

# An Epicurean Study of Aristotle's Nichomachean Ethics

Post by “Don” of October 14, 2022 at 6:27 AM

Update: About half way through Book 2's commentary. I didn't say I was going through it quickly 😊

[Epicurean Sage - Nichomachean Ethics: Book 2](#)

< Back to Book 1 Commentary In Book 2, Aristotle starts to fill in some details of what he means by “virtue.” Aristotle claims virtue is of two kinds: 1)...  
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My favorite discovery so far in this book:

Quote

“An index of our dispositions is afforded by the pleasure or pain that accompanies our actions. A man is temperate (σώφρων “sophron”) if he abstains from bodily pleasures and finds this abstinence itself enjoyable (χαίρω “khairo”), profligate if he feels it irksome; he is brave if he faces danger with pleasure or at all events without pain, cowardly if he does so with pain.”

By Zeus!! Even in his annoyance with pleasure he says that the temperate person “finds this abstinence itself enjoyable”!! Finding something enjoyable IS PLEASURE, Aristotle!! In fact, the “enjoyable” part in that translation is, in fact, the word khairon which is directly related to one of the “kinetic pleasures” (khara) noted by Epicurus as a pleasure deriving from “κίνησιν ἐνεργείᾳ” “moving activity” (notice energeia!!)!! Sorry, Aristotle, but you can't have it both ways. Pleasure is a danger, but you can take pleasure in temperance?? Go on...