

# Did Epicurus Commit Suicide Due To His Disease? (Merger of Two Threads On When Voluntary Death Makes Sense)

**Post by "Cassius" of December 7, 2022 at 8:40 AM**

Your question (and something Joshua brought up in a recent podcast discussion) reminds me that for some reason I am seeing the first four doctrines in a little different light lately:

- 1 - is the antidote to "Fear of the gods"
- 2 - is the antidote to "Fear of death"
- 3 - is the antidote to "Fear of missing out", and
- 4 - is the antidote to "Fear of unmanageable pain."

All of which might be better thought of as an "innoculation" (does that get me past the current politics of the word "vaccination"?) 😊 But joking aside it's not only or even primarily a matter of calming an anxious mind (though that is desirable and applicable at times too) as it is a matter of preparation to weather the storms that come so that you will be prepared for them and conquer them in turn. That's what I take from the description of Epicurus as a conquering hero in the opening of Lucretius Book One, or the words of Vatican saying 47:

"I have anticipated thee, Fortune, and entrenched myself against all thy secret attacks. And I will not give myself up as captive to thee or to any other circumstance; but when it is time for me to go, spitting contempt on life and on those who vainly cling to it, I will leave life crying aloud a glorious triumph-song that I have lived well."

While it has it's use for both circumstances this isn't as much a philosophy of anesthesia but a war chant in preparation for battle - a "glorious triumph-song" for those of a "strong and lofty spirit."

And knowing that no matter how bad things get there is a way out of unmanageable pain (if it does truly become unmanageable) is an important part of that.