

Episode Ninety-Seven - The Virtues as Instrumental For Pleasure: Temperance and Courage

Post by “Kalosyni” of December 8, 2021 at 1:07 PM

Listened to this last night. Some thoughts, and then some obvious words of advice:

For me the word "temperance" brings up the idea of abstinence from alcohol (the U.S. Temperance Movement). The word "prudence" works better for me. As for "moderation" the online dictionary definition is "the avoidance of excess or extremes". Moderation is necessary in meal portion sizes, sugar/carb intake, and alcohol. The pains of over consumption feel unpleasant. Moderation leads to a more enjoyable life. Sugar and alcohol are best in smaller quantities, with an exception for rare special occasions (as long as one "paces oneself").

As for the habit of using food to self-soothe, moderation is a necessary virtue. It would be prudent to find an alternative to using food for self-soothing. Also make sure not to buy binge-inducing snack foods, and instead buy more fresh fruits to eat...Desire that which is good for you.

Regarding wine consumption in Ancient Greece, I found this on wikipedia:

Quote

The poet Eubulus noted that three bowls (kylikes) were the ideal amount of wine to consume. The quantity of three bowls to represent moderation is a recurring theme throughout Greek writing (today, the standard 750 ml bottle contains roughly three to six glasses of wine, depending on serving size).[1] In his c. 375 BC play Semele or Dionysus, Eubulus has Dionysus say:

"Three bowls do I mix for the temperate: one to health, which they empty first; the second to love and pleasure; the third to sleep. When this bowl is drunk up, wise guests go home. The fourth bowl is ours no longer, but belongs to violence; the fifth to uproar; the sixth to drunken revel; the seventh to black eyes; the eighth is the policeman's; the ninth belongs to biliousness; and the tenth to madness and the hurling of furniture."

https://en.m.wikipedia.org/wiki/Ancient_Greece_and_wine