

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

Post by "Don" of December 7, 2022 at 11:32 PM

## [Quote from Cassius](#)

very close to a "mind over reality" situation

Oh, I don't think that at all. Even the sage will cry out on the rack. But leaving life "[animo aequo](#)" just means:

*aequo (aequiore, aequissimo) animo, with even mind, with equanimity, patiently, calmly, quietly, with forbearance*

If you're experiencing that much intolerable pain, you know what's coming. Scream, wail, cry out in pain, but don't rail against. Don't curse the gods. Don't complain about regrets in your life. If you \*know\* you're dying (which is what that kind of pain meant in Epicurus's day) and there's no escape, face it "animo aequo".

## [Quote from Cassius](#)

Do you not think that such situations exist? Or do you think that .even in such extreme circumstances we have the mental power to suppress our pain?

Again, I'm not saying the pain is repressed like a Stoic. I'm saying the pain is real, intolerable, and lethal. An Epicurean isn't "suppressing" anything. They're feeling and acknowledging their pain. If it's that bad, they understand the end is near. All this comes out of the medical assistance that was available in Epicurus's day.

Where we're at now with medical treatment is a different story entirely.