 1:04 PM**

It's too bad that book doesn't have a "table of contents" from which it would be easier to extract a "list" of fragments, as then it would be easier to systematize the generation of a set of translations.

This ought to be something worth doing over time, especially since Metrodorus seems to have been the type who liked to state things in strong and uncompromising ways.

And in the end, something similar for Hermarchus, though I gather there's a much smaller universe of surviving fragments.

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## **Post by “Don” of July 28, 2025 at 1:08 PM**

### [Quote from Cassius](#)

And in the end, something similar for Hermarchus, though I gather there's a much smaller universe of surviving fragments.

[Der Epikureer Hermarchos \[microform\] : Krohn, Karl, 1895- : Free Download, Borrow, and Streaming : Internet Archive](#)

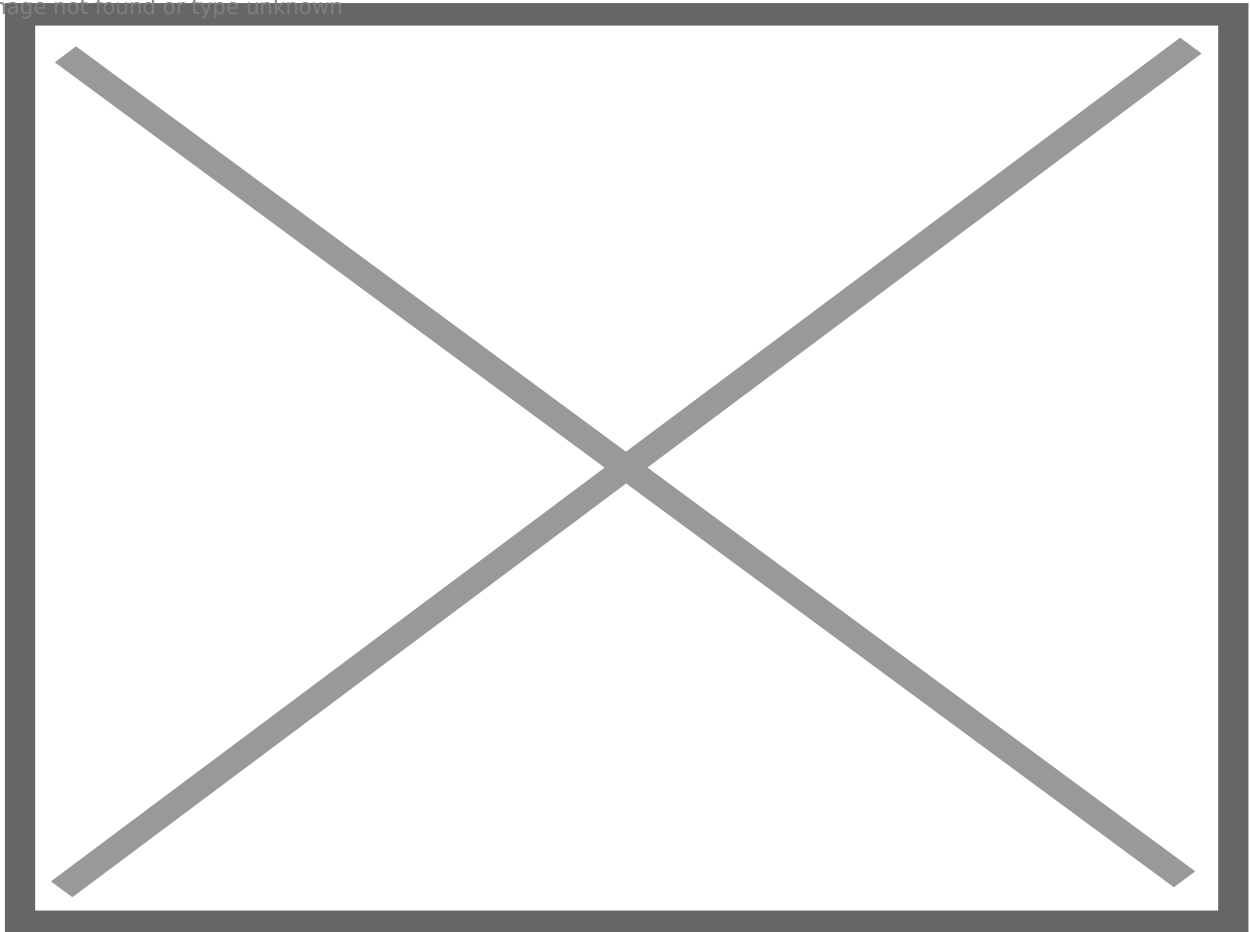
Greek texts with commentary in German and notes in Latin  
archive.org

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## **Post by “TauPhi” of July 28, 2025 at 2:11 PM**

Hiram Crespo's substack has 5 latest articles dedicated to Metrodorus. I haven't read them yet so I can't say if they are any good but if anyone's interested:

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[The Twentiers | Hiram Crespo | Substack](#)

Hiram Crespo is an Epicurean philosopher and author of *Tending the Epicurean Garden* (Humanist Press, 2014) and has translated, compiled, and contributed to...

[hiramcrespo.substack.com](http://hiramcrespo.substack.com)

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**Post by “Eikadistes” of July 28, 2025 at 3:04 PM**

| [Quote from TauPhi](#)

Hiram Crespo's substack has 5 latest articles dedicated to Metrodorus. I haven't read them yet so I can't say if they are any good but if anyone's interested:

<https://hiramcrespo.substack.com/>

I know that [Hiram](#) has access to *Les Epicuriens* and finds significant resources in there for fragmentary writings from the other founders (Metrodorus in particular).

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### **Post by “Don” of July 28, 2025 at 3:28 PM**

[Epicuriens](#) | [Search Results](#) | [Society of Friends of Epicurus](#)

Mention of Les Epicuriens in an article at the site usually means it's either part of a fragment or a harder to find work (eg, volumes of On Nature). There are valuable resources here.

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### **Post by “Don” of July 28, 2025 at 4:53 PM**

... And, lo, the thread strayed far from the purpose that [Cassius](#) had set for it; for those who did post did take tangents and walk down many fascinating paths, whilst leaving Metrodorus stranded far behind, beseeching them to return.

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### **Post by “Cassius” of July 28, 2025 at 7:23 PM**

The tangents will ultimately provide the motivation for the collection to continue!

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### **Post by “Patrikios” of November 20, 2025 at 9:18 PM**

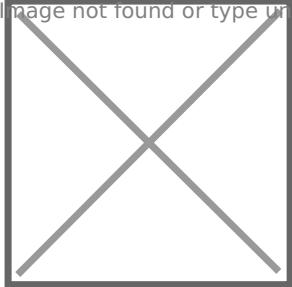
[Quote from TauPhi](#)

Hiram Crespo's substack has 5 latest articles dedicated to Metrodorus.

Thanks, [TauPhi](#)

I found the July 2025 post by Hiram Crespo that links to 7 articles on Metrodorus.

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[Commentaries on Metrodorus of Lampsacus](#)

Every month on or around the 20th, members of the Society of Friends of Epicurus gather in memory of the two main founders of our School, Epicurus of Samos and...

[hiramcrespo.substack.com](http://hiramcrespo.substack.com)