

# "Hero" Headers in The EpicureanFriends.com " Hero Box" on the Home Page of the Website

Post by "Cassius" of December 15, 2022 at 6:57 PM

Started December 15, 2022

"That which produces a jubilation unsurpassed is the nature of good, if you apply your mind rightly and then stand firm and do not stroll about, prating meaninglessly about the good." - Epicurus, as cited in Usener Fragment U423

From [Anderson's collection of Usener material:](#)

U423

**Plutarch, *That Epicurus actually makes a pleasant life impossible*, 7, p. 1091A:** Not only is the basis that they assume for the pleasurable life untrustworthy and insecure, it is quite trivial and paltry as well, inasmuch as their "thing delighted" - their good - is an escape from ills, and they say that they can conceive of no other, and indeed that our nature has no place at all in which to put its good except the place left when its evil is expelled. ... Epicurus too makes a similar statement to the effect that the good is a thing that arises out of your very escape from evil and from your memory and reflection and gratitude that this has happened to you. His words are these: "That which produces a jubilation unsurpassed is the nature of good, if you apply your mind rightly and then stand firm and do not stroll about {a jibe at the Peripatetics}, prating meaninglessly about the good."

***Ibid.*, 8, p. 1091E:** Thus Epicurus, and Metrodorus too, suppose {that the middle is the summit and the end} when they take the position that escape from ill is the reality and upper limit of the good.