

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

Post by “Kalosyni” of December 8, 2021 at 10:50 PM

[Quote from Cassius](#)

These guys are fooling no one but themselves if they think that there is an ideal of "moderation" or "ideal quantity" that has some absolute value separate from circumstances that can be referenced by referring to "moderation" in and of itself. Instead, what there is in place of that is always a quantity that makes sense based on context, which varies by fact. In this case, the proper quantity varies with things like the weight of the drinker, their built-up tolerance to alcohol, and other aspects of bodily chemistry that varies by individual.

Yes, I agree with you. There isn't a set quantity that can be applied to everyone.

I thought the quote from the play was kind of funny. But then thought about it after posting it...how odd that the third bowl leads to sleep, but the fourth one to violence. Seems a little extreme. Now most people in modern times know how to hold their public drinking in check, since it's both unsafe and against the law to drive drunk.

I think moderation is an important skill, but I don't think of it as a virtue. I think of it as a helpful tool. It's simply an internal knowing, an internal wisdom, that you learn with trial and error...for what feels best inside your own body. Every body has to learn it for themselves, by being fully present to what feels good vs. what feels bad. So over time paying attention and moving toward what feels good.