

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

**Post by "Cassius" of March 29, 2023 at 8:46 AM**

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So, the one who exhorts, on the one hand, for the one who is young to live nobly; and, on the other hand, the one who is old to come to an end nobly is a good-hearted simpleton not only because life is to be welcomed but also because the practice of living well, nobly, and beautifully and the practice of dying well, nobly, and beautifully are the same. But far worse is the one who says, on the one hand, it is well not to be born; or, on the other hand, "failing this, to pass through the gates of Hades as soon as possible." On the one hand, if what they say is persuasive, how does one not depart from life? For this is readily at hand, if indeed one was to resolve oneself steadfastly to this. If, on the other hand, this is in jest, one is foolish for making fun of things which do not admit of this. Epicurus to Menoecus [Translation by Don Boozar](#).